



# THE HEACHAM NEWSLETTER

## September 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 16th September 2025**



**SEPTEMBER IS  
SELF ♥ CARE  
AWARENESS  
MONTH**

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

E-MAIL: [theheachamnewsletter@gmail.com](mailto:theheachamnewsletter@gmail.com) [www.heachamnewsletter.org.uk](http://www.heachamnewsletter.org.uk)

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

THE NEWSLETTER VOLUNTEER TEAM: Michelle Carter - Jackie Davis - 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

*Tea*  
*Community Coffee*  
*Morning & More*  
*cakes*  
*Real coffee*  
*Fun Quiz*  
*Raffle*  
*Everyone Welcome*  
*24th September 2025*  
*10am-12noon*  
*Old Friends Hall*  
*Sunnyside (off Caley St)*  
*Heacham*  
*PE31 7DU*  
*In support of the Parish Library*

## Autumn Equinox Sound Bath at Heacham Scout Hut

Friday 19th September  
7pm to 8pm - £8

Enjoy the vibration of Master Dragon Frequency tubes with the added energies of Autumn Equinox for total relaxation & the balancing of mind, body & soul. The Master Dragon Frequency Tubes create vibrations emitting amazing overtones. Similar to a massage on a cellular level, where the body & mind can relax & healing may begin.

Please bring a mat to lay on, a blanket, a cushion & some water if you require it. Chairs are provided if you prefer. Please wear comfortable clothes & arrive 6.35pm for 7pm start. No Entry after 7pm. The Hall has secure parking.

Please contact: Margaret Marciniak to book your place  
07951 402717.

01485  
570303

**A.E.WALLIS**

01485  
571683

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

\*Dealership of Quality\*

Electrical Goods  
Washing Machines  
Dishwashers  
Tumble Dryers  
Cookers, Built in models  
And so much more

Cycle Sales  
Cycle Spares  
Cycle Repairs  
Cycle Hire

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

 **euronics**

34-40 High St  
Heacham

## V J DAY – 15th August 2025

Villagers attended the 80th anniversary of the Victory in Japan day that brought hope and peace to a war-torn far-east and the end of World War 2. The Parish Council chairman laid a wreath on behalf of the village and the last post and reveille was played by Jeff Manhatton.



Robert Pritchard



Dear Newsletter,

Houghton Conquest, Beds

### Beach Wheelchair

We had the pleasure of using a beach wheelchair on Old Hunstanton Beach earlier this year. It enabled us to all enjoy the beach with our disabled relative. After discussing the possibility of enabling other people to have the same experience, myself and Les along with other owners at Heacham Beach Holiday Park, raised the money to purchase a Beach Wheelchair for Heacham.

The owners of the Holt Café, South Beach, Heacham have kindly agreed to look after it.



It is available, free of charge, to anyone who would like to enjoy the beach, who has difficulties in accessing the beach. (Any donations towards its maintenance would be greatly appreciated.) It is available (at your own risk) during the Holt Cafe normal working hours.

L to R - Les Elmer, Jim Moore  
(Holt Café), Keith Knell.

We hope that it will bring enjoyment to anyone who would like to use it.

Keith Knell

### ADVERT PRICES

1/8 Page	£20 Per Issue
1/4 Page	£40 Per Issue
1/2 Page	£80 Per Issue

Tel: 01485 579024 to discuss your needs  
or email: [theheachamnewsletter@gmail.com](mailto:theheachamnewsletter@gmail.com)



## Heacham Judo Club

Heacham Judo Club had an amazing time at the village carnival and fete on 3rd August.

The club members from children to adults, enjoyed dressing up as the colourful characters from the Toy Story films including one of our instructors as the dinosaur. We had a lovely time parading through the village seeing all the happy faces with the other floats and walking entries, and the group were very delighted at winning the Best Overall Entry.

Our parents and volunteers all came and supported the club and collected an amazing £295.97. Thank you to everyone who donated, this will go towards club competitions for the members.

Everyone is looking forward to next year, with lots of ideas for the event.

Anyone interested in joining the club, we train on a Thursday night at Heacham Public Hall.

Judo Cubs from 3-5 years old - 6.00-7.15pm

Beginners 6 years old and Low grade Juniors - 6.00-7.15pm

Higher grade Juniors & Seniors (adults 16yrs+) 7.00-9.00pm.

If you wish to contact us, please use Facebook or tel 01485 571614.

We return to training on Thursday 4th September.

**Shirley Tucker**  
Senior Club Coach



## 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.



## Heacham in Bloom

The Carnival Parade was a jolly affair. Thankfully, there were only a few drops of rain which was just as well as we were all in our bloomers!!!! Well done to all who took part and those who came out to clap us round.

We took part in marking VJ day, reflecting on both the anguish of loss and suffering as well as the nation's joy eighty years ago that the war was at last truly over.

The next meeting will take place on Monday 15th September at 7.00pm at the Old Friends Hall.

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



**Chris Palmer**  
Plumbing And Heating Services Ltd

 **01485 571363**

 **07798 635860**

 **chrispalmer333@gmail.com**

New boilers-repairs-servicing  
Bathroom-shower room installs  
Renewables



## WHAT'S HAPPENING THIS SEPTEMBER

We hope you have all enjoyed a glorious Summer. It was lovely to host the Children's Reading Club once again. "Well done" to all the youngsters taking part: those completing the challenge are rewarded with a medal or a badge.

For those of you who rose to the challenge of the Village Trivial Pursuit Picture Quiz, the answers are on page 27 of this Newsletter or there is a more fulsome copy at the Library.

**RECOMMENDED READING:** 'The Shipyard Girls' series of books by Nancy Revell are inspired by the women who worked in Sunderland's shipyards during WWII. The author captures the drama of their daily lives as they form firm and lasting friendships against the backdrop of back-breaking and dangerous work under the threat of Nazi bombings. The saga honours the unsung contributions of these women making for an engaging read.

### FREE DISPLAY

'Artists – past and present – with links to the Village'

Don't miss this opportunity to view the latest display by the Heachamites Recollections Group and other local contributors. You can learn about and see works by artists who lived in the village, including members of the Rolfe family and Eddie Gosling who painted with his toes, and Sir Alfred Munnings who visited Heacham. A current, local painter is also featured. There are also one or two 'unknown' paintings, perhaps you could help identify the painter?



### Other Events

Heachamites Recollections Group: Future meetings: Monday 1st September and Monday 6th October.

Community Tech Session: Monday 8th September - free one-to-one help with Janie, our Community Tech Coach – sessions need to be pre-booked.

Community Assistance: Wednesday 24th September - 10.00-12noon with Anne Sipple from the British Red Cross/Trussell partnership. Anne can help with issues such as Blue Badges, Sourcing Allowances, Energy Bills and Debt Management (see separate notice for more details).

## HAPPY READING!

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

## Could you use a little extra **help?**

British Red Cross in Partnership with Trussell

We Help Identify and Address Unmet Social Needs Including:

- Advocacy
- Ensuring you're receiving all the financial support you're entitled to.
- Form Filling Assistance – Blue Badge etc
- Support – Guidance and reassurance through benefit assessments.
- Access to Food

### How We Work

- Listen – We start with a friendly, confidential conversation.
- Assess – We identify your needs and priorities.
- Support – We connect you with the right services and offer help.

### Who We Help

Anyone facing challenges or needing support—individuals, families and carers.

**Contact Us:** 07395 877614 (Monday, Thursday and alternate Tuesday and Wednesday). Email: [annesipple@redcross.org.uk](mailto:annesipple@redcross.org.uk)

**Drop In:** Heacham Parish Library – Last Wednesday of the Month 10.00am-Noon

## The power of **kindness**



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

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

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

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



**Ward Gethin Archer**  
SOLICITORS AND NOTARIES

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



Hunstanton Webcams is proud to announce the launch of its much-anticipated 2026 calendars, now available to purchase online. Following an overwhelming response to its public photography competition earlier this year, the team has produced not one, but two stunning calendars: a General Hunstanton Calendar and a special edition Sunset Calendar, celebrating the town's iconic coastal sunsets.

The project invited the public to submit their best photographs of Hunstanton. The competition attracted hundreds of entries from talented amateur photographers, all showcasing the natural beauty and charm of the West Norfolk resort.

To ensure a fair and creative process, the entries were judged anonymously, with the final selections chosen purely for their photographic brilliance and visual impact. A panel of judges handpicked the winning images, which are now proudly featured in the two 2026 editions.

Glen Piggott, owner of Hunstanton Webcams, shared his excitement about the launch: "The response to our calendar competition was incredible - far beyond what we expected. It shows how much people love Hunstanton and enjoy capturing its beauty. We're thrilled to showcase the work of our amazing winners and give something back to the community at the same time."

As part of Hunstanton Webcams' commitment to the local area, £2 from every calendar sold will be donated to a local charity, helping to support community projects and causes that matter to the people of Hunstanton.

Both calendars are now available to purchase in either Slim, A4 or A3 sizes via the Hunstanton Webcams online shop at: <https://hunstanton.webcam/calendars>



## Station Road Garage

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

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



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

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

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

## Station Road Garage

**33 Station Road, Heacham  
Norfolk PE31 7EX**

**☎: 01485 570259**

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

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



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



## CHURCHES TOGETHER IN HEACHAM



Heacham Parish Church

### God is working His purpose out

At various times throughout the year we do experience some very high tides along the Norfolk coast. We don't have flood warning sirens any more to wait their warning. Social media and local radio are the main agencies which warn us when the waters of the sea are close to the top of our defences.

We had all seen on our televisions and in our newspapers the power of flood waters earlier in July when heavy rains caused flash floods and devastated areas. Many homes are still uninhabitable with families still trying to reorganise their lives, while parents of the children from the stricken summer camp in U.S. mourn their lost offspring. Most are looking for someone to blame. Their apparently secure existence had been suddenly revealed to be highly precarious. Excess rain had washed away roads and reduced organised comfortable lives to soggy, smelling chaos with no water and no electricity supply. Material possessions had proved unreliable.

Insurance companies call this an "Act of God." Would God really do such a thing to stir people from their complacency and remind them of His total power over the whole world? Not in a vindictive sense, no, but he did allow these events to occur.

East Anglia is curiously blessed with little or no high ground from which heavy rainfall can drain and cause flooding. To add to the irony the Fens don't flood because they are designed for that purpose! The crops growing in the fields around us were not destroyed and a hot dry spell in early August allowed for the harvest to be safely gathered.

When we celebrate Harvest Festival this year, as generations have done before us, we thank God for His generous provision for our food. Yes, He created those plants that are essential to our food chain. We can certainly genetically engineer them for bigger and better yields or disease resistance but we cannot create a single leaf. God created every aspect of our lives and He created mankind for a purpose. Our role is to provide companionship for God and to worship Him. Hardly surprising then that if we ignore God and deny His very existence sometimes, he allows events to make us think.

**Penny Sutton**

**Licensed Lay Minister at St Mary's**

### **'Special Service'**

Everyone is welcome to join us in church for our

#### **Harvest Festival Service**

(livestreamed)

at 10am on Sunday 14th September.

The service will have traditional hymns.

If you are able, please bring tinned, household and long-life goods, which will be donated to the Hunstanton and District Foodbank.

Also, please join us in church  
at 3pm on Sunday 14th September for a

#### **'Thanksgiving for Animals' Service.**

Animals, with their owners are very welcome. Photographs of favourite and loved animals are also very welcome.

For more information on these services please contact  
Heacham Church Parish Office by email  
at [office@heachamparishchurch.org.uk](mailto:office@heachamparishchurch.org.uk)

### Services: September 2025

**7th September - 10am:**

**Holy Communion**

**14th September - 10am:**

**Harvest Festival**

**14th September - 3pm:**

**Thanksgiving for pets**

**21st September - 10am:**

**Morning Worship**

**28th September - 10am:**

**Holy Communion**

### Bereavement Support Group

Meetings are on the first Thursday of each month. **The next meeting is 4th September 2025** from 10am till 12 noon, at the Pine Mall Residents Hall. For more information contact the Church Office.

### Chit Chat and Coffee

Everyone is welcome to this monthly coffee morning at St Mary's Church Heacham. All ages welcome. **The next coffee morning is on 16th September 2025 from 10am – 11.30am.**

### Lynda Swain's Licensing as LLM

Lynda Swain has been training for 2 years to become a Licensed Lay Minister for Heacham. She will be licensed at Norwich Cathedral on Saturday 20th September. Here at Heacham Parish Church we will be celebrating this in the 10am service on Sunday 21st September. Everyone is welcome to this service as we welcome Lynda in her new role.

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

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

### POPPIES FOR REMEMBRANCE

Heacham Parish Church are planning to have a fabulous display of creative poppies in church and outside this November. So we invite individuals and groups in the village to get creating!

