



# THE HEACHAM NEWSLETTER

## March 2008

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**Deadline for the next edition is 12 noon, Thursday 20th March**

### FRIDHEM REST HOME

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## SPONSORED BED PUSH

Saturday 22nd March, 11:00am



**The event will start from Hunstanton "Pier"  
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**On Easter Saturday 22nd March  
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**At the Church Hall, High St., Heacham**

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See inside for further details

THE HEACHAM NEWSLETTER

C/O Heacham Parish Council Office, Pound Lane, Heacham, Norfolk PE31 7ET

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



Dear Newsletter



High Street

Dear Newsletter,

**Heacham Minors Go To Wembley**

Thank you to the Heacham Minors Football Club for an amazing time at Wembley. I'm sure everyone will remember it. All the staff were very nice.

My favourite bit was holding the FA cup. I had a great time.

**James Rushmore**

*(Thank you for the letter, James. There is an article and photograph of the trip on the Heacham Minors page of this month's Newsletter - Editor).*

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School Road

Dear Newsletter

**Heacham Primary School Reunion and John Burdett London Marathon**

I went to the Heacham Primary School Reunion on Saturday 2nd February and would like to say a big thank you to Jean, Kay and Tony who did a fantastic job in organising such a great nostalgic evening. I think I can speak for all who attended, when I say it was an evening we shall all remember for a long long time. Thanks must also go to the other helpers who assisted on the evening. The evening would not have been possible without the generosity of a sponsor, it is a pity that he wishes to remain anonymous.....anyway a big thank you to him, he made a lot of people very happy.

During the evening I took some photos and if anyone would like to see them, they are on my website [www.malc-on-line.co.uk](http://www.malc-on-line.co.uk) and they are in the section under Heacham.

Also on the website in the same section are photos and details of my friend John Burdett's run in this year's London Marathon, so if you would like to sponsor John have a look at that page for details.

**Malcolm Diggins**

\*\*\*\*\*

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Malthouse Crescent

Dear Newsletter

**School Reunion**

May we, Jean, Kay and Tony, through your newsletter, extend our thanks to everyone who attended our school reunion on 2 February. 83 pupils were reunited with school friends from 1930 – 1950. Some we hadn't seen for sixty years and came quite long journeys to be with us. 135 in all attended the evening. Henry Townsend provided the music which set the tone for the evening. Wine and a buffet was provided and a cake was cut later in the evening with tea and coffee.

It took a long time arranging it all but, by the many letters, cards and phone calls we have received, it was a great success. The only question now is 'When will you do it again'?

Grateful thanks must go to our sponsor (who wishes to remain anonymous), Marlene for the beautiful flowers for the tables and everyone who helped either on the door, in the kitchen or running a taxi service.

Our special guest of honour was Mr Williman, a past headmaster, now in his late nineties. Miss Goddard, our infant teacher back in the 1930s, was unable to attend due to health problems. We all remember her with great love and affection and send our good wishes to her as she will be celebrating her 100th birthday when the next issue of the newsletter comes out.

We are hoping for photographs and a DVD, so watch this space. You never know it could mean another evening out.

Thank you all.

**Jean, Kay and Tony**

\*\*\*\*\*



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**EFL Tutors also required:  
Call Caroline on 0207 603 1466.**



Victoria Cottages

Dear Newsletter

**Beauty Salon**

Miss Tooley states in the February issue of the Newsletter that the village no longer has a beauty salon so is hoping to start one 'in house' at her salon. This is in fact erroneous (and she may not be aware of it) as there is indeed an excellent Beauty Therapist at 'Colours' Hair Studio in Wilton Road. She offers a full range of treatments including the chance to indulge in 'All-day Pampering' on Mondays when the Hair Salon is closed.

Jo can be reached on 572441 – which is of course also the number for our extremely busy and very friendly hairdressers (I myself am a member of the styling team).

**Jane Bean**

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Colchester, Essex

Dear Newsletter

**Early Memories of the Railway**

I have recently been given a copy of your February Newsletter and I must compliment you on the high standard of layout and presentation.

To a one-time resident of Heacham it was an interesting document and many of the names were familiar. Ken Gore's memories of a Heacham childhood particularly caught my eye.

The last passenger train to Wells left in 1952. Trains to Wells left Heacham from the bay platform behind the platform from which trains departed for Lynn or London. They did not pass through the station or go over the level crossing in Station Road. Having left the station they headed east crossing the Hunstanton Road by the level crossing that used to be alongside the bridge over the Heacham river\*, going on to Sedgford and points east.

Damage caused by the floods of 1953 was so severe that the line was severed and ceased to be a through route, although freight traffic to Docking and Burnham Market continued for a few more years.

I grew up at Manor Farm, Heacham, starting work as junior clerk in the booking office at Hunstanton Station in May 1951 for the princely sum of 34 shillings and sixpence per week (£1.72½)

During the summers of 1955/56 I worked in the Booking/Parcels office at Heacham Station and have some fond memories of that time. One abiding memory is that towards the end of the 1956 season the owners of the Lavender Fields arrived at the station to send off to Yardleys (the cosmetic company) the entire product of a season's hard work – about 5 gallons of lavender oil – in one solitary canister. It was an expensive product and was sent off registered and heavily insured.

It should perhaps be mentioned that I missed the excitement of the 1953 floods as I was safely in Germany doing National Service!

**Jeff Ward**

*\*(The level crossing was featured in the cover picture of the June 2007 Heacham Newsletter - Editor)*

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Oulton Broad

Dear Newsletter,

**School Reunion**

I am writing to express my very sincere thanks to everyone for the delightful school reunion held on Saturday February 2nd. First I must thank the anonymous sponsor of the event for his generosity and express desire to see so many old friends and school mates, having the opportunity to recapture old memories. Secondly, and I think I speak on behalf of all who were able to attend out very sincere and genuine thanks to Jean and Kay for all their long and arduous work to make the evening such a great success, this also includes many others who I am sure helped in various ways.

Finally, I was delighted to see and have a brief conversation with Mr Williman, what a wonderful man for his age. I wonder what his thoughts must have been to see so many of his ex-pupils of some fifty and more years ago. I was sorry some people were unable to attend but delighted that others who I felt would not be able to did in fact manage to do so.

A very, very big thank you to everyone.

**Bob Fairclough**

\*\*\*\*\*



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**PLEASE NOTE: ALL LETTERS FOR PUBLICATION MUST BE ACCOMPANIED BY THE WRITER'S FULL NAME AND ADDRESS** details will be withheld if requested



Cunningham Court

Dear Newsletter,

**Heacham Harriers**

I have read Mr Cobb's letter re Heacham Harriers and have talked to him on the subject. With regard to J. Wentworth Day I replied to a letter about him in the EDP several years ago. My father had met J. Wentworth Day and read his book. He wrote to the man and threatened to sue him since little of what he had written was true. Mr Day wrote back and called it "poetic licence".

My father kept horses for hunting and van horses for the bread carts. His special hunters were called Seagull and Lady Tip Top (my son has oil paintings of them).

The horses did pull the fire engine, but only the van horses.

I should think nobody would believe the hounds were put in a Baker's van and in any case they were kept at Caley Farm and taken to meets by walking or in horse boxes. At the time Mr Day wrote the book my father had asked other people to take over from him as Master of the H.H.

I really hope this will clarify everything and will be the last we hear about the Heacham Harriers.

Mary Jones

\*\*\*\*\*



Staithe Road

Dear Newsletter,

**Heacham Harriers**

Further to my letter quoting from J. Wentworth Day's account of the Heacham Harriers I now know, thanks to Mary Jones personal knowledge of events, that Day's account was far from accurate.

Apparently he was prone to "embellish" his stories to the extent that in this case when the book was published and what he had written became known to those he was writing about he was threatened with being sued.

Day's response was to claim artistic licence!

Just goes to show, even a supposedly authoritative source isn't always reliable.

Paul Cobb

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Pine Mall

Dear Newsletter,

**Pocahontas Players**

Congratulations to the Pocahontas Players on their recent pantomime Dick Whittington and his Amazing Technicolour Dream Cat.

What a dedicated and talented group of people they are. Thank you all so much for a very entertaining evening, we are really looking forward to your next production.

Meril

\*\*\*\*\*

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## PLEASE MISS, ARE YOU REALLY 100 YEARS OLD TODAY?

This is the question I can imagine one of the hundreds of pupils that have been taught by Miss Irene Goddard will be asking on March 1st this year. Irene (who likes to be called Renee) was born on 1st March 1908 at King's Lynn and moved to Heacham with her parents in 1910. Her mother had a sweet shop in the High Street, and later a drapers shop, also in High Street. Her father, Hugh Goddard was well known in Heacham, as well as being Chairman of the Parish Council, he could be heard far and near as the village Crier, with his bell and megaphone. His other talents were as a tinsmith, groom and chauffeur.

Renee's parents then purchased the house in which she still lives, and has been for the last 72 years. At the age of three she went to the Infant School and was taught there until she went to the High School in King's Lynn after passing her scholarship, and she studied there until at 18 years of age, she returned to the Infants School as a teacher. Her headmistress was Mrs. Silk and they became very good friends. At the time there were approximately thirty pupils in a class, but with the onset of the War, the numbers increased with the intake of refugees from London to fifty. Many of the parents of the evacuees also came with the children and had accommodation at 'Browns Holiday Camp', which I believe was in South Beach Road. Renee told me of the story of one little boy who was being naughty and told to stand in the corner as a punishment. He turned to Renee and said, "My Dads got a gun you know?". Unshaken by this, Renee replied, "Oh has he, well my Dads got one as well!" Needless to say, he returned to the corner without further comment.

