



# THE HEACHAM NEWSLETTER

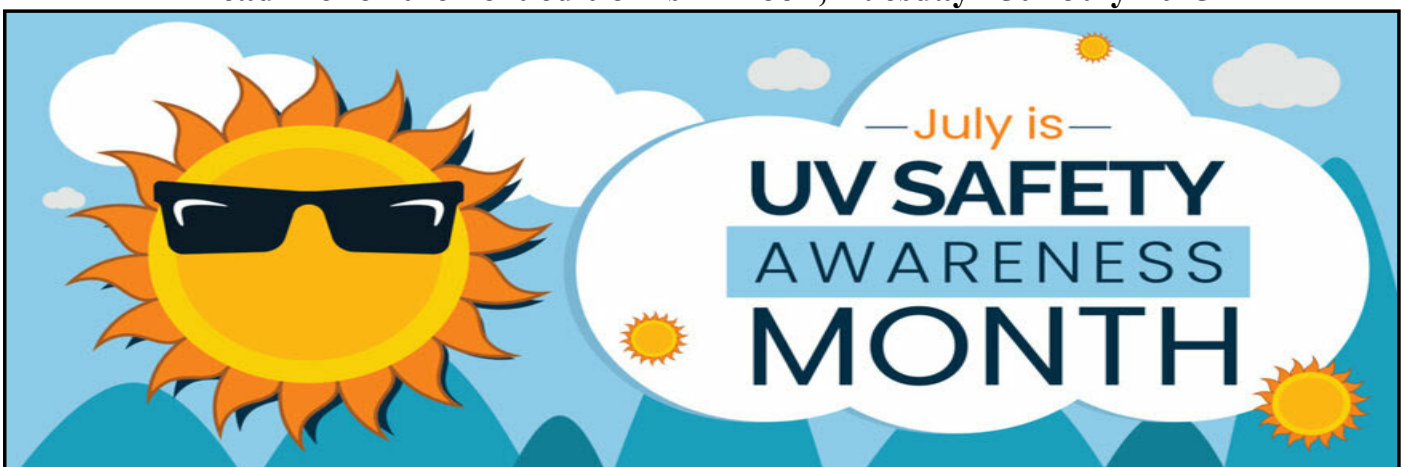
## July 2025

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



Photo by Kerry Long

**Deadline for the next edition is 12 noon, Tuesday 15th July 2025**



THE HEACHAM NEWSLETTER c/o Heacham Parish Council, Old Friends Hall, Sunnyside, Heacham, PE31 7DU

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

Kerry Long - Helen Vickerstaff - Pete Vickerstaff

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

A voluntary non-profit publication



# Readers' LETTERS



**Heacham**

Dear Newsletter,

**The Heacham Community**

My name is Dean Rawnsley and I have recently become Chairman of Heacham Parish Council. I regard this as a great privilege and will do my best to fulfil the role with honour and humility. I have lived with my family in Heacham since 2003 when my wife became the warden at Sunnyside Close. In 2009 we moved to Cheney Hill. I joined the Council in 2022 with a view to helping keep Heacham a lovely place to live and ensure all of us can continue to enjoy the benefits of the village.

I believe that the strength of a community lies in the active participation of its members. As such, I hope to create avenues for meaningful engagement. Everyone is welcome to the Council's monthly meetings, currently held in the Old Friends Hall, Sunnyside.

The Council is looking to further develop its online platforms for sharing updates and receiving feedback, and establishing working groups where residents can collaborate directly with the Council. I hope we can foster deeper relationships with groups and organisations within Heacham. I also encourage everyone to share ideas, highlight concerns, and join with us in shaping our parish's future.

Transparency is a cornerstone of effective governance. I am committed to ensuring that all Council initiatives, decisions, and expenditures are communicated openly and clearly. Regular reports and updates will be shared, enabling residents to stay informed and engaged with Council activities. Collaboration is equally vital. By working together - residents, Council members, and organisations - we can achieve extraordinary results. It is my sincere hope that we can foster a culture of mutual respect, trust, and shared responsibility.

A lot of what the Parish Council, Councillors and staff, do goes unnoticed but it allows Heacham to be a great place to live and call home. I would welcome anyone who feels as passionate as I do to join the Council as either a Councillor or co-opted member of a committee. Your involvement will drive positive change.

You can contact me at [cllr.dean.rawnsley@heacham-pc.gov.uk](mailto:cllr.dean.rawnsley@heacham-pc.gov.uk) or at the Parish Office, Sunnyside, Heacham. Tel: 01485 572142.

**Dean Rawnsley**  
**Chairman, Heacham Parish Council**

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## The Heacham Newsletter

**Mary Sheldrick**

It is with great sadness that we share of the recent sudden death of Mary Sheldrick, a valued member of our Newsletter Team and friend to many. Mary had, for many years, been Newsletter Advertising Accounts Manager which is a vital part of our publication.

She will be greatly missed.

**THN**



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## Petanque Open Days

**“Would you like to Have a Go?”**

Petanque has been played at the Heacham Social Club for many a year. It's a simple, though frustrating game, where steel balls are thrown towards a jack with the nearest balls scoring. The first to thirteen normally decides the winner and can be played in a singles, doubles or triples format.

Unlike bowls it is played on rough ground called a terrain.

If you would like to know more, or have a go, members of the Heacham Petanque Team will be at the Playing Field opposite the tennis courts on Sundays 13th and 20th July between 10.00am-12.00pm.

We look forward to seeing you there.

Roger

## Petanque

**Sundays 13th & 20th July**  
**10.00am-12.00pm**

**Heacham Playing Field**  
**Near the Artificial Football Pitch**

**Members of the Petanque Team will be there.**

**If you would like to try this  
simple but frustrating game,  
come along and have a go!**

*Tea*  
*Community Coffee*  
*Morning & More*  
*cakes*  
*Real coffee*  
*Fun Quiz*  
*Raffle*  
*Everyone Welcome*  
**30th July 2025**  
**10am-12noon**  
*Old Friends Hall*  
*Sunnyside (off Caley St)*  
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*In support of the Parish Library*



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### MARY SHELDRIK

We join with many others in the village in expressing deep sadness at the passing of our long-standing and much valued colleague, Mary Sheldrick. Mary had been a key volunteer and supporter of the Library for over 12 years and she will be sorely missed not just as a colleague but also as a friend.

### WHAT'S ON IN JULY RECOMMENDED READING

Rachel McLean has published five separate crime series; each one stands alone but they also connect with characters from each series appearing in one or more of the others. This month we feature The Dorset Crime Series, starting with The Corfe Castle Murders – a winner of the 2021 Kindle Storyteller award. The star character is DCI Lesley Clarke who has moved from Birmingham (the location of the author's DI Zoe Finch books) - and who has to prove herself all over again in a new environment.



Summer Reading Club: the Summer School Holidays start this month and we are hosting the Summer Reading Club during July and August aimed at 4-8 year olds. Make sure you come and ask Ollie for details.

### LOOK OUT for OLLIE this SUMMER

**Children's Summer Reading Club**  
For Children aged 4-8 years  
Free Entry and Rewards  
Only at Heacham Library



**NEW DISPLAY:** Many artists have lived or visited Heacham over the years. Come and see for yourself who these painters were in an interesting display mounted by the Heachamites Recollections Group. Free entry during Library hours. The Group's next meeting is on Monday 7th July at 2.00pm.

**Clearance book sale:** pick up a bargain at only 20p a book. Also, a limited stock of cards.

**Coming soon:** a new community service from the British Red Cross in partnership with Trussell. Anne Sipple will be here one day a month to help with:

- Blue Badges
- Assistance with sourcing allowances
- Energy Bill support
- Debt Management

Full details next month but in the meantime please ask if you need more information.

**Community Tech sessions:** Your chance to access free one-to-one help with your mobile phone, laptop, tablet or computer – no query is too small. Don't miss this excellent opportunity. Just pop in or ring up to book a slot with Janie our Community Tech Coach – sessions are held once a month on a Monday.

**Happy Reading!**

**The Library Team**  
**Enquiries: 07300 553769 Email:**  
**heachamlibrary@btinternet.com**  
**or Parish Office 01485 572142**



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## CHURCHES TOGETHER IN HEACHAM



Heacham Parish Church

Do you ever find yourself feeling that the world seems to have got so complicated? So much changes at such a rapid rate, that it is not possible to keep up. Maybe it is the result of getting old. Or, if like me, you were born into the world before the advent of the computer, the internet and the mobile phone, the world can seem alien and so far removed from the years gone by.

The Bible says in Ecclesiastes “do not say “why were the old days better than these?” For it is not wise to ask such questions.” Certainly the advent of the computer, the internet and the mobile phone has had a transformative effect on our world, society and our communities. In many ways their arrival has brought many benefits. Making communication easy. Enabling connections to people, places, government departments, organisations etc. that were not possible before. However the arrival of artificial intelligence is moving everything into a different space. As a society we can no longer be completely certain of what we are seeing and hearing on the many screens that proliferate the world. How do we cope with this uncertainty?

Jesus says “I am the way, and the truth, and the life.” In all of life’s uncertainty we can bring what we see, hear, or read to our Lord. We can trust Jesus to reveal the truth in all things. Jesus said: “If you hold to my teaching, you really are my disciples. Then you will know the truth, and the truth will set you free.”

**Pip Lawrence, Licensed Lay Minister  
Heacham Parish Church**

### Services: July 2025

**6th July - 10am: Morning Worship with Heacham Methodist Church & Zimbabwean drummers**

**13th July - 10am: Holy Communion**

**20th July - 10am: Morning Worship**

**27th July - 10am: Holy Communion**

**HEACHAM PARISH CHURCH online**  
on Heacham Parish Church You Tube channel

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

### Special Service

Sunday 6th July 10am at Heacham Parish Church there is a joint service with Heacham Methodist Church where we will be joined by a Zimbabwean Mens group who will sing and drum during the service. The Ncube family will sing too.

All are welcome to this Heacham Churches Together service with a hint of Zimbabwe. It will be livestreamed.

### Bereavement Support Group

Meetings are on the first Thursday of each month. The next meeting is 3rd July 2025 from 10am till 12 noon, at the Pine Residents Hall. For more information contact the Church Office.



**VOLUNTEER TREASURER**  
needed for Heacham Parish Church.  
to oversee church finances  
with support from the bookkeeper  
4-6 hours a week



Heacham Parish Church

If you would like to know more about what this role involves, please contact  
Garry Langham - Church Administrator/Bookkeeper  
office@heachamparishchurch.org.uk or 01485 572539

### Chit Chat and Coffee

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

All ages welcome.

The next coffee morning is on 15th July 2025 from 10.00–11.30am

### 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, to start at 9.05am, in person in church.

Everyone is welcome (zoom link available from the 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.

### Church Open

During the summer months Heacham Parish Church is open from 10am to 4pm. Everyone is welcome to come in and enjoy this beautiful church, to light a candle, to pause or pray

### CHURCH CONTACTS:

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

### St Mary’s Church Office:

Garry Langham - usually open Tuesdays 9am–12noon,  
Wednesdays 2-5pm Fridays 9am -1pm. (01485) 572539  
email: [office@heachamparishchurch.org.uk](mailto:office@heachamparishchurch.org.uk)

### Churchwardens :

Liz Dormer-Ainge: (01485) 571662

email: [lizabeth.a.da@gmail.com](mailto:lizabeth.a.da@gmail.com)

Chris Wright: 07525 175361

email: [chris.edward.wright@gmail.com](mailto:chris.edward.wright@gmail.com)

Methodist Church: Revd Dr Richman Ncube (01485) 570232  
email: [richiemncube@gmail.com](mailto:richiemncube@gmail.com)





## Heacham in Bloom

The Heacham in Bloom team was very sad to learn that a valued member, Mary Sheldrick, had passed away in early June. Mary was an active team member for nearly 13 years, seeing Heacham through the highs of RHS Gold, and the lows of the Covid years. Mary, our friend, will be very much missed.

The colour theme of Pink, Purple and Lime Green appears to be working well; thank you to everyone for your lovely comments. The zonal geraniums will hopefully get a hurry on and be blooming soon, the Cannas too if there is sufficient warm weather. The team are taking a well-earned break this month to Houghton Hall, looking for tips in the Walled Garden and cakes in the Café.

The next meeting will take place on Monday 21 July at 7.00pm at the Old Friends Hall.

Heacham In Bloom Committee  
heachaminbloom@btinternet.com



Photos of  
Mary Sheldrick



*Carl Perkins*

07715255581

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## HEACHAM METHODIST CHURCH

Station Road, Heacham



**Minister: Revd Dr Richman Ncube**  
(Tel: 01485 570232)

**July 2025**

**We extend a warm welcome to all**

**Sunday Morning services: 10.30am unless otherwise stated**

- 6th July: Joint Service at St Mary's Church with the Zimbabwean Drummers  
13th July: Terry Martin  
20th July: Irene Garrard  
27th July: Marianne Baguley

**Midweek Communion**

10.30am 2nd Wednesday of the month.

**Bible Study**

10.30am 4th Thursday of the month.

**Open Church**

Sadly, owing to very low attendance we have decided not to continue with our Open Church on a Tuesday. However, if you would like to speak to the Minister he can be contacted on 01485 570232.

**NEW - Church Lunch Group**

12 – 2.00pm Friday 18th July

Please join us for a light lunch of sandwiches or a jacket potato with a choice of fillings.

Contact Marianne 07880 364326.

**Noah's Ark Toddler Group**

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

**Crafty Crowd**

10.00 am 2nd Friday of the month

Do you enjoy craft? Would you like to meet new people? Why not come and join us. Bring your own craft. Refreshments served  
Contact Marianne 07880 364326.

**Coffee Morning**

Saturday 19th July

### Heacham Methodist Fellowship

Tuesday 22nd July

Refreshments available – everyone welcome

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

**Charities we are supporting this year are:**

Embrace, Children's Charity providing support to child victims of crime.


