



# THE HEACHAM NEWSLETTER

## March 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 19th March 2024**

**Fridhem Rest Home**  
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**Easter Fete**  
**Saturday 30<sup>th</sup> March**

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

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Kerry Long - David Rogers - Mary Sheldrick - Helen Vickerstaff

**THE HEACHAM NEWSLETTER is published THE FIRST SATURDAY of the MONTH**

A voluntary non-profit publication

# Readers' LETTERS



Dear Newsletter,

Leicester

## My Daughter's Second Book

Following on from my previous letter\*, I wanted to let you know about Amaya's next achievement.

It has taken her 8 months but she has written and illustrated her second book and has got it published again on Amazon.

This book has been teaching us how we can upcycle recycled items and help save the planet by reducing how much we recycle and at the same time help the planet with how we upcycled the recycle items.

With this book Amaya has chosen to donate 10% of each book sale to Caudwell Children who help children with autism. They have helped Amaya and do amazing work.

Colette Edwards

(\*letter published in July 2023 Newsletter)



Heacham

Dear Newsletter,

## Second Home Council Tax charge- an alternative view

As static owners for some years we fell in love with Heacham and last year took the opportunity to purchase a bungalow (current second home) in the area as our first step to retirement in the village.

Having read of the council plans to charge us double the standard council tax, I feel it is only fair that we point out some salient points as a counter argument.

Having paid a second home tax as part of our purchase of our property we currently pay full council tax to the borough. In return for this, despite being in the area nearly every weekend the only service we call upon is refuse collection. We do not utilise any form of doctor, dentist or social care services and as such represent a low cost to the council. We readily contribute to local business both in relation to refurbishing the property we purchased (which when bought attracted no interest from local residents) utilising local suppliers and generally day to day in terms of purchases from outlets such as Jennings store other local shops and restaurants/pubs and hope to continue this when we move to the area on a permanent basis on full retirement.

We fully appreciate that the council are seeking to raise additional funds but feel strongly that there could be a more scientific approach here which deals with the holiday let landlords who are clearly prolific in the area, often owning multiple locations, rather than alienate people who have worked all their lives to set up their retirement roots.

Appreciate that this is likely to fall on deaf ears given the council's mind appears set but we would hope that they could reconsider rather than take what they clearly see as an easy option.

D Bullmore



The Heacham Newsletter are looking for volunteers. Various positions within our friendly team are needing to be filled. All enquiries welcome. Please email the team at [theheachamnewsletter@gmail.com](mailto:theheachamnewsletter@gmail.com)

## ADVERT PRICES

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## The Heavenly Honeys of Heacham

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We meet on the first Friday of the month at Heacham Social Club from 2.00pm. If you are interested, pop in and see us, or for more information, contact Queen Flutterbysparkle (Tracy) [tracyraby61@gmail.com](mailto:tracyraby61@gmail.com)



### HEACHAM VILLAGE YARD SALE

Sunday 5th May - 9am-2pm

A chance for you to make some pennies or grab a bargain!

A map will be available nearer the time showing who is taking part. Last year we had nearly 150 stalls which was a huge success.

If you would like to join in, we just need your house number and road, so you can be added to the map. There is no charge to be included.

Please contact: Jemma Greef 07799 580206 or Janet Race 07940 851772.

Email. [greef25@aol.com](mailto:greef25@aol.com) or [janetrace@jayars.co.uk](mailto:janetrace@jayars.co.uk)

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## 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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*10am-12noon*  
*Temporary Change of Venue*  
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SHARP is planning to extend our bursary scheme to offer more people a chance to take part in our annual training & digging season and would like to know how much interest there is. If this is something you might access please get in touch and let us know. *Thank you*

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## Sallywags Parent, Baby & Toddler Group

Scout Hut-Sunnyside-Heacham

**Lots of play every Wednesday!**

**Term time mornings 9.30-11am**

Lots for you and your little ones to explore - from paint to puzzles - books to bricks - swings & slides on garden days and much more!

There are snacks for the little ones & cuppas for the big ones! Pop along for a play! We ask £2.50 a family, if that feels okay, if that doesn't feel okay then please just come along anyway, we'd love to see you.

Looking forward to meeting you and your little ones.

Jo

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## CHURCHES TOGETHER IN HEACHAM



From daffodils to fluffy chicks, this month is full of symbolic images.

On 1st March, we start with St David's Day. He is the patron saint of Wales which uses leeks and daffodils as national symbols. The wild daffodil which occurs widely across Europe is also known as the Lenten Lily. This has been used to produce the myriad types of daffodils we are enjoying in our gardens today thus giving us an ongoing reminder of the season of Lent. The 40 days of Lent commemorate the forty days Jesus spent in the wilderness, fasting and being tempted by Satan in preparation for his earthly ministry. Similarly, we use the season to prepare ourselves for Passiontide and the looming cross of crucifixion on Good Friday.

That cross is our next symbol. Through Passiontide we remember the 'kangaroo court' hatched up between Pilate and the Jews to legalise the death sentence for a trumped-up charge of 'claiming to be King of the Jews.' The only crown this king would wear was one of thorns as he endured the mocking and taunting, the shame and humiliation of the brutality frequently meted out by the Roman Empire. Death by crucifixion was widely practised across the Empire, even here. Recently archaeologists have discovered irrefutable evidence of a crucifixion at Fenstanton in Cambridgeshire. The nail was still in position through the heel bone. That cross disappears into the blackness of Good Friday and a stranger's tomb.

The despair, shock and blankness of the original Easter Saturday has no symbol. With the benefit of hindsight, it is a time of preparation for us when traditionally eggs have been painted and Simnel cakes baked.

It was not until sunrise on that first Sunday that there was a hint and then confirmed promise of new life. That is why our next symbol is the egg. It promises new life but until the chick breaks the shell and struggles out, its potential has not been realised. When Jesus rose from the dead on that first Easter morning God's promise of life for all who will put their faith in Jesus was fulfilled. Fluffy Easter chicks represent that new life. Do join one of our congregations to celebrate this fulfilment of God's promise in the life of Jesus. If you are planning to attend the 'Son-rise Service' don't forget! the clocks go forward on that day at the start of a new season.

**Penny Sutton**

**Heacham Parish Church ministry team**

### 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.

### March 2024

**3rd March:** Holy communion  
**10th March:** Morning Worship  
**17th March:** Holy Communion

### Holy Week 2024

**Palm Sunday (24th March) -** 10am Morning worship  
**Maundy Thursday (28th March) -** 7pm Holy Communion  
**Good Friday (29th March) -** 10.30am Morning Worship at  
 Heacham Methodist Church  
**Easter Day (31st March) -** 6am Sunrise Service – Brays Pit  
 10am Holy Communion

**HEACHAM PARISH CHURCH online**  
 on Heacham Parish Church YouTube channel

**HEACHAM PARISH CHURCH in church**  
 At 10am every Sunday morning

### Bereavement Support Group

Meetings are on the first Thursday of each month. The next meeting is on 7th March and 4th April 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 – 11.30**

**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

### Christmas Sheep Trail

A big thank you to the Village of Heacham for hosting/supporting/joining in for our Christmas Sheep Trail; the response from it was amazing.

The prize draw winner was notified and a basket of fruit was delivered on Christmas Eve.

Wonder who will be visiting for Advent this year????

### Palm Sunday – Journey with Jesus

All welcome to come and join in free activities on Sunday 24th March between 3 and 5pm. There will be games, activities, crafts, songs and refreshments for everyone. Pop in and have a look and stay for an hour or even two – we'd love to see you!

### Sabbatical

Revd Veronica Wilson is on sabbatical 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](mailto:heacham.church@gmail.com)

### Churchwardens:

Liz Dormer-Ainge: [lizabeth.a.da@gmail.com](mailto:lizabeth.a.da@gmail.com) 01485 571662  
 Veronica Welham: [ver.welham@gmail.com](mailto:ver.welham@gmail.com) 07787 842796  
 Methodist Church: Revd Dr Richman Ncube 01485 570232  
[richiemnbcube@gmail.com](mailto:richiemnbcube@gmail.com)





### Other important dates

#### Lent services and lunches

7th March Hunstanton Roman Catholic Church 12.00 noon  
14th March Heacham Parish Church 12.00 noon.

Open Church (Tuesday mornings). 10 am-12 noon.

#### Noah's Ark Toddler Group

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

#### Coffee Mornings

These will restart Saturday 16th March, 10.00am.

Again – ALL are welcome to join us. For further information, please contact Marianne Baguley (07880364326) 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.

“Give us strength to act and challenge hatred, and instead bring your justice and mercy. In your name we humbly ask that we may be a channel for your peace and love.”

*Methodist prayer for Lent*



### **HEACHAM METHODIST CHURCH**

Station Road, Heacham

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

#### **March 2024**

**We extend a warm welcome to all**

#### **Sunday Morning Services: 10.30am unless otherwise stated**

3rd March	Philip Batstone
10th March	Local arrangement
14th March	Lent service and lunch <b>12.00 noon</b>
17th March	Joella Nash
21st March	Lent service and lunch <b>12.00 noon</b>
24th March	Rev Dr R Ncube – Palm Sunday

#### **Maundy Thursday**

28th March **Heacham Parish Church 7.00pm**

#### **Easter Sunday**

31st March **Sunrise service, Brays Pit 6.00/6.30am**  
This service will be followed by breakfast at Heacham Methodist Church.

#### **Midweek Communion**


10.30am 2nd Wednesday of the month.

#### **Bible Study**

10.30am 4th Thursday of the month.

#### **Fellowship Meeting**

26th March under the care of John Harris.  
Christine Earnshaw 'the Origin of Surnames.'



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## Hunstanton Catholic Parish

This year's 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 the theme is "I beg you, bear with one another in love" and has been prepared by the Christian women of Palestine. As usual it is an ecumenical service and everyone is invited. There will be children's activity papers to encourage families to attend. You will be most welcome.

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 in any way at church and social events.

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

The Pope's prayer intention for **March: For new martyrs**. we pray for those who risk their lives for the Gospel in various parts of the world; may their courage and missionary zeal permeate the church.

We are now running regular monthly Spiritual Formation groups, alternating between the lives of Saints, Prayers and Synodality. Ideas for other topics are encouraged and all are welcome to attend any or all of them. There will also be Stations of the Cross after Mass every Friday during Lent. For Easter Mass times please see the weekly bulletin or website.

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.

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](http://www.hunstantoncatholicparish.org)

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

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

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

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

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

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

## Heacham Girl Guides



We've been busy! We have been climbing, baking and potting! If you received a small plant just before Valentine's Day, it was to say thank you for putting up with the noise and the cars on a Tuesday evening. We would have loved to have given everyone one, but we are grateful to you all.

We have lots more activities planned between now and the Spring term – many of our activities go towards Badges.

Guides are encouraged to plan their own meetings, and at the end of every term we plan what activities everyone would like to do for the following term, creating exciting activities and adventures.

If you are aged 10 to 14 and would like to find out more, please contact us – you can always come and join us on a Tuesday evening at the Scout Hut in Heacham. 07833 747059, or you can visit [www.girlguiding.org.uk/guides](http://www.girlguiding.org.uk/guides) to see how exciting it would be to become a Girl Guide and join 'a worldwide community of girls who have fun, learn new skills and make their voices heard.'

**Sue and Janet**



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## General Knowledge Quiz

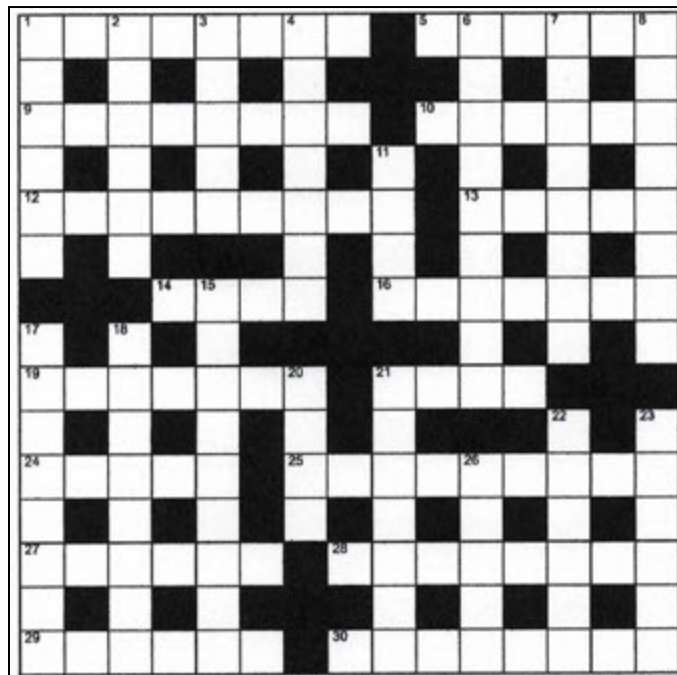
### THE MARCH WINDS

Every correct answer has the word 'wind' in the answer.