From the age of 18 years, Renee has taught for forty two years and has known four generations of the same families in the village, meeting and passing the day with mums and dads pushing their new babies, and in her time at the same Infant School, has taught under four different head teachers. She and her mother also served the village well over the years with running the Christmas and Thrift Club. She also was a member of the Concert Party entertaining the troops.

Renee, with a sly smile, remembers being 'Old Mother Riley' with a rendering of "My old man said follow the van", and a gentleman being very upset as he stood on her canary, and not realising it was stuffed, thought he had killed it! She is not altogether happy with the teaching methods of today, as she taught to read with the 'Sound Method'. I asked if she had a tip on how to reach old age as she doesn't drink tea, coffee or hot drinks, only tonic water. She has no regrets, or would want to change anything in her life, and remembers the village as it used to be, with nothing but fields between the South Beach Road, and Station Road. Her family, who all live long distances away, will all be reuniting with her to celebrate her achievement on being one more of Heacham's Centenarians. It must be something in the water!

I am sure you would all like to join me in wishing Renee a WONDERFUL and JOYOUS HAPPY BIRTHDAY.

**Brian BRACKENBURY (Retired Roving Reporter)**



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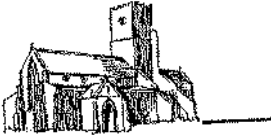
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## CHURCHES TOGETHER IN HEACHAM

Greetings from the manse,

Let us welcome the hope Easter gives. We can face anything, endure anything, as long as we know or believe it will not last forever, and that something better will happen. For instance, people will face a long, painful and dangerous operation if they believe it will make them well again. We can face the rigours of a long and miserable winter because we know that spring will come again. What all this underlines is the importance of hope. Hope is as necessary for the spirit as bread is for the body. It is amazing what the human spirit can endure and overcome provided it is nourished by the bread of hope.

Easter provides an enormous injection of hope for the human spirit, and how much it is needed. There is a lot of tragedy in life. Good things are destroyed. Good people are cut down: family members, friends, local people who go about their business quietly and internationally renowned figures suffer and die. And of course, there is Jesus. He too was cut down. But He rose again.

The world didn't take much notice of the resurrection of Jesus. The reason for this lies in the fact that it was a humble, hidden event. Jesus did not appear in triumph in the Temple in Jerusalem, humiliating those who humiliated him. Only those whom he called by name, with whom he broke bread and to whom he spoke words of peace, were aware of what happened. And even they had difficulty in believing. Like us, they were slow to believe. Yet, it was this hidden event that freed humanity from the shackles of fear and death.

Jesus rose as a sign to those who loved him and followed him that God's love is stronger than death. The resurrection of Jesus must not be separated from the resurrection of humanity saved by him. By entering fully into human life, and by experiencing the bitterness of death, Jesus became a Brother and a Saviour to all people.

At Easter we still feel the pain of the world, the pain in our families and among our friends, and the pain in our own hearts. But a new element has been introduced into our lives. It doesn't remove the pain but gives it a meaning. It lights it up with hope. All is different because Jesus is alive and speaks his words of peace to us as he spoke them to the apostles. Faith in the resurrection of Jesus is the basis of our hope of eternal life, a hope which enables us to bear patiently the trials of life. Therefore, there is a quiet joy among us and a deep sense of peace because we know that life is stronger than death, love is stronger than fear, and hope is stronger than despair. He is risen! He is risen indeed!

With every Easter blessing to you and yours,  
Kim Nally,  
Methodist Minister

## PARISH REGISTERS

### **Baptisms**

02/02/08 Olivia Raines, daughter of Sophie and Thomas  
*"For anyone who is in Christ, there is a new creation"*

**Weddings** None this month

### **Faithful departed (Church linked funerals)**

31/01/08 Doreen Louisa Hines 78  
06/02/08 Sydney Albert Punter 92  
11/02/08 Alan Hendry

*"Blessed are those who mourn for they will be comforted"*

We do extend our sympathy and condolences to all who have been bereaved; you are prayed for at the Sunday morning services around the time of the funeral of their loved ones.

### **METHODIST CHURCH - Sunday Services**

10.30am Morning Worship

#### EASTER SERVICES

Sunday 16<sup>th</sup> March Palm Sunday  
10.30am with Mike Gunnell

Friday 21<sup>st</sup> March Good Friday  
10.00am Prayers

Sunday 23<sup>rd</sup> March Easter Sunday  
10.30am Kim Nally, with Holy Communion

### **ST MARY'S PARISH CHURCH - Sunday services**

8.00am Holy Communion (Book of Common Prayer)

10.00am Morning Worship at 10am.  
(1st Sunday – All Age Worship)  
(2nd Sunday – Holy Communion)  
Special children's groups (Sunday school) during services.

10.30am Morning Worship at Junior School  
(Holy Communion on 3<sup>rd</sup> Sunday)

6.00pm Evening Worship

#### EASTER SERVICES

Sunday 16<sup>th</sup> March Palm Sunday  
8.00am 10.00am 10.30am 6.00pm

Thursday 20<sup>th</sup> March Maundy Thursday  
7.00pm Holy Communion

Friday 21<sup>st</sup> March Good Friday  
10.00am FOR ALL 2.00pm An hour at the Cross

Sunday 23<sup>rd</sup> March Easter Sunday  
8.00am 10.00am 10.30am 6.00pm

### **Contacts**

(telephone code 01485)

Methodist Church Rev. Kim Nally 570232

St Mary's Church Revd Steve Davies 570268

St Mary's Church Office 572539

email: [heacham.church@googlegmail.com](mailto:heacham.church@googlegmail.com)

### **Church Services in Nursing/Residential Homes**

#### **March 2008**

Sun 2<sup>nd</sup> 4.00pm Service at **Pine Mall**

Tues 4<sup>th</sup> 2.30pm Service at **Rebecca Court**

Mon 10<sup>th</sup> 11.00am Holy Communion at **Millbridge**

Sun 16<sup>th</sup> 7.30pm Service at **Neville Court**

Wed 26<sup>th</sup> 2.30pm Service at **Summerville**

Fri 28<sup>th</sup> 10.30am Service at **Fridhem**

Fri 28<sup>th</sup> 2.30pm Service at **Sunnyside**

### **LENT TALKS - Favourite Easter Hymns – at 7pm**

Wed 5<sup>th</sup> March The Rev. Michael Brock in Sandringham

Wed 12<sup>th</sup> March The Revd. Steve Davies in Snettisham

**CATHOLIC SERVICES AT  
OUR LADY & S EDMUND, HUNSTANTON  
with S CECILIA'S, DERSINGHAM**

**HOLY WEEK & EASTER 2008**

**Palm Sunday 16th March**

9.00 Blessing of Palms & Mass (D)  
11.00 Procession of Palms & Mass (H)

**Wednesday 19th March**

7.30pm MASS OF THE CHRISM at St John's Cathedral,  
Norwich. (Coach leaves Hunstanton 5.00pm and collects  
from Snettisham & Dersingham etc.)

**Maundy Thursday 20th March**

7.30pm MASS OF THE LORD'S SUPPER & Vigil (H)  
11.45pm Compline (H)

**Good Friday 21st March**

Good Friday Walk of Witness (D)  
3.00pm LITURGY OF THE LORD'S PASSION (D)  
7.00pm STATIONS OF THE CROSS (H)

**Holy Saturday 22nd March**

9.30am MORNING PRAYER (D)  
8.00pm SOLEMN EASTER VIGIL (H)

**Easter Day 23rd March**

9.00am MASS OF EASTER DAY (D)  
11.00am MASS OF EASTER DAY (H)

(Please note: D = S Cecilia's; H = Our Lady & S Edmund's)

Fr James and the people of the parish wish you all a happy and joyful Easter.

**CLEAN UP THE COUNTRYSIDE**

***"This is beautiful country, stop trashing it"***  
**- Bill Bryson, CPRE President**

The accumulation of litter in the countryside is disfiguring the landscape and becoming a growing problem. During the winter months everything from beer cans, sandwich wrappers, crisp packets and all manner of throwaway plastic containers is once again visible along the county's roads.

In line with a call to action by the new president of the Campaign to Protect Rural England, the celebrated author, travel writer and Norfolk resident Bill Bryson, CPRE Norfolk, has begun a new Litter Campaigning Group. This seeks to influence the level of resources devoted to litter clearance, initiate media coverage, produce campaigning literature and identify roadside hot spots that require urgent attention.

*A group of campaigners is meeting every six weeks at the CPRE Norfolk office in Norwich. If you are interested in this issue, we would be delighted to hear from you – the next meeting is planned for early March.*

To find out more please contact  
Litter Campaign Co-ordinator, Paul Wiley,  
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### Spring Coffee Morning

Saturday 29 March, 10am - 1pm

At The Norfolk Hospice, Tapping House in Snettisham

Come and join us for our annual Spring Coffee Morning at the Hospice. A raffle, tombola, homemade cakes, refreshments, plants, games, bric-a-brac and much more all make for a great morning out in support of your local Hospice!

To find out more about this or any of our events, visit [www.norfolkhospice.org.uk](http://www.norfolkhospice.org.uk) or call 01485 542891.

### Norfolk Photographic Art Group Exhibition

Monday 7 April

Henderson Art Gallery, King's Lynn

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Heacham





## NEWS FROM HEACHAM'S SLIMMING WORLD GROUP

At the beginning of February, we held an Open Evening with tasters so that anyone could come along and see what we get up to on Tuesday evenings. Our members issued invitations to their families and friends so that they could come along and support them. We also put Posters up issuing an invitation to anyone interested, not only in losing some weight, but also to find out a bit more about how Slimming World works.