Mission Aviation Fellowship, who provide medical assistance to remote communities.

Action for Children.

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.

"But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."

**Isaiah 40:31**



"Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead"

*1 Peter 1:3*

10:45 every Sunday morning  
Memorial Hall Old Church Road Snettisham

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

### Stanhoe & Barwick WI

Stanhoe and Barwick Women's Institute is held on the first Thursday of each month 2pm at Stanhoe Reading Rooms.

Have you ever wondered what goes on at a modern W.I? Here at Stanhoe and Barwick W.I - whether you are into crafts, cookery or even campaigning, whether you're looking for friendship, fun or fascinating speakers, we have all that and so much more.

Our next few meetings include:

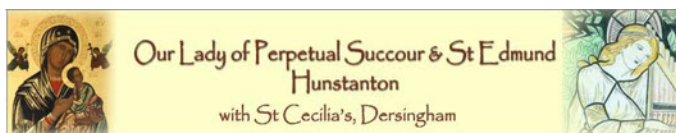
**July 3rd:** Summer Party

**August 7th:** Lyndsey Atkins - Tulips for Tapping House

Why not come along and see for yourself - visitors always welcome. Contact [stanhoeandbarwickwi@gmail.com](mailto:stanhoeandbarwickwi@gmail.com) for more details.

**Julie Parker**





## Hunstanton Catholic Parish

"The Whybelonely Social Group" will continue to meet at St. Cecilia's Church, Mountbatten Road, on the first Friday of each month, 2.00pm - 4.00pm, for an afternoon of music, singing, reminiscences and prizes. Refreshments will be available. The next one will be 4th July. Don't miss out, come along and enjoy some good company, everyone is welcome.

Our very popular annual Strawberry Fayre, on Saturday 14th June, was a great success, a very enjoyable afternoon, with money raised going to the Red Cross. Thanks go to all the people involved on the day or behind the scenes, who worked hard to make it such a success.

Bishop Peter Collins visited our church in Hunstanton on 16th June to officiate at a Mass to celebrate the Sacrament of Confirmation for four young boys receiving the special grace of the Holy Spirit. There was a social gathering afterwards with food and refreshments. Please keep the boys in your prayers as they embark on their faith journey.



The Pope's prayer intention for July 25: For Formation in Discernment. We pray that we might again learn to discern, to know how to choose paths of life, and reject everything that leads us away from Christ and the Gospel.

We have regular Rosary prayer meetings at St Cecilia's every Monday from 2pm and there is also a Mothers Prayers group which meets at 2.30pm Monday fortnightly at OLSE. There is also a group who meet on the last Friday of the month for Spiritual Formation. This could be about a specific Saint or Synodal discussions, prayers or anything that people want to suggest. All are welcome, refreshments are available. Just look in the weekly bulletins for dates and times.

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.

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

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.

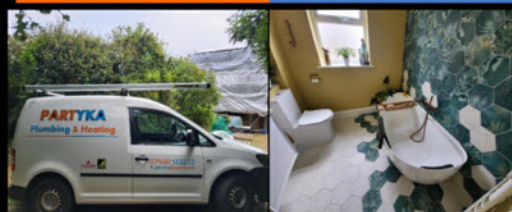
Website: [www.hunstantoncatholicparish.org.uk](http://www.hunstantoncatholicparish.org.uk)

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)

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### Opening Hours

**Monday to Friday:** 8:00am - 1:00pm, 2:00pm - 5:00pm  
**Saturday:** 8:00am - 12:30pm  
**Sunday:** Closed



**Rain or Shine Theatre Company**

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 Bookings: 03306 600541 - [www.bit.ly/Rivals-Sedgeford](http://www.bit.ly/Rivals-Sedgeford)  
 For Tickets and Information - 01485 570097 / 07968 596949

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When fashionable 18th century London society comes to take the waters in the spa-town of Bath, comic confusion, daring duels and romantic entanglements abound. At the centre of it all is heiress Lydia Languish, who is determined to elope with the penniless Ensign Beverly rather than marry the eligible Jack Absolute. The Rivals by Richard Sheridan, was first performed in 1775. It is though still relevant today as a close-up look at the intrigues of the in-crowd which formed the backbone of 18th century London society.

A tale of dark deeds and duels, romantic entanglements and comedy from start to finish. The Gloucester-based Rain or Shine theatre company is back again after kicking off our first outdoor theatre last year with a performance of Oscar Wilde's, The Importance of Being Earnest. Breaking box office records with an audience of nearly 180 people who enjoyed picnics and wine under a fabulous Norfolk sunset. Why not come and meet Mrs Malaprop, she of the mangled, inappropriate words...

Come and sample the sparkling wit and whirlwind plot of The Rivals, under the stars at Sedgeford. This Restoration Comedy has delighted audiences for 250 years with its collection of comic characters, including the formidable Mrs Malaprop, a creation so famous for her misuse of the English language, that her name is now immortalised in the dictionary. This brand new adaptation combines Richard Brinsley Sheridan's masterpiece with Rain or Shine's fast and furious comic flair.

Reserve your places by booking online: £16.00 adult, £8.00 children. Please use the dedicated account and add a reference of: 'The Rivals and your name' - Barclays account name, (Sedgeford Village) Acc. no: 40519138 - Sort code: 20/46/65.

Alternatively tickets can be purchased from our website: [www.sedgefordvillagehall.co.uk](http://www.sedgefordvillagehall.co.uk)

Gates open at 6.00pm and Bordoli Pizzas will be serving until 7.30pm and also during the 20 minute midway interval. The play's running time is 2 hours.

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## HEACHAM F.C.



The Club currently runs 3 teams and they are as follows:-

**1ST TEAM** (playing in The Thurlow Nunn Premier Division).

**RESERVE TEAM** (playing in The Fosters Solicitors Anglian Combination Div 3 North).

**U18's TEAM** (playing in The Thurlow Nunn Youth Football League – North Division).

Unfortunately there is no information available yet for the league fixtures for the forthcoming season. The first team will also be entering the FA Cup and the FA Vase with anticipation of our very first home tie in the FA Cup.

However, the following first team friendlies have been arranged:-

Saturday 5th July v Wells Town away k.o. 3.00pm

Tuesday 8th July v Castle Acre FC home k.o. 7.45pm

Saturday 12th July v FC Parson Drove home k.o. 2.00pm.

(Note: This is being classed as a “fun day” with lots going on and free entry to the game. Please note k.o. time)

Wednesday 16th July v Blackstones FC away k.o. 7.45pm

Saturday 19th July v Diss Town home k.o. 3.00pm.

### Admission Prices for 2025/6 Season

**1st Team - Adults £9; Concessions £6; U18s £1**

**Reserves - Free entry to all games**

**U18s - Adults £4; Concessions £2; U18s £1.**

Season tickets are also available to purchase for entry to all 1st team league matches as follows:-

Adults - £126 (= a saving of £27 i.e. 3 games free)



Concessions - £84 (= a saving of £18 i.e. 3 games free)

Please note that all season ticket holders will gain free entry to all U18 matches as well.

Note:- Season ticket prices do not include any cup games.

### Volunteers still Wanted

We are still looking for help on match days for next season. If you can spare a few hours a week we would love to hear from you. You'll find it's a great friendly atmosphere and we would love you to join the “Heacham Family.” If you are interested then please contact Michael Parish on 07707556474 or email him: [MLPARISH1980@gmail.com](mailto:MLPARISH1980@gmail.com)

### Sponsorship / Advertising

The Football Club can offer various forms of sponsorship including player sponsorship, match day, tracksuits for U18s and advertising (programme and boards). If you are interested in getting involved with the Club this forthcoming season, then please contact the club for further information of the packages available by email:- [Hfcadmin@btinternet.com](mailto:Hfcadmin@btinternet.com)

### Pin Badges

The Official Heacham F.C. pin badge (£3 each) and the Anglian Combination Premier Champions 2021/22 pin badge (now reduced to £2 each) 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? There are a limited number of programmes still available from the past few seasons. Please get in touch (email address shown below) with any requirements you have and I will check our stock.

### The 2025 “50/50 Club”

June winners:-

1st prize £55 - No. 128 Conall Forde

2nd prize £25 - No.91 Daniel Noakes

The monthly prizes will be as follows:-

January - November (inc) there will be 2 cash prizes per month - £55 & £25.

December, there will be 3 cash prizes - £75, £40 & £25.

(Total prize money this year = £1,020)

All winners will be announced in future editions of the Newsletter.

### Supporters Club News

The Supporters Club Committee wishes to thank Laura Gowen for all her fantastic work as our treasurer during the past few years. Laura has decided the time has come to step aside, so, therefore,

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we are now actively looking for someone to take on this role. If you are interested please get in touch or come along to our AGM (details below) to find out more about the Supporters Club.

The Supporters Club AGM will be on Wednesday 9th July 6-8pm in the upstairs room at the Social Club, all welcome.

The Supporters Club are pleased to announce that once again for the new season we will be sponsoring the match ball for the 1st team. Also the Supporters Club have agreed to sponsor a player from each of the 3 teams. Finally the Supporters Club funded the materials for the maintenance work carried out on the old stand i.e. painting etc.

#### **Membership details**

Supporters Club Membership for the 2025/26 season is now available. Anyone joining before July 20th 2025 will be automatically entered into a "free" raffle, with the chance of winning 1 of the 2 free season tickets up for grabs.

Cost: £5 for the season (price held for the 6th consecutive season).

#### **What's included in the Membership:-**

- Your membership number will be entered into 2 "free prize" draws, Christmas and end of season, with at least 10 prizes up for grabs.
- Your membership number will be entered into 8 monthly draws with the chance of winning £15 cash. (This will run from September 2025 until April 2026.)
- Only members of the Supporters Club will be entitled to cast their vote(s) for Player(s) of the Year at the end of the season (sorry but no membership = no vote.)

#### **Also members can benefit from the following discounts from local businesses:-**

- Claim a free tea or a standard coffee when ordering either a small, medium or large breakfast at the Halt Cafe, South Beach, Heacham.
- 5% discount on colour mix paint at Owen's DIY, Hunstanton.

- Get 3 cylinder keys for £12 at Owen's DIY, Hunstanton
- 10% discount at Flames Kebab & Fish Bar, Station Road, Heacham (on collection orders only).
- 10% off a full case of beer or 5% off a half case from Jennings Stores, South Beach Road, Heacham.

Note:- To take advantage of these offers a valid current membership card must be shown.

#### **"GOALS/GOALS/GOALS" COMPETITION IS BACK FOR THE 2025/26 SEASON**

Come and join the fun, limited places available.

The competition, which was launched last season, will again be available for the new season ahead. The format and rules will be the same as last season.

#### **How does it work?**

There will ONLY be 50 groups available, consisting of 4 teams per group. Teams will be randomly selected into each group. Which group, in total, will score the most league goals throughout the season? The teams in the groups will be a mixture of teams from the English Championship, Divisions 1 and 2, The National League, The Scottish Championship and Scottish Divisions 1 and 2. (A total of 126 teams have been used and, therefore, some teams appear in more than one group). There will be a Scottish team in each group (this will ensure that every group will play the same number of league games). The groups have changed and are totally different from last season.

#### **NOTE: ONLY LEAGUE GOALS SCORED WILL BE INCLUDED**

The groups are numbered 1 - 50. To reserve/request a group you can either:-

1. Request a particular group number
2. Request a group containing 1 particular team (if still available.)
3. A group will be allocated randomly.



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Once payment has been received you will be advised of your 4 teams.  
Cost of entry: £10 per group (50% allocated towards prize money and 50% to be retained by the Supporters Club.)

Prize Money:

1st Prize £150

2nd Prize £75

3rd Prize £25

This is based on selling all 50 groups. If any groups are unsold then the prize money will be adjusted accordingly.

In the event of a tie, the winner will be decided by who has the best individual highest scoring team in their group.

A monthly update will be listed on the Supporters Facebook page showing the leader board and a full list will be published every few months.

Payment: For both Membership and the "GOALS/GOALS/GOALS" competition, can be either cash or bank transfer (details to be sent by facebook messenger or email.)

You can reserve your entry by either e-mail: [deniscooper06@aol.com](mailto:deniscooper06@aol.com) or via the Heacham F.C. Supporters Club Facebook page. Alternatively come to any home match and look for the Supporters Club Flag and ask for me.

If you require any further information on any of the matters mentioned, then please contact me on the email address shown below. You can also keep up to date with all the latest news on our Facebook page:- Heacham F C Supporters Club.

**"COME ON HEACHAM"**

**Denis Cooper**  
Chairman/Secretary  
Heacham F C Supporters Club  
Email: [deniscooper06@aol.com](mailto:deniscooper06@aol.com)



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### FREE EVENT

**Saturday 19th July 2025**  
**Hunstanton Green, PE36 6BQ**

An opportunity to experience some simple tai chi and chi kung in a lovely outdoor environment overlooking the sea.

This event is suitable for all the family and is designed to show how accessible and adaptable tai chi and chi kung is for everyone.

Come along and experience some of the many health benefits that this art form has to offer.

**10 to 11am standing tai chi and chi kung.**

**11 to 12 noon seated tai chi and chi kung.**

Seats will be kindly provided by the Borough Council of King's Lynn and West Norfolk.

Donations will be appreciated for Hunstanton RNLI.

Contact Allan Howlings for more information on: Mob. 07960 229 726.



## Lifeboats

# “Tai Chi on The Green”

## A fundraiser for Hunstanton RNLI

**Saturday 19th July 2025 10am to 12 noon**  
**Hunstanton Green, PE36 6BQ**

### Family friendly Tai Chi and Chi Kung

**Suitable for everyone!**

**10 to 11 standing Tai Chi and Chi Kung**  
**11 to 12 noon seated Chi Kung**



This is a **FREE** event, donations will be appreciated for the RNLI

Contact Allan or Maggi for further information on Mob. 07960 229 726

Send us your

# news

... events, publications, projects and more!