1. First settled in 1840 and now with a population of around 430,000 which city is the capital of Namibia?
2. The 1960 speech by the British Prime Minister Harold Macmillan regarding colonisation and independence of African countries was dubbed with which name?
3. Arthur Lowe played which character in Coronation Street between 1960 and 1965?
4. In which book by Kenneth Grahame, published in 1908, do the characters Ratty, Badger and Mole appear?
5. With a length of 10.5 miles, which is England's largest lake?
6. The arrival at Tilbury of which ship, has become symbolic of the generation of Commonwealth citizens who came to live in Britain between 1948 and 1971?
7. How is the duo of Alice Ford and Margaret Page better known?
8. Which English football team, founded in 1879, play their home games at the County Ground Stadium and is nicknamed "The Robins"?
9. The Cambridge Dictionary defines which 7 letter word as "to become smaller in size or amount or fewer in number?"
10. First published in 1914 the English poet Gerard Manley Hopkins wrote a poem about a common kestrel. What was its title?
11. Which rock band had a UK No 3 hit in July 1973 with "Silver Machine?"
12. Which 1954 Alfred Hitchcock film starring Grace Kelly and James Stewart concerns a photographer confined to a wheelchair who suspects he has witnessed a murder?

Answers on page 38

## March 2024 CROSSWORD



### CLUES:

#### Across:

1. Outlines study trips (8)
5. I have flipping dog to catch – stop it! (4,2)
9. A warning shout about embrocation: 'It could get you high! (8)
10. Surprise disheartened old actor (6)
12. Lead tip attached to weapon (9)
13. Portrait that is to be featured in periodical (5)
14. Order from court jester king intercepted (4)
16. Their aims are invariably long shots (7)
19. Sports body is wrong on hard tackling becoming a trend (7)
21. Unseasoned butter is given new classification (4)
24. Expose latest crop to English weather (5)
25. A nice long trip might be agreeable (9)
27. Woman is pushing Arsenal sides to toughen up (6)
28. In retrospect, quote is about ball becoming egg-shaped (8)
29. Held on when escorted across a thoroughfare (6)
30. Rower following a ship – one in distress (8)

#### Down

1. Select group to sit on jury ultimately (6)
2. Tended to dash around and spend on a regular basis ... (6)
3. ... coffers are raided to get present (5)
4. Tear incorporated in design of clothing (7)
6. Discernment shown during training (9)
7. Deeply impressed with vault in final (8)
8. Drummer's taken up poetry? That's highly unusual (8)
11. Dads play with tots (4)
15. Stress? Retire abroad, to Spain (9)
17. In the end answer is gained by following lines (5,3)
18. A good person with dogs, dropping lead, staggers (8)
20. Kiss cheek (4)
21. Litter son sets fire to (7)
22. It has style, but there's a stigma attached to it (6)
23. One fades on course, but is chipper (6)
26. Shrub obtained from gardener I called (5)

Solution on page 38



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






## Another Recipe from The Prudent Pensioner

This soup is nice as a starter or in a mug with a sandwich as it is not too filling.

### Sweet Potato Soup

#### Ingredients:

1 medium shallot  
A knob of Butter  
Sweet Potato approx. 230g/8oz  
Carrots approx. 130g/5oz  
2 sticks of celery  
Chicken or vegetable stock cube dissolved in 500ml hot water  
Salt and Pepper to taste.

#### Method:

Peel sweet potato and carrots and cut them up into small pieces.

Peel shallot and slice thinly.

Trim and clean celery and cut into medium size pieces.

Place butter in a saucepan over a low to medium heat, add shallot slices, stir well and cook for 1 minute stirring continuously. Add other vegetables stir and mix well.

Carefully add stock, increase heat and bring to boiling point. Reduce heat and leave, covered, simmering gently, stirring occasionally, until vegetables are fairly soft, approximately 15 minutes.

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 vegetables are pureed.

Carefully return liquid to pureed vegetables in a saucepan, stirring gently to mix well.

Season to taste. Reheat, 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



## HEACHAM AND DISTRICT COMMUNITY CAR SCHEME

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**COMING SOON! 'NEW DATES - DATE CHANGE – NEW DATES'**

Sorry, but changed dates as shown in The Pocahontas Players January 'Once Upon a time in Heacham' Panto Programme advertisement for JUNE 2024 production 'BORROWED LOVE.'

We are now going out on Friday 7th June at 7.30pm, with two performances on Saturday 8th June - Matinee 2pm/Evening 7.30pm (see photo.)

Watch out in next month's Newsletter for more details on box office numbers etc but please get these dates jotted down in your diaries? Calendars? Phones?

Thank you.

**Janice (Admin)**



## SNETTISHAM GARDENING CLUB

We hold our monthly meetings in the Memorial Hall, Old Church Road, usually on the last Wednesday of the month at 7.30pm.

Our 2024 programme is now available as are the schedules for the 2024 Open Show in July, open to all. Classes vary from flowers and flower arrangements, vegetables, as well as cookery, through to Crafts and Photography. There are classes for Children and Adults with prize money for winners.

Our March meeting on Wednesday 27th will bring Kate Craven to give us a talk on the activities of the RNLI.

You will be most welcome to join us.

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

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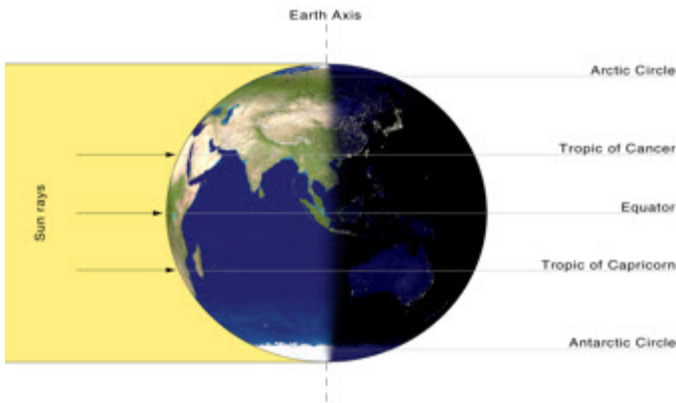
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## Heacham at Night

by Terry Parish

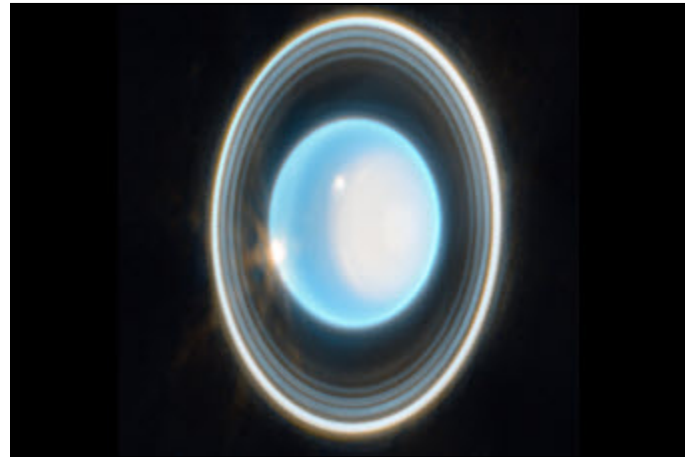
Spring is here, twice in fact. The 1st is the start of meteorological spring as the weather people just chop the year into four seasons of 3 months each. Astronomical spring, the real spring, is on March 20th. This will be the Spring Equinox when day and night are equal, 12 hours each. After that, we head to summer and the longest day on 21st June. The timings of these events are, as far as we are concerned, immutable, depending as they do on the tilt of the Earth and the consistency of its rotation. Come back in several hundred million years and the dates will be different as Earth's rotation is slowing. Half a billion years ago the day was 22 hours long. No need to amend your diaries yet.



Having mentioned summer, British Summer Time begins on 31st March so put the clocks forward and lose an hour's sleep.

February is proving to be another damp squib with Jupiter remaining as the bright spot between the night time clouds. A few frosts did clear the sky a little and Orion stood proud. Jupiter remains with us in March setting around 10.30pm. Use small telescopes including birding scopes to watch the Galilean moons appear and disappear over several nights. The gas giant is the brightest object in the night sky barring the Moon and I don't think you will get them confused. On the 13th, the Crescent Moon passes Jove so you can study them both. If you only have binoculars, brace them and take a good look. Note the Earthshine, Sun light reflected from the Earth, which reveals the dark portion of the Moon. The illumination is weak so needs optical aids or a camera to pick it up. The bright crescent, of course, is sunlight striking the Moon directly.

From the 13th to the end of the month, whilst looking at Jupiter, find the fuzzy blob well above and a little to the left of it. This is the Pleiades, 7 Sisters, star cluster which is still discernible to my eyes though I can't resolve individual stars within it. I have written about this before and you can look back in the online archives. However, this month, scan with good binoculars between Jupiter and the Pleiades and look for a very faint blue green spot. It is the planet Uranus. An enigma as it was discovered by Herschel in 1781 when he was using a telescope to scan for comets. Unlike the 5 wanderers in the sky (Mercury, Venus, Mars, Jupiter and Saturn), it was never recorded by ancient astronomers. Surprising as skies were much darker then and good eyes, in a very dark sky, can see it now.



*Uranus, an ice giant, courtesy of the James Webb telescope. Yes, it does have rings.*

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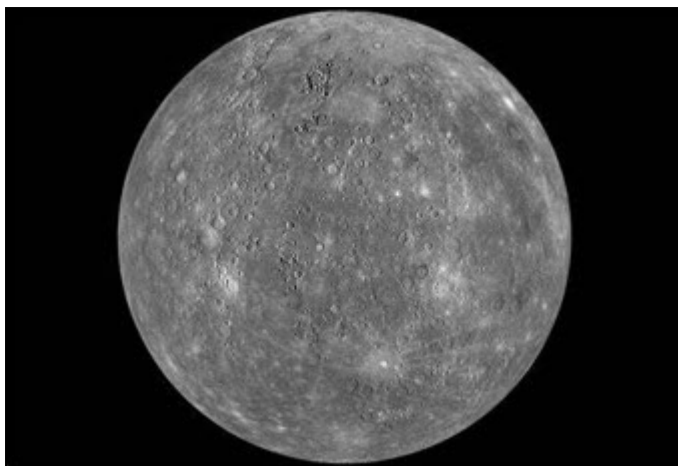
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*Mercury. A very small rocky, dense, planet. NASA*

The planet to really look out for this month is Mercury. It is your best chance to see this elusive planet. Elusive because the relative positions of it, the Earth and the Sun, place it close to the latter; you have to look towards the Sun and Mercury appears low in the sky which means a lot of murky atmosphere to peer through. This month it will be below and to the right of Jupiter and, as the month progresses, it moves further from the Sun, reaching its greatest separation on 24th March at 7.30pm. It will be low, and the best viewpoint is likely from Heacham Beaches or the promenade from them to Hunstanton. There is another option which I have not used and that is from the platform erected at the highest point of Heacham Millennium Woods, the Chalk Pit. Wherever you choose, there has to be a clear sky down to almost the horizon or, at worst, scattered clouds.

If you can't sleep, go outside at 5am on the 25th and watch the Moon dim a little as it enters the edge, penumbra, of the shadow cast by the Earth as it passes between the Sun and the Moon.