Various members made or bought some tasty dishes for everyone to try. We had representatives from the Oasis Leisure facility in Hunstanton available to talk to any members who may be interested in improving their fitness levels.

Unfortunately the weather was atrocious with thunder and heavy rain and this kept some people away. Even so, we had a good turnout with nearly fifty members and two new members joining on the night. It was generally agreed that the evening was a success and we will hold another open evening in the Summer, when hopefully the weather will be a bit kinder. Anyone who is interested in joining our group can just turn up on the night at 6.30p.m. any Tuesday evening at St Mary's Church Hall, High Street, Heacham. You can telephone me, Julie Goddard, on 01485 528796 if you would like more information. Everyone is made very welcome and I always meet any new members at the door, so no need to feel nervous, we are a friendly group.

**Julie**

The recipe for this month is:

### POTATO AND HAM TORTILLA

#### Ingredients

8 ozs potatoes  
1 onion  
1 garlic clove  
3 ozs ham  
2 eggs  
Frylight  
4 tbsps freshly chopped coriander  
2 tbsps freshly chopped dill  
Salt and pepper

#### Method

Peel and dice the potatoes, finely chop the onion and garlic. Roughly chop ham, beat eggs. Bring a pan of water to the boil, add the potatoes and cook for 3-4 minutes, drain and set aside. Spray a small frying pan with frylight and place over a gentle heat. Add the onion and fry for 6-8 minutes until softened and lightly browned. Add the garlic and potatoes, increase the heat and fry for 2-3 minutes. Preheat the grill. Stir the ham and herbs into the eggs, season well and pour over the potato mixture, cook over a medium heat for 10-12 minutes or until the bottom of the tortilla is set, remove from the hob and place under the hot grill for 3-4 minutes until the top is set and browned. Serve cut into wedges.

Enjoy!

**Julie GODDARD**  
(Slimming World Consultant)

## **SLIMMING WORLD**

*Join today, for real food, real support and real results.*

**Tuesdays at 6.30p.m.  
St Mary's Church Hall,  
High Street, Heacham**

**Consultant - Julie Goddard  
01485 528796**

### More of Mary's Country Sayings

1. So many mists in March, so many frosts in May.
2. A windy March foretells a fine May.
3. March comes in with an adder head and goes out with a peacock tail.
4. On Mothering Sunday, above all other,  
Every child should dine with it's Mother.



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## DISSOLUTION OF COMMUNITY NURSES EQUIPMENT FUND

After many months of negotiation with the District Health Authority and Government Officials, the Community Nurses Equipment Fund was officially registered with the Charity Commission on 24th June 1987. Founder Trustees, Mrs. Beryl Arter, (who sadly passed away in 2007), was actively involved with the Fund acting as Chairperson until her death. Mrs. Jean Lee and Mrs. Myra Trundley are still heavily involved with the Fund and Myra took on the role of President some 10 years ago. The designated area of coverage was originally Heacham and Hunstanton with Snettisham and Dersingham joining forces later on. The Heacham and District Community Nurses Equipment Fund was the first Charity of its' type in the country.

The reason for the setting up of the Fund was because at that time, supplies from the DHA were non-existent and patients basic nursing needs e.g. draw sheets, heel/elbow pads, sheepskins etc., were an essential part of their nursing care and so the 'objects' as set out in the Constitution were 'to relieve patients in the Heacham & Hunstanton area who are sick, disabled or convalescent and are being nursed at home by the provision of equipment and nursing aids not normally provided by the District Health Authority'.

Over many years, members of the public ran coffee mornings, raffles, bingos etc and donated their profits to the CNEF. Begging letters were written to voluntary organizations within our area of coverage and all, without exception donated money generously. Money started to roll in to the Fund by way of donations instead of flowers in memory of dearly departed, and

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before long, all the patients in our area were very well catered for.

A few years ago, a large sum of money was bequeathed to the CNEF and because nursing needs/equipment available has improved, we were able to purchase larger items such as ripple beds, airflow mattresses, commodes, syringe drivers etc. All was working very well - nurses/patients needed equipment, request was made to CNEF, equipment ordered and delivered - great, we were able to use the money in the way in which it was intended.

Today the Trustees of the CNEF are made up from ex-District Nursing staff, those with experience within Community nursing care, present day nurses and those employed by the NHS. The present nursing staff and NHS employees were/are able to keep the rest of the Trustees informed as to the current state of equipment accessibility and what moves are afoot for the future, thus enabling the Trustees to make informed judgments.

Recent re-structuring within the NHS included Care in the Community and the Primary Care Trust (PCT) put so many rules and regulations in place that for one reason or another - handling, de-contamination, providers liability, items not approved by the PCT, etc. etc., the CNEF were no longer able to provide many of the items of equipment they had previously. Several meetings took place with the PCT during this period to try and reach a satisfactory conclusion and the Trustees met on a monthly basis to consider amendments to their Constitution to accommodate the many changes needed, but every time decisions had been made, the PCT again changed the goal posts, thereby making the changes in-appropriate. The PCT ideal was for all monies to go into the melting pot for use throughout their area of cover, which covered all of Norfolk. The Trustees of the CNEF were vehemently against that idea and wished for the money to remain in our area only for use by our nurses/patients. (A very wise decision, we believe, as it has turned out). Today the CNEF still operates within the original Constitution.

We are all aware of the terrible financial state of the NHS and the increasing cutbacks in services across the board. In fairness to the PCT, at this time we are led to believe that the equipment provided by them for nurses/patients is satisfactory. Fine today, but what of the future? The Trustees desperately want to discharge their responsibilities in a constructive and dutiful fashion and be seen to do the right thing for our 'local' communities and the money raised by them.

There are so many Charities up and down the country who are sitting on millions of pounds because their particular Charity is 'old hat' today, and beneficiaries for whatever reason cannot

### Heacham Post Office



#### PASSPORT PHOTOGRAPHS

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meet the criteria of the Constitution as it has never been updated to meet today's ever changing needs. The Trustees of the CNEF consider that they are forward-thinking enough to change with the times and have considered at length how best to tackle the situation.

The CNEF presently administers around £235,000.00 and had 2 decisions to make. Should they sit on that sum of money for an indefinite period of time, or should they do their best to ensure it goes to the right place for the right use? The Trustees considered that the best way forward was to dissolve the Fund and make the money accessible when and where it is needed.

All money held by the CNEF has been raised locally and it is only right and proper that the money is spent locally, and the Trustees have decided to help the District Nurses carry out their jobs in the community for the betterment not only of their working lives, but ultimately, for patient care.

The Trustees resolved that all money held in Trust by them be shared equally between the 4 surgeries for sole use by the District Nurses/Health Care Practitioners and held in the account of the corresponding PPG's, to be administered by their Treasurers. This way the money will be safeguarded and easily accessible by the nursing staff whenever the need arises. The Charity Commission fully support this idea as long as 'the original objects of the Constitution are adhered to or furthered'. 'To relieve patients in the Heacham & Hunstanton (Snettisham & Dersingham) area who are sick, disabled or convalescent and are being nursed at home by the provision of equipment and nursing aids not normally provided by the District Health Authority (today the PCT)'. (Extract from the CNEF Constitution).

In short, this means that the money MUST be used for it's original purposes and we appreciate that individual interpretation can allow for a certain amount of flexibility. The money must not, however, be used for such things as re-furbishment in the surgery 'comfort' facilities for the patients and the like.

We are aware that Dersingham surgery (now named the Carole Brown Health Centre) has now joined administratively and resources-wise, with Gayton Road Health Centre in King's Lynn. It has already been arranged that it will be Dersingham nurses alone that will benefit from the CNEF share of money. CNEF bank accounts will be closed by the end of March and the money distributed shortly thereafter.

The Trustees would like to thank all the people of Heacham, Snettisham, Dersingham, Hunstanton, Old Hunstanton, Fring, Chosesley, West Newton, Babingley, Sandringham, Ingoldisthorpe, Ringstead, Thornham, Sedgeford, Holme, Wolferton and Fritcham, who have supported and donated to the Community Nurses Equipment Fund since its' beginning because without YOU, it would never have existed. We all hope that this public statement meets with your approval and in future, any bequests you would have made to the CNEF, would you kindly make direct to the applicable surgery District Nurses Fund.

The Trustees invite members of the public to voice their opinions, or if they have any questions they would like answered, please contact:

Janice Campbell - Secretary / Treasurer / Advisor to CNEF, 45 Neville Road Heacham King's Lynn PE31 7HB. Telephone: 01485 572120

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**'PRIVATE HEALTH RECOGNISED'**



Spring must be on its way as our thoughts turn to this year's Heacham Scarecrow Festival.

Last year, despite the weather, over a hundred hardy souls turned out to view the Scarecrows and enjoy the refreshments. With the support of entrants and visitors, we raised enough money to give away over £200 to local good causes.

In honour of last year's rain, the theme this year will be 'WEATHER'.

The festival will take place on Sunday 25th May, 2pm to 5pm, at Millbridge Care Home, Lynn Road.

Could your group or organisation take an hour out to build a scarecrow?

Would you like to run a stall to raise money for your group?

Could you spare a few hours to help the committee run the festival?

If the answer to any of these is yes, please contact Beth on 572890 for more details.

