



THE HEACHAM NEWSLETTER

February 2024

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



Deadline for the next edition is 12 noon, Tuesday 13th February 2024

Community Coffee Morning & More

Everyone Welcome

28th February 2024 10am - 12noon

Tea

Raffle

Real Coffee

Quiz

Cakes

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

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

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

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

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

Kerry Long - David Rogers - Mary Sheldrick - Helen Vickerstaff

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A voluntary non-profit publication

Readers' LETTERS



Leaside

Dear Newsletter,

Birthday Celebration Event – Thank You

Another heartfelt and sincere vote of thanks from me – this time to the friends and family members who helped to make a success of my Piano Party in December, raising the excellent sum of £700; I have sent cheques for £350 each to the two nominated charities (Diabetes UK and the Alzheimer's Society).

One of my supporters has suggested that this should now become an annual event; however, at 81 years of age, I hesitate to plan too far ahead. However, I have already accepted an invitation to stage an event for the Matjinge (Zimbabwe) project in the spring – full details to follow.

In the meantime, belated New Year greetings for health and happiness throughout 2024 and beyond to all readers.

John Harris



Heacham

Dear Newsletter,

Heacham Social Dart Group

I've started a new social group; it is Heacham Social Dart group. We have a Facebook group 'Heacham Social Dart players.' You do not need to be part of the Facebook group but all announcements etc will be posted there due to data protection regulations.

We welcome all levels from beginner to expert, the only stipulation is you must be over 18. We have access to two dartboards so that serious players can use one, and the fun social dart players use the other. Games we play include the normal 301 or 501 for the serious, cricket, killer/blind killer, hare and hounds, noughts and crosses for the fun social darter.

We meet every Thursday at the social club from 7pm (19.00 hrs.) If you don't have a set of darts or just want to try darts, then come along and speak to John (that's me), I always carry a couple of spare sets.

We are not part of any leagues, it is purely for a social evening to meet new people.

John Hopkins

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theheachamnewsletter@gmail.com



Dear Newsletter,

Heacham

Annual Afternoon Tea – Thank You

On November 18th last year we held our annual afternoon tea to raise money for Tapping House Hospice. The total raised was an amazing £506; we would like to thank everyone who supported and helped us to achieve this.

Thank you all for your generosity.

Jan Andrews

Pine Residents Art Group

Children's Society Charity donations 2023

Thank you, on behalf of the Children's Society, to everyone who gave during 2023 via the household boxes, the church Christingle service, and other donations.

The village total raised was £1014.77. It is a great feeling to know that there will be many children helped by the generosity of people in Heacham village.

If you would like to know more about the work of the Children's Society charity, go to www.childrenssociety.org.uk or telephone 0300 303 7000.

If you would like to become a new donor (there are many ways to do this), or maybe encourage a young person to have a coin collecting box, please contact Alison or Bryan Hoyle, tel. 01485 570215.

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Heacham's Red Hat Chapter Relaunches

A few years ago, a lady named Jenny Joseph wrote a poem called "Warning". This poem starts "When I am an old woman I shall wear purple with a red hat

that doesn't go, and doesn't suit me."

Heacham's Red Hat Chapter has recently relaunched with a new name, the **Heavenly Honeys of Heacham**. The fun loving Red Hat ladies are out having fun again and are looking forward to welcoming new members who are looking for fun and friendship.

The Red Hat Society, whose motto is 'Live, Laugh, Love', was created to connect like-minded women, make new friends and enrich lives through the power of fun and friendship. It is an international organisation with Chapters in more than 30 countries across the globe.

We are ladies with 'Hattitude' and love to put on our distinctive garb of purple outfits and fabulous red hats when we head out for coffee, shopping trips, picnics or wherever our hearts take us. Red Hatters must be over 50, but younger ladies, Pink Hatters, are welcome to join us too.

If you are looking for a new start to the New Year, and are looking for fun and new and exciting things to do, why not come and meet us and find out more.

We will be at Heacham Social Club on Friday 2nd February and again on Friday 8th March between 2.00 and 4.00pm and look forward to meeting you.

Tracy
Queen Flutterbysparkle
Heavenly Honeys of Heacham



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Heacham in Bloom

Happy New Year to everyone. It's so lovely to see autumn/winter bedding bravely blooming through what has been such poor weather. Fingers crossed the spring bulbs will start to show their faces alongside the wallflowers.

Our last meeting of 2023 took place in November as we reserved December for a more social event. Thank you to Norfolk Lavender for a jolly and tasty Christmas lunch.

We have firmed up our colour theme and plants for 2024 which will be In Bloom's 15th season. The colours will be *drumroll please....* purple, white and yellow. Plans are also underway to re-design the Plough bed to make better use of what is a difficult site.

The next meeting will be on Monday 19 February at 7.00pm at the Parish Council Office, Pound Lane.

Heacham in Bloom Committee
heachaminbloom@btinternet.com





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Heacham Youth & Community Trust Ltd

Santa's Little Helpers

'Twas the night before Christmas Eve and all the Elves were happy to hand out over 200 goody bags to the children of Heacham.

What a FUN-FUN-FUN evening it was too, with Father Christmas singing out Ho! Ho! Ho!

Thank you to Heacham Youth & Community Trust Ltd Trustees for organising such a village celebration of laughter, giggles and appreciation from not only the children but from their parents and grandparents too.

Thank you to the Pocahontas Players for doubling up, as a sleigh full of eager Santa's little helpers! What fun!

Thank you.



Send us your

n e w s

... events, publications, projects and more!

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.

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CHURCHES TOGETHER IN HEACHAM



As I write, Christmas 2023 and the New Year are fading memories. Christmas trees and decorations have been packed away, unwanted gifts recycled or sent to the charity shop.

Thoughts of the New Year and old acquaintances, forgotten or otherwise, have been filed away in our memory bank. We have turned our focus to the business of what 2024 will hold. Basically, the subject is work, living, no matter what the year means work. Even if we no longer earn a wage there is still work to be done in the maintenance of our homes and ourselves.

The thought of work after any holiday season is never really a welcome one. However, the truth is that work is part and parcel of life and has been since the world began. The word work is present in the first few chapters of the Bible. In Genesis we learn that God rested from the work of creation on the seventh day. Work is threaded through the pages of the Bible. Jesus came to do the work of the Father. That work began with his entry into the world celebrated at Christmas time. The culmination of his work we will celebrate at Easter when we will celebrate the resurrection. It all begins on Shrove Tuesday this month. Some will mark the period of Lent by giving up something or maybe taking on something.

One of the fantastic things is that, whether we give something up or take something on, it does not matter. Why? It is because the work had already been done. When Jesus died on the cross Jesus said, "it is finished". Jesus did the work, paid the price so mankind could be reconciled with the Father. We can know the Father through Jesus in our own lives. He welcomes us all, no work required. That really is good news.

Pip Lawrence
Heacham Parish Church ministry team

St Mary's Church Opening Times

The Church is open from 10am to 3pm 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.

February 2024

4th February: Morning Worship

11th February: Holy Communion

14th February: Ash Wednesday: 7pm Holy Communion at Heacham Methodist Church

18th February: Morning Worship

25th February: Morning Worship

HEACHAM PARISH CHURCH online
on Heacham Parish Church YouTube channel

HEACHAM PARISH CHURCH in church
At 10am every Sunday morning

CHRISTMAS WREATHS IN THE CHURCHYARD

We are encouraging everyone to compost, reuse and recycle all you can from your Christmas wreaths. So please do use the compost bin as well as the bin in the car park and take home anything you can reuse.

If there are any wreaths left on graves after Sunday 4th Feb, we will be removing them. We will compost, recycle and reuse all we can.

Bereavement Support Group

Meetings are on the first Thursday of each month. The next meeting is on 1st February and 7th March from 10am till 12 noon, at the Pine Residents Hall. For more information contact the Church Office.

Chit Chat and Coffee

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

All ages welcome.

Tuesday @ 10 – 11.30am

20th February

19th March

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, contact the church office.

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 contact the church office

Sabbatical

Revd Veronica Wilson is on sabbatical for the next few months but will be back for the Easter services. If you wish to organise baptisms, weddings, funerals etc. please contact the Church Office.

CHURCH CONTACTS:

St Mary's Church Office:

Julie Turner 01485 572539

email: heacham.church@gmail.com

Churchwardens:

Liz Dormer-Ainge:

lizabeth.a.da@gmail.com

01485 571662

Veronica Welham:

ver.welham@gmail.com

07787 842796

Methodist Church:

Revd Dr Richman Ncube:

richiemncube@gmail.com

01485 570232

Our artical about the new bell installation is on page 27





HEACHAM METHODIST CHURCH

Station Road, Heacham

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

February 2024

We extend a warm welcome to all

Sunday Morning Services: 10.30am unless otherwise stated

4th February: Rev Dr Ncube
11th February: J Semmons
14th February: Rev Dr Ncube—Ash Wednesday Service 7.00pm
18th February: J Sargent
25th February: Sharon Esposito

Midweek Communion

10.30am 2nd Wednesday of the month.

Bible Study

10.30am 4th Thursday of the month.

Fellowship Meeting

27th February under the care of John Harris.

Speaker: Adrian Eden 'by the book.'

Other important dates

Open Church (Tuesday mornings). 10am-12noon. From December this has been extended to provide a Warm Space with tea/coffee and biscuits to anyone who needs to find somewhere warm away from their home.

Noah's Ark Toddler Group

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

Future dates for the diary:

Again – ALL are welcome to join us. For further information, please contact Marianne Baguley (07880 364326) Senior Steward.

Charities we are supporting this year: Water Aid, Action for Children, Matjinge – Zimbabwe water project.

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.

"The Lord is my strength and my shield; in him my heart trusts, and I am helped; my heart exults, and with my song I give thanks to him."

PSALM 28:7

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"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

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Hunstanton Catholic Parish

Our annual pancake supper will be held on Tuesday 13th February at St Cecilia's, beginning at 6pm. For further details please see the weekly bulletins or our parish website.

This year's ecumenical World Day of Prayer will be held at St Cecilia's on Saturday 2nd March, with refreshments from 10am and the service starting at 10.30am. This year's service, "I beg you, bear with one another in love" has been prepared by the Christian women of Palestine.

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 are always looking for volunteers to help with flowers or teas etc. Please contact the parish office if you would be available to help.

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

The Pope's prayer intention *for February 2024: For the terminally ill*. We pray for the sick who are in the final stages of life and for their families; may they always receive the necessary medical and human care and the accompaniment they need..

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, see the **Links** page of our website at 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

Belated Happy New Year

We have sailed into 2024 featuring a series of fast-paced, seafaring adventure books by British author Julian Stockwin. These follow the life of Thomas Kydd who is pressed into naval service as a young man during Napoleonic times. We have put out the first six books but there are a further six in the cupboard if they take off.



Also on our feature shelf is Cambridge academic and author, Susanna Gregory, with a series of historical crime fiction set in Restoration London. The main protagonist is Thomas Chaloner who, formerly employed by the Commonwealth Intelligence Services, finds himself in difficult circumstances when the monarchy is restored. Thomas Chaloner is a fictional character but his family was real with a previous Thomas Chaloner coming into prominence in Elizabethan times.

Should you fancy a touch of sauciness, we are marking Jilly Cooper's damehood in the New Year Honours List with her latest book 'Tackle'.

Library News – Stop Press

Displays – “The Queen’s Cottage Almshouses, Heacham” is the topic of our new display which we have been able to mount with assistance from the *UK’s Levelling Up Fund*. Do come and look at this part of Heacham’s history.