Knitted and crocheted poppies will be attached to netting to create a spectacular display. Other poppies large and small, made in any way and from any material are very welcome too.

Please drop them off in church anytime before 19th October.

### Heacham Parish Church – Christmas Craft Fair – Date for your diary

The Heacham Parish Church Christmas Craft Fair will be held in church on Saturday 22nd November 2025 between 10am and 3pm.

There will be a wide variety of stalls and refreshments will be available. **Everyone welcome.**

### 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.**



**Save the Date  
PUMPKIN PARTY**

An event for children with their parents/carers.

Patch the Pumpkin is back for a  
**LIGHT PARTY**  
on Friday 31st October 2025 from 5pm to 7pm.

There will be 'Activities and Crafts', 'Games and Songs'.  
This is a free event and all are welcome.

To meet our Safeguarding requirements please book a place  
through the Church Office to avoid disappointment.

Telephone: 01485 572539, or  
email [office@heachamparishchurch.org.uk](mailto:office@heachamparishchurch.org.uk) with your name  
and number of children and adults attending.

We look forward to seeing you there.

**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 METHODIST CHURCH**  
Station Road, Heacham



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

September 2025

We extend a warm welcome to all



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

7th September: TBA

14th September: Sheila Johnson

21st September: Dr Rev Richman Ncube – Holy Communion

28th September: Greg Sargent

**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 no longer hold an open Church on a Tuesday. However, if you would like to speak to the Minister he can be contacted on 01485 570232.

**Church Lunch Group**

12 – 2.00pm Friday 19th September

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

10.00am 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.

### Fellowship Meeting

Tuesday 23rd September at 2.30pm.

### Coffee Morning

Saturday 13th September.

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.

*"So let us not grow weary of doing what is good, for at just the right time we will reap a harvest of blessing if we don't give up."*

**Galatians 6:9**

### **Heacham Methodist Fellowship**

Tuesday 23rd September 2025 at 2.30pm

Speaker: David Llewellyn, 'Hospital Radio Lynn'

All are welcome and refreshments will be served.



### **Hunstanton Catholic Parish**

"The Whybelonely Social Group" has continued to meet over the past couple of months and has proved very popular. The group will continue to meet at St. Cecilia's Church, Mountbatten Road on the first Friday of each month, 2.00-4.00pm, for an afternoon of music, singing, reminiscing and prizes. Refreshments will be available. The next one will be 5th September. Don't miss out, come along and enjoy some good company, everyone is welcome.

The Pope's prayer intention for September 2025: For our relationship with all of creation. We pray that, inspired by Saint Francis, we might experience our interdependence with all creatures who are loved by God and worthy of love and respect.

The 1st September (designated by Pope Francis as the World Day of Prayer for the Care of Creation) to 4th October will be a period of prayer and actions for all parishioners to engage with the 'Season of Creation.' Over the 4 weeks there will be information sheets within the weekly bulletins focusing on the four themes for the Season of Creation; Earth, Air, Water and Common Good. Please do take these away and get involved on a personal level.

We have regular Rosary prayer meetings at St Cecilia's every Monday from 2pm and there is also a Mothers Prayers group which meet at 2.30pm Monday fortnightly at OLSE. You do not have to be a mother to join. 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)



### **HILLIER FLOWERS**

*Dersingham*

**Gift Bouquets      Subscription Flowers**  
**and**  
**Wedding Flowers      Funeral Flowers**

Workshops for Baby Showers, Birthdays,  
Hen Parties, Team Building or just for fun!

More details available on our website

Contact: *Fiona*

Telephone: 07952 229796

Website: [www.hillierflowers.co.uk](http://www.hillierflowers.co.uk)



"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)





## 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



**HAPPY HOUR**

WEEK DAYS  
**1.30-3PM**  
(TERM TIME ONLY)

Cake or Brownie  
+  
Tea or Coffee

**JUST £6**

**BREAKFAST & BROWNIES**  
📍 28 HIGH STREET HEACHAM PE31 7EP  
☎ 07766 835827

# Hear **CLEARLY** again...

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

**FREE HEARING TESTS**

INVISIBLE RECHARGEABLE & SPECTACLE HEARING AIDS

**WAX REMOVAL SERVICE**

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

Hearing aids don't have to be seen!

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

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

**TRouble HEARING? CONTACT US TODAY**

\*on selected products





## Sallywags Parent, Baby & Toddler Group

Carnival Day at the beginning of the summer holidays was great fun - thank you to our lovely Sallywags families who hopped on board and to all the children for some great waving as we slowly wound our way through the village! How lovely it was to see so many faces all along the route waving back!

Thank you to Lottie for keeping the bubbles going, to Becca for kindly supplying bubbles and creating beautiful sashes for everybody and to MC Richard for music, lights and reminding villagers, on behalf of Santa who was on his holidays, to make sure they were on the nice list!! Extra big thanks to Sky and family and Mick Jennings and Heacham Youth & Community Trust for making it happen - we all had a ball.

Thank you Sky for all your hard work organising and decorating the sleigh seaside style, making flags and all that teddy bunting too, it looked fab and to Mick for kindly arranging and pulling the sleigh!! It seems the sleigh brings smiles .... whatever the season!!!

**Sallywags Parent, Baby & Toddler Group**  
**Scout Hut-Sunnyside-Heacham**  
**Lots of play every Wednesday!**  
**Term time mornings 9.30-11.00am**  
**(Back again on 3rd September)**

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

There are snacks for the little ones & cuppas for the big ones! Pop along for a play! We ask £3.00 a family, if that feels okay, if that doesn't feel okay then please just come along anyway, we'd love to see you.



Looking forward to meeting you and your little ones.

**Jo**  
**07395 077622**  
**jow116987@gmail.com**



**Goldilocks**  
*Your friendly and Professional Salon*

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

**State Registered Hairdressers**  
**Level 3 Stylists and Assessors**  
**20 Austin Street**  
**Hunstanton**  
**01485 532001**  
**www.goldi-locks.co.uk**



**07715255581**  
**Painting and Decorating**  
**carl\_perkins@live.co.uk**




**DOG WALKER**



**Friendly, professional and reliable. Fully insured.**  
**I live in Heacham and have owned dogs all my life.**  
**£10 per hour**  
**Please contact Fay on 07749 330644.**



**Providers of Home Care in Norfolk**

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

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

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

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

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

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

**Tel: 01485 570611**

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

**www.extrahandshomecarenorfolk.co.uk**

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






## Heacham Pétanque – France’s National Game right here in Heacham



Tucked beside the 3G fenced football pitch at Heacham Social Club, lies one of Heacham’s best-kept secrets – a full-sized pétanque terrain, open to all members of Heacham Club. Whether you’re after something sociable,

competitive, or just a relaxed way to enjoy the outdoors, pétanque might just be your new favourite pastime.

Also known as French boules, pétanque is booming across the UK – and with good reason. In France and most of Europe you’ll find a pitch in every village and town square, and games break out wherever there’s a sunny patch of gravel. As they say across the Channel, “It’s a way of life, not just a game” – and we’ve embraced that same spirit here in Heacham.

The rules are simple: toss your boule and try to land it closest to the cochonnet (also called the jack). But don’t be fooled – while it’s easy to pick up, it’s surprisingly tricky to master. The gravel terrain adds just enough unpredictability to level the playing field, giving newcomers a real chance and keeping things interesting for everyone.

*“The terrain is the great equaliser – on gravel, everyone gets a chance.”*

We play all year round – even through the winter – and the social side is every bit as important as the competition. We’ve just wrapped up a lively summer league and are heading into a popular winter season, with regular matches and plenty of casual games too...

But it’s not all about scores and standings – it’s just as much about having fun, keeping active, and enjoying friendly time together.

And the terrain itself? It’s one of the largest in Norfolk. With a new fence soon being installed around the adjacent 3G pitch (and extended to enclose the pétanque area), the space will be even better protected – keeping it clean, safe, and ready for year-round play.

To help players connect and stay informed, we’re also launching a dedicated Facebook page. Just search Heacham Pétanque. It’s a private group, so register as a member and you’ll be able to have games and matches, find playing times, and join in our events with ease.

We often meet for a casual throw on Sunday mornings around 10am, but this will be confirmed on the Facebook group. The pitch is open for use at any time. It’s spacious enough that even when matches are on, there’s still room to play, and we’ve got spare boules available behind the bar if you’d like to try before investing in your own set.

As they say in France: “You don’t stop playing pétanque because you get old. You get old because you stop playing pétanque.”

It’s a game for all ages and all abilities – relaxed, rewarding, and a great way to spend time with others. Whether you’ve played on holiday, watched a game in a European village square, or just fancy a new thing that’s easy to join and hard to leave – this is your chance.

The terrain is free to use for members of the Heacham Club Charity and, as word spreads, this once-hidden gem is becoming a true hub of activity.

So, if you’re looking for something new this season – a game that brings people together and offers year-round enjoyment – come and discover Heacham Pétanque.

No booking. No fuss. Just great company and a brilliant game.

**Paul Rawlinson**



A selection of our latest offers. Follow our Facebook page for more: [facebook.com/heachamtravel](https://facebook.com/heachamtravel) or scan the QR code

### 7 Night Norwegian Fjords cruise

From Southampton

9 May 2026

MSC Virtuosa From

£639pp\*

### 7 Nights Corfu

All Inclusive

Fly from Norwich

Staying at 3\*

Mitsis Messonghi

25 Sep 2026

£869pp\*

### Christmas Markets

Cologne - 3 nights

fly from Stansted

15 Dec 2025

4\* central hotel

£289pp\*

### 7 Night Spain & France cruise

From Southampton

31 May 2026

P&O Arvia

From £679pp\*



### Contact us:

email [time@heachamtravel.co.uk](mailto:time@heachamtravel.co.uk)

Tel 01485 297 354

\*all prices correct 15/8/2025, based on 2 adults sharing, subject to availability and change. Our holidays are ABTA and ATOL protected.

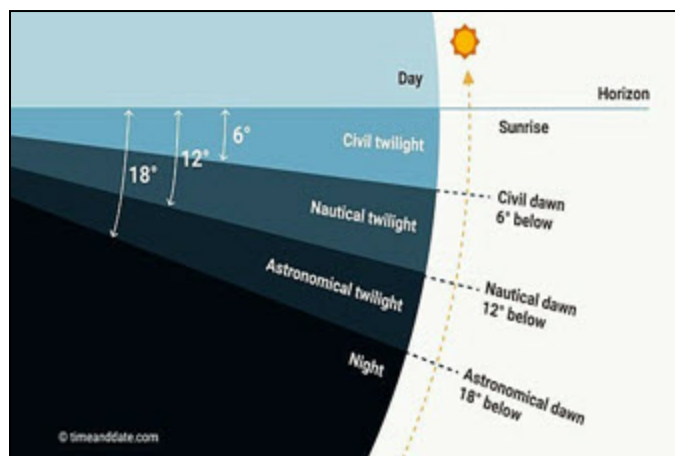




Internet

The nights are drawing in but, too often, so are the clouds. The 22nd, at 7.20pm, is the Autumn Equinox when night is about the same length as day. Nights then get longer until 21st December. The equinox is when the Earth's axis of rotation neither points away from the Sun (winter) or towards the Sun (summer). This position repeats itself 6 months later and half way around the Earth's orbit, at the Spring Equinox.

Diminishing day length is due to earlier sunsets. Sunset is defined as the moment the top limb of the Sun dips below the horizon. Due to refraction this is after the Sun has physically done so, just as sunrise occurs before the Sun is actually above the horizon. An experiment you can do which vaguely illustrates this phenomenon requires a coin, a cup and some water. Place the coin in the cup. Move your head so that the lip of the cup prevent you from seeing the coin. Without moving your head, pour water into the cup, an assistant might be useful. Magically the coin appears. refraction has bent the light reflected from the coin.



Three twilights follow sunset and after each twilight is a dusk. Ordinary twilight lasts until the centre of the Sun is 6° below the horizon, nautical twilight then begins until the Sun has sunk another 6°. Then Astronomical twilight follows for another 6°, followed by Astronomical dusk and, at last, night. In case you are confused, it's all a matter of degrees of darkness. People are content with dark; sailors prefer darker and astronomers want darkest.

So, what can we see at night? Saturn will be at its brightest this year with a magnitude of 0.6. This is because on the 21st it is in opposition, at its closest to the Earth with just 1,279 million km between us. Swing a small telescope or powerful binoculars on it to see the rings, though they will be almost edge on so, this year, a line really.

Saturn is visible all night long, starting in the ESE from about 10pm. On the 8th, the Moon is just above and to the left of it.