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## SERENITY'S THE LODGE

Through the pages of the village Newsletter, I would like to say 'hello' and introduce myself.

My name is Karen Crumplin and I am a qualified Beauty Therapist. I started in the village working at Vanilla Daze beauty salon and enjoyed my work with Jackie who owned the salon. I began as a receptionist but quickly discovered that I was attracted by the work Jackie did so I decided to follow in her footsteps. I went to college to qualify as a therapist. Two years down the line I am so pleased that I did as I thoroughly enjoy my work, offering a variety of treatments to the highest standards.

When the salon closed I wanted to carry on providing a service for my clients, those who live in the village and those who live a little farther afield. So this is what I set out to do.....

Since late last year, work has been going on to build a beautiful Scandinavian log cabin, which is accessed via the side entrance of my home. It offers privacy, is warm and welcoming and decorated to a very high standard. Just the place to be pampered!

I shall be working on a one-to-one basis with my clients, giving you quality time and ensuring that you feel special.

A car parking facility is available at the front of the house, so access is easy.

Serenity's The Lodge is situated at 7 Meadow Road, Heacham, which is adjacent to the High Street.

I would like to thank all my clients who have remained loyal during the months that I have been getting The Lodge ready. I

look forward to welcoming all of them along with new clients, as I move into my new premises.

**Karen Crumplin SAC Dip**

**There will be an open day for anyone who would like to come and see The Lodge and its facilities, on  
5 April 2008 - 10.00 am to 4.00 pm**

**Please do ring me on 01485 579443 if you would like further information on the available treatments.**

### HEACHAM 'RAT' TO STAGE VARIETY SHOW

Heacham man Sean 'Rollo' Rollason is planning a Variety Show at the Princess Theatre on 16 March.

The show "A Night with the Stars" will feature top acts from the world of entertainment. Headlining the event will be Duncan Norvelle, who shot to fame in the 1980's with his camp catchphrase "CHASE ME". Also on the bill will be '60's pop icon Jess Conrad. Jess has just finished filming a movie "Telstars" with Eastenders 'Dennis', Nigel Harman.

All the profits from the charity show will go to the "Grand Order of Water Rats" of which Sean is a member. The "Water Rats" raise thousands of pounds every year for charities such as Cancer Research UK, Children in Need, Great Ormond Street Hospital and so on.

The show on 16 March starts at 7.00 pm and tickets are available from the Princess Theatre Box Office - 01485 532252 or online at [www.princesstheatrehunstanton.co.uk](http://www.princesstheatrehunstanton.co.uk)

Ticket prices: £15.00, concessions £12.50, under 16's £8.00, ac(ce)pt members discount.

# RENAISSANCE & SERENITY'S HAIR SALON & BEAUTY SALON

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## WHAT'S ON REGULAR EVENTS

CC = Cunningham Court  
PH = Public Hall  
NC = Neville Court

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

HSC = Heacham Social Club  
MC = Methodist Church Hall, Station Road  
SM = St Mary's Church Hall, High Street

### MONDAYS

AGE CONCERN Info & Advice Centre, High Street 9.30 am-12.30 pm Tel: 579077  
DROP IN AT AGE CONCERN 10.00 am to 12 noon for coffee and a chat  
TABLE TENNIS 9.30 am Tel: Adrian 570477 (PH Top Room)  
ART CLASS 10 am- 12 noon. Beginners welcome Tel: Christine 579440 or Carole 572265 (PRH)  
CRAFT CLASS 2-4 pm Beginners welcome Tel: Christine 579440 (PRH)  
SOLO WHIST £1 New Members welcome 2 pm at Sunnyside Grouped Homes  
TEA DANCE & SOCIAL AFTERNOON 2-4 pm Tel: 571996 (PH)  
DRAMA JUNIOR CLASSES 4.15-5.15 pm Tel: 579074 (SG)  
HEACHAM TWIRLERS age 6-12 yrs from 5-6 pm Tel: Diane 571447 or 07799 794456 (PH)  
BEAVERS Term Time 6.00-7.15 pm Tel: Kelly 570956 (SG)  
LINE DANCING 7-9 pm £3.00 Tel: 532317 (PH)  
SCOUTS 7.30-9.30 pm Tel: Jill 535130 or 07799 138014 (SG)  
HEACHAM WIVES GROUP meets 2<sup>nd</sup> Monday of most months at 7.30 pm (HSC Top Room) Contact Brenda on 570727 or Anne 571885  
MEDITATION GROUP (in Lords Lane) 7.00 pm (day group also) For details Tel : Val Gordon 571063

### TUESDAYS

HEACHAM DAY CENTRE FOR ELDERLY 9 am- 3.30 pm Tel: Geoff Speed 572584 (OFH)  
SCALLYWAGS PLAYGROUP Term Time 9.30 - 11.30 am Tel: Liz 571773 (SG)  
ACTIVE FOR LIFE Exercise classes for the over 60's with, or at risk of OSTEOPOROSIS at Heacham Surgery 10-11am Tel: Pat 572414 or Clara 540411  
CARPET BOWLS 10.30-12 noon Tel: 570776 (PH)  
KEEP FIT FOR OVER 50's 10.30 - 11.30 am Tel: 01553 774343 (SM)  
CARERS SUPPORT GROUP Run by W.N. Mind. Lunch, Coffee and Chat. Peace of Mind, 4 Poplar Avenue Tel: Hannah or Mandy 01553 776966  
CARD CLASS alternate weeks 2-4 pm Tel: Christine 579440 or Carole 572265 (PRH)  
WOMENS FELLOWSHIP 2.45 pm (MC)  
SLIMMING WORLD 6.30 pm Tel: Julie 528796 (SM)  
WEIGHT WATCHERS 7pm (OFH) Tel: Alison 07796 904311  
DIGITAL CAMERA CLUB meet 1st & 3rd Tuesdays at Wheatsheaf Tel Viv 07906 056019  
HEACHAM BOOK CLUB meet 3<sup>rd</sup> Tuesday of each month Tel: Beth 570479  
POCAHONTAS PLAYERS Drama Group Pantomime rehearsals 7.30 – 9.30 pm Tel: 570402 (PH)  
HANDS & NEEDLES GROUP meets every other Tuesday 7.30 – 9.00 pm Tel: Joan Careless 570363 (MC)  
LIVE ENTERTAINMENT from 8.30 pm at Fox & Hounds

### WEDNESDAYS

AGE CONCERN – See entry on Monday  
ACTIVE FOR LIFE – see entry on Tuesday  
CARPET BOWLS 10.30 – 12 noon Tel: 570776 (PH)  
LINE DANCING 1.30 – 3.30 pm £3.00 Tel: 532317 (PH)  
PATIENT ADVICE & LIAISON SERVICE 2 – 4 pm on 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays at Heacham Council Offices

BROWNIES Term Time 5.30 – 7 pm Tel: Helen Beck 07929 779753 (SG)  
DOG TRAINING with Robert Frost 7.30 pm Tel: 542861 (SG)  
HEACHAM & WN SINGERS 7.30 pm (MC)  
QUIZ NIGHT 8.45 pm Prompt start. New teams of up to 5 welcome. £1 entry pp Cash Prize & Cash Snowball (HSC)  
OLD FRIENDS CLUB meet at 1.30pm Bingo, whist drives, outings and more Tel: George 571830 (OFH)  
BINGO 7.30 pm Neville Court Grouped Home  
THEATRE DANCE SCHOOL 4.15 – 5.15 pm 3-5 y/olds  
5.15 – 6.45 pm 5-8 y/olds Tap, Ballet, Modern Tel : 07984 759012 Top Room (PH)  
HEACHAM VOLUNTEER CENTRE Open 10 am to 4.00 pm in Heacham Library - Contact Karen 570484  
CAR BOOT SALE 8.00 am to 12 noon on the Field (HSC)

### THURSDAYS

ACTIVE FOR LIFE – see entry on Tuesday  
TABLE TENNIS CLUB 10 am (PH Top Room)  
WHIST DRIVE 2 – 4 pm Entry £1 with prizes (CC)  
TREFOIL GUILD meets on 1<sup>st</sup> Thursday 2 – 4 pm Tel: 01485 579440 Mrs Christine Crisp (MC)  
CARPET BOWLS 10.30 am to 12 noon Tel : 570776 (PH)  
THEATRE DANCE SCHOOL 4.15 – 5.45 pm Tap, Ballet, Modern 9-11 y/olds 5.45 – 7.15 pm Tap, Ballet, Modern 12 yrs and over Tel : 07984 759012. Top Room (PH)  
JUDO Beginners 6 – 7.30 pm Tel: 571614 (PH)  
CUBS 6.45 – 8.30 pm Tel: Steve 525577 (SG)  
JUDO Advanced 7 – 9 pm Tel: 571614 (PH)  
GARDENERS ASSOC meets on 3<sup>rd</sup> Thursday 7.30 pm. Guest speaker and trips in Summer (SM)  
FLOWER CLUB meets on 4<sup>th</sup> Thursday 7.30 pm. Flower arranging and demonstrations. Tel: Mrs Esme Stockdale 570508 (SM)  
RAO BUFFALOS 8 pm (PH Top Room)  
QUIZ NIGHT Cash Prizes 9 pm at Fox & Hounds

### FRIDAYS

AGE CONCERN – see entry on Monday  
ACTIVE FOR LIFE – see entry on Tuesday  
WHIST DRIVE 2 – 4 pm with refreshments. (NC)  
INDOOR CARPET BOWLS 7 – 9 pm Tel: Kim 570232 (MC)  
GUIDES Term Time 7 – 9 pm (SG)  
WILDFOWLERS CLUB meet 1<sup>st</sup> Friday 7.30 pm (PH Top Room)  
CASH BINGO 7.30 pm (PH)  
TAI CHI Adults 7.30 – 8.30 pm Beginners welcome Tel: Derek 01553 674779 (PRH)

HEACHAM FAMILY HISTORY GROUP meet 3<sup>rd</sup> Friday of each month 3.30 to 5.30 pm St Mary's Church Hall Tel Gill 571620

### SATURDAYS

COFFEE & CAKES 9.30 – 11.30 am (MC)  
GIGS Bands playing from 8.30 pm. Free entry for members (HSC)

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## **HEACHAM CARNIVAL 2008**

This year's Carnival & Fete will be held on Sunday 10th August. Please make a date for your diaries.  
Watch out for further Carnival news either on the Parish Council Noticeboard page or elsewhere in the Newsletter.