## ◆ Poets' Corner ◆

### Summer's Shone

Wave after wave The ebb and flow  
The paddling I crave..  
is set on GO

The horizon's clear.  
Where silhouettes appear  
I feel I am a better man  
Far away from the heaving sand

The spotted seal  
Appears surreal  
Lit up in the glare..  
of a spangled pier

As it goes under  
A clap of thunder..  
and to my right..  
day becomes night

Still to continue?  
Knowing I have to ?  
Only I remember  
It's the 3rd of September

Rain drops so cool  
Like soft cotton wool  
The seals in front of me  
Smashing the horses on top of the sea

Developing at a fair lick  
The turmoil evolves ever so quick  
I spit away the excess water  
As I'm sped along much faster than I ought 'a

I ought 'a turn towards the shore  
As panic grips me (more and more)  
The waves dwarf me as they get higher  
My muscles are aching (as if on fire!)

SUDDENLY: I cannot believe!  
The waves subside and I can breathe  
A soporific calm comes over me..  
as the storm relents and leaves the sea

**Tony Trayford**

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## Heacham at Night

by Terry Parish

A brief encounter with the night sky this month as there is not much night. The axial tilt of the Earth means nights will slowly start getting dark earlier, as it progresses along its orbit, but you won't notice it yet. That orbit brings Earth to aphelion, its furthest point from the Sun, at 9pm on the 3rd.

The Earth's orbit is almost circular so its furthest distance from the Sun (94.5 million miles) and its closest approach (91.4 million miles), perihelion, are little different. It just seems perverse that we are furthest in our northern summer.

Mars is the only planet visible in the evening and it will be hard to spot in the glowing western sky (magnitude 1.5), setting about 11pm. A magnitude of 1.5 means eyes can see it and, once found, steady binoculars will enhance your view. The red planet will be lost as the faster Earth pulls ahead of its, slower orbiting, neighbour.

Whilst Mars recedes, Saturn comes into view (magnitude 0.9). The ringed planet rises in the east just after midnight for much of the month but a little earlier by the end. It will be low in the sky but the middle of the month will see it high enough to clear most obstacles from around 2.45am. It will then be directly SE. On the 15th / 16th the Moon will be close, a little above and to the right of the gas giant.

Neptune, only visible through a telescope (magnitude 7.7), is in conjunction with Saturn all month. This means it appears to be adjacent though it is really far beyond it (Father Ted and cows might help). Visual closeness, in this case, means 1 degree of separation which is a finger tip's width at arm's length. The very closest conjunction occurs on the 6th July but both planets are then very low in the sky. If you want to have a go at finding greeny blue Neptune, then wait to the end of the month when the pair of planets will be high enough in the ESE from about midnight.

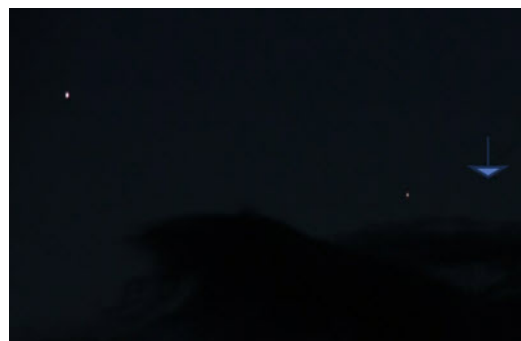
Blue Uranus, also a telescope object (magnitude 5.8), rises in the NE about 1.30 am but you will need to stay up later or get up earlier to allow it to rise high enough in the sky at 3am when it will be ENE. The planet, which also has rings you can't see, is just below the Pleiades star cluster. This should be obvious and well worth a look through binoculars.

Brilliant Venus (magnitude minus 4.1) will be in the sky whilst you are trying to find Neptune and Uranus. The Morning Star rises around 2am and a Crescent Moon will share the sky with it between the 21st and 23rd, at about 3.45am.

At the same time and dates, look for Jupiter (magnitude 1.9) low in the NE. Our orbit position allows it be seen again following Jove's recent disappearance behind the Sun.

On the 4th, Mercury is as far east of the Sun as it will get (greatest eastern elongation of 26 degrees – rather more than a spread hand's width at arm's length) but the remaining glow in the sky will likely blot it out most of the month. However, we have a good western horizon and I think the Messenger of the Gods will be visible from about the 20th. Go to Heacham's beaches or Hunstanton's cliffs to observe from 7.45pm. Mercury will be due west, low to the horizon but not too low. You will need binoculars to find the spark so ensure that the Sun has set before you start looking.

*Mercury (Beneath blue arrow) as seen from Heacham South Beach. The brighter dot well to the left is Venus. Parish*



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I gave a talk on 'Inside Mercury' in June which looked briefly at the internal structure of the planet and then why it is thought there are no other planets closer to the Sun. Here are some facts about the planet:

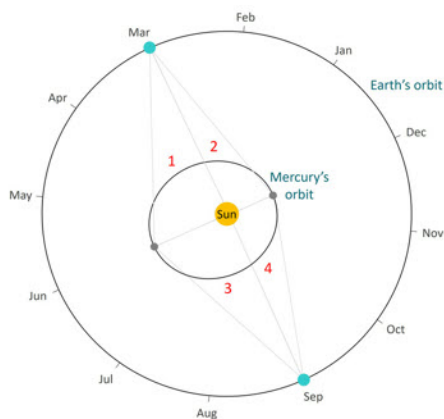
Distance from Sun: 46 001 200 – 69 816 900 km (A very elliptical orbit).

Solar irradiance: 6272 – 14 448 Watts/square metre (Earth: 1366 W/m<sup>2</sup>), so more glare than Norfolk receives.

Day: 58 Earth days to turn once on its axis (Mercury rotation period); 176 days for the Sun to return to the same spot in the sky, as seen from a fixed point on the surface (Mercury solar day).

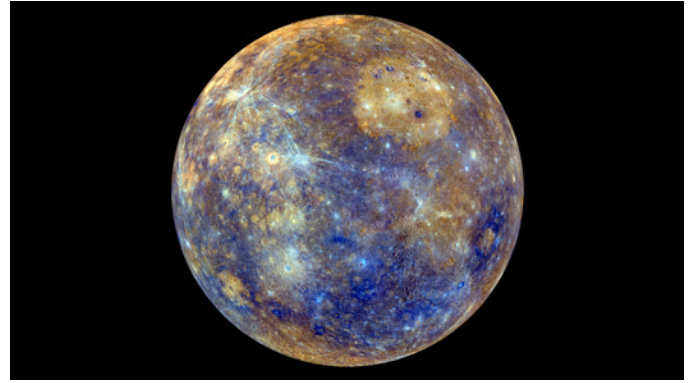
Year: 88 Earth days to orbit the Sun (Mercury orbital period).

Obliquity to orbit (axial tilt): 0.01° (i.e. the equator of Mercury nearly coincides with the orbital plane of the planet so no seasons).



Surface temperature: –180°C (night) to 450°C (day). Almost no atmosphere retains no heat.

Mercury has 'thermal seasons.' Due to its very elliptical orbit, Mercury gets hotter when it's closer to the Sun, and colder when it is further away. In the polar regions the Sun never rises above some crater bottoms, meaning they are in permanent darkness and there is water ice!



*The very cratered surface of Mercury. Messager probe NASA*

A Mercury year being not too dissimilar to the length of its day causes some oddities. For example, at certain points on Mercury's surface an observer would be able to see the Sun rise about halfway, then set slightly, and then rise again before setting again, all in one Mercury Day.

This month, there are two meteor showers which run into each other. The Capricornids peak on the 30th and the Aquarids on the 31st. The latter shower is more abundant and there is no Moon. The Perseids, peaking in August, also start arriving in July so the end of the month is a good time to start looking up when the sky is dark and clear. Remember to turn off unnecessary lights and to let your eyes acclimatise to the dark. Get yourselves a red-light torch and red goggles if you can, so you can avoid destroying your night vision.



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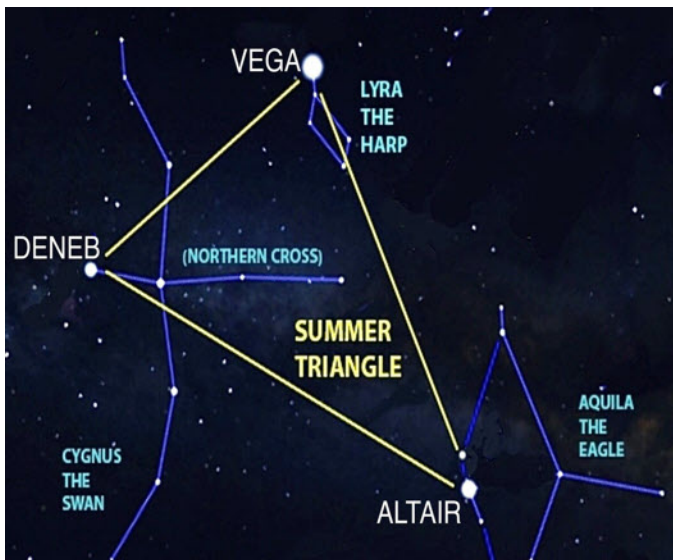
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Whilst you are outside, find the Summer Triangle. This is an asterism, a shape, made by running lines between three stars and making, surprisingly, a triangle. The three bright stars are Vega, Deneb, and Altair. Scan the area between the stars with binoculars and find many more points of light as you will be looking into the Milky Way, our galaxy.

So, some opportunities for stopping up late or rising early, a meteor or two, and another chance to chase down the mercurial spark.

**Terry Parish**

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**Borough Council News**  
**Heacham Ward which includes**  
**Sedgeford and Fring**

For those still bothered, the Cheney Hill development in Heacham did not go to planning committee at the end of June. The latest prediction is 28th July. Same comments remain as last month – a local speaker would be useful.

The Norfolk County Council planning application to build homes on the old primary school site in Sedgeford is now live. Despite plans being discussed with the Parish Council over several years, it was a surprise to see only the ‘market houses’ box ticked – i.e. no affordable homes.

There is a Borough Council requirement for 20% ‘affordables’ on developments of more than 10 homes. Some developers try and squeeze this requirement as they make less profit on affordable homes (they can’t sell them for so much).

Whilst it is expected of developers with a track record of little social conscience, it is not expected of a County Council particularly when they surely have no land costs – they own the school site. I have called in the application which means, if things stand as they are, the application will eventually end up at planning committee where their behaviour, and any justification for it, can be made public. (Since an earlier draft was written, the planning portal now contains a viability statement. Apparently, the development is predicted to lose just short of £500,000 if built without 2 affordable flats and lose £158K more if they are included. Make of that what you will).

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### **SNETTISHAM GARDENING CLUB**

Our Annual Village Open Show will be held on Saturday 12th July. Schedules are still available from Stockley Chemists. You do not have to be a member of the Gardening Club to enter. However the closing date is Wednesday 9th July latest.

Even if you do not wish to enter the show, you will be most welcome to come along to see what local residents have produced - the exhibition includes crafts and cookery as well as plants and there will be cream teas available. The show opens at 1.30pm until 4.00pm and a raffle ticket included with admission to be drawn at 3.30pm.

There is no meeting in the hall at the end of the month in July.

We welcome new members and for any further information please call Gail on 01485 541279 or Addie on 01485 544754.

This lack of concern for the wishes of the Parish Council who want some opportunities for younger local people to get a house in Sedgeford, does not bode well for what might happen if the County succeeds in driving through a single unitary model under local government reorganisation.

The gloves are coming off about that reorganisation. The Leader of the County Council took to social media to embark on a tirade of political abuse about the three unitary model, particularly about the growing support for the western component which, of course, includes West Norfolk. I assume she is getting worried because a county wide, single unitary is seen as a bad deal for people.

I hope government puts people before maximising profit when it makes its decision.

Whether the sale of the new flats in Hunstanton, on Southend Road, will be thrown open to all and sundry may be decided by the time you read this. I called the decision in and a committee will decide how to progress matters. In Nov 2023, an article in the EDP stated. ‘More than 30 homes for local people are set to go on sale ..... West Norfolk Council is building 32, one, two and three bed flats in Southend Road’. Did you know? Are you interested?

I have visited Cambridge twice recently (once by accident as I listened to my satnav). Verges in part of that city are a delight, a mass of wild flowers. Here, people seemingly insist on anything green alongside roads being mown down. Bring Springwatch to your garden and street!

I haven’t seen many swifts or house martins this year. Both need places to nest which are lost when old buildings are tidied too much. If you renovate or rebuild, please make sure you take advice on how nesting places can be created. The Borough is installing swift bricks in its new properties (including at those flats in Hunstanton). This has become a national political issue with Labour removing a rule to ensure all new developments use them and every other party, including Reform, demanding that the rule stays in. Power to the Swifts!

My new job is Chair of the Regeneration and Development Panel which has consideration of current and emerging projects in its remit. One is the Guildhall in King’s Lynn and there will be several meetings, including a special full Council, discussing this during July. Watch out for news.

I am an advocate of double council tax on second homes and that all new homes should be for principal residence only. Houses use a lot of resources (including water), have a negative impact on the environment, and their occupants utilise ever reducing services. Nationally there is also, apparently, a housing crisis and the government would have us build twice as many in West Norfolk as plans have allowed for. Consequently, having a spare house or two is not really on anymore. Having said all that, the Borough has rules on how the second home tax is applied and I recently enabled an assessment to be reversed. So, I am not all bad and will help genuine cases. (PS the doubling of house building is delayed for at least 5 years as we got our Local Plan in in time).

Sandringham have 4 days of pop concerts, 14-17 August. Their last foray into such events was 2 years ago, on a Bank Holiday, when traffic was brought to a standstill. I hope, this year, lessons have indeed been learnt and locals will be permitted to carry out their normal lives. Please communicate any problems to the Borough Council.

**Terry Parish**  
**Borough Councillor Heacham Ward**  
**which includes Sedgeford & Fring**



## Heacham Wives Group

The Heacham Wives Group had an outing to Wells for our last meeting. We all got our bus passes and caught the Coastliner at the bus stop near Tesco. Members did their own thing when they got there, some stopped for lunch and did some boat watching and some got off the returning bus at Burnham Market and partook of retail therapy!! A fun day was had by all who went.