The furthest planet, Neptune, also reaches opposition on the 23rd and is only 4,321 million km away from us. At magnitude 7.7 it will not be seen by naked eyes but a telescope will find the





**FULL SERVICE** available  
for **CARAVANS & MOBILE HOMES**  
...The Store to your Door

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

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

- **FREE** Estimates and planning
- **Full service** from measuring to fitting
- **Competitive pricing** to suit all tastes & budgets
- **Overwhelming choice** of carpet, Vinyl, Karndean, safety flooring, LVT's, Real Wood & Laminate samples brought directly to you

- **15 years** experience, expert advice & knowledge
- **Additional Services** available, including moving furniture, uplift & disposal of previous flooring and door trimming
- **Domestic or Commercial** work carried out

**NOW SUPPLIERS OF** 

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

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

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

**Registered No: 8956560. Vat No: 171416230**



dim blue-green planet. On the 8th, when you have found Saturn, swing good binoculars to a point between it and the Moon, there lies Neptune.

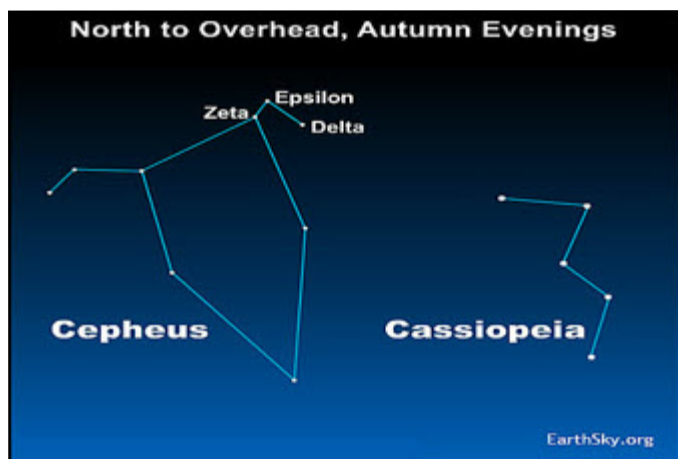
Back in 1989, Voyager 2 shot past Neptune and sent back extraordinary pictures. It discovered that the methane rich planet had dusty rings and that a moon, Triton, had ice volcanoes. Neptune's planetary core is very hot, more than 5000 °C, which drives storms and winds of up to 2,100Km/hr.

To see Jupiter and Venus, early morning calls. Jupiter rises in the SE at half past midnight. At 2am it will be high enough to easily see and shining brightly at a magnitude of minus 2, you won't miss it. On the 16th the Crescent Moon is above Jove and, the next night, below it. The box like pattern of stars sharing the sky with Jupiter is Gemini, the twins. The two stars at the corners of the left-hand side are Castor and Pollux.

Venus is far brighter with a magnitude of minus 3.9. It rises about 4am so, having caught Jupiter you may as well stay up and look for meteors.

Though September has no major meteor showers it does have the most incidents of sporadic ones – those that appear without being forecast. There is also a minor shower, the Southern Taurids which starts on the 10th and goes on until the 20th November. The Taurids produce infrequent meteors but some bright ones are possible.

Patterns of stars to look out for include Cepheus near the zenith. It looks like a house and contains Herschel's Garnet Star which, unsurprisingly, is red. If you got close you would find it was also big, a 1000 times wider than the Sun.

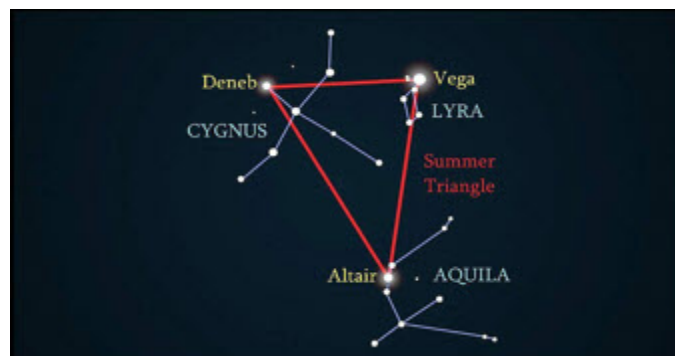


*Herschel's Garnet Star is just above the middle of the upside down floor of the house, so to the left of Zeta. Internet*

Another star in the Cepheus house is Delta Cephei, the original cepheid variable. These are stars which regularly dim and then

brighten again. How rapidly they do this is related to how bright they really are (absolute magnitude). Knowing that and how bright they appear to be from Earth (apparent magnitude) means their distance from Earth can be calculated. Delta Cephei fluctuates over 5 days and 9 hours and is 887.1 light years distant.

Such variables enabled the galaxy to be better mapped and distances to other galaxies determined. Space born telescopes like Gaia have since taken over.



#### Internet

Find the Summer Triangle asterism (pattern) in the SW. The bright stars Vega, Altair and Deneb are at its corners. Vega is 25 light years distant and a blue white star. Altair is 16.7 light years distant and a larger, hotter, version of our Sun. Deneb's distance from us is somewhere between 1,400 and 2,600 light years distant. It is a blue supergiant and head of the Northern cross.

I am writing this early in August before I go to Wales where, I hope, I will see some Perseid meteors despite the full Moon. Perhaps a mountain will block it out. Not many of those in Norfolk though we do have Cheney Hill.

**P.H Plumbing & Heating**  
*Your local quick response plumber*

**Small jobs specialist**  
**Taps replaced, showers and leaks**  
**Drains cleared**  
**Toilets fixed**  
**Gutters cleaned**

**Heacham and surrounding area**  
**07855902358**

**Steve Proctor**  
**General Roofing Repairs**  
**& Property Maintenance**

**All Aspects of Lead Work Carried Out**  
**UPVC Fascia and Soffits and Guttering**

**07880 745803**

**Email: stevenproctor101@gmail.com**  
**Follow me on Facebook**

## HEACHAM F.C.

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



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

Unfortunately our involvement in the F.A. Cup came to an end when we lost by the odd goal to higher opposition, in the form of Newmarket Town, in front of a very good crowd of 167. Heacham fully deserved a replay but it was not to be. Our attention now turns to the other cup competition, the Isuzu F.A. Vase First Round Qualifying, when we entertain Ely City on Saturday 23rd August k.o. 3pm. We will be playing a team that is in our league, so a great opportunity to progress further in this competition. There is also the possibility of another home tie if we were to beat Ely. The winners will be at home to either Fakenham Town or Stowmarket Town.

The league season has now started and it's been a tough start for the team with two away games and a home game against one of the favourites for the league (Fakenham Town). A good away draw at Hadleigh has been followed by defeats against Fakenham and Harleston.

Results have been as follows:-

Friendly v Blackstones FC away - won 2-1

Friendly v Diss home - lost 2-4

League Hadleigh United away - drew 0-0

League Fakenham Town home - lost 0-3 (attendance 212)

F A Cup Newmarket Town home - lost 1-2 (attendance 167)

League Harleston Town away - lost 2-3

### **Forthcoming fixtures:-**

F A Vase - Saturday 23rd August home v Ely City k.o. 3pm

League - Saturday 30th August home v Thetford Town k.o. 3pm

League - Saturday 6th Sept away v Cornard United k.o. 3pm

League - Saturday 13th Sept home v Woodbridge Town k.o. 3pm

League - Tuesday 16th Sept away v Ely City k.o. 7.45pm

League - Saturday 20th Sept home v Gt Yarmouth Town k.o. 3pm

League - Saturday 27th Sept away v Haverhill Rovers k.o. 3pm

League - Saturday 4th Oct home v Ipswich Wanderers k.o. 3pm

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

The reserves recorded a couple of pre season friendly wins against Heacham Development and Ingoldisthorpe, winning both games 3 nil.

The reserves have started their league campaign with a good home win, which unfortunately was followed by a narrow away defeat. The results so far being:-

Home v Aylsham Res - won 5-2

Away v Dussindale & Hellesdon Rovers 'A' - lost 1-2

At this time no other league fixtures are available to show but the team have been given a home draw in the Norfolk Junior Cup v SWFC Lingwood FC 1st (from division 2) - date and k.o. time yet to be confirmed.

### **U18s TEAM (playing in The Thurlow Nunn Youth Football League - West Division).**

Another first for the club is that this season the U18s team will play in the F.A. Youth Cup for the very first time. They have been drawn away to Soham Town Rangers U18 and the match is to be played on Tuesday 2nd September k.o. 7.45pm.

### **League fixtures have now been released:-**

Thursday 21st Aug home v Holbeach United U18 k.o. 7.45 (Sponsored by the Supporters Club)

Thursday 28th Aug home v Ely City U18 k.o. 7.45

Thursday 11th Sept home v St Ives Town U18 k.o. 7.45

Thursday 18th Sept home v March Town United U18 k.o. 7.45



# GARY RUSHMORE FLOORING

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

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

OPEN: Monday, Tuesday, Wednesday, Friday 9.30am-3pm  
Closed all day Saturday and Thursday

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

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



Thursday 25th Sept home v Deeping Rangers FC U18 k.o. 7.45  
Thursday 2nd Oct away v Whittlesey Athletic U18 k.o. 7.45

Note: This season home games have been moved from Tuesday nights to Thursday nights.

#### **Admission Prices for 2025/26 Season**

1st Team - Adults £9; Concessions £6; U16s £1.

Reserves - Free entry to all games

U18s - Adults £4; Concessions £2; U16s £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.**

#### **\*\*URGENT - Volunteers still Wanted**

We are still looking for help on match days for this 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

#### **Sponsorship / Advertising**

The Football Club can offer various forms of sponsorship including player sponsorship, match day and advertising (programme and boards). If you are interested in getting involved with the Club for this season, then please contact the club for further information of the packages available by email :- 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"**

##### **August winners:-**

1st prize £55 - No. 25 Kevin Love

2nd prize £25 - No.114 Lee Chilvers

The September draw will take place on Saturday 13th September after the home game v Woodbridge Town, in the Sports & Social Club and the October draw will take place on Saturday 4th October after the 1st team home game v Ipswich Wanderers, also in the Sports & Social Club..

##### **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**

Membership for this season is fast approaching the 200 mark and facebook followers is nearing 950. This is fantastic news and certainly will allow the Supporters Club to continue supporting Heacham F.C.



## Windows, Doors & Conservatories Domestic & Commercial Glazing Contractors Fire escape ladders

**KARL PALMER**

- Car ports
- Fascias & guttering
- Cedar Lap Weatherboards
- GRP Roofing
- Composite doors
- Bi-folding external doors
- All glass repairs including double glazed units
- Fire escape ladders - have **you** got your exits covered?

Trust the company with 30 years of experience

**Checkatrade.com**  
Where reputation matters



**Telephone: 01553 840217    Mobile: 07881 788 069**

### **Membership details**

Supporters Club Membership for the 2025/26 season is now available.

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**

All 60 groups have been sold and prize money will be as follows:-

- 1st Prize £175
- 2nd Prize £85
- 3rd Prize £40

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 Membership this can be either cash or bank transfer (details to be sent by facebook messenger or email).

Alternatively come to any home match and come and see me if you wish to renew/join or need any further information about joining the Supporters Club.

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, fixtures etc 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**



**MOULAM & HORN**  
Pet Feed, Garden & Horticultural Merchants  
Solid Fuel Merchants

Moulam & Horn is a long standing local pet feed, garden & horticultural and solid fuel merchant based in Heacham. From pet feed and equestrian equipment to coal and kindling, we have a wide variety of work, home and garden products to suit your needs.

**Pet Feeds • Bird Feeds • Horse Feeds and Equipment • Composts and Fertilisers • Garden Tools • Lawn and Garden Care • Watering Products • Seeds • Coal and Smokeless Fuel • Logs and Kindling**

2 Pound Lane, Heacham, King's Lynn, PE31 7ET

**Opening Hours**

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

**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



## Heacham Girl Guides



What a fun term. We started in June with a snowball fight! Yes, really. We had a wide game at chalk pits ending with Janet and I getting very wet. We spent an evening on the beach doing beach art, watching the clouds and a splash about.

We completed the Network badge which included teamwork and looking at relationships.

We also did History of Guiding badge. This involved campfire cooking, traditions and some of the activities I did as a Guide. Hopefully, making history a bit more interesting.

That brings me to some sad news. I am planning to retire as a Leader next term. I'll really miss it as the girls are so much fun. Janet also plans to give up soon too.

So we are looking for new Leaders. Would you like to take it on? You don't have to have been a Guide as there is lots of support. Heacham Guides has been running for over 100 years. Let's keep it going.

Contact me via my email address below, or just pop down on a Tuesday to see what it's all about.

Happy Guiding.