## HEACHAM DIARY

**Saturday 1st March** – GIG at HSC with JAYNE from 8.45 pm

**Sunday 2nd March** – INDOOR CAR BOOT Heacham Public Hall. Stallholders from 7.00 am Buyers from 8.00 am Details from Janice Campbell 01485 572120

**Tuesday 4th March** – GIG – BACK STREET BLUES From 8.30 pm at Fox & Hounds

**Thursday 6th March** – TREFOIL GUILD Talk on Crime Prevention/ Home Watch plus Raffle 2.00 pm Methodist Hall Heacham

**Friday 7th March** – at 1.30 pm or 7.00 pm (in Lords Lane) – an introduction to REIKI healing & relaxation – History, method and ‘tester’. (Course available ) Details and bookings Tel : 571063

**Saturday 8th March** – GIG at HSC with LLOYD E. MOON from 8.45 pm

\* \* TREFOIL GUILD – County AGM with dabbles. Venue Costessy.

**Monday 10th March** – HEACHAM GROUP PRACTICE PPG MEETING 7.30 pm. Talk “Changing Faces” by David Bird at Heacham Surgery

**Tuesday 11th March** – GIG – BACK PAGES From 8.30 pm at Fox & Hounds

**Saturday 15th March** - GIG at HSC with WINNIE CLARKE from 8.45 pm

**Tuesday 18th March** – GIG – ANDY PAUL & PAUL From 8.30 pm at Fox & Hounds

\* \* MOBILE POLICE STATION 10.00 am to 12 noon Station Road, Heacham

\* \* CONNECTING COMMUNITIES 10.00 am to 12 noon Mobile information, support and signposting.

**Thursday 20th March** – EASTER FAYRE & TOMBOLA at Fridhem Rest Home, 79 Station Road Heacham 2.00 pm to 4.00 pm Everyone is welcome

\* \* HEACHAM GARDENERS SOCIAL EVENING – Talk by Trevor Harrison ‘Spring Flowers’ 7.30 pm Church Hall, High Street . £2 including refreshments.

**Friday 21st to Sunday 23rd March** – EASTER WEEK-END GIGS AT FOX & HOUNDS From 8.30 pm

**Friday 21st** - EGYPT

**Saturday 22nd** - MR PINK

**Sunday 23rd** - HILLBILLY CATS

**Saturday 22nd March** – GIG at HSC with CHARLIE CHAPLIN from 8.45 pm

\* \* SPONSORED BED PUSH in aid of Fridhem Rest Home’s entertainment fund. Start from Hunstanton ‘Pier’ 11.00 am, finish at Heacham North Beach

\* \* MUSIC & ENTERTAINMENT MARATHON 10.00 am to 10.00 pm Church Hall, High St, Heacham Admission Free John Harris and friends will again provide 12 hours of non-stop music. Proceeds to Multiple Sclerosis Research, Different Strokes & Kenyan Childrens Project.

**Tuesday 25th March** – GIG – THE KEANO From 8.30 pm at Fox & Hounds

**Saturday 29th March** - GIG at HSC with JULIE BUNN from 8.45 pm

**Tuesday 1st April** – GIG – LITTLE BIG BAND From 8.30 pm at Fox & Hounds

**Saturday 5th April** - GIG at HSC with JEFF JUDGE from 8.45 pm

**Tuesday 8th April** – GIG – STONE PONY From 8.30 pm at Fox & Hounds

**Wednesday 9th April** – FRIENDS OF HEACHAM BEACHES Meeting 7.30 pm in the Dayroom, Sunnyside off Caley Street Tel : 570623

## OTHER EVENTS

**Tuesday 11th March** – FOLK DANCING at Brancaster Staithe Village Hall 7.30 pm **MOST IMPORTANT** : Sunday 18th May 2.00 pm to 6.30 pm at Sedgford Village Hall £5.00 plus plate of food Contact : Janet Bowles 01485 210587. Folk Dances also at Cromer , Bawburgh

**Friday 14th March** - HUNSTANTON LIFEBOAT GUILD Annual Fish & Chip Lunch. A talk entitled ‘A Pilot’s Tale’ (that’s water, not air !) will be followed by the popular lunch at Sedgford Village Hall. Details from Margaret Bullen 01485 535542

**Sunday 16th March** – A NIGHT WITH THE STARS at Princess Theatre, Hunstanton 7.00 pm in aid of The Grand Order of Water Rats

**Friday 21st to Monday 24th March** – SNETTISHAM ART GROUP present their EASTER EXHIBITION of their work in the British Legion Hall, Church Road. Admission Free. Donations to the POPPY APPEAL CHARITY

**Saturday 29th March** – SPRING COFFEE MORNING 10.00am to 1.00 pm at The Norfolk Hospice, Tapping House in Snettisham Tel : 01485 542891

**Mondays** – AL-ANON FAMILY GROUP 8.00 pm Union Church, Hunstanton Tel : 0207 4030888

**Wednesdays** – YOUTH GROUP meet at Ringstead Village Hall 7.00 pm to 8.45 pm for young people aged 7-14 Cost is £1 per evening and the contact is Mr T Large, 11 Holme Road, Ringstead. Tel : 01485 525480

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### DON'T FORGET

Send details of your local events for inclusion in the diary to The Heacham Newsletter c/o Heacham Parish Council Office, Pound Lane, Heacham, Norfolk. PE31 7ET, or you can email us at: [theheachamnewsletter@yahoo.co.uk](mailto:theheachamnewsletter@yahoo.co.uk)



## TREFOIL GUILD

The North West Norfolk Trefoil Guild held their AGM at the Methodist Church Heacham where the officers were re-elected for another year. The Chairman, Mrs Yvonne King gave a resumé of last years activities - Coastguards, Sedgeford Dig, Wildflower Centre, Alpacas, dancing with Mrs Peggy Spencer and hand-bells with Christine Dean.

Several departments will benefit from the money raised at the Coffee and Gateau evening in St Edmunds Parish Hall on a very wet and blustery night. We are to continue making Teddy Bears and knitting squares for blankets.

Our next County Trefoil get-together will be at Norwich Castle and Dragon Hall in September, also daffodil day at Patterson Lodge in April, when we are hoping there will still be a good display.

February saw us attending the District Thinking Day Ceremonies at Docking, Dersingham and Fakenham to celebrate Lord and Lady Baden-Powell's birthdays. During our own Trefoil celebrations we realised how many of our own members had relations round the world, as we placed our pennies on the world map, also how widely travelled we were - very international!! We need a good venue in Heacham for this years's Coffee and Gateau evening - any offers? Replay to the Secretary Mrs Christine Crisp 01485 579440.

A. Reynolds PR

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1	5	8	6	7	2	3	4	9
4	6	3	5	8	9	2	7	1
8	4	7	9	3	1	6	2	5
9	2	5	7	6	8	4	1	3
6	3	1	2	4	5	7	9	8
5	9	6	4	2	3	1	8	7
3	8	2	1	9	7	5	6	4
7	1	4	8	5	6	9	3	2

### Solution To February's Crossword

ACROSS: 1. Redundant 6. Livid 7. Gaffe 8. Screaming  
9. Rummage 12. Timid 13. Eagle 15. Tat 16. Adore  
DOWN: 2. Elvis 3. Underhand 4. Elaborate 5. Ledger  
7. Gravesend 10. Mamba 11. Lager 14. ET

### FRIDHEM REST HOME



#### Sponsored Bed Push

The Fridhem Rest Home is holding a Sponsored Bed Push on Saturday 22 March in aid of the Home's entertainment fund. The event will start from Hunstanton 'Pier' at 11.00am and finish at Heacham North Beach with maybe a few 'diversions' on the way!

Please come along and cheer us on our way – we will welcome your support.



#### Easter Fayre and Tombola

On Thursday 20 March we will be holding our Easter Fayre and Tombola at the Home (79 Station Road, Heacham) between 2.00 pm and 4.00 pm. Everyone is welcome.

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## Heacham in Earlier Times South Beach and Its Environs

Leaving the caravan sites depicted in my previous article we will head off along South Beach Road towards the beach which, although I have never been a great 'beach person', I always considered to be the most interesting of the two beaches and, in the times depicted, to be the most attractive.