Diary Date – New Monthly ‘History’ Meeting - Are you interested in local social history? The library will be hosting monthly meetings of the Heachamites Recollections Group starting **Monday 4th March, 2-4pm**. This is an ideal opportunity for people to come together and exchange knowledge on past life and lives in Heacham. Attendance is free.

Computers - We have been able to upgrade the existing equipment courtesy of grant funding from the *UK’s Rural Fund*. Improvements include larger screens, faster internet and operating speeds. There is also an accessible keyboard for the benefit of some of our customers; this has been funded separately by Heacham Jubilee Welfare Trust.

E-Mail - we now have one!

Happy Reading!

The Library Team
Enquiries: 07398 647119
Email: heachamlibrary@btinternet.com
or Parish Office 01485 572142

General Knowledge Quiz

As this is the first of this year's quizzes, may I take this opportunity, somewhat belatedly, to wish everybody "A Happy New Year". I must start with an apology to anybody who did the Christmas quiz. The correct answer to question 11 should read "Donner" and not "Blitzen." I can't believe that I got thunder and lightning mixed up.

And now, as if we haven't had enough over the festive period, this month's offering is about food and drink.

Brian Terry

FOOD and DRINK

1. Authentic Dunlop cheese comes from which country?
2. Which fruit, sometimes described as a vegetable, is served in Indian restaurants as Bhindi, and in Chinese restaurants as Ladies Fingers?
3. What name is given to a rooster or a cockerel which has been castrated and fattened for the dinner table?
4. Ronnie Barker playing Norman Stanley Fletcher was featured in which TV sit-com?
5. Some of the world's best Sauvignon Blanc comes from the Marlborough wine-growing area in which country?
6. In Shakespeare's play "Twelfth Night", in the first line which is spoken by Duke Orsino, he declares "What is the Food of Love?"
7. Which spice is obtained from the dried rind of a nutmeg?
8. Salade Nicoise made traditionally, contains which marine fish?
9. In 1972, the American group "Hot Butter" had a U.K. Top ten hit with which instrumental number?
10. Which meat, cured, coated in spices, cold-smoked and then steamed is used to make pastrami?
11. According to Greek mythology, what is described as the food of the Gods?
12. Rollmops are made from the pickled fillets of which fish?

Answers on page 39

RNLI FISH & CHIP LUNCH

**Friday 1 March, 10.30 for 11am
Sedgeford Village Hall**

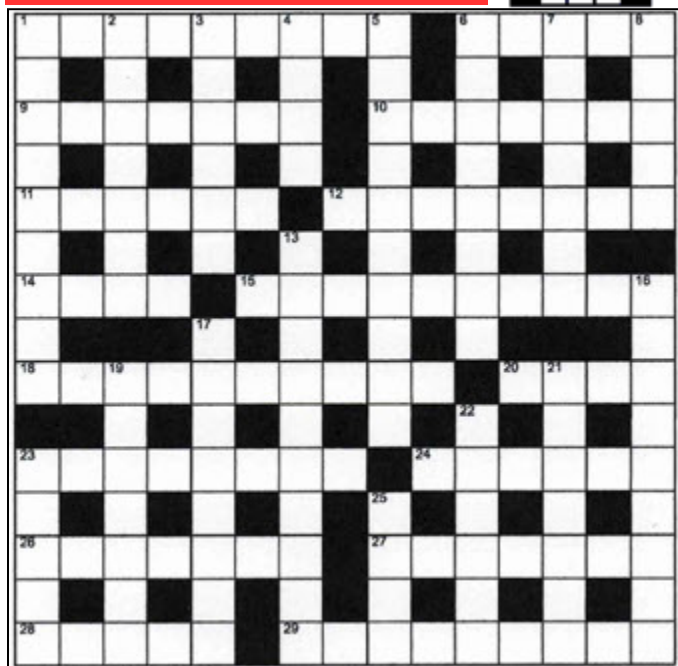
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February 2024 CROSSWORD



CLUES:

Across:

1. Factory near March is where action takes place (9)
6. Dawdle and risk missing start (5)
9. Very little time to enter into new loan (7)
10. Show concern over old politician – a bore! (7)
11. Jump, creating tension (6)
12. They give support when others break limbs (8)
14. Take a step in the right direction, depending on your point of view (4)
15. Finished with Tinder – met a jerk! (10)
18. Stop here and there to exchange views (4,6)
20. Lean over hot fish (4)
23. They shake hands with imposters (8)
24. Quiet road around British city (6)
26. Puts to use fruit I picked up (7)
27. The end of a marathon (4,3)
28. Longing to perform before most senior member of academy (5)
29. Signal that one is flagging (9)

Down:

1. Air-cushion provides protection against heavy blows (9)
2. Sends back staff to take wine over to last of diners (7)
3. Warmer kit put on at end of day (6)
4. They make holes in walls - except for one, left for rendering (4)
5. Distraught camper sent from mountain slope (10)
6. Someone troubled over new series flaps (8)
7. Take care of new issue before it's circulated (4-3)
8. Fair chance game of rugby kicks off first (5)
13. Comfortable place found in garden? (3,2,5)
16. Everything one put in skip is trifling (9)
17. Group confronting dangerous animal are a bundle of nerves (8)
19. Neatly trim edges of livery (7)
21. Leave after short measure at pub causes boycott (7)
22. Come to light show (4,2)
23. Have power to broadcast in open country (5)
25. Stick around rail terminal, looking depressed (4)

Answers on page 39



Another Recipe from The Prudent Pensioner

Less Waste, More Soup is what I am hoping my budget friendly, easy recipes are helping to achieve. There are numerous recipes available on the internet for experienced cooks who do not have to count the cost but I would like to encourage anyone who is

not finding it easy to make ends meet or may be lacking confidence to try recipes. If you are fortunate enough to be an experienced cook and you have friends or relatives who are struggling, why not give them some guidance making an easy, nourishing budget friendly soup. It could be a great help to someone's wellbeing.

This recipe cost less than £1 and made 4 generous helpings.

Leek, Brussel Sprout & Carrot Soup

Ingredients:

1 med. shallot or small onion

A knob of butter

Potato approx. 115g/4oz

Carrots approx. 115g/4oz

Leek 150g/5oz

Brussel sprouts approx. 200g/7oz.

Chicken or vegetable stock cube dissolved in 400ml hot water.

Salt and Pepper to taste.

Method:

Remove and discard discoloured base and outer leaves from sprouts. Cut each sprout in half and rinse in cold water.

Remove and discard discoloured base and outer leaves from leek, cut up into chunks and wash well.

Peel shallot/onion and slice fairly thinly.

Peel potato and carrots and cut them into small pieces.

Put butter into a saucepan over a low to med heat. Add shallot/onion, stir well and cook for a minute stirring constantly. Add potato, carrots, sprouts and leek, stir and mix well.

Carefully add stock, increase heat and bring to boiling point. Reduce heat and leave covered, simmering gently, stirring occasionally, for 15 minutes, or until vegetables are fairly soft. Strain off most of the liquid into a jug, put aside while you either put vegetables into a liquidiser or use a hand blender and whizz until pureed.

Carefully return liquid to pureed vegetables in a saucepan, stirring gently to mix well. Season to taste. Reheat stirring gently. Serve and enjoy.

"Less Waste more Soup" 30 easy, budget friendly recipes for nourishing soup is available in Kindle format from Amazon. The 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.

A search in Amazon for Doreen Reed will find both books (together with my books of light hearted poems & tales)

Copies are available to borrow from Heacham Library & Hinckley Library

See lots more recipes on The Prudent Pensioner Facebook page

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www.extrahandshomecarenorfolk.co.uk

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New Defibrillator for Sailing Club

Norfolk Community Foundation has awarded £1000 to Snettisham Beach Sailing Club towards the installation of a publicly available defibrillator.

Snettisham Beach Sailing Club has installed a public access defibrillator at its clubhouse at the Beach, Snettisham. The defibrillator was installed with grant support from the Borough Council of King's Lynn & West Norfolk Defibrillator Scheme which is administered by Norfolk Community Foundation, and with support from the Huns family in memory of George M. Fox, Commodore 1961-1963.

Current Commodore Adrian Tebbutt said: "Sudden Cardiac Arrest (SCA) is one of the leading causes of death, with up to 200 people a day suffering a cardiac arrest in the UK and 270 children dying annually as a result. Having access to a defibrillator drastically increases the chance of surviving a cardiac arrest. Research shows that when a defibrillator is accessed within 3-5 minutes of a cardiac event, this can increase the chance of survival to hospital discharge from 9% to 50%. It is particularly important that they are available close to facilities that children, young people, and the wider community use regularly.

"At Snettisham Beach we are adjacent to the coastal path and the RSPB reserve as well as hosting 100 or more club users and members each week between March and October. We are a community aided Sports Club and felt that it was important that we made our defibrillator available to all who might need it. We hope we never have to use it, but if we can help save 1 of the 100,000 SCA deaths, then it will have been worthwhile."

Catrin Hamer, Senior Programmes Advisor at Norfolk Community Foundation, said: "We are delighted to support the installation of this defibrillator at Snettisham Beach Sailing Club, through a scheme that seeks to make this life-saving equipment available at the heart of more communities in West Norfolk."

The club has organised training for all instructors who work at the club as well as for club volunteers and local residents.

The location is: Snettisham Beach Sailing Club 61-62 The Beach, Snettisham, PE31 7RB

What Three Words : **vent.entire.snuggled**

If you would like to find out more information about Snettisham Beach Sailing Club, please contact Adrian at commodore.sbsc@gmail.com or visit our website <https://www.snetbeach.co.uk>.

For further information on applying for funding, go to Norfolk Community Foundation's website www.norfolkfoundation.com



Photographed Above L to R: Vice Commodore Guy Playford, Councillor Chris Morley (Cabinet member for Finance), Commodore Adrian Tebbutt, at the club for the official installation of the defibrillator on 12th December 2023.



SNETTISHAM GARDENING CLUB

Our February meeting will be on Wednesday 28th at 7.30 pm

in the Memorial Hall, Old Church Road, Snettisham when we will be updated on the activities of the Norfolk Wildlife Trust by Gary Hibbard.

You will be most welcome to join us at either or both.

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

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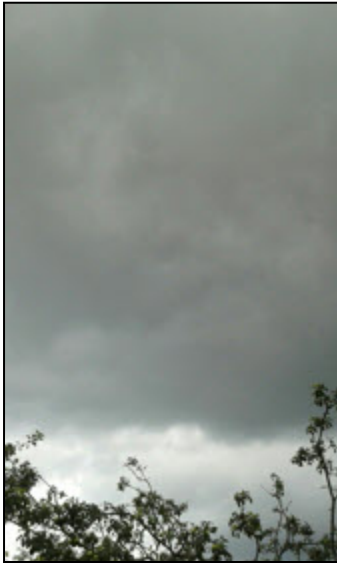
Bathroom-shower room installs

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Heacham at Night

by Terry Parish



A little late but Happy New Year to you all. You may have noticed that there was little night sky in January, quite literally in fact, as rain and clouds obscured it most of the month. This brings to an end my postulation that any astronomical object I write about renders them invisible. It happens anyway.

Left: A typical sky!

Before Christmas I did snatch a couple of hours of vaguely clear sky to grab a look at Jupiter (and its moons), Saturn (and its rings); Uranus and even far off Neptune. One dark but clear morning I espied Venus rising over the front garden. So, 5 planets to end the year was good, we live on another, so that's 6 out of 8.