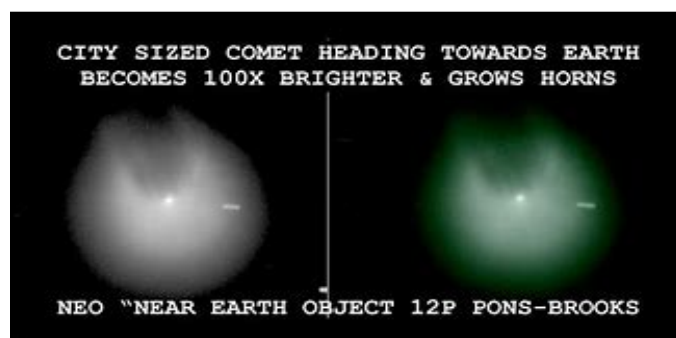
Stars to look out for: Aldebaran is to the left of the Pleiades. A fattening crescent Moon is just below the star cluster on the 14th, look out about 8.30pm. Aldebaran is a red giant with a companion. It is 65 light years away and has an apparent magnitude of 0.86.

Algieba and Regulus are either side of a gibbous Moon around 8pm on the 20th and 21st. Algieba is a bright binary. One star is orange red, the other green-yellow. Both are giants and lie at a distance of 130 light years. Apparent magnitude is 2.04. Regulus is a four-star system though only 3 have been visually observed.

The brightest is a blue-white subgiant, The system is 75 light years away with an apparent magnitude of 1.4.

Spica is almost touching the Moon at around 9.30 pm on the 26th. Spica is a binary system where the two stars are so close together, they cannot be separated by telescope. They orbit each other in four days and gravitational effects make each egg shaped. Both are much larger and more massive than the Sun. They lie at 250 light years distance and have an apparent magnitude of around 1.0 (variable).

Note: Apparent magnitude is a measure of how bright objects, including stars, appear to our eyes and the lower the number, the brighter they appear. Their true brightness, absolute magnitude, is a measure of how bright they would appear if they all lay at the same distance, (32.6 light years or 10 parsecs). If you compare Regulus with Spica, you will see their apparent magnitudes are not too different but Spica is over 3 times further away so its absolute magnitude should be much higher, and it is. Absolute magnitude of Regulus is minus 0.57 whilst Spica is minus 3.55. Magnitude scales are logarithmic, a small change in number is an increasingly large change in actual observation.



*What the comet described on the next page looked like last July. Internet*



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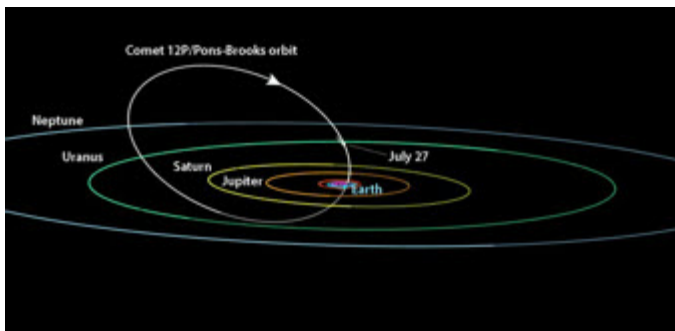
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*The orbit of Comet Pons Brookes*

A COMET! There is a chance of seeing Comet 12P/Pons Brookes low in the NW. It might be just visible in telescopes; it might be visible to the eye. No-one knows. It was last seen in 1954 as it orbits the Sun once every 71.3 years. It will brighten through March and be brightest in April at the same time as the second Great American Total Solar Eclipse. I will let you know



*What might be seen at total eclipse. Internet*

if I see it then. The first one was wonderful. Spring is coming. Cloudy dark skies give way to cloudy brighter ones. The night you don't look is when unusual things happen.

### Monthly Feature

We have previously promoted English author Jodi Taylor with her Chronicles of St Mary's – a series of books where “a group of disaster-prone historians investigate major historical events in contemporary time.” There is an ever growing number of fans of Ms Taylor and so we are featuring in March the new spin off ‘Time Police’ books which follow the escapades of Matthew as he trains with the ‘Time Police.’ This new series may be best appreciated if you are already familiar with the Chronicles of St Mary's – not a problem as they are all on our shelves!





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## Library News

**Displays** – Our series of displays continues with “The Queen’s Cottage Almshouses, Heacham.” This is an excellent opportunity to discover how these attractive buildings came about, how much they cost and who originally lived in them over 127 years ago. Particular thanks for this display are due to Philippa Sewell, and to those, including the Parish Council, for providing additional material.

**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.

**New Library Telephone Number** - As part of our grant award from the UK’s Rural Fund, we have been able to upgrade our mobile ‘phone to a smart ‘phone. Please note the new number: **07300 553 769**.

**Happy Reading!**

The Library Team  
Enquiries: 07398 647119

Email: [heachamlibrary@btinternet.com](mailto:heachamlibrary@btinternet.com)  
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## Heacham FC

### \*\*\*\*\*BREAKING NEWS\*\*\*\*\*

Our Chairman, Mr David Page, has made the decision to step down from his role as Chairman of the Football Club at the end of the season. Dave, as many of you know, has been at the helm of the Football Club for many years but now feels it is the right time to step back to watch the football rather than be involved with the organisation of it.

Therefore, the Club are now actively seeking a replacement to fill this role. If you feel you would like to get involved with Heacham F.C. and think you have the required skills to become our new Chairman, then please get in touch by contacting Darren Bailey, Club Secretary, via email: [secretary.heachamfc@gmail.com](mailto:secretary.heachamfc@gmail.com) or by calling him on 07775 647323.

Please note that there is no financial obligation attached to the role.

### THE TEAMS

#### 1st Team

Interest in the Cup Competitions has finally come to an end for another season. In the Norfolk Senior Cup there was a narrow 1-0 defeat away to King's Lynn U23s, which was played at The Walks in front of a crowd of nearly 400.

The League Challenge Cup match against Downham Town was finally played at Heacham but resulted in a 2-0 victory for the visitors.

In the league there have been only a few matches to report on. A good home win against Soham Town Rangers by 1-0 but the team have suffered two away defeats to Lakenheath and Mildenhall Town, both by the same score margin 3-1.



### Remaining fixtures for the season:-

(all league games)

#### FEBRUARY

Saturday 17th home v Lakenheath k.o. 3pm

Saturday 24th away v Hadleigh United k.o. 3pm

#### MARCH

Saturday 2nd away v Sheringham k.o. 3pm

Saturday 9th home v Harleston Town k.o. 3pm

Saturday 16th away v Mulbarton Wanderers k.o. 3pm

Saturday 23rd away v Long Melford k.o. 3pm

Saturday 30th away v Ely City k.o. 3pm

#### APRIL

Monday 1st home v Downham Town k.o. 3pm

Saturday 6th home v Newmarket Town k.o. 3pm

Saturday 13th home v Long Melford k.o. 3pm

Tuesday 16th away v Walsham Le Willows k.o. 7.45pm

Saturday 20th away v Thetford Town k.o. 3pm

Further Information on all this season's fixtures/results 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 progressed in The John Savage Cup (Norfolk FA County Cup) after a 1-0 home win v Wroxham FC U15 EJA. In the next round they have an away tie at Terrington Tigers Youth F.C. U16, with the game due to be played on the 3rd March k.o. 2.30pm. Once again in the league the team have suffered with various fixture postponements/changes and have played only 1 league game in the past month, losing away at Mulbarton Wanderers F.C. U16 Falcons by 3 goals to nil.



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

Sunday 25th February home v Mulbarton Wanderers FC U16 Falcons

Sunday 10th March home v Blofield United Youth F.C.U16

Sunday 17th March away v Attleborough Town F.C.U16

Sunday 24th March home v Dereham Town Youth F.C.U16

**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.**

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 on the packages available by email at:-

**commercial.heachamfc@gmail.com**

#### **Pin Badges**

The Official Heacham F.C. 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.

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### The 2024 "50/50 Club"

Winners in the January draw were:-

1st Prize - £50 - Margaret Taylor (No,41)

2nd Prize - £25 - Duane Gowen (No,74)

3rd Prize - £12- Maureen Cooper (No.94)

The next draw will take place on 17th February, in the Social Club, after the home match v Lakenheath.

### Supporters Club News

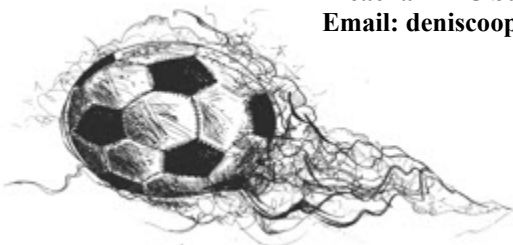
The winner of the Members Only Monthly Draw for February (£25) will be announced next month.

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**



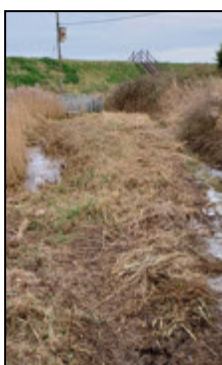
### The Saltings

During January, two Councillors worked to re-dress the track from the bridge into The Saltings with cut reeds. It had become very muddy due to the heavy rain over the last few months.



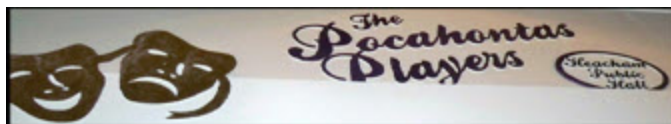
### Work in progress at the Chalk Pit, Millenium Wood

Dean's making good headway in clearing the disused mound which was once used as a wildfowler's store. The spoil will be used to enlarge the viewing mound in front of the beacon and level up the ground in other parts of the site. The new flattened area will be planted with trees in the spring.



Above Right: The old mound completely levelled, awaiting seeding at a later date.

**Cllr Robert Pritchard**



### The Pocahontas Players Panto - January 2024

We, as The Pocahontas Drama Group, would like to say a HUGE THANK YOU to all who supported 'Once Upon a time in Heacham' the pantomime, written by first time script writer and member, Lauren Matthews. With three packed houses and having to add an emergency row of seats to accommodate folk who turned up on the door without booking, on the Saturday 7.30pm performance.

It was good to see new cast members strutting their stuff up there on the stage: Kira Clark as Princess Rosie Cheeks; Emily Wood as Ophelia Payne and backstage Jane Kendal with her very clever face paint artistry. Costume Department ladies were Sharon Yates and Aleta Harrison with a few hire pieces from Dereham Theatre Hire and Judy Parsons of Harvey Costumes. Between them making it a very bright and colourful stage production.

Thank you to the ever supporting Mr Jennings. Thank you to The Front of House Janet Race, Janet Kendal, June Critcher, Val and Michael Minns.

150 programmes were sold. If you acquired one during these shows, please note that there is now a change of dates for the next Pocahontas Players production 'BORROWED LOVE' (please see within this Newsletter for NEW DATES.)

Group photo - Ray Sparvell. Thank you Ray for giving up your Sunday to snap up Dress Rehearsal memories for the group.

Hopefully, see you all in June?

With thanks.

**Janice (Admin)**



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## Ryston Rachel's



### Hedgehog Hotel

## Hedgehogs

Did you know that not all hedgehogs hibernate? There have still been many hogs out and about looking for food and water this winter. The change in climate and the warmer winters must be very confusing for them and we are seeing an influx of babies at all times of year now.

As volunteers ourselves for Ryston Rachel's Hedgehog Hotel, we can say that we have had a very busy last 12 months as is the case with the other rescues and East Winch Wildlife Hospital. It is pleasing to see that as a village there seems to be several properties on board offering water and food (simple dry kitten biscuits are a great source of food, as long as there is no milk content.)

Help being offered might be increasing the numbers here but there have been some very poorly hogs and it's been great to see villagers contacting us and scooping up the ones that need a helping hand.

**We do however need your help!** Not only in feeding, watering and providing hedgehog highways in your fence but as VOLUNTEERS. Would you be an interested hedgehog taxi driver? Collecting and delivering poorly hogs to the rescue sites? Ryston Rachel is based in Downham Market but we do have several fosterers in other areas who can admit hedgehogs into their care. Rachael, in Terrington St Clements, being one of the main admission venues. When we are all full it may be that we would need you to take poorly hogs to East Winch RSPCA instead. You are never under any obligation to help, it's purely if it's convenient for you when a call comes in.