The first view is taken from the top of the 'original' earth defence bank looking inland and showing to the left the broad expanse of the marshes and to the right of these the road and the buildings of Beach Farm. This was tenanted for many years by Mr Walter Plumb, remembered by many visitors to his little caravan site, which is unseen in this view. The little wooden bungalow at the forefront of the farm buildings was the home of Mr and Mrs Alfred Plumb for the first years of their marriage. Apart from the farmhouse in the background almost everything shown has disappeared. The marshes, which included salt pans from medieval times, are now caravan sites; the little bungalow, after use as a farm store, was pulled down and, immediately following the 1953 inundation, the sea bank was covered over by a considerably larger earth bank which we see today. The original bank was possibly erected following the inundation of December 1897 which washed away the railway line in this area, but there have been numerous inundations over the generations; the 1953 one being well remembered for many reasons; this was followed by the 1978 one which proved the worth of the present earth bank and no doubt there will be others in the years to come.

At the time that this view was taken the tide flooded over at each peak period and flooded the marshes, road and surroundings as far as Beach Farm. I include a view of this taken from a tiny print that I have, not very clear but it shows the shallow water flooding the road, a group of holidaymakers paddling through it and, in the distance, the beach huts and beach bungalows.



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If you were on the beach at high tide you were marooned there until low tide; similarly if you were on the landward side. This situation ceased after 1932 when extensive work was undertaken and a dam and culvert were erected. Previous to this the river had an outlet to the sea at 'The Point' (towards Snettisham). This was dammed off preventing access by the sea at high tides and thus the flooding referred to earlier. To provide an outlet for the river a 'culvert' was erected at the rear of the beach which operated automatically to allow river water out to the sea but prevented sea water coming into the river and flooding over.

However, as a result, vessels could no longer access the river from the sea as in earlier centuries, although by the 1920s commercial craft had long since stopped delivering goods to the area. Until comparatively recent times the road system in the country as a whole was in such a primitive state that all heavy goods were transported by sea and, wherever possible, a seaside community had a harbour to allow for the loading and unloading of commercial vessels. Heacham had a tiny harbour for hundreds of years which served small coastal vessels and barges which delivered a wide variety of goods including cargoes of coal, known consequently in olden times as sea coal. Reminders of this exist in the name Staithe Road, a road leading to the 'staithe' or loading and unloading point for sea cargoes; the 'Coastguard Cottages', still to be seen on South Beach Road and the 'Houseboats' on the South Beach. These were formerly cargo shallow draft barges and were floated up the river well before it was dammed off, probably before the first world war. It is said that the first one was owned by a former coasting seafarer by the name of Captain Drew. He, no doubt, started the trend which others followed, initially living permanently in the houseboats but then, in later years, following the inundations, this was not allowed by the authorities. At the time of the 1953

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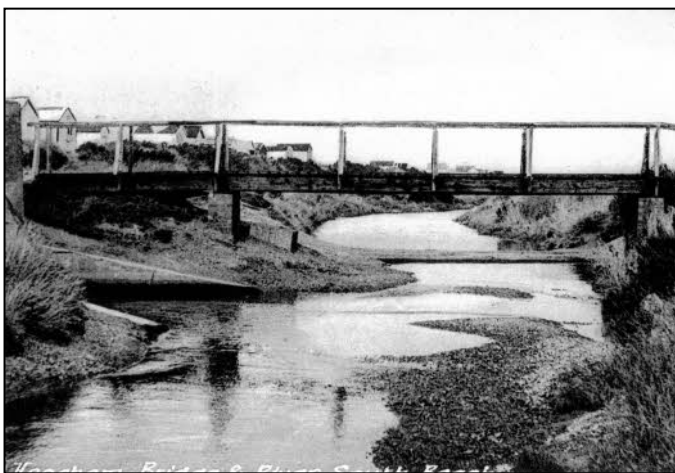


disaster one houseboat fulfilled its original function and floated totally intact across the marsh coming to rest on top of the original sea bank. Not even the furniture was disturbed but unfortunately the houseboat was in the way of the new sea bank and was bulldozed to pieces. Other houseboats being more firmly 'anchored' were broken up by the sea and, in some unfortunate instances, the inhabitants, who had refused to leave, were drowned.

To allow access to the beach there was in former times a ford across the river, this being a concrete pad generally submerged by a few inches of water. This had to be crossed very slowly by motor vehicles otherwise the resultant 'bow wave' swamped the engine and everything spluttered to a watery halt. It was quite a thing to watch the unwary motorist get caught out and also provided an extra income for the local garages, usually Mr 'T' Turner, when they pulled out the swamped vehicle and got it going again.



I show a view of this ford taken from the beach looking inland towards Beach Farm and the marshes. The boys paddling in the river give an idea of the depth of water and the 'busyness' of the scene indicates that this was taken at the height of the summer season, probably in just post second world war years. To the right of the view can be seen pedestrians coming from the beach via a wooden footbridge over the river.



This is shown in the final view of this article; a rickety sort of thing but at least it avoided wet feet. Beyond it is the ford and to the left can be seen the river inlet to the 'culvert' referred to earlier. This was a large low concrete structure with two iron grilled openings at river level; at certain times the water could be heard rushing through these on its way to the sea.

'Old Heachamite'

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## 1st Heacham Cubs

On January 25th we took 6 Cubs to the a Cub Quiz held at the 7th HQ, Kings Lynn. We came joint 5th after scoring 71 out of 90. Our best subjects were Sport (where we played our Joker) and music we scored 9 out of 10.

So well done to : Mack Armstrong  
Thomas Crown  
Flynn Geraghty  
Connor Myhill  
Jordan Myhill  
Paul Richardson.

The Cubs also had a good evening on 7th February when they all made pancakes and we had some flipped without landing on the floor!

Happy Scouting to all our Cubs **Akela, Bagheera & Baloo**



## Shorewatch

February's shorewatch walk started off from Halt Café at South beach on a sharp but bright sunny morning. Excellent conditions for recording and photographing the seasonal wildlife to be found on the shore and strandline.

The strandline is the uppermost "edge" that the previous tide has reached, and as it recedes, leaves a line of stranded seaweed, shells and other unusual finds. Here we can find evidence of what's happening out in The Wash as well as items floating into it from the North Sea as far as Holland, Denmark and Norway.

Along this shore heading towards the Parish boundary with Snettisham (which we think is at the last Chalet), many finds were in abundance. Notably several small green Sea Urchins were found washed up, some with their spines attached. The shore sea urchin can occasionally be found washed up, about four to five centimetres in diameter covered in green spines. It grazes the seabed unlike its cousin the Sea Potato which ploughs just under the sand for food. It has a special feeding device known as Aristotle's Lantern which forms a series of plates and muscles that operate five chisel-like teeth. Ideal for knowing its way along any surface it finds!



*Dogfish egg case*



*Ray egg case*

Another find was a Mermaids Purse similar to the one above on the right. It was the egg case of the Spotted Ray, one of the species of Ray to be found in The Wash.

Thanks go to Mary Pishorn who submitted some photos of Dogfish and a Ray's Bream found on Heacham Beach.

Any photos can be posted to Bonny Dogs at 4 High Street, Heacham or emailed to [h-nott@talk21.com](mailto:h-nott@talk21.com)

**Next Shorewatch walk is on Saturday 8th March** where there will be an Egg Hunt, looking for as many types of Mermaids Purses to be found as well as any other seasonal shore finds. Tel (01485) 572740 daytime.

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Rather than reinvesting any dividends or interest into your existing funds to grow them, you simply take the money and use it to supplement your income or pension.

When you invest for growth, you plough any interest or dividends back into your fund so that it grows through the power of compounding.

Compounding lets you earn money on the original amount plus on any dividends or interest that the amount has already earned. So your growth steadily increases as dividends and interest themselves earn even more.

Many financial experts believe a proper investment strategy, or plan, is needed to achieve the maximum income possible, for your particular needs and circumstances. Therefore, you need to seek advice from a Financial Adviser.

You may feel that you need a fortune to build a fortune, but nothing could be further from the truth. As a matter of fact, it's never too late to start investing to earn an income in the future. You can do so no matter how much or little you have to invest.

To say that there is no risk to your capital whatsoever in investing for income isn't true (and don't let anyone tell you different).

The good news about risk is that you can influence how big a part it plays in your investment. Remember, risk will affect your

anticipated income, and if the income you take from your investments is higher than the growth they generate, you will eat into your original capital.

To cover your desired level of income, you may need a higher return on your investments. To obtain such a return you may need to consider going into "riskier" investments like equities, rather than a deposit account.

So, for reasonable returns, some risks may be necessary. However as a result, there is a risk that the value of your capital could go down as well as up. Past performance is not a guide to future growth.

### How Much Risk?

How much risk you may be prepared to take depends on your age and personal circumstances.

Say you are in your 50's and looking to generate an income in early retirement. It's probably best to ensure that there is some potential for growth in the early years, so when you do begin to take returns, your capital does not erode too quickly.

On the other hand, if you're after an immediate income, growth will be a secondary consideration as there will be little time for this to occur. Therefore, there's a greater chance of depleting your capital sooner.

Given a little planning, you can take the amount of risk that you are most comfortable with.

If you would like to know more about "Investing for Income" or you have any other financial issues that you need advice on, you can contact Nigel Munton Cert PFS of Dakings Financial Services on 01485 572392 or mobile 07970 210566 or simply by writing to the office address in our advert.

Next month I will discuss the benefits of Inheritance Tax Planning.



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## THE POTTING SHED

### GARDENING ORGANICALLY

*The gardener..... Should with rich mould or asses solid dung. Or other ordure glut the starving earth. Bearing full baskets straining with the weight. Nor should he hesitate to bring as food for new dug fallow ground whatever stuff the privy vomits from it's filthy sewers.*

**Columella. De Re Rustica c60 BC**

*To cherish an apple tree: Throw all about your apple trees on the roots thereof, the urine of old men, or of stale pisse long kept, they shall fruit much better.*

**Leonard Macall 1572. A book of the art and Maner howe to plant and graffe all sortes of trees.**

Sorry, I couldn't resist putting those two quotations in, especially after my articles on manure last year. I got these from a delightful book by Richard Briers – yes he of "The Good Life" fame – which Jill bought me in 1993. I only part read it then and have just started again. It's great fun.