I would like to say that crisp and clear winter nights are now coming but, at the time of writing, though it is forecast to be colder, the clouds are likely staying. Jupiter is still with us and doesn't set until around midnight but we are losing Saturn into

the west. It is low down and sets about 7pm at the beginning of the month, and is lost to view in horizon murk by the middle. Neptune does the same but Uranus, visible in good steady binoculars, doesn't set until around 1am.

Mars and Mercury are too close to the Sun to discern but Venus will pop up in the SE before dawn.

There are stars and clusters and such like but they may remain semi mythical above the cloud or mist base. No meteor showers to miss this month.

What the month does have is an extra day, February 29th as 2024 is a Leap Year. Every school person used to know why but I wonder if they do now?



Above: Internet

A (solar or tropical) year is the time it takes for the Earth to make one orbit around the Sun which is not 365 but 365.242 days. If this extra is not taken into account, then every 4 years the Earth is lagging behind on its predicted path by approximately 1 day, after 40 years by 10 days etc. Over longer periods, the dates for crop sowing change dramatically.

In Julius Caesar's time an extra day was added to the calendar every four years so that the calendar became not too much out of step. February was chosen because, for whatever reason, it has the least number of days.



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However, note that 365.242 is not 365.25. A year is 0.008 short of a true quarter to be added to the 365. This difference accrues an error over time – 8 days in 1000 years. Mathematicians got to work and, in 1582, Pope Gregory XIII added a rule: A century year is only a leap year if you can divide it by 400 (so 2000 was but 2100 won't be). Hence, we have the Gregorian Calendar which superseded the Julian calendar. This was principally done to ensure that the date of the Spring Equinox could be stabilised and the start of Easter calculated appropriately.



Above: Pope Gregory. Internet

Back to the sky: look to the Moon and, on the 7th, at 7am you will find Venus just to the left of it. In the evenings, on the 14th and 15th, Jupiter is close to it, and on the 16th, the Moon passes just below the Pleiades star cluster. Well worth turning binoculars on this and it is worth reflecting that whilst the light from the Moon has taken just over 1 second to reach your eyes, that from the Pleiades has taken around 420 years.

(It takes 8m 20s for sunlight to reach the Earth, 1.3s for it to travel onwards to the Moon where it's reflected back to the Earth – another 1.3s. So, moonlight leaves the Sun 8m 22.6s before you enjoy it.)

Jupiter is still blazing bright at magnitude -2.5. You can't miss it and must have seen it between clouds or even through thin ones. The four Galilean Moons are worth looking for through a small telescope. Europa will have a visitor in 2030 when the Europa Clipper arrives from NASA. It is being launched this year with the quest to find if Europa can harbour life.

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Let's hope some nights are clear and use those to look at the stars. I will cast my eyes on Orion again as it makes a good sight in the SSE and is in the middle of the ecliptic, the line which the planets travel along. So, look for planets and take in Orion. Its stars are bright and the body of the Hunter is a feasible shape. Below the belt is the Orion nebulae, the closest star nursery to Earth being a mere 1,340 lightyears away. It is 24 light years wide and contains immense amounts of gas from which stars are currently forming.



Above: The Hunter will be more vertical from our latitude before bedtime. Internet

Betelgeuse and Rigel at opposite corners are easily picked out and both humble our Sun in size – the red giant is 760 times wider whilst Rigel, also a giant, is blue white because of its temperature, 12,000 degrees. The belt stars look dimmer but that's because of their distance, 1200 light years. In fact, all three are 200,000 times as bright as the Sun.



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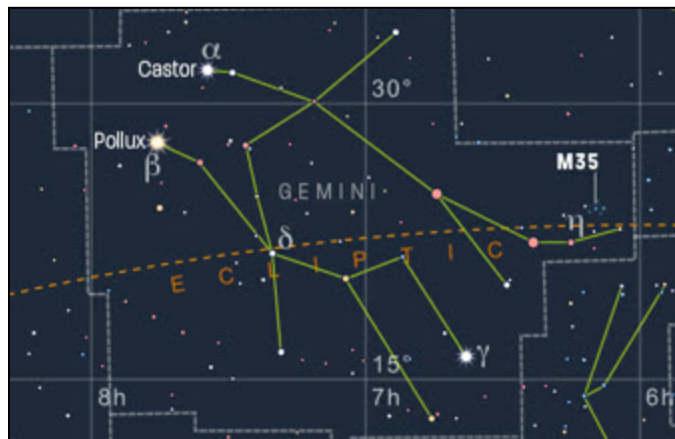
Left: As Orion will likely appear from your garden. Use steady binoculars around the sword to see the star nursery. Internet

Betelgeuse will go nova one day but the excitement generated several years ago, that it might be imminent, has faded so we won't see it visible in the day. Such explosions follow an expansion and then a collapse. Our Sun will do those two things but has insufficient mass to go nova. Its expansion will, however, take out the Earth – in about 4 billion years.

Latest observations of some exoplanets (those orbiting stars other than the Sun) have shown that planetary systems can survive stellar expansion and Earthians in 4 billion years could move to Mars, then to the moons of the outer planets. I assume, if the human race remains in some evolved state, it will be spread across space by then.

Something to look at through binoculars: Messier 35, an open star cluster just under 3000 light years away and covering an area of sky about the same as the Full Moon.

It is high in the sky, above and to the left of Orion. Other bright stars can help locate M35. It lies between Procyon and Capella (lower left to upper right) and between Pollux and Aldebaran (upper left to lower right). Stellarium, or similar, on your 'phone can help you locate them and it.



M35 at the foot of Gemini. The wishbone shape at the bottom right is the upraised arm of Orion. Internet

Clear, cold, sparkly skies are what we need but if we don't have any, remember all that is up there. Let's hope we don't become characters in a science fiction story below an everlasting cloud cover who never know that their planet is less than a dot and that there are other places to observe and visit.



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Sallywags Parent, Baby & Toddler Group

Wishing Heacham Newsletter readers a bright new year.

A big thank you to Mabel Hawkins for all your fabulous sign writing for Sallywags!

And thanks to Anna, Debs and Michaela for some lovely toy and book donations - much appreciated.

Finally, thank you to our families for all their kind words and Christmas treats we received.

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Jo

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MORE HEACHAM MEMORIES

George Alcock, writing in 1930 about his memories of late Victorian Heacham in the *Lynn Advertiser*, remembered many villagers by name (most had nicknames) and their personalities, often with an associated anecdote. Some of those family names are still to be found in the village, but the following edited extracts of articles he wrote are to highlight the skills and occupations of villagers at that time. Now, in the twenty first century, they also provide some rural nostalgia!

I am placing agricultural labourers as among “craftsmen.” Londoners call the agricultural labourer “Hodge,”¹ and sometimes “chawbacon.” I recall a Clapton man who, thus holding them in contempt, went to Norfolk and saw their work and as he had never seen cream turned into butter he was amazed, and vowed that he would never laugh at them any more! I write it boldly: our labourers are “craftsmen.”

The most competent handler of horses I ever knew was Robert Peacock. The fact that his name always was mentioned in full and never abbreviated to “Rob” tends to show the respect in which he was held in the village. . . I had plenty of means of observing his work, and I venture to say that he was the most competent man who ever fed a horse or tugged a rein . . . He was head-teamman² at “Butcher” Lewis’s, and afterwards his son Alfred’s³. I used to lead his horse with a turnip-hoeing⁴ machine. . . His horses seemed to know every word Robert spoke to them, and would respond as if human. He loved them, and they seemed to love him.

The palm to the best milker would have to be given, in my opinion, to John Dix, sen. He would not be milking long before the froth was at the top of the pail. Each night as he let his lantern down from the roof of the stable and blew out the candle he would say, “Monday night,” and so for each day of the week.

The best hedger I should name as “Banker” Alcock, the one who inherited his father’s thirst. If hedging prizes had been in vogue in those days, the first always would have fallen his way . . . The Heacham man who had the honour of having done the longest service on one farm – 67 years – was John Williamson . . . We called him “Gulpher”⁵ . . . When we were threshing – “troshin” we called it – I used to ride a horse on the straw stack to press down the early layers “Gulpher” was stacking. As soon as the rick reached a fair height, those on the stack would hold on to the animal’s tail and let him slide down. This stack was backed against another, and of course the partition between the two would be softer than the rest of the stack. On one occasion the horse slid down between the two, with myself on its back, and both of us were in danger of being suffocated. The engine⁶ was stopped, and it was a case of “all hands on deck,” pulling straw away; presently both of us emerged, I first, the horse somewhat later!

Who was our best ploughman? Undoubtedly Whitey Roythorne. It was part of our agricultural cult to admire a straight furrow. How we boys used to admire those he drew! I have seen him when he was ploughing on Stony Hills⁷, our largest field (150 acres). As far as the eye could see there was “not a wrinkle” in that furrow. The reins lay loosely on the horses’ backs, and he used just to say “Weech” or “Cum-harley,” and they would respond.

And here family pride comes in. As a thatcher⁸, there was no one in our village or in the surrounding ones who could beat my grandfather “Laddy.” I can recognise the craftsman here, because for three years I served “Sleeper” Monument⁹, and for one year Taylor, the basket-maker of Sedgford . . . On one occasion I

remember serving him while thatching a second crop of hay for Robert Patrick¹⁰. Patrick wanted the work done in a certain way, but telling “Laddy” how to thatch was as if “Laddy” had tried to teach Robert how to make bricks, which was his useful trade.

Who was our best labourer in the sense of possessing wide knowledge, skill, and quick action; and who knew everything about land, its capabilities, and inherent capacities of production?

I should name “Red Ear” Newton¹¹ . . . It gives me all the more pleasure so to name him, because we boys detested him. He was an autocrat, bully, tyrant rolled in one. I am glad for the boys’ sake that he left no descendants! He himself was so mentally and physically alert, so efficient, that he required superlative achievement from us; and he seemed to forget that we were not born with knowledge, but had to gain experience, even as we had to learn the alphabet before we could enter the world of literature. . . He could drive an engine, feed the thresher, drill¹², and do anything on a farm with skill; and he knew everything connected with arable land from A to Z.

Notes:

1 Apparently this was a common derogatory nickname for a farm labourer or ‘country bumpkin’ used throughout the country.

2 Before the advent of mechanisation on farms, a small army of labourers would be needed on a large farm at busy times and teams of horses would be used. Walter Cross told me that, even as a farmer’s young son working on the farm, he, like the others, all respected the teamman and followed his instructions.

3 William Lewis was a butcher before taking on Church Farm. In 1861 he was employing 20 men and eight boys. His son Alfred took over and managed it as a very large stud farm.





Above: Threshing with Steam-Traction Engine

4 Again, Mr Cross explained to me that he used the sentence “Tom Brown Can Walk” as a means of remembering the rotation of crops on fields: turnips, barley, clover, wheat. Turnips and clover were grown rather than leave the fields fallow as in earlier times and they provided food for livestock (whose manure could be used with advantage on the fields).

5 Most of those remembered by Alcock had nicknames. Gulpher earned his at school when he knocked the nest of a gulpher out of a tree – but what is a gulpher? It does not seem to be a known dialect word; my guess is a pigeon although no reference can be found. ‘Culver’ was once for pigeon used and is not dissimilar. In the same tree by the school were ‘King Harrys’ (goldfinches).



Above: Rick Thatching

6 Steam-driven traction engines were used with a belt from the flywheel to drive various machines – especially threshing machines used to separate the grain from the straw before the days of combine harvesters.

7 ‘Stony Hills’ was part of ‘Church Farm’ (and was sometimes the name used by some for the whole farm. It seems to have been referred to as ‘Valley Farm’ at the time George Alcock was born).