Trish Hammond





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## Fullers Body Repair Centre



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E: [beautifulbodies@hotmail.co.uk](mailto:beautifulbodies@hotmail.co.uk)

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**Free Estimates • Resprays • Accident Repairs**  
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## Heacham Cubs

**We have space for new Cubs to join!**

At Heacham Cubs we focus on learning new skills and improving current ones from knot tying to axing and sawing!

We do a range of badges most of which go towards earning The Silver Award which is the highest award a Cub Scout can achieve.

Alongside making friends and growing with confidence there's so much the Cubs can learn, do and achieve!

Heacham Cubs is open to all boys and girls ages 8 – 10½ years old.

If interested the details are below....

WHEN: Thursdays during term time.

TIME: 6:45pm – 8:30pm.

WHERE: Heacham Scout Hut, Sunnyside.

CONTACT: Jemma on 07962 611122



## HUNSTANTON METHODIST CHURCH Austin Street PE36 6AL FLOWER FESTIVAL

**FRIDAY 25<sup>TH</sup> AND SATURDAY  
26<sup>TH</sup> JULY  
10AM TO 4PM**

**LUNCH AND REFRESHMENTS  
AVAILABLE**

**SUNDAY 27<sup>TH</sup> JULY  
SONGS OF PRAISE - 3PM**

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HEARING DOGS FOR DEAF  
PEOPLE AND THE STROKE  
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## ANMER SOCIAL CLUB EVERY TUESDAY

**11:00 a.m. - 18:30 p.m.**

**11:00-18:00 – Mental health drop in support**

A chance to talk to a recovery worker for sign posting and support

**14:00-15:30 – Craft and Games Group**

Bring along your own crafts or join us for a game of dominoes, or bingo!

**14:00-15:30 – Mens Group**

A chance to talk to a male recovery worker and meet with other men for sign posting and support

**17:00-18:30 – After Work Social Group**

A chance for people to meet, chat and support each other and speak to a recovery worker in a relaxed and friendly environment.

**For further information please visit our website -**

**[www.norfolkandwaveneymind.org.uk](http://www.norfolkandwaveneymind.org.uk)**

**or telephone: 0300 330 5488**

**or email:**

**[nikki.nourse@norfolkandwaveneymind.org.uk](mailto:nikki.nourse@norfolkandwaveneymind.org.uk)**

We look forward to meeting you ☺

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# Bushel & Strike

HEACHAM

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*Always a warm welcome*

**Large Beer Garden**

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**Pool Table & Dart Board**

**Live Entertainment**

**Quiz night every other Wednesday**

**Restaurant serving home-cooked food**  
**Seasonal menus**

**menu - booking essential - Tapas,  
Mexican, Thai and Greek**  
**Steak Night Wednesday**  
**Sunday Roast**  
**Summer BBQs**



Follow us on Facebook

@ The New Bushel and Strike, Heacham  
For our latest news, events and updates

## Lizard Cairns at The Saltings Reserve

The combination of wetland and rough grassland on the Parish Council owned Saltings Nature reserve is perfect for threatened species of reptiles and amphibians. The reserve is home to healthy populations of common lizards, grass snakes, frogs and toads



*A common lizard basking on the old cairn,*

To enhance the habitat potential for these special creatures we recently refurbished and upgraded their accommodation by rebuilding the two Lizard Cairns beside the permissive footpath that crosses the reserve.

The cairns were first constructed with help from the village cub scouts in 2012. The main aim back then was to clear up scattered brick and concrete from the grassland which posed a hazard when mowing.

**NEED HELP ATTENDING YOUR MEDICAL APPOINTMENTS?**

### **HEACHAM & DISTRICT COMMUNITY CAR SCHEME**

( Charity NO: 1108568 )

We can take you if you are unable to take public transport.

We offer a door to door service for all medical clinics and hospitals within the local NW Norfolk area and beyond, using a core of friendly volunteer drivers.

Hospitals include Kings Lynn, Cromer, Norwich, Wisbech, Papworth and Addenbrookes.

There is a subsidised fare for all journeys, and charges are per person. Carers travel free.

24 hrs notice required for weekday bookings

48 hrs for weekend bookings.

For more information on our services,  
or to book transport please contact

**01485 534777 MON-FRI 9 AM-1 PM**

SUPPORTED BY

Norfolk County Council



## **Hunstanton Lifeboat Sandcastle Competition Tuesday 12th August 2025**

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

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

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



Lifeboats  
**RNLI**  
**200**



## 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

**Heacham Table Tennis Club** 9.15 - 11.15 Friendly table tennis session. tel 01485 570447 (top room PH)

**Fitsteps** 9.45am To book Tel:Jaime 571395 or 07765433100 or email [jaimefitsteps@gmail.com](mailto:jaimefitsteps@gmail.com)

**CHAT Club** 2nd Monday of the month 10am – 12noon Snettisham Memorial Hall

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

**Coffee, Cakes and Chat** 10am - noon Anmer Social club. All welcome.

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

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

**Fitness Pilates** 10.45 am Contact Jaime (see Fitsteps 09.45)

**Norfolk & Waveney Mind - Rest in the Community Hub** 11.30am - 1.00pm - Ladies group. A mental health group focusing on women, which gives the women who attend the group a chance to talk openly in a female only environment. Neville Court Community Room, Neville Road, PE31 7SP. tel 0300 330 5488

**Seated Fitness** 12.00 noon Contact Jaime (see Fitsteps 09.45)

**Lean & Strong Seniors** 2pm Ingoldisthorpe. Conact Jaime (see Fitsteps 09.45)

**Heacham Wives Group** – 2nd Monday of most months 2pm at Cunningham Court Community Hall. New members always welcome.

**Heachamites Recollections Group** 1st Monday monthly, 2-4pm at Heacham Library. Attendance is free. (SM)

**Norfolk & Waveney Mind - Rest in the Community Hub Coffee and Craft group** 2 - 3 pm. Bring your own craft projects and enjoy a

drink and a chat whilst working. **Neville Court Community Room, Neville Road, PE31 7SP. tel 0300 330 5488**

**Monday Craft Club** 2- 4pm (except Bank Holidays) Mixed hand crafts. Please telephone Carole on 01485 572263 with any enquiries. (PRH)

**Snettisham Monday Sequence Tea Dance Club** 2 pm to 4.30 pm.at Snettisham Memorial Hall. £3 for members, £3.50 for visitors. Please contact Chairman Richard Jessop on 07821 332090 or email [richardjessop7@gmail.com](mailto:richardjessop7@gmail.com) for more details.

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

**Strength & Balance Class** 4.40pm Hunstanton Conservative Club.

**Walking Football for the over 50s** 5pm Astroturf pitch at Heacham Social club. For more information contact Heacham Walking Football on Facebook or Steve Watson on 07931 383401.

**Fitsteps** 5.15pm at Ingoldisthorpe. To book: Contact Jaime 07765433100 or [jaimefitsteps@gmail.com](mailto:jaimefitsteps@gmail.com)

**Lift Lean** 6pm as Fitsteps above.

**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.

**Fitness Pilates** 6.50pm, as Fitsteps above.

**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 (OFH)

**Hunstanton Voices** 7.00pm every Monday, The Way Christian

# Princess Theatre, Hunstanton

## July 2025



**4th, 5<sup>th</sup>, 6<sup>th</sup> July**



**11th July**



**12th July**



**18th July**



**20th July**



**26th July**



**27th July**



**Wednesday 6th / 730 / 20th August 2025 - 15.00    Wednesday 27th August 2025 - 15.00 & 19.00**

## BOOK NOW!

at the little theatre with big shows

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

Call The Box Office: 01485 532252



## Hunstanton Conservative Club

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

The Club is open Monday to Saturday 10am-11pm  
except music and quiz nights.  
Sunday 11am-11pm

Meals served from Monday to Saturday 12 noon until  
2.00pm. A selection of special meals available each day.  
**Sundays – 2 course Roast Lunch**



### Entertainment for July

The club will be open later on entertainment evenings.

**Sat 5th July:** NEW - Saturday Night Special Bingo  
**Sat 12th July:** Gill & Ian's Anniversary RSPCA Party  
**Thurs 17th July:** Coach trip to Wroxham

**Sat 26th July:** Music Night – Michael Jackson Tribute  
**Regular Events**

The U3A Spanish class meets every second Monday morning.

**Yoga for U3A members on Wednesdays, Thursdays & Fridays.**

**Mondays:** Strength and Balance Class – 4.30pm  
**Wednesdays:** Scrabble 10.00am. Whist Drive 7.00pm  
**Fridays:** Lunchtime Raffle drawn at 1.00pm  
NIA (non-impact Aerobics) 12.30pm  
**Saturdays:** 'Open the Box' draw at 1.00pm

Cash Bingo – Tuesdays and Fridays

Eyes down 7.30pm

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

Fellowship Church Hall, Downs Close, Hunstanton. First week free, no singing experience required. For more information contact [noelenewd@yahoo.co.uk](mailto:noelenewd@yahoo.co.uk) or ring 07709 986046.

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

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

**Garden Circuits** 09.15 am Rudham. For info contact Jaime 07765 433100 or [jaimefitsteps@gmail.com](mailto:jaimefitsteps@gmail.com)

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

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

**Hunstanton Indoor Market** 10am - 2pm (4pm July - mid-September) at Hunstanton Town Hall.

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

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

**Sweaty Mums** 10.30 am Rudham. For info contact Jaime 07765 433100 or [jaimefitsteps@gmail.com](mailto:jaimefitsteps@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

**Norfolk and Waveney Mind Coffee, Catchup and Crafts** 11am - 12.30pm Anmer Social Club. Join us for coffee and bring projects to complete alongside others. Tel 0300 330 5488

**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 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

**Norfolk & Waveney Mind Mens Recovery Group** 2 - 3.30pm Anmer Social Club. A chance for men to come together and chat with each other or with a mental health recovery worker. Tel 0300 330 5488

**Jive Classes** 2.15 - 3.45 inc tea/coffee. Contact Val 07789 957071 or [info@takeetheleadance.co.uk](mailto:info@takeetheleadance.co.uk) (PH)

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

**Garden Circuits** 6.30 pm Rudham. For info contact Jaime 07765 433100 or [jaimefitsteps@gmail.com](mailto:jaimefitsteps@gmail.com)

**Pilates (mat)** 5pm and 6.15pm Dersingham Methodist Church Hall. Contact Anne on 07717333234, or email [activehealthpam@gmail.com](mailto:activehealthpam@gmail.com)

**Norfolk & Waveney Mind After Work Social Group** 5 - 6.30pm Anmer Social Club. A chance to socialise with others and /or talk to a recovery worker for mental health support. Tel 0300 330 5488

**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 £3 at 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 (OFH)

**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

**Cash Bingo** 7.30pm Hunstanton Conservative Club

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

### WEDNESDAYS

**Car Boot** 7 am sellers, 8am public Heacham Sports Field. £6/pitch

**Walkfit** 9.00am Rudham For info contact Jaime 07765 433100 or [jaimefitsteps@gmail.com](mailto:jaimefitsteps@gmail.com)

**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 £3 Tel: Jo 07395 077622 (SG)

**Baby and Toddler Group** 9.30 - 11.00 Methodist Church, Austin St, Hunstanton. Call Rosie on 07963 181573 for more info.

**Stability Ball** 9.45am Rudham For info contact Jaime 07765 433100 or [jaimefitsteps@gmail.com](mailto:jaimefitsteps@gmail.com)

**Family History One to One** 10 - 11am Hunstanton Library 01485 532280

**Scrabble** 10am Hunstanton Conservative Club.

**Tai Chi Beginners** 10 - 11am first and third Wednesdays of the month at Hunstanton Town Hall, £8 To book or for info call Margaret on 07951402717

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

**The Old Schoolgirl Friends** of Heacham School meet for a 'Coffee and a Chat' the last Wednesday of the month 10.30am at Norfolk Lavender Tel: 570742 or 579126

**Midweek Communion** 2nd Wednesday of the month 10.30am (MC)

**Just a cuppa** 11am Hunstanton Library 01485 532280



## Hunstanton United Services Club

### Entertainment for July 2025

#### OPEN ALL DAY EVERY DAY – 11am to 11pm

Please note that non-member entrance fee for Friday Night Specials and Saturday live music evenings is £5pp. All other times 50p.

**FRI 4th** FRIDAY NIGHT SPECIAL. Michael Glayser Tribute to Elvis Presley. Star performer who has sung at Graceland and in Europe. He's in the building from 8pm.

**SAT 5th** AFTER PARTY DUO. Great songs up to present day. 8.30pm.

**SUN 6th** FIND THE JOKER. BIG CASH PRIZES. Tickets £1 each. Drawn at 2pm.

LIVE MUSIC IN THE LOUNGE with GLEN COOPER. LIVELY PERFORMANCE. 2.30pm.

**SAT 12th** KCR DUO. Excellent Vocals. All eras. 8.30pm.

**SUN 13th** FIND THE JOKER. Big cash prizes. £1 a ticket. Drawn at 2pm.

LIVE MUSIC IN THE LOUNGE with TRAVIS. Songs from all decades. 2.30pm.

**FRI 18th** QUIZ NIGHT. First Prize £50. Teams up to 4 persons. £4pp. 8pm

**SAT 19th** TOM BAXTER. Personality Vocalist. All eras. 2.30pm.

**SUN 20th** FIND THE JOKER. Great Cash Prizes. £1 a ticket. Drawn at 2pm.

LIVE MUSIC IN THE LOUNGE with BETHANIE. Songs from all decades. 2.30pm.