On my calendar for the 17th February I've put "Start sowing now". Actually I've already started with onion seeds over heat, petunias and some achilleas and outside, leek and parsnip seeds under cloches. And I know that's a bit early but I couldn't resist it. I keep anxiously peeking to see if anything is happening outside but so far – zilch. Ah well if it fails, I can always try again later. I also put in three rows of potatoes on Valentines day. They are well down and covered with strawy manure so should be protected against the frost. Tomorrow which is the 16th, I hope to start sowing tomato seeds but may well not get them done before mid week as other things are clamouring for attention. Like the loft!

Being of a certain age, I applied for a free top up of our loft insulation. A very nice man came to visit and said we were entitled to all sorts of goodies like more insulation and draught proofing of outside doors. Another nice man came to measure up the loft and announced that as we had some polystyrene up there, they couldn't do it. Apparently the polystyrene can attack cable insulation and has to be removed – Health and Safety regulations". I dragged my ageing and reluctant body into the roof space and started with much coughing and spluttering, to Hoover it out. Ha! It blocked the vacuum cleaner up a treat. And there's loads of the stuff, all of which yours truly put down



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'cos I had a big bagfull, collected from packaging, many years ago. So I've ordered, on hire, an industrial vacuum cleaner and will have another go on Tuesday. I wonder, is it worth it?

The moderate frosts we have been having recently should help to reduce some of the pests. The trouble is that it also reduces some of the pest predators. It is a good idea, if you have the space, to leave a rough area in your garden (a pile of twiggy sticks and long grass) where insects and frogs can hibernate safely. You can of course, buy fancy little homes for ladybirds and the like but if you cut your dahlias or other flowers with hollow stems, down in the autumn, cut the stems into 10"(25cm) lengths and tie them in bundles. Stuff these into a hedge or put above ground level and ladybirds, lacewings and even bumble bees will use the stems for shelter. And they are free.

So, like me, your garden is already to welcome all the plants you are going to either raise from seed or buy as plugs or "garden ready" plants. Many seed catalogues now advertise ready raised plants and, while expensive, they are a very good idea if you are too busy to grow your own from seed. Our excellent local seed and feedstuff merchant now sell plug plants at very competitive prices and these will, no doubt, be appearing in the not so far distant future. The trouble with buying from a seed catalogue is that you may not really want 144 Impatiens plugs but if you club together with a neighbour or two you can split the numbers between you. Seed is of course cheaper but I for one have poor results with pelargoniums and busy lizzies.

So let's talk a little about Comfrey. This member of the Boraginaceae family along with Borage and Forget-me-not, is a native of Britain and Europe. Its botanical name is *Symphytum officinale* but in times past it was called Knitbone because of its ability to assist in the mending of fractures. In fact *Symphytum* is derived from the Greek sympho meaning "to unite". Gosh aren't I clever!

Nicholas Culpepper (1616-1654) the famous herbalist said of comfrey  
*The great Comfrey restrains spitting of blood. The root boiled in water or wine and the decoction drank, heals inward hurts, bruises, wounds and ulcers of the lungs, and causes the phlegm that oppresses him to be easily spit forth.... A syrup made there of is very effectual in inward hurts, and the distilled water for*

*the same purpose also, and for outward wounds or sores in the fleshy or sinewy parts of the body, and to abate the fits of agues and to allay the sharpness of humours. A decoction of the leaves is good for those purposes, but not so effectual as the roots. The roots being outwardly applied cure fresh wounds or cuts immediately, being bruised and laid thereto; and is specially good for ruptures and broken bones, so powerful to consolidate and knit together that if they be boiled with dis severed pieces of flesh in a pot, it will join them together again.'*

Which indicates that comfrey was regarded as a pretty wonderful herb. Nowadays it is used in many herbal remedies and comfrey ointment is supposed to be very good for cuts. I ought to get some, I'm always gashing myself! It does however contain pyrrolizidine alkaloids which are toxic to the liver. The American Food and Drug administration has warned about the risk of using comfrey tea despite never having tested the herb because there have been two reported cases of hepatotoxicity in the USA. One of these was a 47 year old woman who developed a liver ailment after drinking up to 10 cups of comfrey tea a day and taking comfrey tablets by the handful for more than a year in an attempt to cure her stomach pains, fatigue and allergies. You can draw your own conclusions. I remember a case, reported in the Lancet, of a woman who developed liver cancer after eating Kilos of carrots daily and taking vitamin A tablets as well. Too much of a good thing is bad for you!

Comfrey contains a range of vitamins and minerals including vitamin B12 which it probably obtains from soil bacteria. It has long been used as a foodstuff for animals – no cases of hepatotoxicity have been reported - and is especially good for poultry as its fibre content is low and its protein content is high. If you want to know more about this wonder herb look at [www.allotment.org.uk](http://www.allotment.org.uk) And at this point you are saying "what has this got to do with gardening?" So lets look at it from that point.

Comfrey is easy to grow but the type is very important The best variety is Russian Bocking 14 which is more or less sterile and thus doesn't seed itself all over your garden. Like its cousin Borage it has pretty flowers that bees love but unless you want it everywhere (and believe me you don't) stick to the Russian variety. It puts its roots down a long way and can pull nutrients up from the subsoil to make them available. You can obtain at least three cuts a year and can add it to your compost bin, strew it between rows of potatoes, pack it round your tomato plants or convert it to liquid feed. To make the last, allow the cut leaves to wilt then stuff them into a 2 litre lemonade bottle (cut the base off).

Strap this bottle to a post, upside down and put a 1litre bottle, filled with water, inside this will compress the leaves and as they rot, a black, smelly fluid will drip from the open end. This stuff diluted about 1:10 is a super, smelly tomato or any other plant fertiliser. Its very rich in potassium which is good for fruit development.

Oh dear, I think I've rambled on enough. I have this wonderful book by Lawrence Hills who started the HDRA - tell you about that next time - all about comfrey so you may be talked at again, again.

I must say "thank you" to the kind person who put the letter extolling my virtues in last month's newsletter. I think they got the wrong person, I couldn't recognise myself. I'm flattered.

Go on, it's really time to get out there and grow stuff. If anyone wants the odd comfrey root, get in touch. Mind you I don't have acres of it so it would be first come first served.

Love your gardens.

**Michael Drew**

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**Easter Beer Fest 21st - 24th March**  
20+ Beers

**Live Entertainment All Weekend**

\*\*\*\*\*

**Live Music Tuesdays, Quiz Night Thursdays**

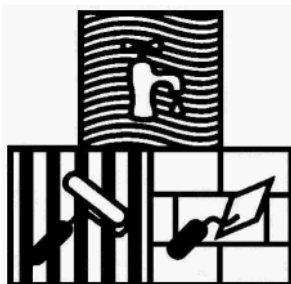
\*\*\*\*\*

**We are pleased to announce that the Fox & Hounds has now won West Norfolk CAMRA Pub of the Year**

\*\*\*\*\*

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## CONNECTING COMMUNITIES

The Connecting Communities Project is run by a multi agency partnership - The Borough Council of King's Lynn and West Norfolk, West Norfolk Mind, The Youth Service and Longhurst Housing Association. The lead partner is West Norfolk Mind.

Connecting Communities is a mobile INFORMATION, SUPPORT AND SIGNPOSTING service for Rural Communities and every 4 weeks will be visiting Station Road, Heacham, in the layby next to the pedestrian crossing.

The next visit will be on Tuesday 18th March 10am to 12noon.

The Connecting Communities vehicle carries an extensive range of information leaflets including health, safety, education and general information. The Project Team are on hand to help

COME AND SEE US, WE MIGHT BE ABLE TO HELP  
Connecting Communities bringing  
INFORMATION to YOU

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## Heacham & District Community Car Scheme

### Changes to Service -w.e.f. 1st March 2008

In the light of operating experience, the Management Committee have reluctantly decided that certain changes are now necessary to the type of services offered and the charges made for those services.

- 1) The Scheme will no longer provide transport to purely "social" events.
- 2) If a user of the Scheme wishes to visit a shop before or after a doctor's appointment (or similar) the Administrator must be advised at the time of booking.
- 3) Trips made for shopping only will be limited to a visit to the nearest supermarket and one hour of driver's time (or, in special circumstances, as may be agreed at the time of booking) and a premium of £1.50/hr. will be added to the mileage charge. After the agreed time, the Scheme cannot guarantee the driver's availability.
- 4) Charges.
  - a) For trips within the same village, the charge will increase from £1.50 to £2.00.
  - b) For trips to the next village, the charge will increase from £3.50 to £4.00.
  - c) For any other trip, based on the mileage taken, the charge will increase from £0.40p to £0.50p. Per mile.
  - d) Trips to King's Lynn (Q.E.H., Gayton Medical Centre, St. James Med. Ctr. etc.) will be charged as follows:-
    - From Hunstanton, Old Hunstanton, Holme and Ringstead - £17.00
    - From Heacham, Sedgeford and Fring - £15.00
    - From Snettisham, Ingoldisthorpe, Sherbourne and Anmer - £13.00
    - From Dersingham, Sandringham, Wolferton and West Newton - £11.00

During the five years of operation of the Scheme, the Management Committee has been able to maintain the costs to users at the original level. However, in view of the gradually increasing costs to the Scheme over that same period, the Committee have had to accept that moderate increases to charges are now unavoidable.