Sue (Theunissen) & Janet  
Email: [suet.51@icloud.com](mailto:suet.51@icloud.com)



Norfolk and Waveney

**REST**

Recovery Support Team

### 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 ☺

# Bushel & Strike

## HEACHAM

01485 509 977

Always a warm welcome

**Large Beer Garden**  
**Dog Friendly**  
**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

FABRICS CURTAINS BLINDS

## Christyana

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

BESPOKE CURTAINS, BLINDS AND ACCESSORIES

Local, family  
run, friendly  
service

FREE  
NO OBLIGATION  
QUOTATIONS

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

## A Roberts Plumbing

### Based in Heacham

### 41 years experience

No job too small,  
No call out charge.

### Very competitive rates

## Call 07521 687642

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

Local matters first. The two Cheney Hill reserved matters applications were passed so 122 houses will be built on the fields between Cheney Hill and Marea Meadows. A significant loss of green space rich in butterflies and feeding birds. It was inevitable since the granting of outline permissions up to 9 years ago. One concession was won, a condition to ensure that no motorised vehicles will be able to use the 3m wide pedestrian and cycle pathway which connects the new development to Marea Meadows.

An emergency access off Malthouse Crescent vanished between inception and final approval, so the 122 houses are in an effective cul-de sac with one entrance onto Cheney Hill. Officers ignored the case that traffic has increased since highways approved the access 9 years ago or that more cars will use Cheney Hill / Lamsey Lane when the new traffic lights appear at the junction with the A149 in the autumn.

Purchasers of the new houses will, besides their mortgages, have an additional financial cost as they will have to pay an annual fee to a management company. This company will maintain the green spaces and the unadopted shared 'roadways.' Though the central spine road will be adopted by highways, the routes leading to most houses won't be and will be for both cars and pedestrians. Removing footpaths is common on new estates, it reduces costs and frees up some land.

I hope that is the last I have to say on these developments which have been hanging around for over a decade. There is a construction management plan to minimise nuisance and disruption to existing communities. Please tell me if problems occur and also report issues to planning enforcement at the Borough.

Sedgeford School is another developing saga and it is questionable if it will go ahead, at least in the manner proposed. Amongst the objectors for this development of 8 flats and 12 houses, is Anglian Water. They are objecting to all proposed new developments in the catchment area of Heacham Waste Water Treatment Works which, with developments already in the pipeline, has reached capacity. Any additional loading may result in environmental damage, i.e. untreated sewage in The Wash.

Readers should monitor new planning proposals in their area. For example, it is now no secret that a new, 104 room, hotel is proposed for Hunstanton. So, 104 toilets flushing into Heacham (treatment works). If 20 at Sedgeford will potentially cause problems then 104 certainly will and Anglian Water should object. The hotel site is on a Borough Council owned car park and the Borough will make a lot of money from its sale. Hunstanton Town Council, I am told, is overjoyed at the thought of a new hotel. I think I am right in stating that Heacham will not be overjoyed at any new contamination of the sea off its beaches. The outlet from the treatment works joins the Heacham River by the South Beach car park, The combined flow enters the sea below the concrete 'pier' with the beacon on it. A separate sewage overload relief pipe enters the sea between North Beach and the beginning of Hunstanton.

The rolling average of sea water quality at Heacham has been poor for the last few years. This year shows improvement which questions the oft made assertion that seabirds cause much of the pollution. They are not wearing nappies and are still there in the same numbers. And though water quality is said to have improved, bacterial loading on Heacham cockle beds is very high and they have been closed. The public have also been advised not to collect and consume cockles.

Consequently, the cleanliness of Heacham's sea is not something to dabble with and if proposed new developments are going to cause significant risk of contamination, then there should be none until treatment capacity improves. Anglian Water's business plan is to upgrade the sewage works between 2030 and 2035. Development needs to be put on hold and I think that Hunstanton, a town, should have its own sewage treatment works which would take about half the burden from the Heacham facility.

Interested parties should also note that removing Heacham Beaches from the list of designated bathing waters is under consideration. If it happens, then monitoring of water quality will cease and any risk of bathing passes to the public. Contamination will likely go unnoticed.

Other waters are of significant concern, swimming pool provision in West Norfolk, in particular St James in King's Lynn and the Oasis Centre in Hunstanton. Following consultation, it has been decided to investigate replacing St James's pool with a new one at Lynnsport. Council agreed to spend £1.5 million on further consultancy to determine indicative designs and a business case. The overall cost of the Lynnsport project is estimated at £46million. Proposals for the Oasis Centre redevelopment are on hold until after repair work on Hunstanton Promenade has been determined and Hunstanton Masterplan completed. Essential repair and maintenance will continue at Oasis.

There have been press articles about house prices falling after the introduction of the doubling of council tax for second homes.

No-one seems to have applauded that result, I do. House prices in second home hotspots are grossly inflated which may benefit estate agents, currently whingeing, but makes it all but impossible for locals to purchase properties to actually live in and work from. Second homes are hardly a necessity, having a home is, so, whatever can be done to help people get a proper home should be accepted.

In addition, there is a financial gain to councils, County, BCKLWN and Parishes. Based on 2,806 second homes, in this tax year County will receive an extra £4.9 million, the Borough



# **P.G.PLUMBING & BUILDING**

## **24 Hour Emergency Service**

### **Plumbing - Heating - Tiling Bathroom Installations**

### **Disabled Adaptation Specialists**



**54 Marram Way Heacham.**  
**Freephone 0800 2343044 Mobile 07836 506379**  
**(Est 1985)**  
**Payment accepted using Mastercard, Visa & Maestro Cards**



at least £429,000, Parish Councils £225,000, and the police £925,000. (Numbers may differ if County is fairer to the Borough in the distribution of this income). The Borough's share is ringfenced to support housing need.

Government does not fund local services adequately and councils have to garner money from wherever they can. That's why government allowed a second home levy to be made and why I started that ball rolling in 2023. Council agreed this July to continue the levy on second homes and empty homes.

Note the number, 2806 second homes. If all those were available as first homes, then nearly 3000 new homes would not have to be built with all the loss of land and resources such building requires. It is not possible or even reasonable to imagine all such second homes becoming available. Many are not suitable in any case. However, it is possible to prevent new build homes from becoming second homes and many Parish Councils have done this through policies in their Neighbourhood Plans. (For example, Sedgeford, Heacham.)

Why should acres of fields be ripped up if a significant proportion of houses built on them become second homes or holiday lets? The housing crisis used to justify government demands to build ever more houses. It is supposed to be about supplying homes for those who need them to live in, not play in. The same applies to all the infill housing which takes away gaps between properties and removes smaller green spaces.

It is unfortunate that such policies are not retrospective and apply only to new applications not yet awarded outline permission. Heacham has fallen foul of this with the Cheney Hill development. These houses can be sold as second or holiday homes. Hopefully the extra management costs (see above) and the inconvenient single access will persuade such purchasers to spend their money elsewhere.

**Terry Parish**  
Ward Cllr for Heacham

## CHRISTINA THAIN

(Non-practising Solicitor)

### WILLS & POWERS OF ATTORNEY

Home appointments at no additional charge.

**Telephone: 07776 102 498**

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

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

**R'N'R FENCING**  
*& Landscapes*

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

**ALL ASPECTS OF LANDSCAPING**

FREE QUOTES • PUBLIC LIABILITY INSURED

**07881 947506 / 01485 572107**

*Prided on Quality & Reliability*

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

  
**Simply CookIt**

HOME COOKED MEALS DELIVERED TO YOUR DOOR

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

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

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

Tel: 07767753413  
Email: [simplycookit.kat@gmail.com](mailto:simplycookit.kat@gmail.com)

**Fullers Body Repair Centre**



Unit 10  
Cheney Crescent  
Heacham  
Norfolk  
PE31 7BT  
T: 01485 570799  
M: 07799 118503

Established 1973  
E: [beautifulbodies@hotmail.co.uk](mailto:beautifulbodies@hotmail.co.uk)

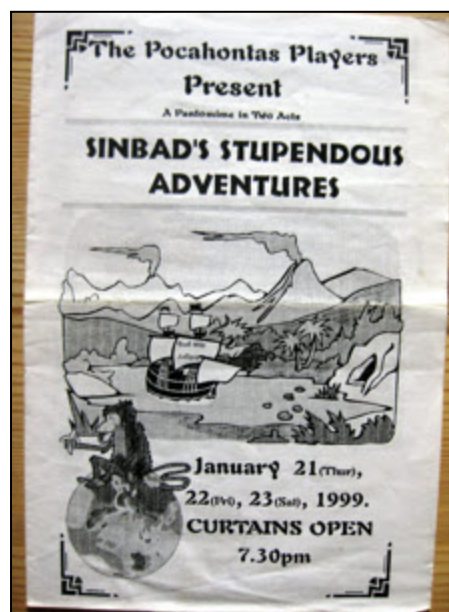
**Free Estimates • Resprays • Accident Repairs  
Corrosion Repairs • Insurance Approved**



STILL in our 30th year of Heacham's Pocahontas Players, the group are back in Heacham Public Hall on Tuesday 9th September at 7pm to read through the Pantomime script 'Sinbad's Stupendous Adventures' followed by auditions and from then Tuesday evenings from 7.00-9.30pm until mid January 2026 to stage the production for all to see, hear and giggle at. (Exact dates for Dress Rehearsal and show dates are to follow.)

We are looking back on this script - first staged by the group way back in 1999 (26 years ago!) Written by Jimma Race, who has adapted his script by bringing it more up to date.

Are you aged 16? up to 76? 86? 96? (any age but must be from age 16 years upwards.) How would you like to 'Tread the Boards'? Be part of the back stage crew? Help 'Front of House'?



be 'Prompt? Build and Paint scenery and stage props? Pull the Curtains? All these things makes for polished performances.

For information please contact Jimma Race (writer) 07950 032292 or Dave Curtis (Chairman) 07795 144209.

Thank you.

**Janice Curtis**  
(ADMIN)

Photo: Back in the Day Programme 1999

## 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:

- September 4th: CPR and Defibrillator Training
- October 2nd: Carol Marsden. Carol's Capers – Adventuring for charity.
- November 6th: Mike Simons, Chocolatier. Maldon Handmade Chocolates.
- December 4th: Juyna Lewis. Christmas Traditions.

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 Ski Cafe and Bar**  
**Hunstanton Promenade's Jewel**

Join us at our Dog Friendly Café!  
First Café on the right from Heacham.  
Last Café on the left from Hunstanton.  
Tables available every day, inside and out.  
Sunday Roasts from November till Easter Sunday,  
Booking strongly advised.  
Traditional home-made favourites and specials board every day.  
All Day Breakfast.  
Vegan and GF options always available.  
Join us with live music Wednesday, Saturday and Sunday.  
Constantly great reviews.  
Bookings: 01485 524475 or  
[contact@hunstantonskicafe.co.uk](mailto:contact@hunstantonskicafe.co.uk)  
South Beach Road, Hunstanton PE36 5BA

We shall be closed on Christmas Day only.  
**OPEN TO ALL 7 DAYS**  
9am – 4pm (Winter) 9am – 5pm (Summer)  
**01485 524475** Follow us  

**Gary Kite**  
**Computer**  
**Services**

**25 YEARS**  
EXPERIENCE

Locally  
Based



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

Tel: Gary on 07444759653 or 01485 544606

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

## AJA Domestic Services

### Local Cleaner

**Providing cleaning & housekeeping services for 14 years**

**Deep Cleans**

**Ironing**

**If you would like help cleaning your home**

**Please call or text Aleta Harrison**  
**on 07889699533**

**To discuss your requirements**



## 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.

**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..  
**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 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

## PRINCESS THEATRE, HUNSTANTON SEPTEMBER BILLBOARD OF SHOWS



Sat 6th Sept



Sun 7th Sept



Sat 13th Sept



Sun 14th Sept



Sat 20th Sept



Sun 21st Sept



Fri 26th Sept



Sat 27th Sept

### Book Now or visit our website !

"IT STARTS WITH ONE GROUP BOOKING – BUT IT KEEPS A WHOLE THEATRE ALIVE.  
GATHER YOUR FRIENDS, SHARE THE MOMENT, AND SUPPORT LIVE ENTERTAINMENT  
AT THE VERY HEART OF HUNSTANTON."

BOX OFFICE: 01485 532252

[WWW.PRINCESSHUNSTANTON.CO.UK](http://WWW.PRINCESSHUNSTANTON.CO.UK)



## 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 September

The club will be open later on entertainment evenings.

<b>Wed 3rd Sept:</b>	<b>Cream Tea - 3pm</b>
<b>Sat 6th Sept:</b>	<b>Saturday Night Special BINGO</b>
<b>Thurs 25th Sept:</b>	<b>Coach trip to Downtown, Grantham</b>
<b>Sat 27th Sept:</b>	<b>Music Night – Riffits 60s/70s</b>

### Regular Events

The U3A Spanish class meets every second Monday morning.

Yoga for U3A members on Wednesdays, Thursdays & Fridays.