**FRI 25th** FRIDAY NIGHT SPECIAL with CECIL FARAYI. MOTOWN & SOUL MAN. 8.30pm.

**SAT 26th** JOHN CARR. Excellent Vocalist & Guitarist. 8.30pm

**SUN 27th** FIND THE JOKER. GREAT CASH PRIZES. £1 a ticket. Drawn at 2pm.

LIVE MUSIC & DANCING IN THE LOUNGE with BRIAN MANN. 2.30pm.

#### EVERY SUNDAY – CLARE'S DINER from 12.00pm Various basket meals available. £5

#### KARAOKE – EVERY SUNDAY

with MICK COVEY. 8pm.

#### CASH PRIZE BINGO - EVERY MONDAY & THURSDAY EYES DOWN 8pm

#### POKER NIGHTS – EVERY TUESDAY FRIENDLY and THURSDAY LEAGUE 7pm

#### SNOOKER ROOM with 3 x FULL MATCH SIZE TABLES

#### POOL TABLE & DARTS

#### LARGE BEER GARDEN

#### UPSTAIRS FUNCTION ROOM FOR HIRE

#### YEARLY MEMBERSHIP TO CLUB

£14pp. OAPs £10.

This gives you free access to all Club facilities and live music events apart from NYEve.

WE ARE ONE OF THE CHEAPEST PLACES IN TOWN  
FOR A DRINK

**Carvery Lunch** from 12noon - 2pm at United Services Club. One course for £7.95, two for £9.95, To book - 07901 524778

**Walkfit** 1.30pm Heacham. For info contact Jaime 07765 433100 or [jaimefitsteps@gmail.com](mailto:jaimefitsteps@gmail.com)

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

**Trefoil Guild** 2 - 4pm 1st Wednesday of the month 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

**Flow** 2.15pm pm Heacham. For info contact Jaime 07765 433100 or [jaimefitsteps@gmail.com](mailto:jaimefitsteps@gmail.com)

**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)

**Fitsteps** 6.00pm Rudham For info contact Jaime 07765 433100 or [jaimefitsteps@gmail.com](mailto:jaimefitsteps@gmail.com)

**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)

**Fitness Pilates** 6.45pm Rudham For info contact Jaime 07765 433100 or [jaimefitsteps@gmail.com](mailto:jaimefitsteps@gmail.com)

**Whist 7pm** Hunstanton Conservative Club

**Heavenly Honeys of Heacham** 7pm 1st Wednesday of the month. For more info contact [tracyraby61@gmail.com](mailto:tracyraby61@gmail.com) (HSC)

**West Norfolk Singers** 7.15 - 9.15pm For info Tel: 571315 or 07900 320612 Anne Davis [www.westnorfolksingers.org.uk/](http://www.westnorfolksingers.org.uk/) (MC)

**Snettisham Gardening 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

**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)

**Dementia Cafe** first Thursday of the month 10.30 - 12.30 Heacham Social Club. More info from West Norfolk Carers 01533 768155 or [westnorfolkcarers.org.uk](http://westnorfolkcarers.org.uk)

**Norfolk & Waveney Mind - Rest in the Community Hub** 10am - 3pm Lunch Club Plus . For over 50s with mild to moderate physical and/or mental health diagnoses. Hot dinner and pudding provided. Activities such as dominoes, Bingo and carpet bowls. There is a charge for this group and pre-booking required. Tel 0300 330 5488. Neville Court Community Room , Neville Rd, Heacham.

**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.

**Oddfellows Get Together** 11am, third Thursday of the month at Thaxters Coffee Shop, Dersingham. For further details please contact Alison or Jonathan on 07564 834292 or email [alison.schultz@oddfellows.co.uk](mailto:alison.schultz@oddfellows.co.uk)

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



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

**Knit and Natter** 2pm at Pine Residents Hall. Call Pat Toppin 01485 779208

**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** 2 - 4.30pm every week. Old time line dancing and sequence 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 6.15pm for 6.30 pm until 9.45pm approx.. All year round at Old Hunstanton Village Hall. Contact bridgehunstanton@gmail.com

**Ballroom, Latin and Jive Classes** at Dersingham Village Hall. 6.30 Jive, 7.30 Ballroom & Latin beginners, 8.30 beyond beginners. Contact Val on 07789 957071 or www.taketheleaddance.co.uk

**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** 7 - 9.30pm Hunstanton Community Centre Young people in School Year 8 Contact: Martyn Hannant - 07824184259 / 01485 576388

**Slow Flow Yoga** 7 - 8 pm Dersingham Village Centre. Contact Kyra on 07968 354431

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

**Snooker League** 7.30pm Hunstanton Conservative Club

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

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

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

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

**Wolf Folk Club** 8pm fortnightly from 7th November at Flitcham Social Club. Free. Singaround of a wide variety of acoustic music. More info on their Facebook page - The Wolf Club.

#### **FRIDAYS**

**Crafty Crowd** second Friday of the month 10am - 12 noon at Heacham Methodist Church. Bring your own craft. For info contact Marianne on 07880 364326

**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

**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

**Hunstanton Bridge Club** Supervised Bridge 1.15pm for 1.30 pm until 4.45pm approx.. September to end of June at Old Hunstanton Village Hall. Contact bridgehunstanton@gmail.com

**Heavenly Honeys of Heacham** 2pm 1st Friday of the month. For more info contact tracyraby61@gmail.com (HSC)

**Football** 5 - 6.30pm Under 10's 'Minors' 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** 6.30 - 8.30pm Korean martial arts of self defence mixed club all ages at Smithdon School.

**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. £5 for members, £7.50 for non-members, inc refreshments at Dersingham Village Centre call Peg Hunter 07930 556675

#### **SATURDAYS**

**Sandringham Royal Parkrun** 8.45 for 9am. First Timers briefing at 8.50am. Start and finish on the vista near children's play area. Car parking for parkrun is free until 11:00 am. To volunteer or for further information contact: sandringham@parkrun.com

**Hunstanton Promenade Parkrun** 8.55 for 9am. 5km run, jog or walk. Meet at Hunstanton Sailing Club, North Promenade, Hunstanton PE36 6GB

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

**Coffee Morning** first Saturday of the month, 10am. Pine Residents Hall. £1. There is a raffle.

**Storytime** 11am Hunstanton Library 01485 532280

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

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

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

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

#### **SUNDAYS**

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

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

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

## **VILLAGE CINEMA** at **Dersingham Village Centre** Presents on **Tuesday July 29th at 7:30pm**

### **SWEDE CAROLINE (15)**

**Starring:** Fay Ripley, Jo Hartley, Celyn Jones

As Caroline readies herself for the championship, the competitive giant vegetable growing world is rocked by a scandal.

Her prized marrow plants are stolen, and her life turns upside down, so she hires two private detectives.



**Entry £6 Under 16s £3**

Entry includes tea/coffee/squash

**Fruit Juice, Wine, Beer & Cider**

available from the Bar



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



## OTHER EVENTS.

### July

#### **July Events at Anmer Social Club**

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

Club open 30 mins before event start time.

**Monday 7th** 10 am - noon Coffee Morning.

**Monday 21st** 10 am - noon Coffee Morning

**Friday 25th** 7.30pm Quiz. £3/person Raffle

#### **July Music in the Burnhams**

For more info go to [musicintheburnhams.com](http://musicintheburnhams.com) or ring 07989 177079. Tickets £20 each under 18 free

**Saturday 5th** 3pm St Mary's Church, Westgate, Ben Holland and Simon Leach

**Saturday 12th** 7.30pm St Mary's Church, Broad Lane, Brancaster, Rob Burton and Mark Rogers

**Thursday 3rd July** The Reading Room Stanhoe, Stanhoe and Barwick WI Summer Party. For more details contact [stanhoenadbarwickwi@gmail.com](mailto:stanhoenadbarwickwi@gmail.com)

**Saturday 12th July** 1.30pm - 4pm Memorial Hall, Old Church Rd, Snettisham. Snettisham Gardening Club Annual Village Open Show, including cream teas and an exhibiton of crafts and cookery. All welcome.

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

**Sunday 13th and Sunday 20th July** 10am - 12noon, at Heacham Playing Field, near the artificial football pitch, come and try Petanque.

**Monday 14th July** 2pm Sedgeford Village Hall, The Arts Society Lecture: 'Around the World in Sixty Minutes' by John Scott, [www.theartsocietynwnorfolk.org.uk](http://www.theartsocietynwnorfolk.org.uk)

**Saturday 19th July** 10am - 12 noon on The Green, Hunstanton, Tai Chi & Chi Kung, 10 - 11 standing, 11 - 12 seated. Free, but donations for the RNLI appreciated. **Saturday 19th July** 2 - 4pm Fridhem Rest Home Summer Fete.

**Saturday 19th July** 7.30pm at Sedgeford Village Hall, open air comedy theatre 'The Rivals'. £16 adults, £8 under 15s. Bookings 03306 600541, [www.bit.ly/Rivals-Sedgford](http://www.bit.ly/Rivals-Sedgford), or 01485 570097 / 07968 596949.

**Sunday 20th July** 4.30pm at King's Lynn Corn Exchange, the Kings Lynn Festival Chorus present Carmina Burana Orff. £20, under 16s free. Book on 01553 764864 or [kingslynncornexchange.co.uk](http://kingslynncornexchange.co.uk).

**Monday 21st July** 2pm Community Hall, Hunstanton. U3a. The Castaway Crew, a ladies shanty group, will be singing. For further information please see our website [www.hunstantonu3a.org](http://www.hunstantonu3a.org) or call 07443763679.

**Friday 25th and Saturday 26th July** 10am - 4pm at Hunstanton Methodist Church, a Flower Festival. All profits for charities.

**Saturday 26th July** 8.45 am for 9.00 am Sandringham Royal Park. 5K Your Way – Move Charity For anyone affected by cancer, friends and healthcare professionals to come and walk, talk, run or simply have coffee and cake and be part of the lovely parkrun community. For further information email: [sandringhamgroup@5kyourway.org](mailto:sandringhamgroup@5kyourway.org)

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

**Saturday 26th July** 7.30pm at Amy Robsart Hall, Syderstone a film 'A Complete Unknown'. Hearing loop & ice creams available. £4. Pay on the door or book at [syderstonecinema\\_arvh@outlook.com](mailto:syderstonecinema_arvh@outlook.com) or 01485 578270

**Sunday 27th July** 10am – 4pm RAF Bircham Newton Heritage Centre Open Day. Free.

**Tuesday 29th July** 7.30pm at Dersingham Village Centre, a film 'Swede Caroline'. £6, under 16s £3.

**Wednesday 30th July** 10am – noon Community Coffee Morning and More, Old Friends Hall.

### August

**Saturday 2nd and Sunday 3rd August** 12noon - 7pm on The Green, Hunstanton Music Festival. Free.

**Thursday 7th August** The Reading Room Stanhoe, Stanhoe and Barwick WI a talk by Lyndsey Atkins 'Tulips for Tapping House' For more details contact [stanhoenadbarwickwi@gmail.com](mailto:stanhoenadbarwickwi@gmail.com)

**Tuesday 12th August** Start 2pm, registration from 1.30pm, on the beach at Old Hunstanton in front of the RNLI boathouse, Sandcastle Competition. £1. Prizes will be vouchers for the RNLI shop.

**Saturday 16th August** 2pm and 7pm at Heacham Public Hall, The True Story Of A Far East P.O.W. A charity event. £15, tickets from 07950 032292.

**Sunday 17th August** 10am - 4pm at Heacham Public Hall, An Exhibition Of The Norfolk's At War. With stories of local men and memorabilia. A charity event. £2.50. Cash only.

### **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, Old Friends Hall, Sunnyside, Heacham, King's Lynn, Norfolk. PE31 7DU.





**HUNSTANTON  
TOWN COUNCIL**

## **Hunstanton Town Council elects New Mayor and Deputy Mayor**

**Cllr Tony Bishopp appointed Mayor and Chair;  
Cllr Mark Williamson named Deputy Mayor.**

Hunstanton Town Council is pleased to announce the election of Councillor Tony Bishopp as the new Mayor and Chair of the Council, following the Annual Meeting held on Wednesday, 28th May 2025.

Cllr Bishopp, who has served the community in a variety of roles, brings considerable experience and dedication to his new position. He succeeds Cllr Michael Ruston, who was warmly thanked for his service and leadership during his term.

Also elected at the meeting was Cllr Mark Williamson, who will serve as Deputy Mayor and Deputy Chair. A proactive member of the Council, Cllr Williamson expressed his commitment to supporting the Mayor and representing the residents of Hunstanton.

Speaking after his election, Mayor Cllr Bishopp gave the following statement:

"I haven't prepared a formal speech, as I genuinely didn't expect to be voted in tonight - so first and foremost, thank you to everyone who supported me. I'd also like to thank members of the public for attending this evening's meeting.

It is truly an honour to be elected Mayor and Chair of Hunstanton Town Council. There is a lot that goes on within the Council that many residents might not be aware of. But the more involved you become, the more meetings you attend, the more you'll understand just how much work is happening behind the scenes in our town.

Sometimes I speak with residents who believe the Council can't make a difference—or worse, who spread unfounded accusations like Councillors accepting 'brown envelopes'. I call them the 'keyboard warriors'. Rather than posting anonymously online, I would much rather they come to a meeting and share their concerns directly. We're always open to listening. Constructive criticism is not only welcome, it helps us grow and improve.

To my fellow Councillors: I hope we can begin today with a renewed spirit of open communication. If there are issues, concerns, or ideas, let's discuss them face to face. Let's avoid going around the houses. Direct conversations help us resolve matters quickly and build stronger working relationships.

I'd also like to encourage all Councillors to get more involved in the Council's work, particularly with community events and external meetings. I recently attended an LGR (Local Government Reorganisation) meeting via Zoom; it is important we try to make time, even if our lives are busy. The more we contribute, the more effective we'll be as a Council.

Looking ahead, there are some practical matters I'd like to prioritise - such as reviewing our meeting venues, addressing upcoming changes to allotment regulations and looking in to the fire safety requirements for resuming meetings in the Council chamber.