All you'd need is a secure carrier, a pair of gardening gloves and some specific spray. We will provide the basic kit if necessary. Rachel will show you how to handle a hedgehog and talk about the variety of cases you are likely to come across. It's a great way to meet additional hedgehog friends whilst helping.

If you think this could be something you'd like to help with, please contact us on 07724 005692 or 07772 584140 for more information and to join the WhatsApp group. And remember "A hedgehog out in the day is generally not ok" so if you see one needing help, scoop it up and give us a call.

If you have access to social media you can follow us on Facebook where we provide updates on all the poorly hogs in our care.

And finally a huge thank you to those of you that have brought me (Lisa) newspapers, towels, bowls and anything else I've asked for. Those that have brought in poorly hogs and released rehabilitated hogs for us and supported us at local events by buying the lovely gifts we sell to raise funds – we have a wonderful community! 63 from Heacham alone this past 12 months.

**Lisa Wicklen & Joy Palmer**



**Save The Date**



**Hunstanton Lions Club**



**Charity Golf Day**

**Supporting**



**The Bridge For Heroes**

**Friday 10th May 2024**

**Enquiries to:**

[desrochesjerry1@gmail.com](mailto:desrochesjerry1@gmail.com)

## **Borough Council News Heacham, Sedgeford and Fring**

### **THE WARD**

Not a lot has moved during the wet month of February though, at the time of writing, we are not halfway through yet. In Heacham, the multiple concerns, appeals and planning applications surrounding the Fenway seem about to culminate in a public enquiry. 'About' being a flexible word as civilisations can rise and fall whilst such matters are pondered. The Cheney Hill reserved matters application edges closer to a planning committee. I suggest that all people with an interest get involved with this. At the other end of the village a small, proposed development opposite the old gatehouse to the park is causing local concern.

Beach recharging became a news article. I don't know why as it occurs every year. Investigations of the shingle ridge are, I think, about to start and it is recognised that work will have to be done to improve the secondary sea defences, the raised bund that has a footpath along it, inland from the ridge. The EA told me a while ago that that was their likely plan.

Complaints were received about the state of the A149 and Snettisham roundabout due to the build-up of sludgy Carrstone mud on the road surface. This falls off vehicle wheels leaving the quarry. Regular use of a road scrubber seemed to have controlled this in the recent past. Anyway, County were told, and heavy rain seems to have done the rest. Wheel washing is really needed.

Currently, the flooding people should be concerned about is that caused by excessive rain. Heacham seems to have avoided major problems with the work that was carried on Station Road apparently coping.

Sedgeford hasn't had flooding either and, likely, the river Heacham has had a better flow. Conversations continue with the Environment Agency and Anglian Water about what happens in the summer when the river is often in a bad way. The Village Hall continues to put on an excellent selection of plays and Community Infrastructure Levy (CIL) funding has enabled the hall to be an exceptional, green, venue. There has been a meeting to discuss the old school site between the Borough planning officers and the Parish Council. However, the site is in County control and a movement towards more or all affordable housing is, I believe, no further forward. It will be disappointing if the Parish Council's wish is not met. The site was a school and replacing it with homes that have a chance of being bought by local people seems fair to me. Sedgeford Neighbourhood Plan ensures that they can't be sold off as second homes or holiday lets.

Fring has had a flooding problem again. I have failed to visit so far but now have it in my diary for the middle of February. The defibrillator I mentioned in a previous issue is about to be fitted in the red 'phone box at the crossroads. Paid for by CIL and maintenance provided by the Fring Estate.

### **THE BOROUGH COUNCIL**

It was National Apprenticeship week in February, and a gathering was held to celebrate our apprentices. An edited version of my official 'speech' below gives some details though the highlight was a 'video' of apprentices telling us how good the experience is. This was produced by an apprentice and will be used for promotional purposes at secondary schools and the college.

*'110 people have taken Apprenticeships since we started the current scheme. We have 35 Apprentices at the moment; they work across our organisation including planning, accountancy, democratic services, Lily, tourism, communications and many more.*

*Not only do our Apprentices benefit from learning new skills while on the job, the Borough, too, benefit from the knowledge and enthusiasm brought into the organisation.*

*Agreeing to be an apprentice takes commitment and I thank them for taking it on alongside the day work they do. Additionally, it takes commitment from our managers to give our Apprentices the time and support they need to undertake this additional learning.*

*As a Council we encourage lifelong learning, and an apprenticeship is an excellent way of achieving career progression and motivation for individuals. We're proud of what they have achieved and what they bring to our organisation.'*

I visited two health related sites, the NHS King's Lynn Health Hub at South Lynn and Birch Tree House outside Downham Market run by Mind. The former is a new build and is currently at the fitting out and cladding stage. It has taken a few months as it is a smart modular construction. Very impressive and it will reduce pressure on the hospital services. I asked about building a hospital. This company could have a 500 bed hospital functioning in under 4 years and that includes a lead in time of 2 years (when they could start). Food for thought.

The Mind property is a large, new, open market house. No modifications have been needed and it should prove an excellent facility. They have three such properties and they are hoping for a fourth. This is the first one in West Norfolk and it will provide respite and support for up to four people for 5 nights.

The Budget has occupied much time. Criticism in newspapers began at the beginning of February and will no doubt continue until you read this. It may not have even happened as planned because it had to be passed at Council on 22nd Feb. There was an opportunity at a full joint panel meeting and, later, at Cabinet

### **AJA Domestic Services Local Cleaner**

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

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Please call or text Aleta Harrison  
on 07889699533**

To discuss your requirements



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for any individual councillor or party to comment, criticise or offer changes to the proposed budget. Nothing of note was said though thanks were given for the clarity of the presentation by the appropriate officer.

The Borough Council of King's Lynn and West Norfolk has published its draft budget for the financial years up to 2027/28, which sets out its spending plans for the next four years in order to deliver its new corporate strategy.

Due to challenging financial conditions, the budget includes a number of measures to increase revenue income, such as a 10% rise in fees and charges. The proposed council tax increase is £5.

The reality is that the amount of money that the Council needs to spend on services is more than the amount of money it gets in.

Councils have been underfunded in relation to the job they have been asked to do for a number of years. This Council has managed using financial reserves that were set aside for this purpose. However, due to a combination of high inflation and increased demand for our services, these reserves will not last as long as had been forecast.

We are now looking at how we can increase our income and manage our spending to reach a balanced budget that delivers the priorities set out in our corporate strategy.

Where spending reductions could have implications for service provision, there will be a public consultation in the summer to ensure that any decisions are informed by the priorities of local people.

However, while these are challenging times, we also want to make sure that the people affected by increases in the cost of living are supported, which is why we proposed a rise in relief through the council tax support scheme to 100%. We also

proposed widening the criteria to include more working people. These proposals have been accepted by Council.

While financial pressures are common to many councils around the country, in West Norfolk and around 30 other councils nationally, there is an additional issue caused by the funding of the Internal Drainage Board (IDB), which comes out of the West Norfolk portion of council tax. The Council is a founding member of a lobbying group that is asking the Government to address this. Around 29 councils were represented at a meeting in the Houses of Parliament hosted by MP Liz Truss. We await the results. And, if you watch Countryfile, you may see me walking along a muddy footpath in half a gale trying to answer questions about these charges. In the meantime, the Council is planning its current and future financial position and has taken actions to generate income while also reducing costs.

We have brought forward council tax on empty homes \*(2024/25) and doubled council tax on second homes \*\*(2025/26) – which it is also hoped will encourage people to live locally. These are some of the measures that form part of the Council's cost management/income generation plan, which is being developed to support closing the budget gap.

The Council will also continue to deliver its programme to address local housing need with ongoing delivery of new homes. These will be funded through a mixture of Government funds and self-funding loans.

\*From this April we will be collecting additional council tax on properties which have been empty for 1 year rather than 2. This will raise £780K though the Borough will only get £50K and Parishes £30K. The bulk, £590K will go to NCC. Please lobby your County Cllrs and ask for a fairer distribution of money so it can be spent within West Norfolk.

\*\*From April 2025, Council has agreed to double council tax on second homes. This will raise around £6.5M though the Borough will only get £0.44M and the Parishes £0.23M. Lobby your County Cllrs about that unreasonable allocation too.

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



**WE DO NOT REMEMBER DAYS,  
 WE REMEMBER MOMENTS**

**Golden Years Norfolk**

**"Reassurance & Support"**

- Companionship - offering respite for relatives.
- Grocery shopping, Prescriptions and delivery.
- Welfare checks.
- Medical / Hospital Appointments - practical support & reassuring presence.
- Dementia - Conversation & reminiscence to provide mental stimulation and support and encouragement to enjoy physical activity to enhance wellbeing and fitness.
- Type11R face masks worn at all times, also available to purchase.

Recommendations & Enhanced DBS available on request.  
**Call Paul 07741 568023**

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

**Entertainment for March**

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

Sat 9th: **Music Night** with Elvis tribute  
 Food served from 6.00pm

Mon 11th: Coffee/Brandy from 10.00am

Fri 22nd: Club AGM at 1.30pm

Sat 23rd: Race Night

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**

## 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 [jaimiefitsteps@gmail.com](mailto:jaimiefitsteps@gmail.com) (PH)

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

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

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

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

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

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

**Fitness Pilates** 10.45am To book call Jaimie 07765433100 or [jaimiefitsteps@gmail.com](mailto:jaimiefitsteps@gmail.com) (PH)

**Seated Fitness** 12noon 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 Astro turf 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.

**Lift Lean** 6pm at Ingoldisthorpe Church Rooms. To book: Jaime 07765433100 or [jaimiefitsteps@gmail.com](mailto:jaimiefitsteps@gmail.com)

**Fitness Pilates** 6.50pm at Ingoldisthorpe Church Rooms. To book: Jaime 07765433100 or [jaimiefitsteps@gmail.com](mailto:jaimiefitsteps@gmail.com)

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

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

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

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

**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

## March 2024!

					
1st	2nd	8th	10th	13th	16th

						
17th	20th	22nd	23rd	24th	28th	30th

## BOOK NOW!

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



**Heachamites Recollections Group** 1st Monday monthly, 2-4pm at Heacham Library. Attendance is free. (SM)  
**Snettisham Monday Sequence Tea dance club** at Snettisham Memorial hall from 2 pm to 4.30 pm. Please contact Peter or Jan on 01485543660 for more details

## **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](mailto:activehealthpam@gmail.com)

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

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

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

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

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

**Walk and Talk** 2pm 2nd Tuesday of the month. Hunstanton Library  
**Social 50/50 Dance** 2-4pm at Reffley Community Centre PE30 3EQ. Tickets £4 each. 07787966000

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

**Pilates (mat)** 5pm and 6.15pm Dersingham Methodist Church

Hall. Contact Anne on 07717333234, or email [activehealthpam@gmail.com](mailto:activehealthpam@gmail.com)

**Cash Bingo** 7.30pm Hunstanton Conservative Club

**Weight Watchers** 5.30pm (OFH)

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

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

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

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

**Fire Cadets** at Hunstanton Fire Station 6.30 - 8.30 pm Boys & Girls 13yrs+ Come along for a fun and interesting evening learning about all aspects of fire safety Tel : 07919492236

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

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

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

**Poker Games** (friendly) 7:30pm United Services Club 11am - 12 noon Hunstanton Library

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

## **WEDNESDAYS**

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

**Scallywags 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

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

The Fountain  
Sports Bar



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**NEW**

*Sunday Lunch*

**SHARING PLATTER**

A hearty platter  
with all the trimmings!