<b>Mondays:</b>	Strength and Balance Class – 4.30pm
<b>Wednesdays:</b>	Scrabble 10.00am. Whist Drive 7.00pm
<b>Fridays:</b>	Lunchtime Raffle drawn at 1.00pm NIA (non-impact Aerobics) 12.30pm
<b>Saturdays:</b>	'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)

## 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@taketheleaddance.co.uk](mailto:info@taketheleaddance.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)

**British Red Cross with Trussell Drop** In 10am - noon (last Wednesday of the month) at Heacham Parish Library. email [annesipple@redcross.org.uk](mailto:annesipple@redcross.org.uk)

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

**Scrabble** 10am Hunstanton Conservative Club.

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

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

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

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

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

**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

**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

**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

**Whist 7pm** Hunstanton Conservative Club

**Heavenly Honeys of Heacham** 7pm 1st Wednesday of the month. For more info contact tracryaby61@gmail.com (HSC)

**West Norfolk Singers** 7.15 - 9.15pm For info Tel: 571315 or 07900 320612 Anne Davis 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 (monthly on the 3rd Thursday) at The Salvation Army, Alma Road, Snettisham. All welcome.

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

**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

**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

**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 United Services Club**

### **Entertainment for September 2025**

**OPEN ALL DAY EVERYDAY 11am  
ALL WELCOME**

Please note that non-member entrance fee for Friday Night Specials and Saturday Night is £5pp.

**FRI 5th CAROLANN** with tribute to CHER. 8.30pm

**SAT 6th KENNY LEE & HUSTLER BAND.** 60s rock & roll. 8.30pm.

**SUN 7th FIND THE JOKER DRAW.** £1 a ticket. FANTASTIC CASH PRIZES. Drawn at 2pm. KARAOKE with MICK COVEY 8pm.

**SAT 13th LAURIE HAYLEY DUO.** 60s. 8.30pm.

**SUN 14th FIND THE JOKER DRAW.** Tickets £1. FANTASTIC CASH PRIZES. Drawn at 2pm. KARAOKE with MICK COVEY 8pm.

**FRI 19th QUIZ NIGHT.** First Prize £50. Teams up to 4 persons. £3pp. 8pm

**SAT 20th SLASH DUO** 60s & more. 8.30pm.

**SUN 21st FIND THE JOKER DRAW.** Tickets £1. FANTASTIC CASH PRIZES. Drawn at 2pm. KARAOKE with MICK COVEY 8pm.

**SAT 27th CECIL FARAYI.** Motown & Soul Man. 8.30pm

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

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

**SNOOKER ROOM** with 3 x FULL MATCH SIZE TABLES  
POOL TABLE, DARTS & DOMINOES

**LARGE BEER GARDEN**

**UPSTAIRS FUNCTION ROOM FOR HIRE  
YEARLY MEMBERSHIP TO CLUB**

£14pp. OAPs £10. Under 17 Free.

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

**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** 6 - 7.15pm 3 - 6 year olds; 6 - 7.15pm Beginners 6 years old and Low grade Juniors; 7pm-9pm Higher grade Juniors and Seniors (16+). £2 per class (first one free) Shirley Tucker 01485 571614 or Facebook (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.take.the.leaddance.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 FlowYoga** 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 **11th September** 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 tracryaby61@gmail.com (HSC)

**Sequence Dance Group 2** - 4pm Alternate Fridays £2.50 -45 mins. Info from Elizabeth Jarred 07709 287318 or elizabethjarreddance@gmail.com (PRH)

**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

**Sequence Dance Group 2** - 4pm Saturdays unless hall previously booked £2.50 -45 mins. Info from Elizabeth Jarred 07709 287318 or elizabethjarreddance@gmail.com (PRH)

**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.

### **OTHER EVENTS.**

#### **September**

##### **September Events at Anmer Social Club**

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

Club open 30 mins before event start time.

**Monday 1st** 10am- noon Coffee Morning . Info from lee.suckling78@outlook.com or 07899 872531

**Monday 1st** 7.30pm Bingo Night. £6,50 book of 10 cards, £1.50 a 'Flyer Card', £2 'Cash Accumulator'.

**Friday 12th** 7.30pm Film, 'Mr Burton'. £5 on the door

**Monday 15th** 10am - noon Coffee Morning.

**Friday 26th** 7.30pm Quiz Night. £3/person.

##### **September Music in the Burnhams**

For more info go to [musicintheburnhams.com](http://musicintheburnhams.com) or ring 07989 177079. Tickets £25 each under 18 free

**Friday 19th** 7.30pm St Mary's Church, Burnham Market, Craig Ogden (classical guitarist).

**Saturday 27th** 7.30pm St Mary's Church, Brancaster, Victoria String Quartet with Peter Hewitt and Leon Bosch.

**Sunday 7th September** 10am - 4pm RAF Bircham Newton Heritage Centre Open Day. Free.

**Monday 15th September** 2pm Community Hall, Hunstanton. U3a. Special General Meeting followed by Kate Craven talking about the RNLI. For further information please see our website [www.hunstantonu3a.org](http://www.hunstantonu3a.org) or call 07443763679.

**Friday 19th September** 7 - 8pm at Heacham Scout Hut, Autumn Equinox Sound Bath created by the vibration of Master Dragon Frequency Tubes. Bring a mat to lay on and a cushion. £8. Book with Margaret Marciniak on 07951 402717.



**Sunday 21st September** 10am – 4pm RAF Bircham Newton Heritage Centre Open Day. Free.

**Sunday 21st September** 10am - 4pm at Holkham Hall, Astro Brain Tumour Fund nineteenth annual Norfolk Family Walk. Car Park £6, adults £5, children free.

**Sunday 21st September** 4pm at St Mary the Virgin, Anmer, Harvest Festival & Evensong.

**Tuesday 23rd September** 2.30pm at Heacham Methodist Church, Heacham Methodist Fellowship, speaker David Llwelllyn 'Hospital Radio Lynn'. All welcome. Refreshments served.

**Wednesday 24th September** 10am – noon Community Coffee Morning and More, Old Friends Hall.

**Wednesday 24th September** 7.30pm Memorial Hall, Old Church Rd, Snettisham. Snettisham Gardening Club. Members' Autumn Show & Auction, visitors welcome. For info call Gail on 01485 541279 or Addie on 01485 544754.

**Thursday 25th September** 1- 3pm Hunstanton Town Hall, a Musical Afternoon with Geoff Manhatton and Dinky David. 50's and 60's music in aid of EAAA. £4. Cash only. Dinky David 07787 966000

**Saturday 27th September** 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

**Saturday 27th September** 10am - 4pm Hunstanton Town Hall, HDFA Craft Fair.

**Saturday 27th September** 7.30pm Amy Robsart Village Hall, Syderstone, a film, 'Mr Burton'. £4, pay on the door. Hearing loop & ice creams available. Email syderstonecinema\_arvh@outlook.com

#### October

**Friday 3rd October**, 7.30pm (doors open 6.30pm) Sedgeford Village Hall, 'Bowjangles - Classically Untamed'. Tickets £15 for adults, £7.50 for children. Book online and pay by BACS (see article in Newsletter for details), or through Ticketsource (for which there will be a small extra charge) via [www.sedgefordvillagehall.co.uk](http://www.sedgefordvillagehall.co.uk).

**Friday 31st October** 5pm - 7pm at Heacham Parish Church, 'Light Party'. There will be 'Activities & Crafts' 'Games & Songs'. All are welcome and it is free, but, to meet our safeguarding requirements please book through the Church Office. Call 01485 572539 or email [office@heachamparishchurch.org.uk](mailto:office@heachamparishchurch.org.uk) with your name and number of children and adults who will be attending.

**A Musical Afternoon**  
with **Geoff Manhatton**  
& **Dinky David**  
**50's & 60's Music**  
In aid of  
**East Anglian Air Ambulance**

**Thursday 25th**  
**September**

**Hunstanton**  
**Town Hall**  
**1-3pm**

Sponsored By 

**£4 Entry**  
**Cash Only**  
*Tea & Coffee £1*  
**Dinky David**  
**07787 966000**

  
EAAA Registered Charity No 1083876





**King's Lynn Festival Chorus**  
**49th SEASON**  
**2025/2026**

<p><b>SAT. 1 NOVEMBER 2025</b> <b>I WAS GLAD!</b> <i>A celebration of the English anthem with music by Parry, Elgar, and Wesley</i> <b>7.00PM, ST NICHOLAS' CHAPEL</b></p>	<p><b>SAT. 20 DECEMBER 2025</b> <b>CAROLS WITH BRASS</b> <i>Our ever-popular family concert with carols for choir and audience</i> <b>5.00PM, ST NICHOLAS' CHAPEL</b></p>
<p><b>SAT. 9 MAY 2026</b> <b>JENKINS: CANTATA MEMORIA</b> <i>Marking the 60th anniversary of Aberfan with the British Sinfonietta</i> <b>7.00PM, ST NICHOLAS' CHAPEL</b> <i>Promoted by Music in the Bureham</i></p>	<p><b>SUN. 19 JULY 2026</b> <b>TOWN AND COUNTY</b> <i>Vaughan Williams Five Mystical Songs Elgar Scenes from the Bavarian Highlands</i> <b>4.30PM, ST NICHOLAS' CHAPEL</b> <i>In association with King's Lynn Festival</i></p>

Tickets available from September 2025



**SAT. 11 APRIL 2026**  
**COME AND SING**  
**THE GREAT BRITISH CHORUS**  
Join the chorus and Music Director Ben Horden to sing some of the most celebrated British choruses including from *Elgar's Dream of Gerontius*

[kingslynnfestivalchorus.co.uk](http://kingslynnfestivalchorus.co.uk)



**King's Lynn Festival Chorus**  
**FRIENDS' CIRCLE**

Enjoy the exclusive benefits of becoming a Friend by supporting the work of King's Lynn Festival Chorus and helping secure our future.

Our Friends enjoy the closest association with us and our work and play a vital role in bringing all the excitement of stunning choral music to West Norfolk's cultural scene.

Join as a **single member for just £50** or with **joint membership for £80** at [kingslynnfestivalchorus.co.uk/friends](http://kingslynnfestivalchorus.co.uk/friends)

- 15% discount on advance tickets with reserved seating
- Free pre-concert and interval drinks
- Recognition in concert programmes and on our website
- Exclusive Friends' events and open rehearsals
- Chances to meet our Music Director and members



Membership is paid, renewed or renewed annually. Joint membership applies to two people registered at the same address. Concert benefits apply to concerts and events promoted by King's Lynn Festival Chorus. Reserved seating and complimentary pre-concert and interval refreshments are provided where possible.





## Hunstanton Croquet Club

Despite the dry weather the lawns continue to be in great condition and the club has recently hosted, on average, 2-3 days of competitions per week, both internal and external. This enables members to compete at a high level, or to gain experience and increase their competitive play should they wish. Take a look the News and Results page of the website to see full reports and photos [www.hunstantoncroquetclub.co.uk](http://www.hunstantoncroquetclub.co.uk)

Club afternoons continue to be busy with a regular attendance of 30+ players enjoying the sunshine, 3 x 30 minute games at varying levels followed by tea and a chance to have a chat and catch up with other members.

It is vital that the club has members who regularly help set out the lawns, help with refreshments and maintenance tasks etc., but we will also be looking for members interested in taking on key roles on the committee for next season i.e. treasurer (this does not need to be a playing member.) Please get in touch via the website.



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





## CJB-Computing

Heacham and Surrounding Area

Phone: 01553 606555

Mobile: 07447 748356

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

**Chris Barney.**

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



## G's

*Decorating Services*

Professional, Friendly & Reliable  
All Work Guaranteed

Call Gary for a free Quotation  
Mobile: 07914 601504  
[decoratorgary@aol.com](mailto:decoratorgary@aol.com)



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

# AJD *auto repairs*

*Motor Vehicle Engineers*

MOT

CENTRE

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

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

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




*The complete printing solution*

## clanpress

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

Visit our  
**NEW website**

- Digital Asset Management
- Web to Print
- Bespoke Online Ordering
- Long Run Litho Printing
- Short Run Digital Printing
- Large Format Poster Printing
- Roller Banners and X Banners
- Outdoor & Indoor Signage
- Exhibition Displays
- Flyers & Postcards
- Brochures, Leaflets and Folders
- Business Stationery
- Parish Newsletters
- In-House Binding & Finishing

t: 01553 772737  
e: [info@clanpress.co.uk](mailto:info@clanpress.co.uk)  
w: [www.clanpress.co.uk](http://www.clanpress.co.uk)

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





**HUNSTANTON  
TOWN COUNCIL**

**Let's Make Waves  
Together – Hunstanton  
Carnival Weekend 2026.  
Set to Be the Biggest Yet**

**SAVE THE DATE: 19th – 21st June 2026  
The Green, Hunstanton**

Mark your calendars and get ready to celebrate! From Friday 19th to Sunday 21st June 2026, the iconic Green in Hunstanton will once again come alive with colour, music, and community joy for the Hunstanton Carnival Weekend 2026 and the event promises to be the biggest and best yet.