It's going to be a busy year. We may not know exactly what's ahead until September, but I am confident that, together, we can continue to serve Hunstanton with dedication and integrity.

Thank you again for this opportunity. It is a privilege to serve as your Mayor."

Cllr Mark Williamson, newly appointed Deputy Mayor, added: "It's a privilege to be appointed Deputy Mayor, and I am keen to support the Mayor and help deliver positive outcomes for Hunstanton."

Hunstanton Town Council looks forward to a productive and engaging year ahead under the leadership of Cllr Bishopp and Cllr Williamson.



Contact: Hunstanton Town Council Email:  
[clerk@hunstantontowncouncil.gov.uk](mailto:clerk@hunstantontowncouncil.gov.uk)



Left: Cllr Tony Bishopp



Right: Cllr Mark Williamson



This is a Charity Event  
Raising Funds for Children of Far East Prisoners of War  
and Royal Norfolk Regimental Museum

1945 AT THE GOING DOWN OF THE SUN 2025

# **The True Story of a Far East P.O.W**

## **Capt. Jack Race MBE of the 6th Battalion Royal Norfolk Regiment during the Campaign in Malaya 1942 and 3 1/2 Years captivity at the hands of the Imperial Japanese Army**

### **16th August 2025 2pm & 7pm**

**For Tickets 07950 032292**

Heacham Public Hall **£15.00**  
PE31 7HG Non Refundable



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## Children of Far East Prisoners of War cement Bond of Friendship

Rhonda O'Donnell from Melbourne, Australia, has travelled back to Norfolk, the home county of her late Grandad, Horace Fredrick Mann, formerly of the 4th Battalion Royal Norfolk Regiment, who sadly died whilst subjected to forced labour on the Thai/Burma 'Death Railway' in 1943. He died of diphtheria, brought on by the lack of medical help and starvation ration food provided by the Imperial Japanese Army as well as their disregard for the general well being of the Allied Prisoners of War forced to build a railway through torturous terrain.

Rhonda, whilst visiting relations near Fakenham, had heard about the recent exhibition at the King's Lynn Story at the Town Hall, 'Surviving the Railway' and expressed an interest in the possibility of meeting up with any local family members of Far East Prisoners of War ( FEPOW) that were happy to meet with her. Duke Sell (whose Dad, Colour Sergeant Johnnie Sell was a former 4th Battalion member) , heard of Rhonda's request through the Children of Far East Prisoners of War (COFEPOW) and set about organising a welcome committee for Rhonda. So when Rhonda arrived at the exhibition Friday 6th June along with Duke and his daughter Cassie, the following were there to greet her. Jim Race and wife Janet (Jim's Dad, Captain Jack Race 6th Battalion Royal Norfolks) Colin Grimes and his sister Heather Marsh (their Dad, Bert Grimes 5th Battalion Royal Norfolks) and Jennifer Wightwick (her Grandfather, Captain John Wightwick seconded from Suffolk Regiment to 2nd Battalion Cambridgeshire Regiment).

After deep discussion as they viewed the exhibits, they finished off with a further two hours chat whilst enjoying a light lunch. Rhonda left, thanking all for their warm welcome. It is hoped all will remain in contact as VJ80 Day on 15th August approaches.

Jim has a play about his Dad's time in Malaya and on the Death Railway to commemorate VJ80 Day at Heacham Public Hall on 16th August at 2pm and 7pm. Tickets available from Jim on 07950032292 at £15 each.

Then on Sunday 17th August Jim has an exhibition at the same venue 'The Norfolk's At War 1939-45', using local men's stories and memorabilia, charting all the Royal Norfolk Battalions that saw action in the Second World War. Doors open 10am until 4pm, refreshments and home made cakes available. Entry £2.50.

Both events raising funds to be equally split between Children of Far East Prisoners of War and The Royal Norfolk Regimental Museum.

**Jim Race**



Photo 1: L to R - Duke, Cassie, Jim, Janet, Rhonda, Heather and Jennifer.



Photo 2: L to R - Colin, Heather, Rhonda, Janet Jim, Cassie, Duke and Jennifer

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**Save  
The Old  
Dairy**  
Heacham



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### To be or not to be or meant to be .. ?

At the beginning of April I looked at the former Ridouts Bakery premises at 21 High Street, Heacham. I was convinced that it wouldn't be big enough for my studio and classes - plus the estate agent informed me that two other parties were interested in renting it - so that was that. I walked away.

I carried on with my classes at various locations throughout Heacham and Hunstanton hoping that something suitable would soon turn up. It didn't. But then I discovered that the bakery was still available. Everyone I asked encouraged me to take another look. And a light bulb moment happened! I contacted the estate agent and everything very quickly fell into place.

On 6 June I signed on the dotted line. With the help of friends, SJ, Mo, Annie, Sue, Gloria, John and many others, we have been transforming the space into an art studio. Wallpaper stripping, making good, painting and don't forget the cleaning (!) has been the order of the day - well for quite a few days actually.



Meanwhile I have also been working like a maniac to complete my sculptures for Wighton 25 and Cromer Artspace. At the time of writing this the deadlines are fast approaching and I'm spinning like a top. However you will be able to see my sculptures at Wighton 25 from 3 July to 3 August

(<https://nnepcontemporaryart.com/>) and Cromer Artspace from 28 June to 16 July (<https://cromer-artspace.uk/events/event/sculpturethegrove>).

## STUDIO @ 55

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[www.studioat55.com](http://www.studioat55.com) • [eb@estherboehm.com](mailto:eb@estherboehm.com)  
Phone 07538 986 235

In the meantime myself and all of the Save The Old Dairy team are still moving forward with our fundraising. Yes we do still want to save The Old Dairy. Come and visit us in the studio to find out more.

We also have a stall at Heacham Carnival on Sunday 3 August.

"We look forward to meeting you."

**Esther Boehm**

**On behalf of the Save The Old Dairy Project team**



**HUNSTANTON VOICES &  
COASTAL VOCALS**

**Summer Concert  
& Art Exhibition**

**AROUND THE  
WORLD IN  
20 SONGS**

**Guest artists:**  
Olivia Crane and Neatherd Singers

**July 20th 2025  
7.30pm**

**Tickets £6.00**  
St Edmunds Church, Church Street,  
Hunstanton PE36 5HD



**For bookings and information**  
call Noelene on 07709 986046  
Tickets also available on the door  
All profits go to local charities

## KING'S LYNN FESTIVAL CHORUS

### O Fortuna!

Contemplate the whims of fickle fortune with Carl Orff's sweeping cantata *Carmina Burana*. Based on medieval poetry, King's Lynn Festival Chorus, with Music Director Ben Horden and a stellar line-up of guest artists, brings to life this masterpiece in all its visceral dimension. The iconic 'O Fortuna', which opens the work, has become synonymous with epic moments in popular culture and sets the scene as we delve into fate, love, and the human condition.

Rio Grande Constant Lambert 16'  
*Carmina Burana* Carl Orff 70'

King's Lynn Festival Chorus  
 Ben Horden Conductor  
 Harriet Mountford Soprano  
 Rory Carver Tenor  
 Geoff Clapham Baritone  
 Hamish Brown and Francesca Lauri Pianos  
 British Sinfonietta Percussion

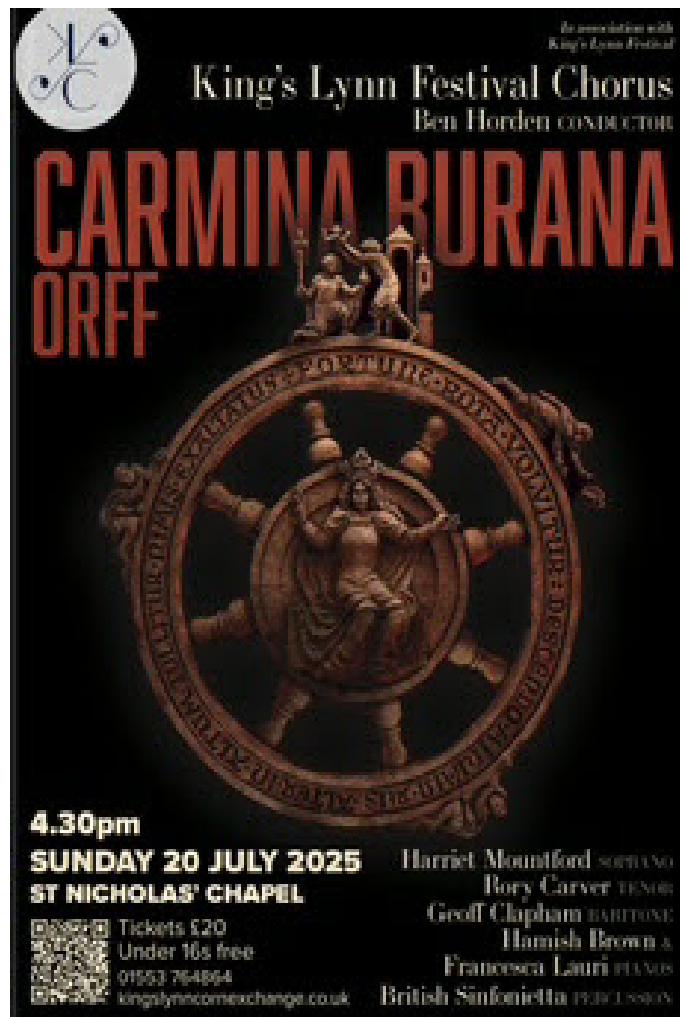
*Version for two pianos and percussion*

**4.30pm, Sunday 20th July 2025**

**NB Venue change to King's Lynn Corn Exchange, King's Lynn**

**Tickets £20, under 16s free  
 available from King's Lynn Corn Exchange  
 01553 764864**

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



King's Lynn Festival Chorus  
 Ben Horden CONDUCTOR

# CARMINA BURANA

## ORFF

**4.30pm**  
**SUNDAY 20 JULY 2025**  
**ST NICHOLAS' CHAPEL**

Tickets £20  
 Under 16s free  
 01553 764864  
[kingslynncornexchange.co.uk](http://kingslynncornexchange.co.uk)

Harriet Mountford SOPRANO  
 Rory Carver TENOR  
 Geoff Clapham BARITONE  
 Hamish Brown & Francesca Lauri PIANOS  
 British Sinfonietta PERCUSSION



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## HUNSTANTON TOWN COUNCIL

### Would you like the Mayor of Hunstanton to attend Your Event?

Are you organising a community fete, charity fundraiser, school celebration, or local festival? Hunstanton Town Council invites residents, local groups, and businesses to request the presence of the Mayor of Hunstanton, Councillor Tony Bishopp, at events that support and celebrate our town's vibrant community spirit.

Mayor Tony Bishopp is proud to represent the people of Hunstanton and is pleased to attend a wide range of local events - including opening fetes, presenting awards, speaking at celebrations, and supporting good causes.

If you would like the Mayor to attend your event, especially to officially open a fete or community gathering, please submit a request to Hunstanton Town Council at least three weeks in advance. Be sure to include all relevant details such as:

- Event name and purpose
- Date, time, and location
- Role you would like the Mayor to play (e.g. Opening the event, giving a short speech, presenting certificates)
- Estimated number of attendees

#### Contact Details:

Hunstanton Town Council Town Hall, The Green, Hunstanton,  
Norfolk PE36 6BQ Tel: 01485 532402 Email:  
[clerk@hunstantontowncouncil.gov.uk](mailto:clerk@hunstantontowncouncil.gov.uk)

All requests will be reviewed, and the Council office will confirm the Mayor's availability.

Make your event memorable – invite the Mayor of Hunstanton to join your celebration.



Mayor Bishopp

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## Christmas

### PARTY NIGHTS

Fri 5th, ~~Sat 6th~~ & Fri 19th  
December - DJ  
Fri 12th & Sat 13th December -  
Live Music from "2nd Sunset"  
6.30PM - MIDNIGHT

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celebration and revelry!

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T's & C's £10.00PP deposit required when booking. Balance due 4  
weeks prior to event. Subject to availability. Standard T's & C's apply.



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*Right: Photograph of Susan Torrey in wartime Red Cross uniform  
Norfolk Museums Service (King's Lynn Museum)*

## MISS SUSAN TORREY 1915 - 2001

In August 1916, members of the families in Heacham gathered for a christening at which the father was not present, being 'somewhere in France' at that time in World War I. The baby, whose birth was registered in the district of the family's London home, was named Geraldine Herminie Susan and she was the daughter of Gerald and Violet Torrey. When old enough to have the choice, she chose to be known as Susan. Her uncle (Cecil) Eric was present, having been receiving treatment at the Royal Free Hospital for a 'gsw', gunshot wound: a bullet that passed through his thigh - one of two such injuries he received in different battles.

The christening cake was cut at 'The Mill House' where Susan's grandparents Charles and Margaret Torrey entertained some of the guests to tea. Clearly this was not just a rural bolt hole but considered as home for the family and in the village where a number of Margaret's family lived. Captions to photographs in family albums that it was 'Mill House sometimes known as Loo Water.' Certainly, today, the alternative name might merit a giggle and it is slightly unusual as the use of the word 'loo' with its current meaning was not completely unknown at the time. An interesting suggestion in a 'Country Life' article is that it relates to the river running through the grounds and the Norfolk pronunciation of 'low water.' The article details the renovation, modernisation and extensive extensions to the



ancient farmhouse carried out shortly after the war, it seems. The transformation would have made the house more comparable to the luxury of the ocean liners that were so much a part of the lives of Charles Torrey and his sons. The architect who designed the extensions was also responsible for the village war memorials. His name was Louis de Soissons and, amongst other works, he is noted for the design of Welwyn Garden City and war grave cemeteries in Europe. It is not a coincidence that he received a commission in a Norfolk village. His sister Jeanne was a Neville-Rolfe, having married Arthur, Ada's son, in the year before Susan's birth.