8 Here, Laddy’s skill as a thatcher would be put to use at harvest time when stacks of unthreshed wheat or barley and those of straw or hay were given a thatched top as an attempt to make them weatherproof. An earlier article indicated that Heacham did have thatched cottages.



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Left: Drillings

9 There were several Monuments in the village including Edmund, the publican at the 'Greyhound' but perhaps 'Sleepy' was William who had worked as a shepherd (probably on Caley Farm) and was 83 in 1871.

10 In addition to farming, Robert

Patrick managed the Heacham brickworks on Lamsey Lane.

11 There were a number of Newtons in the village and not one appears to have a specific occupation beyond 'Ag. Lab.' but all would have seniority over a young lad. The writer makes no reference to the three Newton brothers of Heacham transported in 1840 for sheep-stealing and so there is no evidence of a family connection.

12 As a skilled farm labourer, 'drilling' in this case meant the sowing of seed.

Eric Rhodes



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Heacham FC

THE TEAMS:



1st Team:

In the league the first team continue to hold their own and have regularly picked up points to maintain their safe position in the league table. In the Norfolk Senior Cup the team progressed into the next round with a hard fought victory (1-0) away at Dussindale & Hellesden, despite finishing the game with 9 men. The reward is an away trip to play at The Walks against King's Lynn U23s.

The League Challenge Cup match against Downham Town is still to be played, after the game had been postponed twice due to the bad weather. This has now resulted in the match being switched to Heacham and was due to be played on Tuesday 16th January k.o.7.45pm.

Results have been as follows:-

(league games unless otherwise stated)

Drew 0-0 away v Kirkley & Pakefield
Won 1-0 away v Dussindale & Hellesden - Norfolk Senior Cup
Drew 1-1 home v Brantham Athletic
Won 1-0 home v Woodbridge Town
Lost 0-2 home v Mulbarton Wanderers
Lost 0-2 away v Harleston Town
Won 1-0 away v Brantham Athletic

Forthcoming fixtures:-

(league games unless otherwise stated)

JANUARY 2024

Tuesday 16th home v Downham Town k.o.7.45pm - League Challenge Cup
Saturday 20th home v Soham Town Rangers k.o. 3pm

Saturday 27th away v Lakenheath k.o. 3pm

Tuesday 30th away v King's Lynn Town U23 k.o.7.45pm - Norfolk Senior Cup

FEBRUARY 2024

Saturday 10th away v Mildenhall Town k.o. 3pm -

Information on all this season's remaining fixtures can be found on The Thurlow Nunn League website.

Heacham F.C. U16s

They compete in The Norfolk Combined Youth Football League (Under 16 Premier League).

The team can look forward to the next round of The John Savage Cup (Norfolk FA County Cup) after a convincing away win at Horsford F.C. U16 by 6 goals to 1. They will now play at home v Wroxham FC U15 EJA on Sunday 21st January k.o.1.30pm. In the league the team have suffered with various fixture postponements/changes and have played very little football in the past 2 months.

Recent league results have been as follows:-

Won 4-2 home v Attleborough Town FC U16

Lost 2-3 away v Caister FC U16 Gladiators

The following league fixtures have been released and note games are usually 10.00am k.o. :-

Sunday 11th February away v Blofield United Youth FC U16

Sunday 25th February home v Mulbarton Wanderers FC U16 Falcons

Note : Fixtures are subject to change but you can keep up to date with any changes by visiting facebook:-

Heacham Football Club Under 16s or Heacham FC Supporters Club.

You can also visit Norfolk Combined Youth Football League website.

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The team are currently looking for sponsorship for Players, 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.

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.

Season 2023/24 Matchday Admission Prices

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 FC pin badge and the Anglian Combination Premier Champions 2021/22 pin badge are now priced both at only £3 each and both can 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. There are also a few programmes available from this season.

The 2023 "50/50 Club"

The December winners were:-

(No.78) - Tim Adams who wins £45

(No.87) - Paul Cater who wins £22.

Congratulations to both our winners.

The 2024 "50/50 Club"

Application to join this year's scheme has now closed. This year has seen an increase from 134 participants last year to a magnificent 151 members for the current year. There will be 2 monthly prizes of £50 and £25 (plus for January an additional 3rd prize of £12). The first draw for 2024 will take place on 20th January in the Social Club, after the home match v Soham Town Rangers. Details of our first winners will be in next month's issue of the Newsletter.

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Supporters Club News

December's Members Only Monthly Draw Winner of £25 was Rosemary Plaice (membership no.97) and January's winner was Lydia Page (membership no.44), who also won £25. Congratulations to both Rosemary and Lydia. The next draw will take place mid February.

The Supporters Club Annual Christmas draw took place and our winners were:-

No.157 Chrissy Gwilliam - £50 Amazon Voucher
No.58 Micky Ward - Xmas Hamper
No.55 Martin Edwards - Free Entry into 2024 "50/50 Club"
No.131 Peter Salazar - Jack Daniels Gift Set
No.133 Robert Hope - Tub of Hero's Chocolates
No.78 Avry Richards - Bottle Mulled Wine
No.99 Chris Witley - Niva Mens Gift Set
No.211 Mark Williamson - Bottle Mulled Wine
No.57 Angela Watson - Baylis & Harding Gift Set
No.43 Mike Moseley - Heacham Hoodie
No.22 Kevin Rawlings - Bottle Captain Morgan Dark Rum
No.225 Michael Fitzgerald - Bottle Mount Gay Barbados Rum
No.92 Paul Cater - Tub of Celebrations Chocolates
No.206 Rachel Larman - Bottle Rose Wine
No.25 Carol Dawson - Bottle Rose Wine

This was the biggest Xmas raffle in the Supporters Club history and much thanks goes to everyone who donated prizes.

The intention is to hold a further 2 "free" raffles (for Supporter Club Members only) before the end of the season.

Supporters Club Membership for the current season is still 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



KENDALL EXTERIOR CLEANING

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HOTEL • RESTAURANT • GOLF
**HEACHAM
MANOR**

Wedding Fayre

SUNDAY 3RD MARCH 2024
11am - 3pm | FREE ENTRY

Local vendors exhibiting, refreshments available.
Competition for Heacham Manor Goodies.

Local Vendor? If you would like to have a stand at
the event please contact the events team:
events@heacham-manor.co.uk or call **01485 536030**
HEACHAM MANOR, HUNSTANTON ROAD, HEACHAM, NORFOLK PE31 7JX

WHAT'S ON REGULAR EVENTS

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

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

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

MONDAYS

Yoga 8.30am Dersingham Village Centre. Tel Suzie Povey 079000818311.

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..

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

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

Princess Theatre, Hunstanton

February 2024!



2nd



3rd



9th



10th



11th



17th



24th

BOOK NOW!

Call The Box Office: 01485 532252 www.princesshunstanton.co.uk

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) 10am and 11am 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

Norsemans 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

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

Sallywags Parent, Baby & Toddler Group term time 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 1st and 3rd Wednesdays Hunstanton Town Hall, . £8 To book or for info call Maggi on 07951402717

Tai Chi for people with less Mobility 11.15- 11.45am. 1st and 3rd Wednesdays Hunstanton Town hall £4 per session. Contact Maggi for more information on 07951402717.

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



HOTEL · RESTAURANT · GOLF
HEACHAM MANOR

FEBRUARY

EVENTS

MURDER MYSTERY DINNER
'Fat Stan's Big Bottoms Up'
SATURDAY 17TH FEBRUARY 2024
Put your sleuthing skills to the test and solve the mystery at the manor.

Norfolk Mussel Night
FRIDAY 23rd FEBRUARY 2024
Join us for a celebration of our home county hero seafood.



Simply Call: **01485 536030** Please scan the QR code or visit: www.heacham-manor.co.uk

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

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

Hunstanton and District Camera Club 7.30pm, first and third Thursday of the months September to May. Common Room, Orchard Close, Dersingham.

Heacham Social Dart Group 7pm Heacham Social Club (over 18's only)

Snooker League 7.30pm Hunstanton Conservative Club

MICHAEL CAINE
GLEND A JACKSON

THE GREAT ESCAPER
INSPIRED BY A TRUE LOVE STORY

ANMER SOCIAL CLUB
FRIDAY 9th FEBRUARY 2024
Film starts at 7.30 p.m.
Doors open 7.00 p.m. Admission - £4 on the night
For further details email: films@anmerclub.co.uk
or telephone 01485 579465
or visit our website on:- www.anmer.club@outlook.com

SAVE THE DATE

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

Friendship Group 10.30 am – 12 noon at Hunstanton Community Centre. Come for a cuppa & a chat & to meet new people. Julie – 07927 467984, Sue – 07891 506912

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

Wildfowling 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

ANMER CLUB
MON 8th JAN MON 5th FEB
MON 4th MAR
BINGO
NIGHT
EYES DOWN 7.30PM
CLUB OPENS AT 7 GREAT PRIZES
£6.50.. BOOK OF 10 CARDS
£1.50.. FLYER
£2.. CASH ACCUMULATOR RAFFLE

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.

Heacham Methodist Fellowship
Tuesday 27th February at 2.30pm
Speaker:- Adrian Eden
'by the book'



VILLAGE CINEMA
at Dersingham Village Centre
Presents on
Tuesday February 27th at 7:30pm
THE GREAT ESCAPER (12A)
Starring: Michael Caine; Glenda Jackson; John Standing; Wolf Kahler
In the summer of 2014, a World War II veteran sneaks out of his care home to attend the 70th anniversary commemoration of the D-Day landings in Normandy.

Doors open at 7pm
Entry £6; Under 16s £3
(Entry includes tea/coffee/squash)
Licensed Bar

Dersingham Village Cinema is managed by Dersingham Village Centre Association Charity No 1178462 Supported by Creative Arts East

Hunstanton Conservative Club

Entertainment for February

24 High Street, Hunstanton PE36 5AF
Tel: 01485 532462

Entertainment for February

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

- Sat 3rd: **Quiz Night**
Sat 10th: **Music Night** with Neil Diamond tribute
Food served from 6.00pm
Wed 14th: **Valentines Meals:-**
Lunch: 12.30pm service) **Please order**
Dinner: 7.00pm service) **at the Bar**
With music by Bill Cunliffe
Wed 28th: **Cream Teas** from 3.00pm
Sat Mar 16th: Coach Trip to **Thriplow for Daffodil Weekend**
Please book at the Bar
Yoga for U3A members on Wednesdays, Thursdays and
Fridays
Mondays: Strength and Balance Class – 4.40pm
Wednesdays: Scrabble 10.00am. Whist Drive 7.00pm
Fridays: Lunchtime Raffle drawn at 1.00pm
Saturdays: 'Open the Box' draw at 1.00pm
Cash Bingo – Tuesdays and Fridays
Eyes down 7.30pm

www.hunstantonconservativeclub.co.uk

OTHER EVENTS

February

February Events at Anmer Social Club

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

Club opens 30 mins before event start time.

Monday 5th 7.30pm Bingo £6.50 for ten cards, £1.50 for a
flyer card, £2/card for cash accumulator.

Friday 9th 7.30pm Film Night 'The Great Escaper' £4 on
the door.

Friday 23rd 7.30pm Quiz Night £2/person.

Friday 2nd February 2-4pm Heacham Social Club Heavenly Honeys
of Heacham (Red Hat Society) get together.