This special event marks five fantastic years since the Hunstanton Town Council's Events Team proudly took the reins. In that time, the Carnival has grown into a beloved summer tradition, drawing thousands of visitors and shining a spotlight on the heart and soul of our coastal town.

**What to expect in 2026...**

**A jam-packed weekend featuring:**

- A full programme of family fun by the sea
- Live music from top local talent
- The dazzling Sunday Parade with floats, costumes and community spirit
- Performances by local schools, charities, and community groups
- Street food, games, stalls, and entertainment for all ages
- All set against Hunstanton's stunning sunset coastline

This year's Carnival Weekend drew over 5,000 visitors, creating a vibrant, joyful atmosphere and providing a huge boost to local businesses. Now, we're planning to go even bigger for 2026!

**Calling all Sponsors – Let's build it Together:**

We're currently seeking sponsors to help us bring this celebration to life. Early sponsorship is crucial to kick-start our financial planning, secure infrastructure, and build a better-than-ever experience for the community.

**Sponsor packages start from just £250 and include:**

- Your logo on official posters, flyers & social media
- Shout-outs from the main stage
- Brand visibility on our huge 3m x 2m LED screens
- Direct engagement with thousands of attendees
- A proud role in supporting local businesses, schools and charities

"Hunstanton Carnival is about community, celebration, and connection," says the Events Team. "As we celebrate our fifth year, we're inviting local sponsors to come on board early so we can plan big, deliver bigger, and make this Carnival truly unforgettable."

**How to get involved:**

Interested in sponsoring or supporting the event? Reach out to the Events Team at [events@hunstantontowncouncil.gov.uk](mailto:events@hunstantontowncouncil.gov.uk) or call 01485 532402.

**Jan Roomes**

**Come and join us at**

**THE HEACHAM NEWSLETTER TEAM**

Would you like to join our friendly team here at The Heacham Newsletter in producing our popular monthly Newsletter?

You will need to own a personal computer with an internet connection.

If you feel that you would like to join us, then please contact us by sending an email to: [theheachamnewsletter@gmail.com](mailto:theheachamnewsletter@gmail.com)

**HEACHAM TRIVIAL PURSUIT TRAIL**

**Answers**

For those inquisitive enough to have puzzled over the picture clues to Heacham's past on the sheet from the Parish Library last month, here are the answers.

A little more information is available on the answer sheet in the library.

- 1a. 'Ye Olde Curiositie Shoppe' facing Tesco Express front car park
- 1b. Heacham War Memorial inset in church wall
2. The entrance to Infant School (BOYS)
3. Rebecca Court, Staithe Road weather vane
4. 'Classroom' wall ventilation slit, Heacham Group Practice
5. Between windows of 'Bushel & Strike,' Malthouse Crescent, bench mark
6. Lynn Road opposite Victoria Close, bus shelter
7. Caley Cottages, Caley Street, terracotta letters
8. 'Heacham Lodge', Lodge Road, doorway
9. 'High House', Station Road, date 'stone'
10. Hunstanton Road by 'Heacham Manor Hotel' entrance, 14 milestone
11. Heacham High Street opposite 'Spice Garden,' bowling green sign
12. High Street (78), gable end wall tie
- 13a. Neville Road end, old bakery
- 13b. 'Queen's Cottages', Church Lane, barge board inscription
14. Station Road, cottages next to Garage, cast iron dogs
15. Norfolk Lavender, Caley Mill tower, le Strange lions
16. 'The Homestead', Hunstanton Road, boot scraper
17. 'Millbridge', Lynn Road, garden gate
18. 'Norfolk House', Station Road by bus stop, wall detail
19. 'Turret House,' Hunstanton Road, ammonite set in wall
20. Collins Lane, old Methodist chapel, Foundation stone.



**'20%  
discount  
off of 1st  
appointment'**

**Healthy Feet Footcare**

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

**Clinic Locations**

The Therapy Shed - Heacham  
Kings Lynn Town Centre

**Home Visits Also Available**

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

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

**07891 638812**

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



## Heacham Artists at Wighton25

There have been so many changes and challenges in my life over the past few months. My new studio is up and running. Yay! Our 'Save the Old Dairy' Coffee Morning was a great success. We also had a fabulous time at the Heacham Carnival.

On the artistic side, Michelle Louise Carter and I exhibited at Wighton25 Site/Sight organised by the North Norfolk Exhibition Project. The NNEP was established in 2000 by a group of Norfolk artists.

The yearly exhibitions are an opportunity for artists to step out of their comfort zone and create new work in this environment. This year's brief was "for a response to Site/Sight. The work considers the significance of the interior and exterior site of All Saints Church, Wighton. A medieval church that sits in a rural setting close to the North Norfolk coast." A total of 45 artists were selected to exhibit.

Michelle and I took very different approaches:

My sculpture, *The Passage* – was inspired by a door into the church, a portal or threshold into a space of belief. I questioned the meaning of belief. For me it is a personal journey – one that enhances my own perception of truth. Not only the here and now but something beyond that – something that is greater than ourselves. Inside a church, we celebrate this. My sculpture echoes the shape of the doorway. The branch like elements symbolise the cycle of birth, death and rebirth. I have added elements that explore my journey. Some I have collected on my way around the world.

My personal favourites are the round cameos – photocopies of my artwork over time. During the course of the month, the natural elements intervened and subsequently something new evolved.

This sculpture became a journey in itself. It was built in the heat, wind and rain in my friend Annie's garden. I was without a studio and still facing the challenge of new materials. In spite of moving the sculpture to Wighton at 20-25 miles an hour, significant damage resulted. Somehow, the context of the artwork within the historic churchyard worked. Even the natural tilt of the sculpture seemed right.

At the end of the exhibition, I decided to remove the sculpture myself (as opposed to the 4 people required to place it). The setting up trauma was over so I embraced this. In spite of having to cause further damage, new ideas emerged. The process was surprisingly liberating. Full circle.

Esther Boehm  
www.estherboehm.com

Michelle says, "When we were given the project brief for Wighton25, I immediately envisaged a large tepee created in a way to promote peace. The "Meditation Tepee" took five months to build. I hand spun 20kg of Faroe Island sheep fleeces that were formed into dense waterproof panels to cover the wooden framework, using weaving, knitting and crochet. To finish I made a simple lining with natural linen in a way that as the wind blew through the tepee, the softness fluttered around the body and shoulders of whom was seated inside. During the time of the exhibition visitors added feathers and pieces from herbal plants to enhance the protection process while using the tepee.

I have been astounded with the positive feedback from both other artists and visitors to Wighton25. The experience has definitely been a confidence boost and has directed my next work project towards healing methods and mental health."

Michelle Louise Carter, MAFA  
www.darkartnorfolk.co.uk

With the busy summer season coming to an end, we look forward to concentrating on our fundraising to Save The Old Dairy.

**On behalf of the Save The Old Dairy Project team**  
www.savetheolddairyheacham.org

*Encouraging Individuality Acceptance and Understanding*



"The Passage",  
by Esther Boehm

The "Meditation Tepee",  
by Michelle Louise Carter



## STUDIO @ 55

Discover your creative side  
Join a course in Pottery,  
Clay Modelling, Sculpture  
with Armatures, Soapstone  
Carving and Linocut.



Visit me at my new address:

Esther Boehm • 21 High Street, Heacham, PE31 7ER  
www.studioat55.com • eb@estherboehm.com  
Phone 01485 779691 • 07538 986235

## GARY'S GARDENING SERVICES

for all your gardening needs



Tel: 01485 298731 | Mob: 07891 901975

*Good rates for OAPs*



**Bowjangles - Classically Untamed**  
**Friday 3rd October...tickets selling fast!**

Forget everything you thought you knew about string quartets; Bowjangles will turn your preconceptions of classical musicians upside down with a spectacular mix of upbeat classical music, comedy songs, well-known film, pop and rock tunes and foot-stomping Gypsy and Celtic bangers, presented with humour, charisma and impressive physicality.

Each member of this long running quartet is an accomplished multi-instrumentalist and singer, in styles ranging from pop to opera, jazz and rock-with something to appeal to everyone young and old.

Bowjangles have been performing across the globe for many years; at arts festivals and events in Scandinavia, Spain, Portugal, Australia and the Caribbean, in concert halls across China, off Broadway in New York. Here in the UK they have performed at Glastonbury, the Edinburgh Fringe and at the London Southbank Centre. The group has also been featured on BBC, CBeebies, Sky and ITV with their theatre shows. This year Bowjangles celebrate 17 years of performing together and can't wait to bring you all the very best bits from that time.



The concert will be held at Sedgeford Village Hall, Jarvie Close, Sedgeford. PE36 5NG. There is plenty of parking at the Hall. Book your seats by booking online - £15.00 adult, £7.50 children. Please use the Barclays account and add a payment reference of: 'Bowjangles, and your name.' Barclays account name (Sedgeford Village) Acc. no: 40519138 - Sort code: 20/46/65 - Doors open at 6.30pm for 7.30pm start.

Alternatively, tickets can be bought through Ticketsource via our website: [www.sedgefordvillagehall.co.uk](http://www.sedgefordvillagehall.co.uk) - this will however, attract a small additional payment. We do hope you can join us on Friday 3rd October.

**QUALIFIED ELECTRICIAN**

**Available for Extra Sockets,**

**Lighting & BT Points**

**No Job too small**

**Free Estimates**

**No call out charges**

**Tel Owen on 01485 572726 or 07813 173 446**

# BIKE HIRE

HOTEL RESTAURANT GOLF  
**HEACHAM  
MANOR**

Explore the beauty of North West Norfolk on two wheels with our cycle hire.

Whether you are planning a leisurely ride or an outdoor adventure, we offer competitive pricing. Offering both adult and children's bikes the whole family can come along for the ride.

CHOOSE FROM:

**Standard Bike Hire: £10 / day**  
Perfect for those who plan to explore at their own pace.

**Bike and Dine Package: - £22 / day**  
Includes a delicious 1 course lunch at The Pavilion Restaurant.

All hire is inclusive of bike lock & helmet.

THE PAVILION, HEACHAM MANOR HOTEL, HUNSTANTON ROAD,  
HEACHAM, NORFOLK PE31 73X | TEL: 01485 579825

**GATES - RAILINGS - WEATHERVANES - CURTAIN POLES**

## **Sandringham IRONCRAFT**

**HIGH QUALITY ORNAMENTAL IRONWORK  
AND STEEL FABRICATION**

**Unit 4, Cheney Crescent, Heacham  
Tel: 571129**

**SECURITY GRILLES - FIRE HOODS - ARCHES - CARAVAN STEPS**

### Mann Made Developments Ltd

Specialists in Property Maintenance

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

No Job Too Big or Too Small

Call anytime for your **Free Quote** 07798723287 or 01485540008  
or email: [info@mannmadedevelopments.co.uk](mailto:info@mannmadedevelopments.co.uk)

## Sandringham Parkrun and 5K Your Way celebrated "LOVE WEST NORFOLK"

All you need is love.....LOVE WEST NORFOLK! Saturday 26th July and Sandringham parkrun celebrated 'Love West Norfolk 2025' celebrating people and places that make the area so special. It started on Monday 14th July and ran up to and including Norfolk Day on Sunday 27th July. Sandringham parkrun made an even bigger point of saying "thank you" to all its fantastic volunteers. If you would like to join our community of welcoming and friendly persons, it would be very much appreciated, please contact us at Sandringham@parkrun.com. Parkrun simply cannot go ahead without our fantastic team, so a massive thank you to all volunteers.

Saturday July 26th was also the week that parkrun linked up with '5k Your Way - Move Against Cancer' group, which is for anyone living with or beyond cancer, their family, friends, and health professionals. If you know anyone who might be interested in walking some, or all of the 5k with this lovely friendly group, please let them know. Maybe just come along for cake and a natter with the group, you can be sure of a warm welcome. The flag will always be on display at the meeting point.

Sandringham parkrun: A free, fun, and friendly weekly 5k community event. Walk, jog, run, volunteer or spectate – it's up to you!

When: Every Saturday; Please arrive by 8:30 to 8:40 for the parkrun briefing, event start time is 9:00 am. Please register and bring along your barcode.

Where: The event takes place at Sandringham Royal Park, Sandringham, Norfolk, PE35 6AB.

We do ask everyone to be considerate and courteous while taking part, either running or walking (or both). Parkrun is for everyone to enjoy - Be kind!