When the war was finally over, Susan's father Gerald was the face of the White Star Line in Italy and then in Antwerp. It is unclear whether they lived as a family in these places for any length of time. Certainly, Susan and Violet her mother were passengers on an Antwerp-bound ship in the summer of 1929, the same year that Violet smashed the bottle over the bows of a ship at its launch in Glasgow. Susan's father would have been used to his father being away from home for lengthy periods of time on shipping business and was himself away at Westminster school as a young man. Susan was born at a time when many village families were coping with their menfolk away in uniform but was born into a family 'of substance.' A children's nurse stands attentively next to her pram in a photograph taken on the 'Loo Water' lawn and, undoubtedly, in the house, there would have been staff to care for the adults. Before Susan's birth, the 1911 census shows her grandmother Margaret (but not grandfather) in the Torrey's London flat with Eugenie, a lady's maid from France and two other servants from Heacham and Dersingham. It was a fact that some of her staff were extremely loyal to her and remained with her for 40 years.

Susan, as a girl and as an only child would have been accustomed not only to the attention of domestic staff but to an upbringing believed to be consistent with a young lady of her family's social

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standing – and wealth. She would mix with generations of the extended Neville-Rolfe family, many of whom lived in the larger Heacham houses at a time when there was still a distinct class divide. Her grandmother apparently loved entertaining in a grand style but Susan may well also have absorbed something of her grandmother's degree of independence and spirit of adventure that had taken her to Australia as a young bride. The family all had links beyond Heacham, in Europe and across the Atlantic; her mother and grandmother had received an education that enabled Margaret to write letters in French to Gerald as a schoolboy son; Violet, her mother, had 'done her bit' by working as an interpreter at a Liverpool military hospital at the start of the war before her marriage.

As a young girl Susan attended an independent school in Kensington which today states that it has 'a rich history of empowering tomorrow's brightest girls.' When in Heacham she could pursue a love of riding and took part in gymkhanas organised by Horace Callaby and was accustomed to being with a variety of dogs owned by family members. They were often included and named in informal and formal family group photographs. It was during her school years that Charles, her grandfather died and that her father became chairman of the Elder Dempster Line – a shipping company dealing mainly with the route to West Africa. After school in London, Susan's education continued in Paris where, in common with other young ladies of a certain social status she attended 'finishing school' to ensure that she could continue to live in the style of her mother and grandmother before her.

In 1934, when 'coming out' had a totally different meaning to today, correctly attired in long white dress, long white gloves and probably a tiara and attended by her mother, she was presented at Court as a debutante. She did merit a mention in national newspapers as, in her full deb's attire, she visited her grandmother in hospital on her way to Buckingham Palace. Margaret had slipped on her way to see her daughter and granddaughter and broken her leg. Three months earlier, aged 82, she had taken her first flight – to South Africa to see the sights! Whilst in Paris, Susan had started to attend a studio to study sculpture and she spent a further two years at the Studio Jean Camus. At the 1935 Paris Salon, a work exhibited by her under the name G. Susan-Torrey received sufficient votes for a bronze medal, Sadly, the medal was not awarded when the judges realised the sculptor was not a man but a young woman!

Around this time Gerald spent months away visiting West Africa in connection with the Elder Dempster Line. Although he would not have known it, war was on the horizon and shipping would be very much at risk. The bells of three ships of lines connected to his father and lost in the First World War were hung in the grounds of 'Loo Water' – one remains there today. His mother's journey to South Africa was by air and not by sea, a sign that times were changing. When war came, the 1939 Register of civilians shows Susan in Heacham as an A.R.P., warden but she was also involved with her cousin Queenie in volunteer ambulance work and then in 1942 went for two years to Liverpool to work as a Red Cross nurse in a hospital. (Violet, her mother, would chair the Heacham Nursing Association and Clinic for many years after the war and was responsible for the District Nurses Home.)

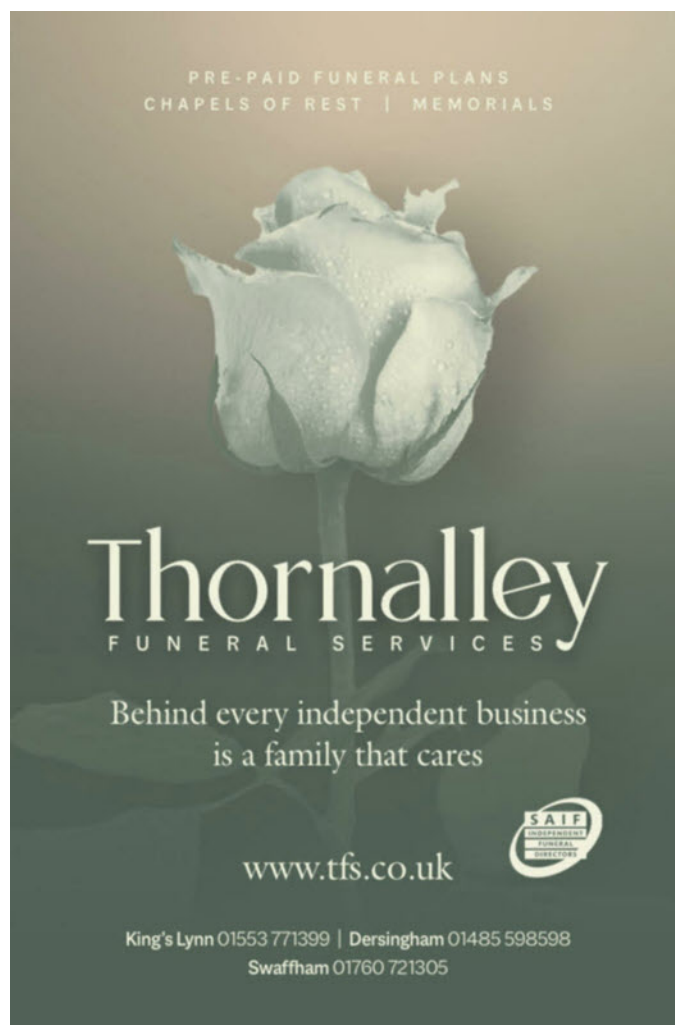
In 1944, Gerald retired from the shipping line and took on a very different rôle taking on the 'Grade A Dairy Farm' in Heacham – with some echoes but a massive contrast to the life of his parents at the time of his birth in Australia. Susan would first become secretary and, after the death of her father, managing director but very much 'hands on' including the delivery of milk to villagers. At the start of the war she had become the young Joint Master of the Heacham Harriers, continuing her love of riding and dogs. In later life she enabled teenage girls to pursue their love of ponies and riding at her stables and with her ponies. Many in the village will associate her with her support for the Guide Dogs for the Blind, whether in

collecting milk bottle tops and foil, 'feeding' the canine collecting box outside the Post Office or attending car boot sales, dog shows and fêtes on her land – a venue for such events over the generations. Thanks to her efforts, it is thought one hundred dogs were trained.

When Gerald died in 1949 'Loo Water' was sold and became a nursing home and it has remained so although now known as 'Millbridge.' Violet and Susan moved to 'Little Loo'/'Little Mill House,' once home to the gardener and chauffeur, described by Queen Mary in a 'thank-you' note after a visit to Violet, as 'your charming little house.' She also referred to Susan's 'beautiful herd' and wished it every success. Queen Mary had often visited Margaret in the past.

Susan Torrey did not content herself with animals, fund-raising and memories of times past. She was a member of the parish council, chairing it between 1953-1955 and later a member of Docking Rural District Council (before King's Lynn Borough Council had responsibility for Heacham.) She was a trustee for Queen's Cottages and manager/governor for Hunstanton Secondary and Heacham Primary Schools as well as being on the Youth Club management committee. The local Conservative Association also had her support as did the British Legion, Scouts and Guides. In 1992, after receiving the British Empire Medal for 'services to the community of Heacham' she expressed astonishment but did say that over the years she had been involved in helping to run "everything going except the football club."


In 1960 planning permission was given for building plots along the north side of Broadway with the land owner's stipulation that purchasers were to be Heacham residents. By the end of the 1970s development of the remaining farmland had begun and would include one small part of it bearing the Torrey name. The land between 'Little Mill House' as it became known and the nursing home was maintained by Miss Torrey and remained the venue for annual dog shows and other activities including car boot sales.



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The last village link with the Rolfe family of Heacham passed away in 'Loo Water Nursing Home' – once her family home – in March 2001.

**Eric Rhodes**



*Above: Susan Torrey, Joint Master of Heacham Harriers (Note the hunting horn)*



*Right: Susan Torrey admitted to being "potty about animals"*



Photo 4: 'Grade A Dairy' herd and 'Little Loo' on local postcard



## Hunstanton Croquet Club

The first round of the new internal league (designed to encourage more friendly but competitive play within the club) has been completed with many closely contested games and round 2 drawn. Playing a game through to completion rather than the 30 minute timed session on a club afternoon has been really helpful for players hoping to start to compete in tournaments.



The excellent lawns and club facilities have already hosted a number of internal and external competitions including the Hunstanton Golf Croquet Championship (7th-8th June) which included a large proportion of international standard players. The winner Mark Avery therefore qualifies to take part in the national tournament 'The Ascot Cup.' We wish him good luck.

A huge thank you as always to everyone in the club who regularly set out the lawns, help with refreshments and maintenance tasks and those who continue to give their time and expertise to help and support new members and longstanding members.

**Zena Penty**

**Publicity Officer [hunstantoncroquetclub.co.uk](http://hunstantoncroquetclub.co.uk)**





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# Music in the Burnhams

We continued to enjoy some quite remarkable music during June and impressed the audiences with the quality of music at Music in the Burnhams.

Adrian and Bradbury together with the young cellist from Norwich School had the pupils dancing with joy at their performance at Burnham Market Primary School and Adrian and Leo followed that with a quite breathtaking recital the following day, including the first performance of Leo's beautiful Suite for two cellos.

One of the world's most famous double bass players, Leon Bosch, showed us that the bass is not just for the back row of the orchestra. The Beethoven horn sonata sounded as good on the bass as it does on the horn and as for the glorious 18 Negro Spirituals, Paul Robeson could not have done better.

So how do we keep up these standards? Perhaps by another unusual combination. Professor Benedict Holland is part of the permanent music team at Music in the Burnhams and on Saturday July 5th at 3pm at St Mary's Church Westgate he will be joined by the organist for Edinburgh Canongate Kirk, Simon Leach, to play Handel, Widor, Bach and Lloyd Webber.

At 7.30pm on July 12th at St Mary's Church, Brancaster, British Saxophonist Rob Burton, who won the Woodwind Category Final of BBC Young Musician 2018 and went on to secure a place in the Grand Final, will be joined by Texan pianist Mark Rogers who won First prize in the Royal Philharmonic's Society Young Writers Awards in 2021.

Rob and Mark will play Schumann, Debussy and Ravel.

Tickets for both concerts are £20 (Under 18s come free) and available from the following website:

[www.musicintheburnhams.com](http://www.musicintheburnhams.com) or ring 07989 177079.

July is the time of year when we have our workshop at Burnham Market Primary School which culminates in a costumed production on the last day. This year Jodie Wiggins, Callum Adkins and Charlie Eastwood have written a special production for the school and between July 8th and July 11th they will be working hard with the students to put on another memorable performance.

This will include most of the school, for as well as the singers, there are prop makers, screen painters, costume designers and stage management roles to fill. As this will be Jodie, Callum and Charlie's third year overseeing the workshop, it will be extra special we are sure. Tickets are just £10 each.

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## LANDLORDS: DON'T FORGET THE 60-DAY RETURN WHEN YOU SELL!

By Kathryn Gigg Chartered Accountants,  
Hunstanton

A new report from HMRC published on 20 May seems to confirm the circumstantial evidence that recent legislative and fiscal changes are steadily shrinking the private rented sector.

The report finds that 55% of private landlords only have a single rental property, that the average number of properties owned is three and that almost 2/3rds of landlords have less than £20k of gross rental income, with net income of less than half this figure.

60% of landlords have purchased the property as an investment, the remainder having acquired it through inheritance or as a former main residence. Most owners saw property as being a good long-term investment, but there is evidence that this is starting to change: almost a quarter of those surveyed intend to reduce the number of properties that they own within the next twelve months, and a third will look to do so over the next five years. Landlords are being driven to look elsewhere for returns.

The report does not attempt to ascertain why landlords are starting to disinvest in the sector, but the findings seem to tie in with a mood within the sector which identifies tax policies, new landlord and tenant legislation and aggressive action by local authorities as key factors in discouraging new investment and pushing existing investors to withdraw. The report does note that 63% of landlords use professional help in arranging property lettings, and almost half find that they are unable to handle the tax compliance without using an accountant. Taken together it is easy to see why the combination of added costs, lower profits and increased administration, coupled with the disappearance of the fixed term tenancy is steadily encouraging exit from the sector.

The irony of all this, of course is that by encouraging landlords to leave the sector, the number of properties available reduces. According to another Government survey, between 2022 and 2023 the sector shrunk by 6,000 properties despite the fact that over 200,000 new properties were added to the national housing stock. This has led to increased rents, but if one factors in the landlord intentions identified above it seems that, despite higher rents, a significant proportion of landlords will leave the market in the next few years, creating a vicious circle where tenants compete for a shrinking pool of affordable property.

Whilst there are still some attractions in rental property, the market is changing, and it seems to be that some smaller

landlords see themselves as gradually being pushed out by the increasing administration. Leaving the sector carries its own challenges with Capital Gains Tax, particularly since the tax now needs to be declared and paid within 60 days of completion of any sale. Since such calculations are not always straightforward, the 60-day timescale can be difficult to achieve if the computation and resultant liability has not been considered before the sale completes. There are also penalties for late filed returns, so this requirement must not be overlooked.

If you require any advice regarding disposal of your let property and the preparation of your Capital Gains Tax 60-Day Return, please contact either Kate or Nic at Kathryn Gigg Chartered Accountants, Hunstanton on 01485 534800 or [kate@kathryn.gigg.co.uk](mailto:kate@kathryn.gigg.co.uk)

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N.B. Article written May 2025

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.