Tuesday 6th February 7.30pm King's Lynn Town Hall, Classical
Music Rocks concert - Oliver Wilson - viola and pre-concert talk.
Tickets: £10 on the door, free for the under 21's. Visit:
cmr.schoolswestnorfolk.com for more information, or contact Peter
Barker on 07972752343.

Saturday 10th February Alive Oasis, Hunstanton, Priory Rotary
Swimathon. For more info <https://www.rotary-ribi.org/clubs/page.php?PgID=762176&ClubID=483>

Monday 12th February 2pm Sedgeford Village Hall, The Arts
Society Lecture: 'Arts and Crafts in Stained Glass in English Churches'
by Kirsty Hartsotiss. www.theartsocietytynwnorfolk.org.uk

Monday 19th February 2pm Community Hall, Hunstanton. U3a
Ed Foss will talk about the River Hun and chalk streams in
Norfolk. For further information please see our website:
www.hunstantonu3a.org or call 07443763679.

Saturday 24th February 7.30pm Amy Robsart Village Hall,
Syderstone, Film 'A Haunting in Venice'. Tickets £4 (advance
booking, pay on door). Call 01485 578171 or
syderstonecinema_ARVH@outlook.com.

Tuesday 27th February 2.30pm Heacham Methodist Church.
Talk by Adrian Eden - 'by the book'.

Tuesday 27th February 7.30pm Dersingham Village Centre,
Film 'The Great Escaper'. £6, under 16's £3

Wednesday 28th February 10am-noon Community Coffee
morning and More, Community Hall, Sunnyside Close.

Wednesday 28th February 7.30pm memorial Hall, Old Church
Road, Snettisham Gardening Club, when Gary Hibbard will talk
about the activities of the Norfolk Wildlife Trust. Further
information from Gail 01485 541279 or Addie 01485 544754.

March

Friday 1st March 10.30 for 11am Sedgeford Village Hall, RNLI Fish
& Chip Lunch. Speaker Alderman Nicholas Lyons 'A year in the life
of the Lord Mayor of London' £20, To book call Angie Coker
07775775362 or Terry Morris 01485 512005.

Tuesday 5th March 7.30pm King's Lynn Town Hall, Classical Music
Rocks concert - Siobhain O'Higgins on piano. Tickets £10 on the door,
free for the under 21's. Visit cmr.schoolswestnorfolk.com for more
information, or contact Peter Barker on 07972752343.

Thursday 7th March 2pm, The Reading Room Stanhoe, Stanhoe and
Barwick WI. Kate Craven from Hunstanton RNLI £5 includes
refreshments. For more details contact Valerie on 01485 575261.

Friday 8th March 2-4pm Heacham Social Club. Heavenly Honeys
of Heacham (Red Hat Society) get together.



Hunstanton United Services Club

February Entertainment

OPEN ALL DAY EVERY DAY
11am to 11.30pm

- FRI 2nd** DIAMOND PAULS MIXED BAG DISCO. Any
requests played. 8pm.
SAT 3rd THE TONICS DUO FUN NIGHT. 8.30pm.
FRI 9th DIAMOND PAULS MIXED BAG DISCO. Any
requests played. 8pm.
SAT 10th DR PHIL MOTOWN MAN. 8.30pm.
FRI 16th QUIZ NIGHT. First prize £50. Teams up to 4
persons. £4pp including supper. 8pm.
SAT 17th KCR DUO FANTASTIC VOCALS. All eras.
8.30pm.
FRI 23rd DIAMOND PAULS MIXED BAG DISCO. Any
requests played. 8pm.
SAT 24th DNA ROCK POP AND SOUL BAND. 8.30pm.

EVERY SUNDAY KARAOKE with
MICK COVEY. 8pm

POKER NIGHTS - TUESDAY FRIENDLY 7pm THURSDAY
LEAGUE 7pm

SNOOKER ROOM with 3 x FULL SIZE MATCH TABLES

POOL TABLE, DARTS, & DOMINOES

DEWEYS CARVERY EVERY SUNDAY & WEDNESDAY
LUNCHTIMES.

STEAK NIGHT EVERY WEDNESDAY FROM 5pm
RING 07901 524778 TO BOOK A TABLE



Heacham Parish Church

Shining a Light in the Darkness.....

As renovation work continues on the church tower and bellcote now seems the right time for an update on the work being undertaken. With the Sanctus bell confirmed as the oldest bell in Norfolk,

but unable to be rung, it was decided to seek permission to have the bell displayed in the church for all to see and to acquire a replacement bell.

We look forward to keeping everyone informed on the progress of the new "Coronation Bell". However, this decision necessitated the work on the bellcote being completed as soon as possible. So, once the scaffolding was erected and the rain stopped for long enough to allow access to the Tower roof, a small group of intrepid workers began the process of dismantling the bellcote, ferrying the wooden structure to the ground for disposal, and ensuring the tower was safe and watertight. With access to the top of the tower available the opportunity was taken to repair and revamp the illuminated cross with neon lights.

Such an iconic symbol offers comfort and support to many safe in the knowledge that the church remains at the centre of the village. Once this work had been completed the new Poppy light was also installed to commemorate Remembrance Day...a welcome addition for Heacham in these uncertain and troubling times.

All donations to the Coronation bell appeal are still most welcome! If you would like further details or 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 just search....Heacham Parish Church



Heacham Foot Health Clinic

- ▶ Foot care treatments, nail cutting, reduction of corns and calluses
- ▶ addressing foot, knee, hip and back pain with prescription orthotics
- ▶ Heacham clinic
- ▶ HOME VISITS AVAILABLE

Tel: 01485 570512
Mobile: 07767 733838
JANET PITKIN DipCFHP, MPSpract
West Norfolk Mind, Poplar Avenue, Heacham

professional standards authority
accredited register

Parking Disabled Access



The Benefit of Art North West Norfolk Arts Society

Monday 12th February 2024 starts our New Year season of monthly lectures at Sedgeford Village Hall at 2:00 pm with **Arts and Crafts in Stained Glass in English Churches**. Kirsty Hartsiotis is the accredited Art Society lecturer, and she is a wonderful storyteller, writer and speaker on folklore and Arts and Crafts history. In this lecture she will look at the revolution in church interiors brought about by the Arts and Crafts designers. Between about 1890 and 1930 Arts and Crafts designers built and contributed to hundreds of churches across England, with some famous schemes that included the church building and all its interior fittings. Most notable are Brockhampton - perhaps the finest Arts and Crafts church in the U.K; Holy Trinity, Sloane Square, London; and St Andrew's, Roker. Sometimes it is just one commission – a stained glass window, a screen, or a font cover. Find out how these designers and Morris & Co., in churches like Selsley, changed the course of church furnishings in England, and how the next generation of Arts and Crafts designers revolutionised church design.

Christopher Whall, a nineteenth-century master in the technique of stained glass, responsible for such masterpieces as the windows at Holy Trinity in Sloane Square, is quoted as saying, 'Our lives are like the broken bits of glass, sadly or brightly coloured, jostled about and shaken hither and thither, in a seeming confusion, which we yet hope is somewhere held up to a light in which each one meets with his own, and holds his place; and, to the Eye that watches, plays his part in a universal harmony by us, as yet, unseen.' His philosophy illustrates the importance of art generally and particularly how it can help our brain. Everyone's reaction to art can be different but it has the ability to have a strong effect on the brain, from highly lifelike

portraits to abstract collections of rectangles. Each time our brain is working to make sense of the visual stimulation it is receiving by viewing and analysing the art.

When we look at wonderful artwork such as a painting, sculpture etc., it is believed the blood flow to the brain increases by as much as 10%, some say the equivalent of looking at a loved one. When we view and analyse art, we often are not just making sense of the shapes we see. We feel we want to place ourselves in the picture. Our brain can turn things like action, movement, and energy into actual emotions that we feel. Look at a Jackson Pollock drip painting and you may feel that you are one of those flinging the paint on to the canvas. A desert landscape can make you feel the hot sand beneath your feet and the sun beating down.

The relationship between art and brainpower is increasingly becoming serious science with findings that art is a great way to flex our brain while improving our life and well-being. Slowly, more public places are supporting this. Anywhere we might find ourselves waiting, waiting, and waiting, we may find an art gallery or museum being made from the concourse. The Charity Paintings in Hospitals has created a collection of more than 3,700 artworks since 1959 which it lends to hospitals, hospices, care homes and surgeries. Many studies have shown the benefits to patients' recovery and morale when they have something pleasant to look at.

We invite you to come as our guest for £5 to one of our meetings and explore how much art may benefit you. Or you can join as an annual member for £45 (or less if joining later in the year) and enjoy a range of benefits - nine illustrated monthly lectures which cover a wide range of subjects; trips and tours in the UK and abroad, interesting study days, regular newsletters and magazines, and a warm welcome from a very friendly society. www.theartssocietynorthwestnorfolk.org.uk

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**We meet at Sedgeford
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one talk to see if you enjoy our
meetings.



Next talk:
Monday 12th February 2024

**Arts and Crafts in Stained
Glass in English Churches**
Focusing on Brockhampton,
Herefordshire

Lecturer:
Kirsty Hartsiotis

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*For more information & how to join, visit
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QEH: ISN'T IT TIME FOR ACTION



On the 25th May last year, there was great excitement, and a sense of relief, when Health Secretary Steve Barclay made the announcement that the Queen Elizabeth Hospital had been added to the New Hospital Programme. So what has happened since then?

Other than a press release saying the helipad will be moved, not a great deal to be honest.

The new hospital is to be built to a much heralded Hospital 2.0 design, a standardised modular approach, which will allegedly reduce building costs and speed up the process. Only problem with this, is that no plan has yet been made public, and details should have been released 6 months ago.

Another issue is the size of the new hospital. The current building was built in 1980, when the local population was much smaller, and the age of those using the hospital was much younger. During the time we were campaigning previously, the hospital management made it clear that the new hospital was to be built with substantially more bed capacity, to meet the changing needs of those living in West Norfolk and surrounding areas.

The management team announced earlier this year that there was going to be a data collection, looking at the needs of the current population, to help with finalising the size of the new hospital. No results have been announced, nor has any date been given for this to happen. The little information that has been made known about the new hospital appears to suggest that the new Queen Elizabeth will have the same number of beds as the current one.

And then there is the multi storey car park, which must be built before anything else can take place. No plan for this has been made available, and no funding has been released. Originally scheduled to start early this year, this was initially put back until the summer. The most recent update is that building won't begin until January 2025.

Back in November, The House of Commons Committee of Public Accounts released a report stating that it is highly unlikely that any of the 32 new hospitals, which includes the QEH, will be completed by 2030. Just to remind you all, the current hospital will not be able to function beyond that year. If the new hospital has not been built/completed by then, then King's Lynn will not have a hospital at all.

Our MP James Wild has assured us that all is going to plan. Our campaign group sadly do not believe him, and are concerned that the much heralded new hospital may not be completed in time, if at all. So reluctantly we are going to begin campaigning once again.

Gordon Taylor
Save our QEH campaign group

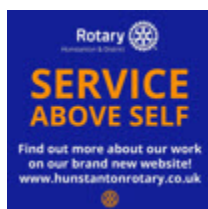
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New Website Launch by Hunstanton & District Rotary Club

Hunstanton & District Rotary Club is excited to announce the launch of its newly redesigned website at www.hunstantonrotary.co.uk

The revamped website features a streamlined and simplified design, improved functionality, and enriched content areas to inform our local community and the wider public in general, about our club and its activities.

We invite you to visit our new website and if you have any feedback or suggestions then please let us know; we would love to hear from you.