Available 12:00-3:00 PM

**£26** Serves 2-3



EAT • DRINK • WATCH  
The Fountain Sports Bar & Restaurant,  
Searles Country Park, South Beach Road, Hunstanton, Norfolk PE36 5BB T: 01485 536010

**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

**Meditation and Spiritual Awareness Group.** Starting Wednesday 17th April. 2.15 to 3.15pm £3 per session. Contact Margaret for more details on 07951402717 (PRH)

**Heacham Little Dragons** Korean martial arts of self defence Ages 5+ 4.30-5.30pm Tel: Ian 07806622154 (SG)

**Heacham Beavers** boys and girls aged 6-8yrs. 5.30pm-6.45pm (term time only) call 07788 888921 (SG)

**Tai Chi & Kung Fu** 6-7.15pm-Childrens Kung Fu 7.15-8.15pm-Adult Tai Chi 8.15-9.30pm-Adult Kung Fu Tel:Derek 01553 674779 (PRH)

**Kundalini Yoga** 6.30pm-7.30pm at Ringstead Village Hall. Contact Gail on 07837 761724

**Hatha Yoga** 6.30 - 7.30pm. Ring Bridget on 07477 335155 or just come along with your own yoga mat. (OFH)

**Whist 7pm Hunstanton Conservative Club**

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

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

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

#### **THURSDAYS**

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

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

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

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

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

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

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

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

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

**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](mailto:atk_hornbeams@yahoo.co.uk) or Lois Carrick [loiscarrick21@hotmail.co.uk](mailto:loiscarrick21@hotmail.co.uk)

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

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

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

Tel: 570492

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

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

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

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

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

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

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

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

**Hunstanton Army Cadets** Hunstanton Community Centre 7.00-9.30pm Young people in School Year 8 Contact: Martyn Hannant - 07824184259 / 01485 576388

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

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

**Snooker League** 7.30pm Hunstanton Conservative Club

**RAO Buffaloes** 7.30pm (HSC Top Room)

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

**Cash Bingo** 8pm at United Services Club

**Quiz Night** Cash Prizes 9pm at Fox & Hounds

**VILLAGE CINEMA**  
at Dersingham Village Centre  
Presents on  
**Tuesday March 26th at 7:30pm**

**THE UNLIKELY PILGRIMAGE  
OF HAROLD FRY (12)**

Starring: Jim Broadbent; Penelope Wilton; Earl Cave

Harold is an ordinary man who has passed through life, living on the side lines, until he goes to post a letter one day...and just keeps walking.



**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





## 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)

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

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

**Cash Bingo** 7pm (PH)

**Cash Bingo** 7.30pm Hunstanton Conservative Club

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

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

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

## SATURDAYS

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

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

**Christian Youth Group** 3rd Sat monthly 10am-12 noon ages

10-14 Cost £1 at Dersingham Church Hall More info from Karen Creedy 07717231096

**Storytime** 11am Hunstanton Library 01485 532280

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

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

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

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

## SUNDAYS

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

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

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



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## OTHER EVENTS.

### March

#### **March Events at Anmer Social Club**

For info see [www.anmerclub.co.uk](http://www.anmerclub.co.uk) [facebook.com/AnmerSocialClub](https://facebook.com/AnmerSocialClub) or email [anmer.club@outlook.com](mailto:anmer.club@outlook.com)

Club open 303 mins before event start time.

**Monday 4th** 7.30pm Bingo £6.50 for ten cards, £1.50 for a flyer card, £2/card for cash accumulator.

**Friday 15th** 7.30pm Film Night 'The Miracle Club' £4 on the door.

**Friday 22nd** 7.30pm Quiz Night £2/person.

**March Event at Heacham Library** - Display about 'The Queen's Cottage Almshouses'. Mon, Wed, Fri 10am-4pm, Sat 10am-12noon. Free entry. All welcome.

**Friday 1st March** 10.30 for 11am Sedgeford Village Hall, RNLI Fish & Chip Lunch. Speaker Alderman Nicholaas Lyons 'A year in the life of Lord Mayor of London' £20. To book call Angie Coker: 07775 775362 or Terry Morris: 01485 5102005.

**Tuesday 5th March** 7.30pm King's Lynn Town Hall, Classical Music Rocka concert - Siobhain O'Higgins on piano. Tickets £10 on the door, free for the under 21's. Visit: [cmrschoolswestnorfolk.com](http://cmrschoolswestnorfolk.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 5776261.

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

**Monday 11th March** 2pm Sedgeford Village Hall, The Arts Society Lecture. 'Treasures of the Borghese Gallery'. [www.theartssocietynwnorfolk.org.uk](http://www.theartssocietynwnorfolk.org.uk)

**Monday 18th March** 2pm Community Hall, Hunstanton U3a. Ralph Jackman will be telling us how to become an Empress. The story of Empress Agrippina. For further information please see our website: [www.hunstantonu3a.org](http://www.hunstantonu3a.org) or call 07443763679.

**Saturday 23rd March** 7.30pm Amy Robsart Village Hall, Syderstone, Film 'The Miracle Club'. Tickets £4 (advance booking, pay on door) Call 01485 578171 or email [syderstonecinema\\_ARVH@outlook](mailto:syderstonecinema_ARVH@outlook)

**Tuesday 26th March** 2.30pm Heacham Methodist Church Talk by Christine Earnshaw - 'The Origins of Surnames'.

**Wednesday 27th March** 10am-12noon Community Coffee Morning and More, Community Hall, Sunnyside Close.

**Wednesday 27th March** 7.30pm Memorial Hall, Old Church Rd, Snettisham. Gardening Club, when Kate Craven will talk about the activities of the RNLI. Further information from Gail 01485 541279 or Addie 01485 544754.

**Friday 29th March** to Monday 1st April Snettisham Art Group '2024 Easter Art Exhibition' with associated crafts. 10am-5.30pm at the British Legion Hall, Church Road, Snettisham. Entry free - Donations welcomed for British Legion. For more details call Les on 01485 572730

**Saturday 30th March** 'Easter Fete' 2.04pm at Fridhem Rest Home, Station Road, Heacham. Everyone welcome. Music from Jammin' Joe. Raffles, tombolas, games and more.

**Sunday 31st March** 10am-4pm RAF Bircham Newton Heritage Centre Open Day. Free.

### April

**Thursday 4th April** 2pm, The Reading Room Stanhoe, Stanhoe and Barwick WI. Lois Capstick, holistic therapies and Neals Yard products. £5 includes refreshments. For more details contact Valerie on 01485 576261.

**Saturday 13th April** King's Lynn Festival of Chorus present 'Brahms German Requiem & Elgar Sea Pictures', 7pm at King's Lynn Minster. Tickets £20 (under 16's free) To book Tel: 01553 764864 or via [www.kingslynncomexchange.co.uk](http://www.kingslynncomexchange.co.uk)

Sunday 14th April and Sunday 28th April 10am-4pm RAF Bircham Newton Heritage Centre Open Day. Free

### May

Sunday 5th May 9am - 2pm Heacham Village Yard Sale. To join in either: Tel Jemma Greef 07799 580206 or Janet Race 07940 851772 or email: [greef25@aol.com](mailto:greef25@aol.com) or [janetrace@jayers.co.uk](mailto:janetrace@jayers.co.uk) with your house number and road.

**SAVE THE DATE**



### **Hunstanton United Services Club**

#### **Entertainment for March**

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

<b>FRI 1st</b>	DIAMOND PAULS MIXED BAG DISCO. Any requests played. 8pm.
<b>SAT 2nd</b>	SIMON LEE GREAT VOCALS. All ears. 8.30pm.
<b>FRI 8th</b>	DIAMOND PAULS MIXED BAG DISCO. Any requests played. 8pm.
<b>SAT 9th</b>	LAURIE HAYLEY DUO. 60s onwards. 8.30pm.
<b>FRI 15th</b>	QUIZ NIGHT. First prize £50. TEAMS UP TO 4 PERSONS. £4pp including supper. 8pm.
<b>SAT 16th</b>	BRIAN MANN. 60s onwards & Irish Song in celebration of St Patricks Day. 8.30pm.
<b>FRI 22nd</b>	JAMMIN JOE Fun night. All ears. 8pm.
<b>SAT 23rd</b>	ALEX MALLET. Great young vocalist. All ears. 8.30pm.
<b>FRI 29th</b>	<b>GOOD FRIDAY.</b> JOHN CARR GREAT LIVE MUSIC & VOCALS. 8.30pm.
<b>SAT 30th</b>	CECIL FARAYI MOTOWN SOUL. 8.30pm.

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## What's Gone is Gone!

Unlike modelling where clay is added and removed until you are happy with the work, it isn't possible to put bits back onto a carved stone. What's gone is gone!

This seems like something that is daunting but it needn't be. Stone carving is a lot like life. Each stone is a challenge. It has its own character and leads to a new aesthetic statement. Through an intensive dialogue with the stone while working with it, it's possible to bring out what is hidden within.

While studying sculpture, I worked mainly figuratively in clay. In 1998, I attended an extensive 2 week marble carving course in Carrara, Italy. It was the end of August and very hot. It was inspiring because the group was made up of artists and because the course was held in the mountains a 20 minute walk outside the town. Then there was the stone. There was marble everywhere. What better way to begin this part of my journey than in the very mountains Michelangelo walked over 400 years ago to find the right stone. (Well, it could be that his actual mountain is gone. Through the marble trade, mountains were systematically taken down. At one point, the Italian government decided that the panorama could no longer be destroyed. Now, the mountains are literally hollowed out.)

So, these conditions made the perfect working environment. Where to start?!

### Visions in Stone

So, how is it possible to bring a form out of a raw stone? That is perhaps the most fundamental question when starting a stone carving. The simple answer is that you have to find your way. With my first stone in Carrara, I tried to envisage what was contained within the stone very much like the Canadian Inuit. There are plenty

of clues if you have a rough piece rather than a block.

We used the same traditional tools as Michelangelo did, refining as we went along. Many people I have encountered have remarked that I

must have incredible patience — not true. Rather, it is exciting to watch the form emerge and refine while bringing out what becomes the final sculpture.

Dinah Andersen, an Inuit artist and now friend I met in Carrara says, "We, the Inuit are known for having a vision when working with stone. For instance, I can look at a piece of raw material and 'see' something in it. True or False?? Most Inuit will agree. I look at pieces, see 'possibilities,' but sometimes; it does not want to be what I envisioned. The end result speaks for itself."

Everything is open!

For beginners, soapstone is a wonderful material. It's softer than marble and comes in a variety of colours.

If you would like to explore working with stone please contact me:

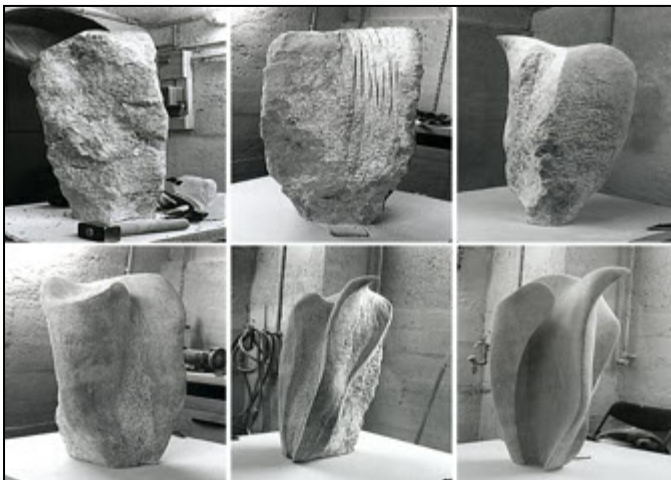


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## STUDIO @ 55

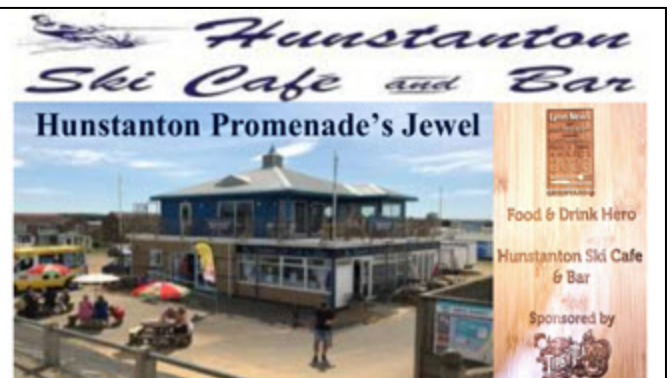
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## More Art for more People North West Norfolk Arts Society

On Monday 11th March 2024 at Sedgeford Village Hall at 2:00pm, The Arts Society (North West Norfolk) guest speaker will be Stuart Harvey, coming from his home in Rome to tell us about *The Treasures of the Borghese Gallery*. This is one of Rome's most prized attractions, showcasing an incredible collection of ancient sculpture and Renaissance art amassed by Scipione Borghese in the early 1600s and a testament to the city's everlasting legacy as a centre of arts and culture. Art is for everyone and Stuart Harvey, who is also a full-time Rome tourist guide, is a lively and entertaining speaker.