Sandringham 5K Your Way: Welcomes anyone impacted by cancer - If you or anyone you know has been affected by cancer, please join us. Participants can walk, jog, run, cheer or volunteer or sit and have a coffee and enjoy the surroundings.

When: Last Saturday of every month.

Time: 8:30 for a 9:00 am start

Where: The group meet at Sandringham Visitor Centre at the picnic tables underneath the stretch tent near the children's play park area.

Move Charity is a supportive community that inspires and empowers people impacted by cancer, including their family, friends and healthcare professionals, to live an active and fulfilling lifestyle. We have ambassadors from The Queen Elizabeth Hospital King's Lynn NHS Foundation Trust, there each month to welcome people and to walk and talk around the beautiful 5k route in the Royal Parkland. Please come along and join us next month. We all appreciate the great team for their support.



(Information from parkrun and Move Charity)



# JJ TAXI'S

## Reliable Local Taxi Service

Get In Touch ~ 07395 069773

✉ [jjcarsnorfolk@hotmail.com](mailto:jjcarsnorfolk@hotmail.com)

f Find us on facebook

- Stations
- Airports
- Hospitals
- Weddings
- Day Trips

**Local work welcomed**



## Stephen Gibson

Heating & Plumbing Engineer



**Gas Safe Registered**

**Natural Gas & LPG**

**Domestic, Residential Park Homes & Caravans**

**Boiler Servicing & Installation**

**Landlord Gas Safety Certificates**

**General Heating & Plumbing**

**Contact**

**Tel: 07786365139**

**Email: [gib.son@hotmail.co.uk](mailto:gib.son@hotmail.co.uk)**

## Heacham Foot Health Clinic

Registered Foot Health Practitioner

Member of the Alliance Register of Foot Health Practitioners  
Registration No. MIPSP22594 AR9523

Clinic days held at The Wellness Centre,  
Heacham Manor Hotel

Meeting all of your  
foot care needs

Not only just simple nail care  
much, much more!!

▪ Home Visits

Mobile: **07767 733838**







## “I do Like to be Beside the Seaside”

It must be a sign of advancing years but a trip to the fish counter of a Lynn supermarket brought back more recollections of times gone by! In last month's article on farming I reminisced about childhood days in Wales. Needless to say, being Wales, there was a castle; there was also access to the end of an extensive sandy beach where land speed records were broken in the 1920s. A notable resident and pub 'regular' was writer Dylan Thomas who included a reference to 'the web-footed cockle-women' in 'Under Milk Wood' and conveniently ties up my mention of fish counter, castle and beach. As a boy a great delight, when not on the farm, was walking barefoot along the wet sand and gathering cockles and huge amounts are still gathered in that area. It was a jar of pickled cockles on the fish counter that woke my memories of sand between my toes – and between my teeth! The trademark on the lid is the castle of my birthplace as this was close to the old mill which was the original factory. (If this was the BBC I would have to declare that other brands are available but in fact there are no other British producers). Whilst strolling down a personal Memory Lane, a side turning could take me to old Birmingham pubs in the sixties waiting for the cockle man to come in with his wicker basket!

A walk along Heacham beach may have had you crunching small cockle shells underfoot and not so very long ago when the low tide took the sea to shake hands with Skegness it was common to see the silhouette of someone armed with rake and bucket out on the mud. Today the high content of bacteria that has led to the unofficial brown flag award is not an enticing accompaniment whether courtesy of the local water company or to seabirds changing to a high fibre diet! The Eastern Inshore Fisheries and Conversation Authority is confident however that the water quality of The Wash beyond Heacham is generally much better and although in recent years there has been a decline in the quantity and quality of mussels and cockles, there has been some increase in stock this year and members have agreed in principle to open a harvestable mussel fishery.

Today's commercial shellfish fishermen in The Wash are bound by rules and regulations with various 'lays' mapped. The area along this coastline is shown as 'out of bounds' as this is a private fishery belonging to the le Strange estate and beyond IFCA sampling and control. By pure coincidence, as I was trawling (should that be 'dredging' or 'raking'?) through random seaside information in July, the Borough Council issued advice that cockles gathered from the Stubborn Sands INNER bed may pose a risk to human health and should not be gathered. It should be remembered that the polluted waters with high bacterial levels that cause health problems for humans provide food for cockles and mussels.

Heacham shellfish have caused more than stomach problems over the centuries. The Old Hunstanton village sign relates to the right of the Lord of the Manor to the ownership of the foreshore as far as a man on horseback can throw a spear. This stretches from Wolferton to Thornham and to save any concern over the brandishing of sharp weapons has tended to mean the area between high and low tides. But ... tides vary at different times of year and the coastline changes; sandbanks that were once isolated by the sea become part of the foreshore. Over the centuries – and the le Strange's have been around since the Conquest – there have been disputes and 'actions' involving the owners or its lessees and gatherers ranging from Petty Sessions to the Supreme Court. The lawyers had their work cut out investigating land rights dating back to the Conquest, tidal and sand movement and bivalves! In the nineteenth century it seems that mussels were not taken just to feed the family but to use as manure on the land. One can imagine 'the smell of the sea' would have been quite evident in the village!

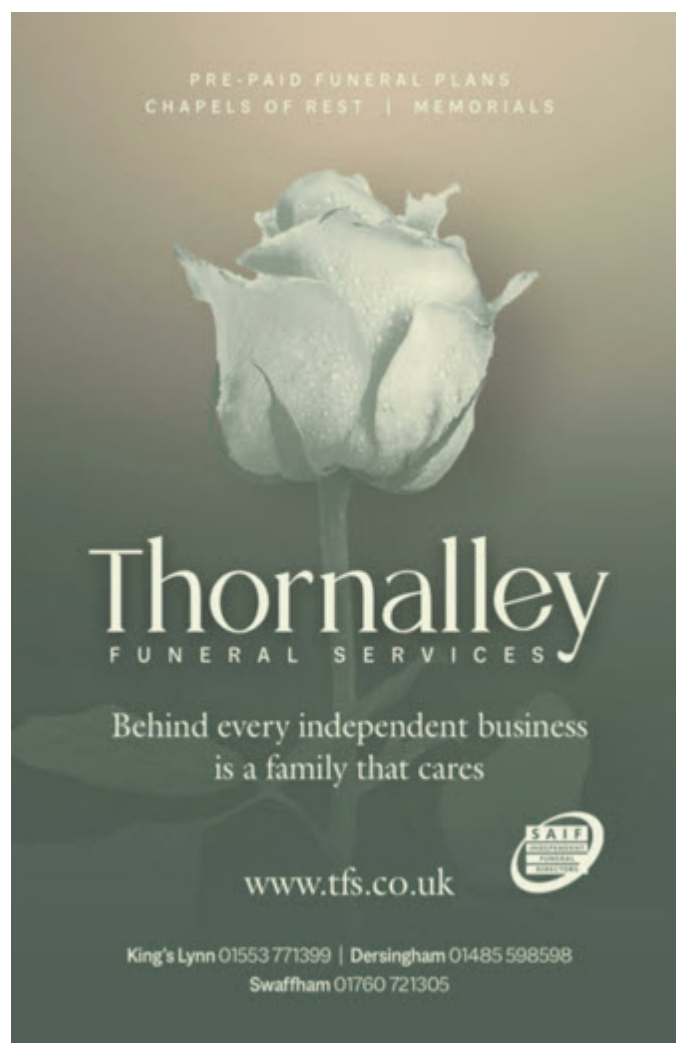
Recently, there has been concern over 'nurdles' – what a wonderful new word – washing up on the beach and particularly the congealed lumps resulting from the fire following a collision of a tanker and container ship. A fragile connection between shellfish and new additions to the tideline came to Heacham in 1929 when Mercedes Gleitze came ashore on Heacham beach having swum across The Wash from Lincolnshire. 'Open water swimming' is a term used by some these days but swimming in The Wash for thirteen and a half hours plastered in porpoise oil and lard may not seem inviting! And the shellfish link? Miss Gleitze had become the first woman to swim the English Channel two years previously with a Rolex watch in a pouch worn round



**G&M Fencing & Landscaping**  
gmfencinglandscaping.co.uk

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

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



PRE-PAID FUNERAL PLANS  
CHAPELS OF REST | MEMORIALS

**Thornalley**  
FUNERAL SERVICES

Behind every independent business  
is a family that cares

www.tfs.co.uk

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

her neck and became the 'face' behind the promotion of their waterproof 'Oyster' case.

About one hundred years before Mercedes, 'Peggie' from Whitby came ashore here and over the years was followed by 'Biddock', 'St Johannes', 'Mayflower', 'Jane Higgins' and 'Alert'. These were some of the victims of storms and sandbanks and there were also cargoes that never arrived at their intended destination. In 1835 a Heacham beach auction of a 'large quantity of excellent SHIPWRECK' - mainly a cargo of timber plus the masts - was advertised; five years earlier similar auction lots from a ship wrecked off Heacham were auctioned in Lynn. There would have been some local bidders on the beach who could recall a disaster commemorated by a plaque over the door in the church. It provides a cautionary note as well as a memorial to nine unfortunate people from the village whose pleasure trip turned to tragedy. They drowned when a squall overturned their boat being rowed out to the 'Nile', a ship moored offshore. There was another victim from Snettisham and the two crew members with just two survivors. Clearly, the ship was no fishing boat or small coastal vessel and may well have been involved in the old established Hanseatic League trade.

The Domesday Book of 1086 records a fishery at Heacham and it would seem natural for some villagers over the centuries to earn a living from the sea rather than the land. Unlike the small coastal villages in Cornwall, for example, Heacham could never boast of a protected deep-water harbour but, with a sound knowledge of the sandbanks and the tides, a fishing boat could be beached here. Although it is now difficult to visualise, Heacham did have a harbour - a protected place - where the river had direct access to the sea and small boats had access along the river to a more sheltered mooring and landing place (a 'staithe').

Small coastal vessels brought in coal and building supplies and nineteenth century censuses recorded two or three fishing vessels (normally from Lincolnshire) moored there on the evening of the census.

Somewhat surprisingly, those census records do not list many local fishermen although of course they might have been fishing or moored in Lincolnshire when the records were made. The 'Alert' mentioned above was damaged in a storm and beached here for repairs. Sadly, it rolled on to its side and crushed Captain Fox who was a Heacham man. William Wilton who was 'a tender husband and sincere friend' was also a 'mariner' and clearly of some note as, when he died in 1771, he and then members of his family have their memorials inside the church on the floor of the main aisle. In 1851 John Burchum, a searcher of landing

customs' lived in the village. He is still working here ten years later and clearly liked the place as, even when he retired' he remained a resident and his home in 1871 is named as 'The Old Custom House' (possibly the original part of what is now 'King's Gardens'). A pair of coastguard cottages known in 1861 as 'Preventive Cottages' housed officers who kept an eye on cargoes and any shipping possibly in danger.

But ... time and tide wait for no man. Heacham's beaches became a destination and a backdrop for holidaymakers but that's for another time! I for one would be interested to hear of people's memories of our local seaside in those post-war years. Of course, the disastrous floods deserve to be dealt with separately - out of the holiday season would seem best.

**Eric Rhodes**

# Sandringham Windows

**Norfolk**



**UPVC Windows**  
**UPVC Doors**  
**Composite Doors**

**Garage Doors**  
**Porches**  
**Conservatories**

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

**Tel: 01553 611631**



## Tim's Tree Services

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



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



## B CARTER DECORATORS

Any job - Large or Small  
**Reliable, Friendly & Trustworthy**

**01485 576288 - 07729962196**  
Call me today for a free quote and advice  
**burtcarter33@yahoo.co.uk**



# Music in the Burnhams

## What a finale to the 2025 series!

Another year has flown by, and we come to the last two concerts of the 2025 series. Of course, we have things happening in the Autumn and Winter but officially the concerts finish in September.

The classical guitarist, Craig Ogden, is one of the most exciting artists of his generation. He has been called “a worthy successor to Julian Bream” and we are so fortunate that he is coming to Music in the Burnhams.

As well as giving his recital at St Mary’s Church Brancaster on Friday September 19th at 7.30pm he is entertaining the pupils at Burnham Market Primary school in the afternoon. Craig is a great communicator not just through his music but with his anecdotes too.

His programme spans many centuries from J S Bach and Scarlatti through Rodrigo, Villa-Lobos to Gershwin. Meet him after the recital when he is happy to talk to the audience and sign programmes.

On Saturday September 27th at 7.30pm we return to All Saints Church Burnham Thorpe where it all started, and we shall be celebrating with musicians who have been with us since the start.

The Victoria String Quartet with Leon Bosch (double bass) and pianist Peter Hewitt are well known to Music in the Burnhams audiences and we felt it only fitting to conclude the 2025 series with a flourish. A performance of Beethoven’s fine third piano concerto will certainly do that.