Why not join us

Do you feel like you could be doing more to help communities, locally, nationally and around the world? Especially in the current climate? Hunstanton & District Rotary does just that. We're dedicated to making a difference for people through fundraising projects that can change lives for the better. If you're looking for a fulfilling, lifelong experience then joining Rotary might just be the place for you. Find out more on our brand-new website www.hunstantonrotary.co.uk Or simply search for Hunstanton Rotary Club, and we look forward to meeting you soon.

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Hunstanton Charity Shop's Generous Donation to Heritage Restoration Project



Heacham Parish Church

Heacham Parish Church is over 800 years old. Now in the middle of their important Tower Restoration project, St Mary's church in Heacham has received the generous donation from Hunstanton Charity Shop of £3,000 towards the new Coronation church bell.

Rev. Veronica Wilson said: *"We are very grateful for this support from one local charity to another. This will help maintain the heritage of our listed building which has been a focal point of Heacham for many generations - and our new Sanctus Bell will sound our new era of worship and community outreach."*

The church bell has been commissioned and authorised to commemorate the Coronation of King Charles in 2023. There are only a very few such bells in the country, and this will be the first in Norfolk. From February, a portion of the old bellcote will be reassembled and displayed in church by our dedicated construction team of Chris Wright, Terry Clay, Alex Knight and Cllr Robert Pritchard. This will enable visitors to appreciate the size and scale of the project.

Heacham Parish Church is the proud custodian of the oldest Sanctus bell in the county, dated from circa 1150. This is too frail to be rehung so will be displayed in church.

Hunstanton Charity Shop has been trading for 14 years. During this time, they have donated over £50,000 to a range of local charities and in 2023 awarded £9,000 to local causes. Established and managed by Angela and Kevin Green, the shop has been operated by a team of volunteers and each year the team chooses the charities they would like to support. This winter they are particularly keen to receive additional items to support families who will need to search out bargains for clothing and gifts in these difficult financial times. Everyone is welcome to visit their shop at 77 Westgate in Hunstanton for a real bargain-hunt.

More information on the Heacham Parish Church's project can be found on the church's JustGiving page:

www.justgiving.com/campaign/heacham-church-tower-and-bell

Donations can be received via the JustGiving appeal or please contact the church's office on heacham.church@gmail.com

For further details of the Hunstanton Charity Shop, look at their Facebook page.

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Borough Council News Heacham, Sedgeford and Fring

THE WARD

A New Year should mean changes but issues, plans and intentions don't recognise a calendar.

In Heacham, the Cheney Hill development has undergone some changes and people have been asked, again, for comment. I am now told it will likely appear at planning committee this March or April. Look out for it. Public speakers, 2 for, 2 against, are allowed. The Parish Council will, no doubt, speak too and I will do so as Ward member. What I say I haven't decided. I represent you and welcome comments.

Email me if you have any views at all. However, the access to the development is not up for debate. That was settled years ago after a planning appeal in which the inspector decreed that there was no problem with cars from a 140 house development accessing the bottom of Cheney hill opposite to the back entrance of the Junior School.

Fenway continues to be plagued by lorries. Both the Borough and County Councils are engaged in various actions. The white smoke from the planning inspectorate is still awaited.

I have had complaints about cars parking on pavements to an extent that they block the passage of people with mobility issues. Please do not do that. Blocking a public footpath is an offence.

The shingle ridge from North Beach to Snettisham, the first line of flood defence, was in the news again. I was earlier asked to write to the appropriate minister to tell him of public concerns. A reply was received just before Christmas and essentially repeated all that we already knew: There is no immediate threat of flooding; investigations will take place this spring; monitoring will continue; a solution which is possible, effective and pragmatic will follow. No new money is on the table. I am sure that all options will be considered.

Sedgeford still awaits some decisions about the old school site. I hope the meeting between Parish Councillors and the Borough Council went well. I couldn't attend but will have been briefed before you read this. Sedgeford also remains active about the state of The Heacham River as is the Fring estate and me. Efforts regarding negotiations with the EA and Anglian water should get co-ordinated soon.

Fring has concerns over its very neglected pond and I have been assured that it will be sorted, by the Fring Estate, this year. There was some Council confusion about who owned it but the Estate knew and is taking responsibility. The pond could become a valuable habitat as well as providing an opportunity for flood water to be managed better.

Fring should also be getting a defibrillator in the disused 'phone box which is accessible to all. This will be paid for from Community Infrastructure Levy money the village unknowingly received due to development. There is no Parish Council to receive or monitor such monies so I arranged for it to be used. Once it is installed, the Fring Estate will take on annual maintenance of the machine.

Highway matters generate a lot of complaints. On 11th January, I came out of Heacham at the Lavender lights and turned right towards Lynn. Traffic soon came to a halt. It then took me one hour to reach the Snettisham island where some resurfacing work was being done. There was no warning of these road works until a 400m sign came up, well after any opportunity to take a diversion. Three-way traffic lights in use appeared to be giving equal priority to each road when the queue was on the Heacham side.

When I got to the office I 'phoned the County officer responsible for the area and reported the problem. He agreed that it could have been managed better and would contact the operatives - work is sub contracted out.

I raise this Highways matter as highways are the responsibility of County. I ask anyone with complaints to contact them. An easy step might be emailing or 'phoning the other Heacham Ward councillor who is also deputy leader of Norfolk County Council.

THE BOROUGH

2023 ended with a lot of whinging from the opposition. Be assured that the press articles were less than accurate or well out of context and let's leave it at that.

The Independent Partnership continues to work well with the new Labour Leadership and we are now moving forward with our corporate plan. This follows establishing what the true financial picture is and getting to grips with significant issues that need addressing. This investigative work has taken six months but you have to know what you are building on before moving forwards.

We want all new housing built on Borough land by our agents to be for local people, effectively reflecting but not emulating prime residency requirements that many Neighbourhood Plans require and which I fully support. We also want to create both affordable homes and more homes for rent. To do this we are seeking to borrow money to lend to our own housing companies who will take on the houses. The Council cannot own and rent houses directly or the right to buy rule comes into play and we would likely lose our stock. Legal and financial arrangements have utilised much time since June but are now coming to a conclusion. The mid to long term intention is to build our portfolio of housing.



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We are going forward with charging double council tax on second homes. This will have to be ratified by Council but is an essential component of our strategies to raise more income. We will take similar action on empty properties which will also provide an incentive to bring those properties into use.

Increasing income is a priority as what the Borough spends on services and activities for the public far exceeds income from council tax, business rates and government contributions which remain far too little. The difference is made up by withdrawing from general reserves which will run down to the minimum allowed in around 3 years. There are other reserves, several millions of them but they are ring fenced to pay for anticipated costs e.g. replacing bin lorries; maintaining flood defences, and repair and maintenance of Council owned properties. These reserves could be raided but with serious consequences to follow.

The only solutions to an emerging problem is to bring in more money and spend less. Funding the Internal Drainage Boards, once done by government, takes millions away and we are a member of a consortium of councils attempting to convince government to change tack. An earlier appeal, by the Borough before Christmas, was rejected out of hand. Now there are many more councils taking concerted action in an election year, perhaps there will be a change of heart. MP Liz Truss, who I meet every few months, is supporting the consortium and hosting a presentation to MPs in February.

We are seeking to change the King's Lynn Area Consultative Committee to an Area Committee with executive powers and a budget, effectively creating a pseudo parish council, with limited powers, made up of ward councillors. There is appropriate support for this but, at the time of writing, it has to go to Council.

We are investigating becoming a Marmot authority. Not a release of furry animals who live in holes, this refers to Lord Marmot. It is a scheme to address health inequalities and other related matters. If it happens, then we will be working with both County and the Integrated Care Partnership. As a District Council, we are not a prime provider of anything health related but this administration is committed to do what we can. We stated, last year, that we were going to take action regarding the lack of dentistry and are doing so.

Parish Councils have been invited to their second meeting with me this month. I will be able to say that we have made progress with some of their concerns raised last November and we will take on any new ones raised this time. Planning issues remain a significant annoyance, particularly planning enforcement. This ensures conditions on planning permissions are followed. This administration takes planning conditions seriously and will not seek to default on any for short term 'political' reasons. If anyone thinks a condition is unreasonable then they need to apply to have the condition changed and officers or, more likely, planning committee, can then hear their case.

We are also doing a lot of work on the Council's property stock; the nature of that obscure thing, special expenses which Parish Councils are charged; and leisure provision. More anon.

Terry Parish
Leader of the Borough Council
Ward Councillor for Heacham Ward

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Julia and Hans Rausing donate £8.7 million to 27 UK hospices under financial pressure

The Norfolk Hospice Tapping House benefits from £300,000 grant over the next 3 years.

23 November 2023: Philanthropists, Julia and Hans Rausing, have today announced grants of £8.7 million to 27 hospices across the UK to help them meet the significant increase in their day-to-day costs, brought about by inflation and high energy prices.

Hospices in particular in need of support were identified by the Julia and Hans Rausing Trust, working with the charity Hospice UK. The Trust analysed data to identify hospices with less than 12 months of funds in reserve, with support focused on regions with the highest proportion of hospices in need, which included East Midlands, East of England, the North East and Scotland, as well as the Trust's geographical areas of focus, East Cheshire, Gloucestershire and London.

Research published at the beginning of this year by Hospice UK shows that 96% of hospices had budgeted for a deficit in 2022/23, meaning that many were at risk of depleting their reserves and collectively were facing a deficit of £186m in 2023/24. Just over a quarter (27%) had less than six months reserves available. At the same time, the cost of running hospices has increased dramatically, with an expected 500% increase in energy bills on top of an increase in wages.

In response to these needs, the Trust determined to give funding over the next three years to provide the identified hospices with a level of financial stability for the future.

Julia and Hans Rausing commented: "The rising cost of living has left hospices in a perilous financial position. We know many are receiving fewer or smaller donations than in previous years, so we hope that these grants can be a lifeline, enabling these wonderful hospices to continue providing care and support in their communities across the UK."

Toby Porter, Chief Executive of Hospice UK commented: "Julia and Hans Rausing have once again shown themselves to be the most remarkable supporters of essential children's and adult hospice care services across the UK. Their philanthropy will make a huge difference at a critical time to local communities served by the individual hospices who their Trust will be supporting. This could not be more timely or more welcome. Their philanthropy comes at a time when hospices across the UK are facing immense challenges, as costs soar and the current economic climate creates a tough fundraising environment. Adult hospices rely on charitable donations for an average of two thirds of their income; for children's hospices, this rises to four fifths. At a time when local communities are finding it increasingly hard to give as generously as they have before, we are immensely grateful to Julia and Hans Rausing for helping hospices, providing funding which will help them continue to support dying people and their families.

"At Hospice UK we are also proud and grateful to have been awarded a grant by Julia and Hans Rausing to support hospices with their workforce challenges over the next few years. Hospice care obviously relies both on there being enough funding and on the incredible people who work and volunteer at their local hospice. We are proud to be a grantee of this incredible family foundation."

One of the 27 hospices to benefit from a share of the £8.7 million grant is The Norfolk Hospice Tapping House, based near King's Lynn. The Hospice provides free care, comfort and compassion to people in the local community who are living with a life limiting illness, whilst also providing support for their families and friends.



HUNSTANTON

Our next meeting will be at the Community Centre, Avenue Road, Hunstanton on Monday 19th February at the usual time of 2.00pm.

Our speaker will be Ed. Foss who will be telling us about the River Hun and chalk streams in Norfolk.