Scipione Borghese was the nephew of Pope Paul V, a Cardinal with wealth and privilege, but many of us collect art and for a variety of reasons. Obviously, we like to decorate our homes, but the purchase is not just for decorative reasons – we are investing in a visual story, essentially a part of the artist's life and experience that inspired the creation of the work. We will buy art that reflects our own heritage from artists that may have similar backgrounds to our own. When we collect a limited edition of a well-known artist, we may be claiming a right to some of the artist's history.

Collecting art with passion can lead to community fellowship with other dedicated collectors and this strengthens the art industry. Getting together with fellow enthusiasts to discuss the artists, artistic styles and what's new, can play a major role in how collections are developed. Here the focus is on 'real' collectors, the passionate ones, not those only interested in maximising profits or avoiding paying tax. They are often skilled researchers, they know who owns what, and to find something previously undiscovered can be an incomparable thrill.



### Have you always wanted to learn more about the arts?

Then start now with our next talk at Sedgeford Village Hall at 2:00pm on Monday 11th March 2024

### Treasures of the Borghese Gallery

One of the greatest collections of art in the world, amassed in the 1600s by Cardinal Borghese.



### We aim to make art mean more to more people

**There's never been a better time to join! Try us out for £5 to see if you like us.**

There are many benefits apart from our interesting and varied talks:

- \* Trips and tours in the UK and abroad
- \* Special Interest Days
- \* A social event with a warm welcome

**For more information & how to join, visit**  
[www.theartssocietynwnorfolk.org.uk](http://www.theartssocietynwnorfolk.org.uk)  
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Collectors and dealers play important roles in the art market. They pay close attention to all the changes and if they are a major collector/dealer, they will be aware of all the new things needed to stay a leader and not to be overtaken by another collector. Their knowledge and influence can decide whether that artist and artwork will have a place in the market. The collector's support and influence have a role in determining the artist's future. They may decide the value of an artwork, and they can operate in a similar way to art critics in deciding whether the artist will gain interest and recognition.

".... the true collector's only home is his own museum." (Orhan Pamuk.) Great collectors can be very secretive about their artworks, but many have a desire to share, like Francois Pinault, the French billionaire, who is quoted as saying, "The desire to possess – born at the moment I first came into contact with art – has been transformed into a profound need to share." Museums have been major beneficiaries of some of the world's prestigious art collections and some of the most modest. Many collections in American museums have been gifts from private donors. Recently, contemporary artworks have been bought in such large quantities by the super-rich that new private museums are being built. Rather than just leave their extensive collections in storage they are choosing to share them with the public in these new 'ego-seums'.

Future generations are often the perfect beneficiaries of all the time and hard work collectors have spent in building collections and the financial rewards may be substantial. They may go on to develop their own collection and become even more famous than the originator.

If you want to learn more about art, now is a good time. 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 when joining later in the year) and enjoy a range of benefits - nine monthly talks which cover a wide range of subjects; trips and tours in the UK and abroad; interesting in depth study days; regular newsletters and magazines; and a warm welcome from a very friendly society.  
[www.theartssocietynorthwestnorfolk.org.uk](http://www.theartssocietynorthwestnorfolk.org.uk)

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## KING'S LYNN FESTIVAL CHORUS

**Saturday 13th April 2024, 7pm**  
**at the King's Lynn Minster, PE30 5DQ**  
**King's Lynn Festival Chorus**

**Bethany Horak-Hallet** - Mezzo soprano

**Felix Kemp** - Baritone

**Michael Pandya and Lana Bode** - Piano

**Ben Horden** - Conductor/Piano

**Johannes Brahms** Ein Deutsches Requiem, Op. 45  
**Edward Elgar** Sea Pictures, Op. 37

Brahms himself wrote that his *Requiem* served to comfort the living, not the souls of the dead. Consequently Brahms' most substantial choral work focuses on faith in the Resurrection rather than fear of the Day of Judgement. In performing Brahms' original version of the work, for chorus and piano duet, King's Lynn Festival Chorus is delighted to once again be joined by musicians of international renown. BBC Radio 3 New Generation Artist Michael Pandya with his piano duet partner Lana Bode, plus soloists Felix Kemp and Bethany Horak-Hallett.

Alongside this cornerstone of the choral repertoire, Bethany Horak-Hallett performs Elgar's inimitable *Sea Pictures*. Composed by Elgar in 1894 at his own Broadwood square piano, the settings of five poems were originally written for soprano and piano. They were often performed in this version by Elgar himself. Bethany is joined in this performance (for the piano accompaniment) by KLFC's own Music Director, Ben Horden.

*This concert is kindly supported by the Elgar Society.*

Tickets: £20. Under 16s free.

From the King's Lynn Corn Exchange Box Office

Tel. 01553 764864 or go to: [www.kingslynncornexchange.co.uk](http://www.kingslynncornexchange.co.uk)



## GERMAN BRAHMS REQUIEM SEA ELGAR PICTURES

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**Ben Horden**

**Bethany Horak-Hallett** MEZZO SOPRANO  
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& **Lana Bode** PIANO



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# ♦ Poets' Corner ♦



## *Spring Memories*

The sun came out today, feeling spring is on its way.  
The snow has gone, snowdrops are the best I've seen  
Filling woods and hedgerows, wandering along the path  
And borders, throwing pure white colours in the green.

Daffodils are turning over crocuses with fiery heads,  
Tulips too are poking through, hyacinths a lovely blue,  
And soon the woods will be a sea of bluebell waves  
Fluttering in the breeze, it's all there free, for you for me.

Some of us are lucky if we were born in spring,  
The presents that surround us can be most anything,  
There are flowers in the garden and all is new and green,  
And lovely coloured flying birds, the best you've ever seen.

Sunshine and showers, warm and splash your face,  
When life's renewed and lovely, the world's a special place,  
The memories of the good times, we keep them one and all,  
Those special places in our mind, no problem to recall.

In the spring when we were young, we wandered in the air,  
Through damp dark wood to the stream, just flowing there,  
The waters as cold as a frosty morn, as we paddled awhile in  
the dew,

Sat on the bank, breathed in the silence, watched, as the  
primroses grew.

We carefully walked around the trees, of mossy green and  
mould,  
Cherished the woodlands smells, the carpet of leaves brown  
and gold,  
Bewitched by the scent, from the flowers of spring, growing  
there to see

Buds bursting through, life was new, our time and place, to be free.

**John W**  
**3/5/2020**



## *In This Life*

In this time of winter cold, bitter winds bemoan,  
We find a place of peace and warm and we just call it home.  
All life is full of good and bad, as we wander on our way,  
But sometimes, things are special, we remember every day.

There are days when we will win, days when we will lose,  
And soon will come the time, when we will have to choose,  
Choices are a special gift not everyone will know,  
But every choice we make in life, have a damn good go.

Some of us, our homes are gone, they have no choice at all,  
They're battered there by hate and greed, no choice to run or stay,  
No time to bury mum and dad, no children around them play,  
No hope, no home, family, food or water, no hope every day.

Perhaps we are lucky and those we love are there,  
As we remember in this life what's special; Love and Care.

**John W.**  
**(Feb 2024)**



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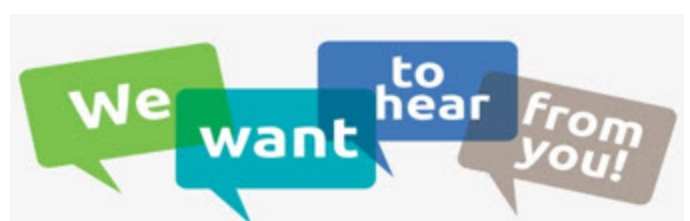
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## MORE HEACHAM MEMORIES

In previous issues I have arranged the memories of G.W. Alcock in some sort of thematic order, but this month's final offering is a mixed bag taken from the articles written by a man in 1930 but born in 1860. He was an interesting character and next month – editors permitting – there will be my attempt at a biography of this one-time Heacham resident.

In those days a few ancients of Heacham still wore top-hats. It was part of the policeman's uniform. My grandfather – nicknamed "Laddywax" – used to thatch, feed the threshing machine, and drill while wearing a top-hat, in which he carried his gloves and handkerchief. Two other wearers of top-hats were tailors: Heugh, my wife's grandfather, and Bradfield, who lived up "Drapers' Hole."<sup>1</sup>

It was the practice of Mr Lewis to give a "wet" at the beginning of harvest. In this case he gave a pound, which we spent at Matthew Bussey's, The West Norfolk Hotel.<sup>2</sup>

In those days doctors established themselves in practice in the village, but speedily left again, presumably because they were not able to make a living. Dr Flockton, of Snettisham was our maternity agent and parish doctor, and Jane Lake was the local midwife. Finally a Dr Shaw came to the parish, and with him three sisters.

There was one dear old soul, "Granny Metcalfe," who lived in the Malthouses. Her hair was silvery, her knowledge of childish ailments and their remedies profound. Mothers, instead of calling in the doctor, were wont to go to "Granny." She would come, diagnose the complaint, prescribe a remedy, and sometimes supply a lotion and other things of her own providing.

Literature at that time being so scanty, how welcome was the work of Mrs Mallet, Grainger's mother<sup>3</sup>. Every Sunday afternoon of the year, year in and year out, she used to go round the village with stiff-covered booklets bound in brown paper; looking back I appreciate that as a great and useful work. She was kindness itself.

"Taffey" Skoyles was a village character. He was our unofficial railway carrier, charging us the modest sum of twopence per package for luggage fetched or delivered. He was the boon companion of "Laddy." One night they travelled in a cart of his, like a London costermonger's barrow, and the youth of the village played a prank upon them. They undid the donkey's harness, and so when "Laddy" and "Taffy" got into the cart and said "Gee up," the donkey walked out of the shafts and the cart tilted out its passengers.

At cottages such as the Malthouses, which had a hawthorn hedge opposite, we would silently tie a rope to a door-handle, and step across the road: one of our number would knock on the door, which could not be opened by the folks inside because we were pulling on the rope.

At one time you might have gone through the village and not found a garden-gate whose hinges were not nailed up, the reason being that we lads had a pretty habit of taking those gates off their hinges . . . Down by the "Great Gate" – what we now call Spencer's-row<sup>4</sup>, where is my country estate – we piled garden-gates on a heap in front of the old pump, which is still standing.

In those days, when villagers with whom we were intimate married, we boys would arm ourselves with old kettles and other tins filled with shingle, and have other such apparatus such as old frying-pans beaten with a stick, and a hand-made pistol called a "cannon" which we fired: the din!

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One day I had to go to Thornham lime-kiln for lime with which to whitewash the Lighthouse, that lime being whiter than the product of the two kilns nearer home<sup>5</sup>. When passing through Holme, I asked an old man the way. He knew the pony, and said, "Yew let that old pony go: he'll take you there." "Billy" did, stopping in due course at the kiln-steps . . . If I went to Heacham for bricks or tiles<sup>6</sup>, I could safely lie in the cart and sleep. If "Billy" heard a cart coming up behind, or saw one coming towards him, he would turn to the left, resuming of his own accord the centre of the road when the other vehicle had passed . . . Thinking of those old days I am a boy again, sampling Hart's "rock" and prunes at Heacham Fair!<sup>7</sup>

The opening of the Lynn-Hunstanton railway is my first real recollection of life.<sup>8</sup> I remember going down with my mother and grandmother to see the first train come in. We stood on a piece of vacant land where the down platform now is, and on which was what we railwaymen call a "Tommy Dodd."<sup>9</sup> I can see that train in the station now . . . Curiously enough, of the making of the Wells line I have no recollection; but I do remember when the cutting between Heacham and Sedgeford was level with the adjoining lands.<sup>10</sup>

Another outstanding event in the life of Heacham was when Mr le Strange, one of the most considerate of employers and landowners, gave to the villagers the privilege of new allotments on some fields at one time owned by a Mr Grainger, whose initials are to be seen on some cottages near by the Post-office<sup>11</sup>; at least he had one little field which opened into the Common-drove<sup>12</sup> . . . Father tenanted another . . . between Elvin's gatehouse<sup>13</sup> and the mill by the side of that sluggish stream that runs by a short breadth from the more distinguished river.