### HUNSTANTON

We will be pleased to welcome you to our July meeting on Monday 21st at the Community Hall, Avenue Road, Hunstanton at 2.00pm when Castaway Crew, a ladies shanty group, will be singing traditional and modern songs from the sea for us.

We do not hold a meeting in August but will be holding our meeting in September at the same venue.

For further information please see our website [www.hunstantonu3a.org.uk](http://www.hunstantonu3a.org.uk)



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## The Arts Society North West Norfolk The Tea Service

'Let's have a nice cuppa.' How many times have we heard that said? We seem to have an almost genetic love of tea, downing approximately 100 million cups each day. It has become an integral part of British everyday life. It has fuelled centuries of imperial expansion, industrialisation and exploitation. Art and advertisements have depicted tea such that it has become part of our identity and history. Hard to imagine that at one time it was a luxury, exotic, expensive product that only the rich could afford.

Tea was first cultivated in China (first millennium BC) and became popular as a beverage during the Tang dynasty (618-907.) As global trade expanded it soon became a 'taxable matter.' Commercial trading by the East India Company began and caused devastating social and economic effects in China. This huge, controlling company also started its aggressive commercial and military controlling activities in India. Their trade in tea accounted at one time for 60% of company trade, and tea duties for 10% of the British government's revenue, as well as the company's huge influence on economic and political policy. Their tea taxation policy resulted in the Boston Tea Party (1773) and the start of the American War of Independence.

It would take several hundred years to be established as the British national drink with health enhancing properties. And who was the unlikely early 1660s tea 'influencer'? None other than Catherine de Braganza, the Portuguese Queen-Consort of Charles II. Part of her dowry were the seven islands of Bombay (Mumbai.) Our love for tea parties originated from the genteel social occasions in the 17th century organised by the wives of wealthier households. The cups were tiny, beautifully decorated and very fragile. It is believed that the addition at a later stage of milk first was to cool the liquid and stop these delicate cups cracking. By the 18th century there was a large demand for tea drinking, but a relatively small number who could afford it. And that demand was to be met by the smugglers, probably more than tea imported legally. The smugglers' market almost disappeared overnight by 1785 when the government seriously reduced the import duty on tea and the working classes became introduced to the beverage. Many enjoyed free tea from their employers during the working day. The beginning of tea breaks?

Tea has been a very important part of British life, so much so that during the first and second World Wars the government stepped in with a variety of measures to protect stocks and prices. Rationing was introduced and remained until 1945. It is true to say that tea has kept its place for centuries at the heart of British social life.

'Tea amuses the evenings, solaces the midnights and welcomes the mornings.' Dr. Johnson.

If you would like to know more about the arts generally, come and join us, The Arts Society North West Norfolk, at Sedgeford Village Hall, PE36 5NG. Our next monthly talk on Monday 14th July 2025 at 2pm, is *Around the World in Sixty Minutes*, when we share the experiences of Victorian travellers around the globe. Our accredited Arts Society lecturer will be John Scott.

Details on our website [www.theartssocietynwnorfolk.org.uk](http://www.theartssocietynwnorfolk.org.uk)  
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**Lesley Nadel**



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## NEW SUMMER PROGRAMME from the HDFA

The new brochure for the summer programme for the Hunstanton & District Festival of Arts is now available in shops and Tourist Information Centres throughout the area.

Featured are all the Craft Fairs held throughout the summer at Hunstanton Town Hall starting with Saturday July 26th. Here you will find handmade gifts, creams and potions to delight the senses.

The main event this year is the free Hunstanton Music Festival of live bands held down on the lower green seafront on August 2nd and 3rd starting at midday and closing at 7pm. The Hunstanton Music Festival has become a major event for the town and is in its 7th year. Organised by the HDFA, it is a free event attracting 2000 music lovers for the 2-day festival. Bands from all over East Anglia come to perform and have said, "This is a major festival where we can highlight our music."

Headliners this year are 2nd Sunset on Saturday and Vic Burns & the Flirtettes on Sunday. The Festival also supports new talents and opening each day will be school bands from King's Lynn and Hunstanton. This Festival will appeal to all tastes with a mix of music from rock, country, pop and punk.

It first started in the back room of a local pub and has grown over the years due to public demand. There is a full stage and PA system so everyone can hear the incredible talents on stage. Sadly, this could be the last one as new sponsors are needed as the HDFA's funding has now been withdrawn despite the popularity of this Festival. So, bring seating and a picnic as it may be your last chance!

Ian Wells with support from Kyra Cruise says, "I hope that it can continue and look forward to hearing from any business or individuals who are interested in supporting this wonderful event."

You can contact Ian via the HDFA website [www.festival3bythesea.org](http://www.festival3bythesea.org)



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## Heacham Parish Council Notice Board

### PARISH COUNCIL MEETINGS IN BRIEF

The next Full Council meeting will be held on Tuesday 15th July at 7.00pm at the Old Friends Hall.

The Full Council Meeting for August will be held on Tuesday 19th at 7.00pm at the Old Friends Hall, Sunnyside.

Please see the Parish Council website, noticeboard at the Old Dairy Site, Pound Lane and on the noticeboard at the Parish Office on Sunnyside 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 will take place at the Old Friends Hall. Members of the public are invited to attend committee meetings if they wish.

### PARISH COUNCILLORS

May is the beginning of the Council year and this year starts the 2 year tenure of our new Chairman – Cllr Dean Rawnsley and his Vice-Chair Cllr Julie Dear. I hope you will all join us in wishing them well in their roles.

### OLD FRIENDS HALL COFFEE MORNING

The next coffee morning in the Old Friends Hall will be on Wednesday 30th July at 10am. It costs £2.50 per person for unlimited drinks, home baked cakes and a quiz. There is also a raffle. Great place to meet up with old friends and make new! Everyone is welcome!

### MARY SHELDRICK

Heacham Parish Council and staff were very sad to hear of the death of Mary. Mary did the internal audit for the Council for quite a few years and so became part of our 'team.' She was also a very active member of the library volunteer team. We also know that she was a member of Heacham in Bloom and the Heacham Newsletter team and I am sure there were more things she did. She was a lovely lady and will be greatly missed.

### THE SALTINGS

A work day at The Saltings saw the rebuilding of a cairn for lizards and other wildlife. Thank you to members of the Natural Environment Committee.



### VJ DAY

VJ day is on the 15th August, which marks the end of WWII 80 years ago. Local regiments were involved, particularly involving the Japanese, and many were prisoners of war out there. There will be a wreath laying at the War Memorial outside the church at 11am which will include a 2 minute silence. There will also be a beacon lighting at the Chalk Pit, gathering at 9pm for the lighting at 9.30pm.

This will include an address/prayer by either the Reverend Wilson or Reverend Ncube. The light will be fading so please bring a torch and wear stout supportive shoes as the ground is uneven.

### CHALK PIT

The Wildfowlers have a clay shoot 2nd August. The next will be on 6th September. Remember when you go up there that if there is a red flag flying at the entrance, there is a clay shoot in progress!

## Heacham Carnival Parade and Fete

2025

\*\*\* Time to start thinking about your float \*\*\*



This year's Heacham Carnival will be held on Sunday 3rd August, please make a note in your diary.

Groups/charities/organisations within the village are invited to request the street collection for this year's parade.

Vehicles taking part in the parade now have to show valid MOT certificates and proof of insurance – this is now a check that we are forced to make.

**!!WANTED!!**

### 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 month 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 afternoons 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.

Please remember that Parish Councillors cannot respond to comments made on social media, the whole Council have to agree to a response and so if you have any questions please address them to the Council by methods shown below.

Any queries should be addressed to:

**Heacham Parish Council Office**  
Old Friends Hall, Sunnyside, Heacham  
King's Lynn  
Norfolk  
PE31 7DU

Tel 01485 572142

Email: [office@heacham-pc.gov.uk](mailto:office@heacham-pc.gov.uk)

Website: [www.heacham-pc.gov.uk](http://www.heacham-pc.gov.uk)



## HELP LINES

### HEACHAM GROUP PRACTICE

01485 572769

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

### OUT OF HOURS DOCTOR

111

For out of hours service, please call the NHS Helpline

### HEACHAM & DISTRICT COMMUNITY CAR SCHEME

534777

### HEACHAM CHEMIST (Boots)

570297

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

### HEACHAM PARISH COUNCIL OFFICE

572142

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

STREET LIGHT FAULT REPORT 572142

BOROUGH COUNCIL OFFICE 01553 616200

### BOROUGH COUNCILLORS

TERRY PARISH 07885 258428

ANDREW JAMIESON UNAVAILABLE

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

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

07398647119

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

### HEACHAM POST OFFICE

570330

OPEN MON - WED 09.00 - 13.00, 14.00 - 17.30

### 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 (except Wednesdays) Slots for visits must now be booked in advance

### 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 572041

## DEFIBRILLATOR SITES IN HEACHAM

(Please read instructions and obtain code to activate)

**Jennings Store South Beach Road** - Located by the staff entrance, available 24hrs

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

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

**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 Beach & South Beach Toilets** - On exterior wall .

Available 24hrs

**Tesco** - Inside by the events board

**Fire Station** - on the front. Available 24 hrs

**Methodist Church** - on the front. Available 24 hrs

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

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

Bus Enquiries:- [www.lynxbus.co.uk](http://www.lynxbus.co.uk) 01553611955

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 2110 1600 1630

frequency 2/hr 1/hr 1/hr

### Sun

1st bus from Fox & Hounds 0915 1025 0844

Last bus from King's Lynn 2110 1610 1630

frequency 1/hr 1/hr 1/hr

### 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](http://www.wnct.co.uk)

01553 776971

### 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, Parish Library, Riverside, Palm Beach, Tony's Fish and Chips, Silver Sands, Rodney's Barbers, Heacham Surgery, Station Rd Garage, Fox & Hounds, Social Club, Modern Story, Bliss, Spice Garden, Breakfast & Brownies, A E Wallis, Moulam and Home, Parish Council Office, Bushel & Strike, Pioneer, Parkdean, Heacham Charity Shop.

### MOBILE LIBRARY

Route DER201 TUESDAY Every Four Weeks

10:50 RINGSTEAD ROAD	14:25 GIDNEY DRIVE
11:10 ROLFE CRESCENT (Opp.No.22)	15:05 NEVILLE COURT
11:30 SCHOOL ROAD	15.55 POPLAR AVE
11:55 COLLINGWOOD CLOSE	16:15 SITKA CLOSE
12:35 JENNINGS CLOSE	16:40 NORWAY CLOSE
12:55 COLLEGE DRIVE	17:00 NEVILLE ROAD

## TIDE TABLES JULY - AUGUST 2025

HIGH WATER AT HUNSTANTON									
Heights above chart datum									
Time Zone UT (GMT) add 1hr BST									
July 2025					Aug 2025				
Date	Morning		Afternoon		Date	Morning		Afternoon	
	Time	m	Time	m		Time	m	Time	m
1 TU	10 00	6.5	22 53	5.9	1 F	10 41	6.1	23 14	5.6
2 W	10 46	6.2	23 39	5.6	2 SA	11 29	5.6		
3 TH	11 37	5.9			3 SU	00 10	5.3	12 36	5.3
4 F	00 29	5.4	12 35	5.7	4 M	01 23	5.2	13 57	5.2
5 SA	01 24	5.4	13 36	5.5	5 TU	02 39	5.4	15 15	5.4
6 SU	02 24	5.5	14 41	5.5	6 W	03 43	5.8	16 18	5.7
7 M	03 21	5.7	15 42	5.7	7 TH	04 35	6.2	17 10	6.1
8 TU	04 12	6.0	16 35	5.9	8 F	05 19	6.6	17 55	6.5
9 W	04 58	6.3	17 24	6.1	9 SA	06 01	6.9	18 38	6.8
10 TH	05 40	6.5	18 10	6.3	10 SU	06 41	7.2	19 20	7.0
11 F	06 21	6.7	18 54	6.5	11 M	07 20	7.4	19 57	7.1
12 SA	07 01	6.9	19 36	6.6	12 TU	07 56	7.6	20 33	7.1
13 SU	07 38	7.0	20 15	6.7	13 W	08 32	7.6	21 08	7.0
14 M	08 14	7.1	20 54	6.7	14 TH	09 10	7.5	21 45	6.7
15 TU	08 51	7.1	21 33	6.6	15 F	09 53	7.2	22 28	6.3
16 W	09 31	7.0	22 15	6.4	16 SA	10 43	6.7	23 22	5.9
17 TH	10 15	6.9	23 03	6.2	17 SU	11 47	6.1		
18 F	11 07	6.6			18 M	00 34	5.5	13 12	5.7
19 SA	00 00	5.9	12 09	6.3	19 TU	02 01	5.5	14 51	5.7
20 SU	01 07	5.7	13 23	6.1	20 W	03 24	5.8	16 19	6.1
21 M	02 21	5.8	14 45	6.1	21 TH	04 30	6.3	17 21	6.5
22 TU	03 33	6.0	16 04	6.2	22 F	05 19	6.8	18 10	6.8
23 W	04 37	6.3	17 15	6.5	23 SA	06 02	7.1	18 51	7.0
24 TH	05 31	6.7	18 15	6.8	24 SU	06 44	7.3	19 26	7.0
25 F	06 19	7.0	19 06	7.0	25 M	07 20	7.4	19 57	7.0
26 SA	07 03	7.2	19 49	7.0	26 TU	07 55	7.4	20 25	6.9
27 SU	07 43	7.3	20 27	6.9	27 W	08 25	7.2	20 50	6.7
28 M	08 20	7.3	21 01	6.7	28 TH	08 53	7.0	21 13	6.5
29 TU	08 55	7.1	21 32	6.5	29 F	09 21	6.6	21 40	6.2
30 W	09 28	6.8	22 02	6.2	30 SA	09 53	6.2	22 14	5.8
31 TH	10 02	6.5	22 34	5.9	31 SU	10 33	5.6	23 01	5.4

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