You will be most welcome to join us. For further information please see our website: www.hunstantonu3a.org

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Niki Ellis, Chief Executive of The Norfolk Hospice Tapping House

Niki Ellis, Chief Executive of The Norfolk Hospice Tapping House, said "My heartfelt thanks to Julia and Hans Rausing for their generous three year pledge. Their financial gift will go towards the day to day running costs of our incredible services that support people living with a life-limiting condition and those important to them. The last two years have been tough, both for us locally and for hospices across the country, as our costs have escalated at pace across the board. The incredible support we receive from our supporters continues to help bridge the gap between the 30% funding we receive from the NHS and the remaining £2.5 million that we need to fundraise annually. The compassionate care we offer to patients at the end of life and the support offered to families through their bereavement is vitally important. Julia and Hans Rausing's gift to the sector has helped raise the profile of our increased need for financial support during these challenging times."

For more information, and to find out how you can support your local hospice, please visit: www.norfolkhospice.org.uk

Hunstanton & District Rotary Club

On 11th January, Rotarians from Hunstanton & District Rotary Club entertained over 45 former members of the Friday Club and Day Centre at the United Services Social Club. They were provided with a delicious two course meal cooked by Trevor of Deweys and entertained by Jammin Joe who got everyone singing. A fantastic day was had by all.



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Hunstanton Local Businesses Christmas Decorated Window Winners..!

The Mayor of Hunstanton Cllr Michael Ruston and former Mayor Cllr Maureen Howard toured Hunstanton in December to judge the efforts of local businesses in the annual Hunstanton Christmas Window Competition.

The competition run by Hunstanton Town Council was to encourage businesses to join in the Town Events Team's planned Dickensian Christmas theme for 2023.

There were 3 prizes up for grabs, the winner to receive a £50 donation to a local charity of their choice, with the 2 'highly commended' each receiving £25 for their chosen charities.

The Mayor stated: *"Each year the standard of the Christmas Window displays continues to get higher and higher. All the town centre window displays were viewed as part of the competition and what a hard job we had in deciding the winning three. I was impressed at both the innovation and sense of style even more this year. Everybody should be extremely proud of the displays they created in making the town look so festive. Picking the winner was difficult and there were several shop fronts in running for the top slot. Unfortunately, there could be only one winner – **The Norfolk Deli** – their display was in the Dickensian theme, festive, eye-catching and innovative!"*

The 2 'Highly Commended' prizes went to A J Coggles Funeral Parlour and The Hunstanton Hospice Shop.

The Norfolk Deli is donating the £50 to Hunstanton Food Bank; The Hunstanton Hospice shop donating to Norfolk Hospice; A J Coggles Funeral Parlour yet to announce the Charity of their choice.






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**HUNSTANTON
TOWN COUNCIL**

Hunstanton's Dickensian Christmas Light Switch-on event a major success

Hunstanton's first ever Dickensian Christmas Festival, which took place on Sunday 26th November 2023, was a roaring success.

Thousands of visitors flocked to Hunstanton town centre to enjoy all the goings-on at the event, which started at 10am and culminated in the Christmas Light Switch On at 5pm.

Activities began with the Mayor officially opening the Christmas Food & Gift Fair in the Town Hall at 10am, with the fun kicking off by KL1 Radio at 12 noon.

Back by popular demand were the hugely popular Snow Globe in the Town Hall car park, fairground rides, Santa's grotto in the Princess Theatre, food and craft stalls pitched up along the High Street and live performances on the stage throughout the afternoon from local schools and bands.



There was also Victorian walkabout entertainment in the town, with guest appearance from Charles Dickens, Dickensian stilt-walkers, Victorian dressed characters and animals, carol singing from the Hunstanton Community Choir and Hunstanton Concert Band playing traditional Christmas music. Many visitors had also joined in the fun by dressing as Victorian ladies and gentlemen.

The Mayor of Hunstanton Councillor Michael Ruston led the 10 second countdown to the Light Switch-On in the High Street and the cast of this year's Panto 'Jack & the Beanstalk' carried out the countdown at the Princess Theatre. The Mayor stated: *"What a brilliant day it was on Sunday. It was great to see Hunstanton Town Centre so busy and vibrant with the many different things that were going on. The highlight for me was all the children up on stage singing their little hearts out and the*



joy and excitement on their little faces. I was there from the opening of the Christmas Food & Gift Fair, to the light switch-on. There was a great atmosphere all around the town; all I saw all day was so much fun being had by people of all ages. It was brilliant seeing residents and visitors coming out in such large numbers and I hope everyone who attended had as much fun as I did. Thank you to everyone who helped to make it a success".

The event organisers, Hunstanton Town Council's Town Events Team would like to thank all the stall traders, entertainers and community groups that joined us. Cllr Mark Williamson, chair of the Events Team said: *"Without KL1 Radio, this event would not have been such a huge success. Our thanks go to Richard Dix and Paul Baker for organising the stage entertainment. We would like to thank all the local traders who joined in with the fun offering 'specials' from their business premises, Lynn Star for providing the trailer for the stage, Rainbow Park for bringing the fairground rides and special thanks to the help and assistance officers from Resort Services, Borough Council of King's Lynn, have given with advice, moving barriers, providing parking signs etc.*

It is great to see the town working together in the community".

CHRISTINA THAIN

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If music is the food of love, then our Farm Shop must be an orchestra.

We know you're still recovering from Christmas and New Year but with Easter coming early this year, we will be taking orders for Spring Lamb from 1st February.

And with Valentine's Day fast approaching, why not pop in and see what special offers we will have on our steaks – you'll love 'em!!



Our Valentine's discounts will run from 12th – 14th February.

(Don't forget to treat yourself to a lovely bottle of wine too, from one of our local suppliers, to go with your meal – there's plenty to choose from.)

As always, we have plenty of other goodies for you at the Deli and on the shop floor, so why not pop in and see if anything takes your fancy.

New Beginnings for Retro Campers Norfolk: Jamie and Philippa Symington Take the Wheel



After years of providing unforgettable adventures and travel experiences, Graham and Vicky Bray, the passionate owners of Retro Campers Norfolk, announce the sale of their beloved business to Jamie and Philippa Symington.

The decision to pass the keys comes after the Bray's persistent struggle to secure suitable storage and operational space for their fleet of six iconic VW campervans. With a shared passion for adventure and a successful farming business, Jamie and Philippa saw this as an exciting opportunity to diversify their portfolio.

The key advantage of ample space and a strategic location in Terrington St Clement, just outside King's Lynn, made it a perfect fit for their new venture. In addition to their renovated barn for storage of the treasured VW campers, the Symington's bring a fresh perspective by expanding the operational area to include multiple locations surrounding their base near King's Lynn. This move opens up a world of possibilities for customers, who can now explore the North Norfolk Coast, The Brecks and Thetford Forest, The Broads, the Suffolk Coast, Ely and The Fens, the Ouse Valley, Rutland Water, and the Lincolnshire Wolds.

Jamie and Philippa express their excitement, stating, "We're very excited to be taking over Retro Campers Norfolk, a new stage in the business's history, and a new venture for us. We are very lucky to have the space to carefully store these treasured VW campers, and to have the chance to take the business to pastures new – literally, as people are now able to explore new areas. Vicky and Graham have developed a very special business with many loyal customers from all over the country, people who appreciate these wonderful classic campers, and enjoy taking the slow road for a relaxing holiday. We thank them both for all their help and advice, and look forward to meeting new and previous customers, and sharing our love of the glorious coast and countryside of Norfolk and the surrounding areas."

Graham and Vicky Bray share their sentiments, expressing gratitude to their loyal customers, suppliers, and fans of Retro Campers Norfolk. They remark, "Now is the right time for us to pass on the keys! We would like to thank all our customers, suppliers, and the many fans of Retro Campers Norfolk, who have enjoyed seeing these iconic campervans meandering around Norfolk and Suffolk over the last 12 years."

The Brays are confident that Jamie and Philippa will continue the legacy of Retro Campers Norfolk, embarking on an exciting new era filled with open roads, endless possibilities, and countless memories to be made.

For more information, please visit:

<https://www.retrocampersnorfolk.co.uk/offers.html>



Left: 4 Vans 4 people - L-R - Graham Bray, Philippa Symington, Vicky Bray, Jamie Symington



Right: New owners - L-R - Philippa Symington, Nick Symington, Jamie Symington

In light of the recent high profile coverage of Esther Rantzen's decision to join 'Dignitas', I am compelled to shine a light on hospice care.

Here at The Norfolk Hospice Tapping House, we are able to support patients who are entering the final phase of their lives and facing death, with a team of extraordinary professionals who deliver expert care both in the management of distressing symptoms associated with any disease progression, as well as recognising the emotional impact a life limiting diagnosis has on an individual and their family. In 2023 we supported 4,500 patients and family members.

Hospices like ours support people to have a good death, naturally. Hospices also support people to live well as they approach and navigate this final phase of life.

Only one third of our Hospice income is provided by the state, with the remainder raised by our local community. This is an unsustainable model that leaves essential care reliant on charity shops and marathons. I have recently raised this with James Wild, our local MP, for his urgent attention.

Nationally as demand for care soars, hospice income is shrinking with adult hospices in England experiencing a real-term cut in Government funding of £47 million over the past two years.



Above: Emma Shaw, Occupational Therapist, with a patient

In an interview with BBC Radio Four, Victoria Atkins, the Health Secretary, spoke of £1.5 billion released from Government to support hospices in the last year. Our Hospice in West Norfolk has yet to benefit from any of this.

Whilst we are enormously grateful to our community and supporters for everything they do to help us raise the

£2.5 million needed this year from charitable funding, we urge our local Integrated Care Board to reassess their contribution and offer further financial support to The Norfolk Hospice Tapping House so we are able to continue providing all of our care services.

If you, or someone known to you, is affected by a life-limiting condition, you can seek support from The Norfolk Hospice Tapping House by ringing 01485 601700, or visit our website www.norfolkhospice.org.uk for information on the services we offer and how to make a referral.

Niki Ellis
CEO, The Norfolk Hospice Tapping House



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Poets' Corner

Bedbug

I hope you all have a good night
For tomorrow you'll look a right sight
When I've nibbled your nose and your bum and your toes –
I'm Boris the Bedbug – sleep tight!

Elizabeth Crosby

CROSSWORD SOLUTION

Across:

1. Workspace
6. Amble
9. Nominal
10. Calibre
11. Bungee
12. Armrests
14. East
15. Terminated
18. Kick around
20. Heel
23. Wringers
24. Mumbai
26. Applies
27. Long run
28. Doyen
29. Semaphore

Down:

1. Windbreak
2. Remands
3. Sunset
4. Awls
5. Escarpment
6. Ailerons
7. Baby-sit
8. Evens
13. Bed of roses
16. Dalliance
17. Ganglion
19. Crisply
21. Embargo
22. Turn up
23. Weald
25. Glum

General Knowledge Quiz

FOOD and DRINK

ANSWERS

- | | |
|-----------------|--------------|
| 1. Scotland. | 7. Mace |
| 2. Okra. | 8. Tuna |
| 3. Capon. | 9. 'Popcorn' |
| 4. Porridge. | 10. Beef |
| 5. New Zealand. | 11. Nectar |
| 6. Music | 12. Herring |



The Queen Elizabeth
Hospital King's Lynn
NHS Foundation Trust

Modernising Our
Hospital
Newsletter
January 2024

Our enabling projects are key to ensure we are ready to start work on our new hospital by the middle of 2026. This will ensure we are ready to start delivering care from our new building by 2030.