When I visit my "country estate" at Heacham on holiday, I always go to have a look at the old school.<sup>14</sup> But the village seems to be peopled with strangers. Perhaps fewer than a dozen of old-timers now live there . . .

#### Notes

- 1 The photograph shows what the early censuses would describe as 'ag labs' – agricultural labourers. Draper's Hole was at the bottom of Cheney Hill.
- 2 Licensing laws were clearly more lax. In fact it wasn't until 1886 that the sale of alcohol was banned to those under 13. George was of course, like the majority of his peers, a labourer working with older men, at this time.
- 3 Grainger Mallett and his father before him were blacksmiths in the village.



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4 What is now New Row was known as Spencer's Row.\* Spencer was presumably the farmer at Caley Farm.

5 Lime was used by builders and on the land by farmers and also for painting of farm buildings. There was a lime kiln on the site of the Millennium Wood and another at the top of Redgate Hill.

6 The Heacham brickworks by Mount Pleasant on Lamsey Lane was revived by Holcombe Ingleby and provided employment for local men as well as materials for local builders.

7 Heacham Fair was traditionally held for decades – certainly up to World War 1 - to mark mid-summer.

8 The Lynn- Hunstanton Railway opened for traffic in October 1862. George Alcock would have been about two and a half. There would seem to be no faulting his memory!

9 Alcock became a signaller and would become familiar with railway slang. A 'Tommy Dodd' was a short, track-side signal. The name originates from the music halls – possibly to a short and stubby performer.

10 The West Norfolk Junction Railway to Wells opened in 1866 and there were stations at Sedgeford, Docking, Stanhoe, Burnham and Holkham.

11 The initials 'A.F.G.' can be seen on 'Mocha', the café and gift shop. (By the time of Alcock's 1930 articles the post office was in its present position). In those days before supermarkets, many more people were self-sufficient; even small cottages had comparatively large gardens and the village had a number of allotments. A map of 1886 shows allotments to the north of what is now Broadway, behind the terraced cottages on the High Street and off Church Lane adjacent to Queen's Cottages.

12 Common-drove \* is now known as School Road.



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**13** Elvin's gatehouse was one of Heacham's three railway crossing keeper's cottages. It is to be found at the beginning of the Ringstead Road.

**14** Alcock moved to London but kept a cottage on New Row. (I have attempted to trace his life and produce a biography' for next month). The first of his Heacham Memories published in the Newsletter refers to George's school days at the school 'through the arch' behind the Green.

*\*An A-Z of Heacham street name origins can be viewed in the village Parish Library.*

**Eric Rhodes**



## Hunstanton Croquet Club

Hello from Hunstanton Croquet Club.

Spring bulbs are bringing cheerful colour to the garden - that can only mean that a new croquet season is fast approaching! Hooray!

If your New Year resolution was to make new friends and take up a healthy pastime, then head our way for the perfect way to keep it! Explore our website - [hunstantoncroquetclub.co.uk](http://hunstantoncroquetclub.co.uk)

Browse our FB page and comment or email if you have any questions - there is a contact page on the website.

Although there has been no play since October, there has been activity over the close season as some wonderful volunteers have been busy, mending, painting and clearing. Huge thanks to them all - especially those who put right the damage caused by storm Isha.

The final push to be ready for opening will be on March 16th, followed by hoop setting on March 21st. Then it's fingers crossed for good weather for the first club afternoon on Monday 25th March - a little bit earlier than usual, but we can't wait to get back on the lawns.

Following the success of last year, we shall be running a 4 week introductory course to Golf Croquet for U3A members in April, so watch out for details of that. If any other groups

would like to learn the basics, do get in touch. There will also be our annual free taster session on Wednesday 17th April. More details nearer the time.

We hope to see you at the club this season - new members are always welcome. You only need to possess flat-soled shoes or trainers, as, for your first season, a mallet is provided.

**Caroline Harper**



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## Hunstanton Town Council agrees to freeze Precept for second year

At Hunstanton Town Council's Full Council meeting held 24th January 2024, members voted unanimously to approve the recommendation by the Finance and Property Management Committee to keep the amount households pay to the local authority through council tax the same as the previous 2 years at £195,000.

Councillor Mark Williamson, Chair of the Finance and Property Management Committee, said: "It is the second year in a row the town council has opted not to raise its precept. We know that many of our residents are in a cost-of-living crisis and that is about to get worse.

"In representing our residents, we have a special responsibility to mitigate that as much as possible, and that is why we are recommending no increase in council tax precept for 2024/25."

Hunstanton Town Council also offers cost of living advice to its residents via their Helping Hands Café. This is a registered warm space, open to anyone, where warm drinks and snacks are offered on a pay what you can afford basis. Open Mondays and Wednesdays 10am – 12 noon.

The Mayor of Hunstanton Cllr Michael Ruston stated: "If you're finding the additional strain on your household finances untenable, don't suffer on in silence. Advice is on hand on the different ways people can get assistance with buying food, staying warm, getting help with the rise in costs of bills and crisis support.

"At such a worrying time, mental health and wellbeing can also suffer. If you are struggling to cope, there are a variety of organisations who can support you. Please come along to the Helping Hands Café or call the Town Clerk on 01485 532402 for more information."

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## TAX TIPS FOR 2023/24: USE IT BEFORE YOU LOSE IT!

By Kathryn Gigg Chartered Accountants, Hunstanton

Now that the 2023 Tax Returns have been filed and the end of the current tax year is nearly upon us, it is well worth setting some time aside to look at what needs to be considered in the next few weeks to see if it is possible to use the available tax reliefs as fully as possible by 5 April. Please note that the suggestions below only refer to the TAX consequences of various courses of action. Advice from a qualified Independent Financial Adviser will be needed regarding the investment aspects of any decision.

Some of the key areas are:

### Personal Allowances

Make full use of your personal allowance, savings allowance, starting and basic rate bands. Equalisation of income between spouses/civil partners with children where possible may also ensure that your income remains under the £50,000 threshold for the High Income Child Benefit Charge.

### Dividend Income

The tax-free dividend allowance (originally £5,000, then £2,000 and currently £1,000) will be reduced to £500 in 2024/25. Wherever possible, assuming your family company has sufficient distributable reserves, consider bringing forward the payment of dividends to ensure that as many shareholders as possible benefit from this relief whilst it is still available.

### Capital Gains

The Capital Gains Tax Annual Exemption will drop from £6,000 to £3,000 on 6 April. Those with latent Capital Gains should certainly consider realising up to £6,000 before April. The Annual Exemption cannot be carried forward or transferred so it is lost if not used during the tax year.

### Individual Savings Accounts

Individual Savings Accounts (ISAs) are probably the most straightforward way of investing tax efficiently and shouldn't be overlooked. Every taxpayer can make use of an Individual Savings Account (ISA) within which no CGT or dividend tax applies. The maximum annual contribution is a generous £20,000, (or £9,000 into a junior ISA.)

### Inheritance Tax Exemptions

Inheritance Tax (IHT) is a particularly vexed topic, with opinions split between those who think it should be increased and those who think this should be abolished. Although the annual reliefs have not been increased for many years, they can still be valuable, particularly where they are used regularly. Individuals can each make capital gifts of £3,000 annually, and the allowance can be carried forward for one year, so if nothing was given in 2022/23 the exemption available up to 5 April this year will be £6,000 or £12,000 for a married couple. In addition, £250 can be given to anyone who has not received part of the larger amount.

### Pension Contributions

Pensions are a very tax efficient tool, which, subject to taking advice from an Independent Financial Adviser, can be used as part of a wider wealth and tax planning strategy. Pension contributions are particularly attractive to taxpayers who suffer the progressive tapering of their personal allowance as income in this band suffers a marginal rate of 60%.

Remain aware, however, that there are special rules where the total of all contributions, whether employee or employer contributions, exceed the Annual Allowance of £60,000 and unused relief brought forward. Hence, professional advice should always be sought before proceeding.

### Charitable Giving

Contributions to charity under the Gift Aid scheme by a taxpayer will extend the normal tax bands. At the basic rate level, the charity receiving the money will be able to recover 25% on the amount gifted. For those with income between £100,000 and £150,000 the effects can be quite startling.

### Capital Allowances

Businesses will normally be able to claim relief for qualifying capital expenditure within their accounting year (which will not always be the fiscal year) so those with a 5 April or 31 March year end may wish to review capital expenditure plans in the light of expected income, with a view to accelerating or deferring it for best tax effect.

### Business Taxes

There is a particular complication in 2023/24 for those with non-fiscal year ends – as part of the “Making Tax Digital” regime all unincorporated businesses will be taxed on a fiscal year basis for 2023/24 and subsequent years, and 2023/24 will be a transitional year which can potentially include almost two years accounting profits. There are special provisions enabling the one-off-tax uplift to be spread but those in this position need to be aware of the new rules and to budget for the additional liabilities in forthcoming years.

**N.B. This article was written in February, and therefore needs to be considered in the light of any announcements made before 5 April. For further advice please contact Kate Gigg FCA or Nicola Tarry FCA at Kathryn Gigg Chartered Accountants, Hunstanton on 01485 534800 or [kate@kathryngigg.co.uk](mailto:kate@kathryngigg.co.uk)**

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

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**HUNSTANTON  
TOWN COUNCIL**

## **Hunstanton Town Council opens Community Centre Redevelopment Task & Finish Group**

Hunstanton Town Council's Chair of Finance & Property Management Committee, Cllr Mark Williamson, explains the reasonings brought forward by the Town Council to open a Community Centre Redevelopment Task & Finish Group.

"Hunstanton Town Councillors had, at a meeting, discussed the need to look into the possibility of RAAC (reinforced autoclaved aerated concrete) at the Community Centre, Avenue Road and agreed a survey of the building would be needed as the safety of venue is their main priority.

"A company has now been instructed to carry out the survey and report back their findings as soon as possible. Whilst this is in progress, Council members have decided to look at the overall purpose/ usage of the site with a vision of making the venue a building that is fully versatile for the people of Hunstanton. In essence, a community hub".

HTC appreciate this will be a long term ongoing project. All members of the community and venue hirers will be involved in discussions and suggestions as the project gets underway. Our priority is to ensure we see a green, eco-friendly, sustainable venue, however we proceed to redevelop.

The Task & Finish Group will be investigating opportunities to include so much more viability to the building; sports for all, offices, meeting places, better services for less abled with consideration being given to installing a 'disabled changing room' plus so much more that could support the people of Hunstanton.

Hunstanton Community Centre is a registered 'Fields in Trust' site and as such will be retained and used as a green space for community use and enjoyment, a public park, playing field or recreation ground in perpetuity for future generations.

If you are a resident of Hunstanton and would like to offer suggestions or ideas for the future of the venue, the Council would like to hear from you. Why not pop along to any of their Full Council meetings, held the fourth Wednesday of each month in the Town Hall at 6pm. Alternatively, you can email [clerk@hunstantontowncouncil.gov.uk](mailto:clerk@hunstantontowncouncil.gov.uk)

## **Friday Friendship Group**

The Friday Friendship Group is a group running under the umbrella of Hunstanton Town Council, and is exactly as it says, a friendship group.

A place where people of all ages meet once a week to have a friendly chat and get to know others, over a cup of tea or coffee, occasionally with some delicious homemade cakes...! Anyone feeling isolated or alone is encouraged to come along.

The group is based in the Hunstanton Community Centre, held on a Friday between 10.30am and 12 noon. There is a small charge of £1.50 which pays for the food and outings as they crop up and is payable on a pay as you come basis; there is no subscription to join.

It is a very relaxed and friendly atmosphere and members are encouraged to do as much or as little as they like. Some like to just sit and chat or knit, whilst others like to be more involved in activities, such as the monthly quiz, which are held on the last Friday of each month, with a prize for the winner.

In February there was a fish and chip lunch (this is held 3 or 4 times a year) and a visit from a Therapy dog. The monthly quiz was also held.

On October 4th, the group will be holding their very popular Macmillan Coffee Morning in Hunstanton Town Hall. This is a very well attended morning, one which generally has music for entertainment.