Tickets for both concerts are £25 each. Under 18s come free.

All details and booking online at  
[www.musicintheburnhams.com](http://www.musicintheburnhams.com)  
 or ring 07989 177079.

Marian Abramovich



Music in the  
*Burnhams*

## Victoria String Quartet with Peter Hewitt & Leon Bosch

Saturday 27th September at 19:30 | St Mary's Brancaster, PE31 8AU

**Featuring Beethoven 3rd Piano Concerto!**

Buy Tickets Now! Adults £25 U18 FREE  
 07989 177079 [www.musicintheburnhams.com](http://www.musicintheburnhams.com)

**Astro Brain Tumour Fund**  
**NINETEENTH ANNUAL**  
**Norfolk Family Walk**  
 Holkham Hall, North Norfolk NR23 1RH  
[www.holkham.co.uk](http://www.holkham.co.uk)

**SUNDAY 21st SEPTEMBER 2025**  
 10am-4pm

Car Park £6  
 Adults £5  
 Children FREE

Walks 1, 3, 6 or 10 miles

Raffle

Pushchairs, Wheelchairs, Dogs on leads welcome

Please join us for a special day out at this beautiful venue, at the same time helping to raise funds for research into this devastating disease by asking friends and family to sponsor you.

Go to [www.astrofund.org.uk](http://www.astrofund.org.uk) to download a sponsorship form and for a link to create a justgiving page or contact Mary via email [treasurer@astrofund.org.uk](mailto:treasurer@astrofund.org.uk) or telephone 01485 525279

Astro Brain Tumour Fund Charity No. 1133561



MUSIC IN THE BURNHAMS ARE DELIGHTED TO WELCOME...

## Craig Ogden (Classical Guitarist)

Craig will play works by Bach, Rodrigo, Scarlatti and George Shearing.

**Friday 19th September at 7:30pm**  
**St Mary's Church, Burnham Market, PE31 8UL**

Buy Tickets Now! Adults £25 U18 FREE  
 07989 177079 [www.musicintheburnhams.com](http://www.musicintheburnhams.com)



## IHT CHANGES – THE GIFT TO JOURNALISTS THAT KEEPS ON GIVING!

By Kathryn Gigg Chartered Accountants, Hunstanton

Even now, nearly a year after Rachel Reeves' Autumn Budget, Inheritance Tax remains in the news, with new angles emerging on a regular basis. In late July a report from the Office for National Statistics hit the headlines, telling us that farms were closing at record rates with a net reduction of over 3,000 such businesses in the year to March 2025. The report attributed the reduction in numbers to the impact of the Autumn Budget and has led to renewed calls for a rethink. Without wishing to reduce the gravity of the situation, it seems unlikely that a sector with less than 100,000 businesses can actually have shrunk by 3% in a single quarter without the impact being felt in the market for agricultural land (which is little changed) or a visible increase in farm "dispersal" sales. It is also unclear why the IHT changes, which affect all family businesses, should only have led to a reduction in the number of farms. It is, however, possible that the ONS statistics, which are largely derived from VAT and PAYE registrations and deregistrations, may have picked up a period of rapid reorganisation ahead of and after the Budget as family businesses consolidate multiple registrations under common ownership or pass on businesses to the next generation in response to the Budget announcements. The next quarterly figures may tell a different story, but of course the damage to the Governments reputation lies on the headlines which are, indeed, derived from government produced statistics.

A few days previously HMRC released a series of papers summarising the points raised in the post Budget consultation and outlining the draft legislative changes. Again, these will affect ALL businesses, not just farms, a point which has largely escaped public awareness so far.

These show virtually no movement in the position outlined in the Budget, other than that the £1m allowance will be index linked, but only after 2030 (at which point index linking theoretically should resume for other IHT bands). It is also confirmed that effectively the £1m nil rate band will "refresh" after seven years.

The paper reiterates the logic behind the changes- "to raise revenue to ensure the sustainability of the public finances and to fund public services, whilst continuing to support farms and businesses by targeting the reliefs to make them fairer."

It also goes on to justify the changes by stating "In 2021 to 2022 (the most recent data available), 40% of the total Exchequer cost of agricultural property relief went to the top 7% of claims. This means just 117 estates benefited from £219 million in tax foregone." However, it misses the point that there is very little difference in size between a farm in the top 7% and one in the next 20% - smallholdings and "hobby farms" under 100 acres will generally escape the tax but family farms (and by extension family businesses in other sectors), will bear the brunt of the liability.

Putting all this together, the widely publicised criticisms of these changes remain entirely valid. This legislation will catch the family farm and the larger privately owned business but not the "lifestyle" farmer; although 73% of claims by number will escape tax that only represents about 20% of the acreage passing. It is also worth mentioning that the figures given and used above relate only to business reliefs. For many, pension pots will also need to be included in the IHT calculations and the effect of this, whilst not quantified, will be significant.

It is disappointing that the Treasury continue to produce figures which are selectively quoted to give a deeply

misleading impression. These IHT changes will have a huge impact on those wishing to pass on family farms & businesses and anyone with a substantial pension pot. It therefore has to be wise to take advice from a qualified professional as soon as possible.

If you require any tax advice, please contact either Kate or Nic at Kathryn Gigg Chartered Accountants, Hunstanton on 01485 534800 or [kate@kathryngigg.co.uk](mailto:kate@kathryngigg.co.uk)

© Kathryn Gigg Chartered Accountants 2025

N.B. Article written August 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.



CHARTERED ACCOUNTANTS | BUSINESS ADVISERS | TAX CONSULTANTS

*"Celebrating 25 years in Hunstanton"*

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

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

For an appointment please contact: Mrs K H Gigg FCA

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

T: 01485 534800 e: [kate@kathryngigg.co.uk](mailto:kate@kathryngigg.co.uk)

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



### HUNSTANTON

Our meeting on Monday 15th September at the Community Hall, Avenue Road, Hunstanton at 2.00pm, will include a Special General Meeting to vote on amending Trustee Serving Periods, followed by our speaker Kate Craven who will be talking about the RNLI - a very important part of Hunstanton community. Did you know 50% of people who get into difficulty off our coast had not intended to get wet!!

We look forward to seeing you then.

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



## Heacham Parish Council Notice Board

### PARISH COUNCIL MEETINGS IN BRIEF

**The next Full Council meeting will be held on Tuesday 16th September at 7.00pm at the Old Friends Hall.**

**The Full Council Meeting for October will be held on Tuesday 21st 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.

### CARNIVAL

Despite the weather the carnival parade went well with many coming out to cheer us on, something we were very pleased about. The Norwich Pipe Band performed for us again this year (photo by Ray Sparvell) and the stilt walkers proved very popular. Thank you to all those that went to the trouble of dressing up and taking part – wouldn't be a parade without you! Searles trading as The Manor Hotel sponsored the prizes for parade entries. Winners being: Best Child – Heacham Infant and Nursery School, Best Adult – The Allotments, Best Group – Heacham Minors Football Club and Best Overall – Heacham Judo Club.



Our 'royals' this year were (from left to right) Alpha Moore, Jessica Ireson (our queen) and Lewis Grief (our king/prince). We thank them very much and would like to see a few more of them next year. Their gifts were sponsored by Heacham Youth and Community Trust.

Thank you to all our Councillors who helped on the day along with a handful of volunteers that made the rolling road closure work this year with a few changes to our usual to avoid breaches as happened last year.

Thank you to Moulam & Horn for the use of the truck and Charlie for driving our royal float.

Thank you to our Fire Service, Coastguards and Paul our First Aider for attending again this year – very much appreciated!

Thank you to the club for the various things on the field and their volunteers. Hope to see you all next year and hopefully we have inspired more to join in next year.

### HEDGES AND TREES

Just a reminder that to save being asked to... you can now cut your hedges right back (1st September). This will allow you to get on top of any of your hedges that are encroaching or do so during the growing season over either a footpath or the highway. Many hedges are planted on the boundary of properties so as soon as they begin to grow half of the shrub is already encroaching over the pavement or road.

### VJ DAY

The wreath laying for VJ Day was well attended – thank you to everyone who turned out to show their respects. The beacon lighting was also well attended. Thank you to all that took a role in the proceedings. Thank you to Cllrs Pritchard and Hammond for organising it all.



### OLD FRIENDS HALL COFFEE MORNING

The next coffee morning in the Old Friends Hall will be on Wednesday 30th September 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!

### BOROUGH COUNCIL COLLECTIONS

The Borough Council now collect small electrical items e.g. Irons, toasters etc if they are placed in a bag and put on top of the bin due for emptying (black or green).

### **!!WANTED!! PARISH COUNCILLORS**

Would you like the opportunity to put something back into your community? Heacham Parish Council's Thirteen Councillors need another four 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) 07300 553769

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 HUB 07788 309201

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 592041

## 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, Boots Chemist, Rodney's Barbers, Heacham Surgery, Station Rd Garage, Fox & Hounds, Social Club, Modern Story, Bliss, Spice Garden, Breakfast & Brownies, A E Wallis, Moulam and Horne, 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
12:15 FENSIDE	16:40 NORWAY CLOSE
12:35 JENNINGS CLOSE	17:00 NEVILLE ROAD
12:55 COLLEGE DRIVE	

## TIDE TABLES

### SEPTEMBER - OCTOBER 2025

HIGH WATER AT HUNSTANTON									
Heights above chart datum									
Time Zone UT (GMT) add 1hr BST ends 26th Oct									
Sept 2025					Oct 2025				
Date	Morning		Afternoon		Date	Morning		Afternoon	
	Time	m	Time	m		Time	m	Time	m
1 M	11 37	5.2			1 W			12 52	4.9
2 TU	00 23	5.1	13 22	5.0	2 TH	01 21	5.1	14 27	5.2
3 W	02 03	5.2	14 54	5.2	3 F	02 37	5.6	15 30	5.8
4 TH	03 15	5.6	15 59	5.8	4 SA	03 32	6.2	16 21	6.4
5 F	04 08	6.2	16 49	6.3	5 SU	04 18	6.8	17 04	6.9
6 SA	04 53	6.7	17 34	6.7	6 M	05 00	7.3	17 45	7.2
7 SU	05 34	7.1	18 15	7.1	7 TU	05 42	7.7	18 23	7.4
8 M	06 14	7.5	18 55	7.3	8 W	06 25	7.9	19 02	7.5
9 TU	06 54	7.8	19 32	7.4	9 TH	07 08	8.0	19 38	7.5
10 W	07 32	7.9	20 06	7.4	10 F	07 51	7.9	20 14	7.3
11 TH	08 10	7.9	20 40	7.2	11 SA	08 33	7.6	20 52	7.0
12 F	08 50	7.7	21 16	6.9	12 SU	09 21	7.6	21 35	6.5
13 SA	09 34	7.2	21 58	6.4	13 M	10 17	6.2	22 30	5.9
14 SU	10 25	6.5	22 50	5.8	14 TU	11 39	5.6	23 53	5.5
15 M	11 37	5.7			15 W			13 19	5.4
16 TU	00 10	5.4	13 20	5.4	16 TH	01 26	5.5	14 46	5.7
17 W	01 49	5.4	15 03	5.6	17 F	02 43	5.9	15 52	6.2
18 TH	03 13	5.8	16 19	6.2	18 SA	03 42	6.4	16 38	6.5
19 F	04 12	6.4	17 09	6.6	19 SU	04 28	6.8	17 14	6.8
20 SA	04 59	6.9	17 48	6.9	20 M	05 08	7.0	17 46	6.9
21 SU	05 38	7.2	18 22	7.0	21 TU	05 45	7.2	18 17	7.0
22 M	06 16	7.3	18 54	7.0	22 W	06 21	7.2	18 46	7.0
23 TU	06 52	7.4	19 22	7.0	23 TH	06 55	7.1	19 12	7.0
24 W	07 24	7.3	19 48	7.0	24 F	07 25	6.9	19 38	6.9
25 TH	07 54	7.1	20 10	6.9	25 SA	07 55	6.7	20 03	6.8
26 F	08 21	6.9	20 30	6.7	26 SU	08 25	6.5	20 30	6.5
27 SA	08 48	6.6	20 59	6.4	27 M	08 56	6.1	21 02	6.2
28 SU	09 17	6.1	21 30	6.0	28 TU	09 36	5.7	21 42	5.8
29 M	09 54	5.6	22 12	5.6	29 W	10 30	5.3	22 42	5.4
30 TU	10 52	5.1	23 19	5.1	30 TH			12 13	5.1
					31 F	0018	5.3	13 43	5.4

© Crown Copyright. Reproduced by permission of the Controller of His Majesty's Stationery Office and the UK Hydrographic Office ([www.ukho.gov.uk](http://www.ukho.gov.uk)).