- Here are our top four enabling projects that will need to be completed before we can start to build our new hospital:
- Relocation of our helipad. We reported at the end of last year we'd receive planning permission to relocate our helipad to farmland to the east of the hospital on the opposite side of the road along the B1145. Work to prepare the new location will commence on the site very soon, and the new helipad should be fully operational by summer this year. Multi-storey car park – our new multi-storey car park, which will be built on the site of the old Inspire Centre, will now be built in one phase. This is a key project, allowing us to build our new hospital on the current main car park. We are awaiting funding for this project and expect work to commence in December and take 12 months to complete.
- Utility preparation work – The relocation of our gas substation, diversion of current gas main and the implementation of two high voltage electric cables to power the new hospital are all essential works to prepare our site for the new building. We are already engaging with utility companies for the initial design for this project.
- Construction compound and access – When the building work begins, we want to cause as little disruption to our services as possible. We are exploring options for a separate construction compound and site access point for construction traffic to keep this disruption to a minimum.

Keeping updated

You can keep up to date on all our developments on our website dedicated to the new hospital at www.newqeh.org.uk or please get in touch by emailing newhospital@qehkl.nhs.uk.

If you know someone who would like to receive regular updates about how we are modernising our hospital and the progress with our new hospital plans, please ask them to email us using the email address above and we will add them to our email list.

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Local Rotary Clubs seek teams for their next Swimarathon

Priory Rotary King's Lynn and Hunstanton and District Rotary are joining forces to extend their highly successful annual Swimarathon charity event. In 2024 it will take place at both the St James pool in King's Lynn and Oasis pool in Hunstanton on Saturday February 10th.

The Swimarathon involves teams of up to six swimming against each other in relays, for as many lengths of the pool as they can in their 55-minute slot. It is open to all ages and abilities, and entry is free! The aim is for the swimmers to have fun while raising money for local charities by obtaining sponsorship for their efforts.

Teams can be from schools, businesses, charities, youth organisations, sports clubs, families or just groups of friends – anyone who would like to take part and raise money for good causes. Entries are already coming in and anyone who would like to enter a team should make contact as soon as possible to book their chosen time slot.

Local companies are also encouraged to get involved by either signing up to sponsor the event or entering teams to take part.

In 2023 the Swimarathon raised over £14,000 and supported a wide range of local charities, and the organisers are hoping to exceed this total in 2024.

For more information go to www.prioryrotary.org.uk



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Stanhoe & Barwick WI

Thursday 1st February: Penny Simmonds introduces Reflexology.

Thursday 7th March: Kate Craven from Hunstanton RNLI.

The Reading Room, Stanhoe. 2.00pm.

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

Please contact Valerie (01485 576261) for further details.

An excellent project, just completed for 2024, at The Heacham Saltings

The reinstating and enhancement of the pond / lake area has created a bird watchers' vista from the already well established bird hide, reflecting the Parish Council's strong commitment to its natural environment committee's initiative in preserving and promoting the natural environment, for the benefit of both residents and the local ecosystem.

Cllr Robert Pritchard
Heacham Parish Council



Above: View from inside the saltings hide.



Above: Dom Arnold our contractor doing excellent work excavating the pond.



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To the people of Hunstanton and District:

Do you have a kind heart and a generous nature? Do you want to make new friends whilst enhancing your social life in a happy and welcoming atmosphere, and at the same time give some of your time to help and support good causes and charities in your local community, nationally, or even further afield? Then joining your local Rotary could be what you are looking for.

Our main aim is to work together as friends in an effort to do good in the world by giving our time in support, hold fundraising events, and help the community in any way we can, whilst having fun at the same time.

Rotary is open to all who represent the values and qualities outlined above, and are interested in being part of their community. There is no obligation or pressure to join, but I would urge you to make contact and have a chat, come along and have a look at us and see if we can together make a difference in our community make new friends and have fun along the way.

For an example, we have supported and raised funds for various good causes. These include:-

- Local Scout and Guide groups
- Raised funds for local breast care treatment.
- Assist and raise funds for Autism
- Assist and raise funds for Riding for the Disabled.
- Help the Premature Baby Unit at QEH
- Provide dictionaries for schools
- Support young carers.
- Volunteer and raise funds for Tapping House local hospice.
- Support and finance Shelter boxes and water aid for major disasters in the world.
- Provide funds for entrepreneurs in the poorest parts of the world.
- Continue to support and finance the fight to eradicate Polio in the world.

These are a sample of our work. If you want to make a difference, please make contact and talk to us about how YOU can contribute to good causes and support charities. You would be most welcome.

Roger Raven, President
Hunstanton and District Rotary
Email. rogerraven9@hotmail.com

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Heacham Parish Council Notice Board

PARISH COUNCIL MEETINGS IN BRIEF

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

The Full Council Meeting for March will be held on Tuesday 19th at 7.00pm at the Parish Office, Pound Lane.

Please see the Parish Council website, noticeboard at the Old Dairy Site, Pound Lane and the Parish Office noticeboard in the lobby for agendas. Council Meeting minutes will be posted on the Parish Council website shortly after each meeting (these are draft minutes until they are agreed at the next meeting). The committee meetings are held in the Parish Office. Members of the public are invited to attend committee meetings if they wish.

SAM2

The latest figures are on display in the lobby at the Parish Office. This is the sign that flashes the speed you are travelling at as you approach it, details of which are recorded. The signs provide valuable information to the Parish.

ALLOTMENTS

We find ourselves without a waiting list once again for our allotments. We have quarter, half and full plots on the site so it will be a case of what is available at the time. Please enquire at the office.

CHALK PIT

Dog owners walking the Millenium Wood with their dogs may only do so if they pick up their dog's poo and place it in the bin provided. It is a health hazard to children and other dogs. If you are not able or willing to follow this instruction then please do not take your dog up there.

STREET LIGHTING



With the days now starting to draw in, our footpaths will need lighting earlier and a light out will become noticeable. All lights within the village, apart from a few, are the responsibility of Heacham Parish Council. We would ask that they be reported to the office, also ones that are intermittent or day burners. When reporting a light please remember that it is the address of the light we need. If a light sits directly between two properties it will have the address of the property opposite. When reporting a light by a left phone message, please leave a contact number in case we have trouble identifying it, we can then get more information if needed. Reports can also be emailed to us, see below for our email address. The street light in the High

Street outside A E Wallis has been knocked down, a replacement will be installed as soon as possible.

RECREATION GROUND

Heacham Parish Council is very pleased to announce that new play equipment is to be installed in our recreation ground! The work is expected to begin on 5th February and should take 2, possibly 3 weeks to complete dependant on the weather. This will mean that the top section of the recreation ground will be closed during this time, but we are pleased to say that the skatepark and the bottom goal will remain in use.

Fencing will be erected during the weekend before and the top goal removed along with blocking off the top access gate in readiness for work to begin. Please make your children aware that the top section will be strictly out of bounds whilst work takes place. There will be plans of the new equipment and wet pour surface available to view in the Parish Office lobby. Please feel free to come along and take a look

VILLAGE SIGN

The village sign at the Lavender junction will shortly be given a new post as the old one is rotten. We will also be giving it a repaint and so it will disappear for a short while.

!!WANTED!!

PARISH COUNCILLORS

NEW YEAR NEW OPPORTUNITIES!

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.

OLD FRIENDS HALL

Works on the Old Friends Hall have taken rather longer than expected, due to problems with the contractors, but it is hoped it will be back in action very soon.

HEACHAM PARISH COUNCIL OFFICE

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

Heacham Parish Council Office

Jubilee Clinic Pound Lane Heacham
Norfolk PE31 7ET
Tel 01485 572142

Email: heachampc@btinternet.com

Website: www.heacham-pc.gov.uk

HELP LINES

HEACHAM GROUP PRACTICE 01485 572769

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

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For out of hours service, please call the NHS Helpline

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DUTY CHEMIST NOTICE DISPLAYED ON DOOR

HEACHAM PARISH COUNCIL OFFICE 572142

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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

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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

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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.

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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

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---------------------------	------	------	------

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

frequency	2/hr	1/hr	1/hr
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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

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New Route 33

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DEFIBRILLATOR SITES IN HEACHAM

(Please read instructions and obtain code to activate)

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

Sports Field Pavillion - On the external wall of the pavilion

Fire Station - 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

Fire Station - on the front. Available 24hrs

Methodist Church - on the front. Available 24hrs

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

TIDE TABLES

FEBRUARY & MARCH 2024

HIGH WATER AT HUNSTANTON									
Heights above chart datum									
Time Zone UT (GMT) add 1Hr BST begins 31st March									
Feb 2024					Mar 2024				
Date	Time	Morning	Afternoon		Date	Time	Morning	Afternoon	
1 TH	09 54	6.0	21 56	6.3	1 F	09 15	6.3	21 23	6.5
2 F	10 31	5.8	22 36	6.0	2 SA	09 46	6.1	21 59	6.2
3 SA	11 18	5.5	23 27	5.7	3 SU	10 27	5.7	22 48	5.7
4 SU			12 21	5.3	4 M	11 24	5.3	23 58	5.3
5 M	00 38	5.4	13 50	5.3	5 TU			12 54	5.1
6 TU	02 18	5.5	15 10	5.6	6 W	02 03	5.2	14 43	5.4
7 W	03 43	5.8	16 12	6.1	7 TH	03 38	5.7	15 52	6.0
8 TH	04 48	6.3	17 06	6.6	8 F	04 40	6.4	16 45	6.7
9 F	05 45	6.8	17 53	7.1	9 SA	05 34	6.9	17 34	7.3
10 SA	06 36	7.2	18 39	7.5	10 SU	06 20	7.3	18 18	7.7
11 SU	07 23	7.4	19 23	7.8	11 M	07 04	7.6	19 02	8.0
12 M	08 04	7.5	20 03	8.0	12 TU	07 43	7.6	19 44	8.2
13 TU	08 44	7.4	20 44	7.9	13 W	08 18	7.5	20 24	8.0
14 W	09 22	7.1	21 25	7.7	14 TH	08 52	7.2	21 04	7.7
15 TH	10 02	6.7	22 09	7.2	15 F	09 27	6.8	21 45	7.1
16 F	10 46	6.2	22 59	6.5	16 SA	10 05	6.2	22 33	6.3
17 SA	11 39	5.7			17 SU	10 52	5.6	23 40	5.5
18 SU	00 03	5.9	12 47	5.3	18 M			12 05	5.1
19 M	01 26	5.4	14 06	5.2	19 TU	01 14	5.1	13 36	5.0
20 TU	02 59	5.4	15 24	5.5	20 W	02 51	5.2	14 58	5.4
21 W	04 22	5.7	16 26	5.9	21 TH	04 09	5.6	16 01	5.9
22 TH	05 18	6.1	17 13	6.4	22 F	04 58	6.0	16 48	6.3
23 F	05 59	6.3	17 54	6.7	23 SA	05 34	6.3	17 27	6.7
24 SA	06 34	6.5	18 31	6.9	24 SU	06 06	6.6	18 02	6.9
25 SU	07 05	6.6	19 05	7.0	25 M	06 34	6.7	18 35	7.0
26 M	07 32	6.7	19 35	7.0	26 TU	07 01	6.8	19 06	7.0
27 TU	07 57	6.7	20 02	7.0	27 W	07 26	6.8	19 35	7.0
28 W	08 23	6.6	20 29	6.9	28 TH	07 53	6.8	20 03	6.9
29 TH	08 49	6.5	20 55	6.7	29 F	08 18	6.7	20 30	6.8
					30 SA	08 45	6.5	21 00	6.5
					31 SU	09 16	6.3	21 36	6.1

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