At a recent subcommittee meeting new ideas were discussed. Suggestions were made to have a games table with a domino set and pack of cards to start off with (different games can be added as members request), a gardener's swap table in the spring where members can bring in their cuttings to swop, plus a knitting competition.

Each year a coach outing is organised. Previously, members have spent a day at Springfields outlet at Spalding; this year



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they would like a change. One idea is to visit Norwich, although nothing confirmed yet.

The members are always encouraged to come up with suggestions for future activities as it is their group, some suggestions have been:-

Cooking on a budget, Craft Demonstrations, Diabetes advice, Basic First Aid talks, a visit from the local police to advise on the latest scams, and someone would like to see bell ringing nearer to Christmas.

They like to have musical mornings and are trying to source someone to come and give them an enjoyable musical morning which currently they only have at their Macmillan morning and the very popular and fun Christmas Party, when Santa comes to visit with some gifts; an event thoroughly enjoyed by all.

The group is open to everyone, and they would like to encourage some young families to join. If they had enough families, they would look at introducing a Children's activity corner, where they could have colouring books and other age related activities, but this would be open to suggestions from those attending. This would be an opportunity for young families to meet others on an informal and friendly basis.

If you feel this is for you or you know of an isolated or lonely family member or neighbour, please let them know about this group. If you feel unable to talk on the phone then you are more than welcome to just turn up on the day, either alone, where you would be met by one of the friendly Committee members, or with someone to assist you.

Contact Numbers:

Hilary Letch (chair) 07985 217348

Sue Turner (Treasurer) 07927 467984

Julie Barnes (kitchen) 07891 506912

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### Snettisham Art Group

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2. Nursed
3. Offer
4. Raiment
6. Intuition
7. Engraved
8. Perverse
11. Adds
15. Reiterate
17. After all
18. Astounds
20. Neck
21. Kindles
22. Pistil
23. Slicer
26. Erica

## General Knowledge Quiz THE MARCH WINDS ANSWERS

1. Windhoek.
2. The Wind of Change.
3. Leonard Swindley.
4. Wind in the Willows.
5. Lake Windermere.
6. The Empire Windrush.
7. The Merry Wives of Windsor.
8. Swindon Town.
9. Dwindle.
10. Windhover.
11. Hawkwind.
12. Rear Window.

## Stanhoe & Barwick WI

**Thursday 7th March:** Kate Craven from Hunstanton RNLI.

**Thursday 4th April:** Lois Capstick, holistic therapies and Neals yard products.

The Reading Room, Stanhoe. 2pm.

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

Please contact Valerie (01485 576261) for further details.

### Stanhoe & Barwick WI Annual Report 2023 – Summary

2023 must have been one of our busiest ever years, with nearly 30 teas, walks, visits and crafting sessions on offer to our members, as well as our 12 monthly meetings.

We have once again increased our membership, ending 2023 with 44 members from 19 different towns and villages.

Our President, Nicki Smith, has headed a lively committee of 7, who have organised diverse speakers and events throughout the year.

Our highlights include: A Coronation Celebration tea after our May Meeting; our Annual Garden Meeting; the introduction of a Book Club; visits to the gardens of Dale Farm and a guided tour of Binham Priory; soundbath sessions; guided walks of King's Lynn; our annual charity walk, ending with tea at Bircham Windmill; craft sessions in Geli painting, decoupage and glassmaking.

We are proud that our reputation as a lively and friendly WI extends far and wide. We begin 2024 with a strong membership, healthy finances and the promise of many more enjoyable meetings and outings.

## HUNSTANTON



Our next meeting will be at the Community Centre, Avenue Road, Hunstanton on Monday 18th March at 2.00pm when Ralph Jackman will be telling us how to become an Empress?

The story of Empress Agrippina.

You will be most welcome to join us. For further information please see our website: [www.hunstantonu3a.org](http://www.hunstantonu3a.org)  
Telephone 07443763679.

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## Heacham Parish Council Notice Board

### PARISH COUNCIL MEETINGS IN BRIEF

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

The Full Council Meeting for April will be held on Tuesday 16th 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.

### HELP YOUR VILLAGE

It is perfectly understandable that you may not have the time to commit to being a Parish Councillor but it is noted that there are many who have strong feelings about the village. We have several Committees that meet once a month and it is possible to be co-opted onto one of these without being a Councillor if it is felt that you could really contribute to that Committee. Alternatively, you may like to be more hands on and help out when a working party is set up to do manual jobs which need doing within the village. Please contact the office for more information.

### 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.

The Telecom contractors will be at the Chalk Pit installing new equipment at the beginning of March so bear this in mind if you visit.

### 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 that by the time you read this the damage will all be repaired.

### RECREATION GROUND

Thank you to Edd Hammond and team of volunteers for giving up their valuable weekend time to erect the barrier fencing ready for the works to commence to install the new play equipment, which unfortunately had to be taken down again as the installation has been delayed and will now start on 4th March. The fencing will go up again the weekend before

### 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.

### NEW VEHICLE

We are pleased to say that we have taken delivery of a new electric vehicle for our Parish Maintenance Officer to replace our old Piaggio. In the photo with Stuart (PMO) are Sue our Clerk and Adam Meek from Ben Burgess.



### PARISH COUNCILLORS

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.

### HEACHAM PARISH COUNCIL OFFICE

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

Any queries should be addressed to:

**Heacham Parish Council Office**  
Jubilee Clinic Pound Lane Heacham  
Norfolk PE31 7ET  
Tel 01485 572142  
**Email: [heachampc@btinternet.com](mailto:heachampc@btinternet.com)**  
**Website: [heacham-pc.gov.uk](http://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.

### OUT OF HOURS DOCTOR 111

For out of hours service, please call the NHS Helpline

### HEACHAM & DISTRICT COMMUNITY CAR SCHEME 534777

### HEACHAM CHEMIST (Boots) 570297

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

### HEACHAM PARISH COUNCIL OFFICE 572142

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

### STREET LIGHT FAULT REPORT 572142

### BOROUGH COUNCIL OFFICE 01553 616200

### BOROUGH COUNCILLORS

TERRY PARISH 07885 258428

ANDREW JAMIESON UNAVAILABLE

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

### PARISH LIBRARY (in Church Hall, High Street) 07300 553769

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

### HEACHAM POST OFFICE 570330

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

### EMERGENCY SERVICES

QUEEN ELIZABETH HOSPITAL 01553 613613

NHS Helpline 111

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

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

POLICE 101

SAMARITANS Freephone 116123 or (local charge) 0330 094 5717

CHILD LINE 0800 1111

SILVER LINE 0800 4708090

ELECTRICITY (UK Power Networks) 0800 3163105

ANGLIAN WATER 0800 771881

GAS ESCAPE 0800 111999

24hrs VETERINARY CLINIC (Medivet Heacham) 01485 570065

### HUNSTANTON LIBRARY 01485 532280

OPEN TUES WED FRI - 9am-7pm

SAT 9am-4pm MON & THURS - Closed

### HEACHAM CHALK PIT and

### RECYCLING CENTRE 0344 800 8020

Open 9am - 4pm

### HEACHAM COMMUNITY WEBSITES

www.heachamgrouppractice.org

www.heachamnewsletter.org.uk

### HEACHAM HALLS

PUBLIC HALL 570776

PINE RESIDENTS HALL, Wilton Road Pat Toppin 779208

METHODIST CHURCH HALL, Station Road Mike Careless 570363

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

OLD FRIENDS HALL Sunnyside 572142

HEACHAM SCOUT HUT Sunnyside 592041

### MAIN PICK-UP POINTS FOR HEACHAM NEWSLETTER

First Saturday of each month except January.

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

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### MOBILE LIBRARY

Route DER201 TUESDAY Every Four Weeks

From 26th March 2024

10:50 RINGSTEAD ROAD  
 11:10 ROLFE CRESCENT (Opp.No.22)  
 11:30 SCHOOL ROAD  
 11:55 COLLINGWOOD CLOSE  
 12:15 FENSIDE  
 12:35 JENNINGS CLOSE  
 12:55 COLLEGE DRIVE  
 13:10 MIND CENTRE (No.4 Popular Ave)

14:40 GIDNEY DRIVE  
 15:15 NEVILLE COURT  
 16:05 POPLAR AVE  
 16:25 SITKA CLOSE  
 16:50 NORWAY CLOSE  
 17:10 NEVILLE ROAD

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

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

Service  
 34 35 36  
 via QE Hospital via Sandringham Coastliner

### Mon - Sat

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

### Sun

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

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### Service 36 on School Days

1515 Smithdon School to Hunstanton

### New Route 33

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

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### WNCT Dial-a-Bus Service

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

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

www.wnct.co.uk 01553 776971

### DEFIBRILLATOR SITES IN HEACHAM

(Please read instructions and obtain code to activate)

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

Sports Field Pavillion - On the external wall of the pavilion

Fire Station - On the front - Available 24hrs

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

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

towards beach from main entrance

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

Tesco - Inside by the events board

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

### MARCH & APRIL 2024

HIGH WATER AT HUNSTANTON									
Heights above chart datum									
Time Zone UT (GMT) add 1Hr BST begins 31st March									
Mar 2024					Apr 2024				
Date	Morning		Afternoon		Date	Morning		Afternoon	
	Time	m	Time	m		Time	m	Time	m
1 F	09 15	6.3	21 23	6.5	1 M	09 57	5.8	22 29	5.8
2 SA	09 46	6.1	21 59	6.2	2 TU	10 54	5.4	23 48	5.2
3 SU	10 27	5.7	22 48	5.7	3 W			12 24	5.2
4 M	11 24	5.3	23 58	5.3	4 TH	02 03	5.3	14 14	5.5
5 TU			12 54	5.1	5 F	03 23	5.9	15 24	6.2
6 W	02 03	5.2	14 43	5.4	6 SA	04 22	6.5	16 19	6.8
7 TH	03 38	5.7	15 52	6.0	7 SU	05 11	7.0	17 07	7.4
8 F	04 40	6.4	16 45	6.7	8 M	05 55	7.4	17 52	7.8
9 SA	05 34	6.9	17 34	7.3	9 TU	06 37	7.6	18 38	8.0
10 M	06 20	7.3	18 18	7.7	10 W	07 15	7.6	19 22	8.0
11 M	07 04	7.6	19 02	8.0	11 TH	07 51	7.5	20 03	7.8
12 TU	07 43	7.6	19 44	8.2	12 F	08 24	7.2	20 44	7.4
13 W	08 18	7.5	20 24	8.0	13 SA	08 58	6.8	21 27	6.8
14 TH	08 52	7.2	21 04	7.7	14 SU	09 34	6.3	22 16	6.0
15 F	09 27	6.8	21 45	7.1	15 M	10 18	5.7	23 24	5.3
16 SA	10 05	6.2	22 33	6.3	16 TU	11 28	5.2		
17 SU	10 52	5.6	23 40	5.5	17 W	00 56	5.0	13 04	5.1
18 M			12 05	5.1	18 TH	02 19	5.1	14 22	5.4
19 TU	01 14	5.1	13 36	5.0	19 F	03 29	5.5	15 25	5.8
20 W	02 51	5.2	14 58	5.4	20 SA	04 19	5.9	16 12	6.2
21 TH	04 09	5.6	16 01	5.9	21 SU	04 57	6.3	16 53	6.5
22 F	04 58	6.0	16 48	6.3	22 M	05 29	6.5	17 27	6.7
23 SA	05 34	6.3	17 27	6.7	23 TU	05 57	6.7	18 00	6.8
24 SU	06 06	6.6	18 02	6.9	24 W	06 26	6.8	18 35	6.8
25 M	06 34	6.7	18 35	7.0	25 TH	06 56	6.9	19 09	6.9
26 TU	07 01	6.8	19 06	7.0	26 F	07 26	6.9	19 42	6.8
27 W	07 26	6.8	19 35	7.0	27 SA	07 55	6.8	20 14	6.7
28 TH	07 53	6.8	20 03	6.9	28 SU	08 25	6.6	20 49	6.4
29 F	08 18	6.7	21 30	6.8	29 M	09 00	6.4	21 33	6.1
30 SA	08 45	6.5	21 00	6.5	30 TU	09 43	6.0	22 31	5.6

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