## H.M.S.

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## Computer help in plain English



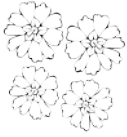
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mobile 07977 560955 or email [support@oapc.biz](mailto:support@oapc.biz)





# HEACHAM GARDENERS



## NEWS

### Social Evening Church Hall, Heacham

Thursday 20th March at 7:30pm.

**Speaker: Trevor Harrison from South Creake Nurseries - "Spring Flowers"**  
**EVERYBODY WELCOME**

**Admission £2 including refreshments**

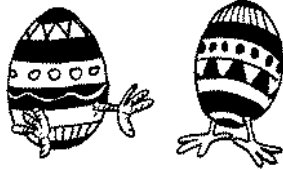
Would any members holding cups please bring them to the social evening on March 20th or April 17th.

This is a make or break year for the club. If we are not supported this year, then regretfully we will have to call it a day which will be very sad after over 60 years.

#### Future Social Evenings:

- April 17th Neville Walls - His life and how he became a gardener.
- June 19th Christopher Mackie - "Sedgeford Dig"

**DON'T FORGET - 2008 Flower & Vegetable Show** will be held in St Mary's Church Hall in the High Street on Saturday 5th July.



### New Book About Sedgeford Aerodrome

Local historian David Jacklin has just published a new book about the WWI aerodrome at Sedgeford. The book, entitled, "Whin Close Warriors", is available for £5.00 plus £1.00 postage.

David can be contacted on 01379 741884 or by e-mail at [djacklin@aol.com](mailto:djacklin@aol.com). Alternatively, you can write to him at 2 Fairways, Stuston, Diss, Norfolk IP21 4AB.

You may be familiar with his previous book, "Up in all Weather", the story of RAF Docking, published in 2004.

**SPLIT LOADS Ltd Heacham**  
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Mob: 07810 368 771

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## NEWS FROM POSITIVE COMPUTING

Just to let you know that we have released our first version of the Heacham Internet Browser Toolbar. It is free to download and works with Internet Explorer and Firefox browsers. It is Windows (2000,XP and Vista) and Mac (Firefox) compatible.

It features a search engine powered by Google (one of the most trusted search engines) but branded with the Heacham village sign! We welcome local businesses and organisations to contact us and we will add their website to the list of links at no charge.

The Toolbar can be used to promote events in the village. When users start their web browser they will get the latest information straight to their desktop!

We have also added a Chat Room where users can talk to other Toolbar users without any extra software!

The download link is <http://heacham.ourtoolbar.com>

We also have our own computer support toolbar at:  
<http://positivecomputing.ourtoolbar.com>

**Richard Dix**  
Positive Computing  
01485 572253

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

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Property details are also available at:-  
Torc Financial Services, The Business Centre, Snettisham.  
**For a professional and friendly service contact us on:- 01485 570030**

We are Agents for Saffron Building Society

### Inter- Village Challenge

Team Heacham will be competing at Lynnsport on 9 March in the Inter-Village Youth Challenge. Heacham had a great year last year and are fielding an enthusiastic team this year.

Martin Johnson  
Heacham Sports Co-ordinator  
01485 572983



**Heacham Minors Football Club**



**Heacham Minors Go To Wembley.  
And Touch the FA Cup!**

Wow what a day! On Saturday February 9th Heacham Minors and some parents boarded 4 coaches at the unearthly time of 6am and set off to Wembley! Most were extremely blurry eyed and still looked half asleep, but all were looking forward to the day. After a quick stop on the way we arrived at Wembley the kid's faces as they finally saw Wembley in the distance was fantastic. When the tours began we got to see many things including the England changing rooms, the royal box, the press conference room and got to touch the FA Cup!! The stadium is absolutely fantastic and awe inspiring, the faces around me as we walked through the players' tunnel and towards the pitch made all the hard work in organising the trip worthwhile. The Bobby Moore statue is a fitting tribute to a great man and player, it felt an honour standing in front of it - mind you I do support West Ham! What made my day was hearing several parents say they would now bring their sons and daughters to see England play at this magnificent stadium. I would just like to finish this part by saying thank you to the Managers and Coaches who looked after their teams during the trip and also to all those parents who came along on the day - I hope you all enjoyed the trip as much as I did. My final thank you goes to all the minors we took, your behaviour was impeccable and you were a credit to your club and village. Thank you once again and I hope you enjoyed the visit!

Photos - I am going to try to compile a photograph album of the Minors, so if anyone has any photos of teams from previous years that they would like to donate to the minors to go into the album that would be brilliant. You can contact me on 01485 572687 for further information on this. Many thanks it would be superb if we could get a comprehensive selection of past teams to keep as a record of the history of the minors.

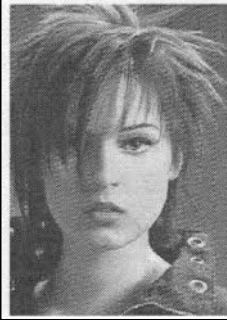
My final plea is one I have mentioned before, it is the fact that we really do need some new people to come onto the committee! So come on all you mums and dads if anyone can spare one evening a month to come to the meetings we need you! So if anyone is interested please contact me on 01485 572687 or ja@pike66.demon.co.uk

Finally thank you once again to all those who came on the Wembley trip and made it such a memorable day.

**Mrs Claire Pike  
Vice Chair Heacham Minors**

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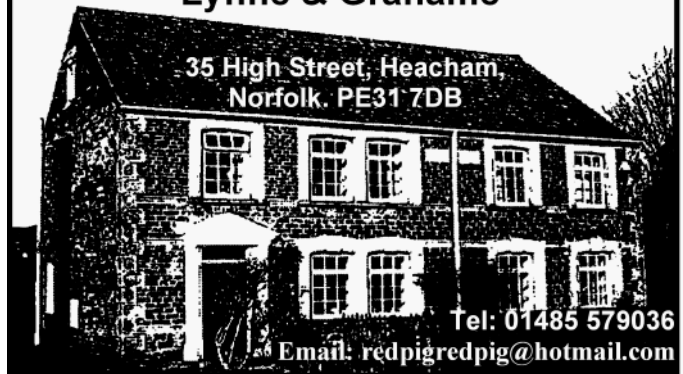
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## BED & BREAKFAST

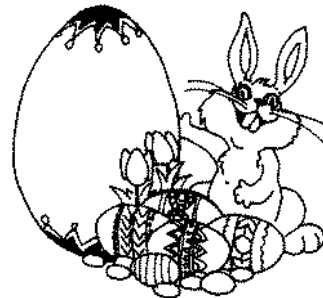
**Lynne & Grahame**

35 High Street, Heacham,  
Norfolk. PE31 7DB



Tel: 01485 579036

Email: redpigredpig@hotmail.com



# HEACHAM PARISH COUNCIL NOTICEBOARD

## February Meetings in Brief

**Litter:** Cllr. Jennings asked the Council to investigate the littering laws to ascertain what penalties could be imposed for littering in public areas.

**Dog Access:** The Council agreed to lift the bylaw banning dogs in Brays Pit for a trial period. Dogs would need to be kept on leads and owners would be expected to clear up after their dogs. If this initiative proved successful then the bylaw would be rescinded.

**Hunstanton Road:** The Council have applied to the Borough Council for permission to review the numbering on Hunstanton Road (odd numbers only).

**Ducks and Geese:** The Council noted that the egg oiling/pricking licences had been renewed. Residents who noticed duck or geese nests were asked to contact the Parish Council.

**Brays Pit:** The Council thanked Mr Clements, the Parish Maintenance Officer, for all his hard work in removing the hedging along the Staithe Road section of Brays Pit. Thanks also went to local resident Mr David Thomas who had also helped out.

**Station Road Shops:** The Council agreed to chase the freeholders about the condition of empty shops in Station Road as it appeared likely that the Coop would be giving up their lease.

**Ward Members:** Cllr Morrison said that he had been asked to enquire about siting a glass recycling facility within the village as the Recycling Centre was too far to travel for those without transport.

**Allison Homes:** The Council was pleased to note that children from the First School had very much enjoyed a visit to the Allison Homes development in Benstead Close.

**Visit to Wembley:** The Council congratulated Heacham Minors for organising a successful trip to Wembley, which saw over 100 youngsters touring the new arena.

**Next Meeting:** The next meeting would take place at the Parish Council Office, Pound Lane, on Tuesday 18 March at 7.30pm

## Basic Food Hygiene Course

The Parish Council are running a one day course - CIEH Level 2 Food Safety in Catering. There are a limited number of spare available at a cost of £41.00 per person. The course will be run at the Parish Council Offices in Heacham on Saturday 26 April 2008. The same course at Lynn College is £66.00. Work books will be provided in advance and a multi-choice examination will be taken at the end of the day. To book your place, please ring 01485 572142.

## Safer Neighbourhood Surgery

The next surgery will take place on Wednesday 12 March at the Parish Council Office from 10.00am until 12noon. At the surgery, the Police will be on hand to assist residents with any concerns or crime prevention advice. If you cannot make the surgery, then the Parish Clerk will pass on your concerns or questions.

## Lavender Junction Statement

The Parish Council recently provided a statement to Radio Norfolk regarding concerns about the road works at the Lavender Junction. The current major works are by their very nature an inconvenience, but serve a purpose – to provide a safer and more accessible junction for residents and visitors to Heacham as well as everyone else who travels through the junction. The project is the result of a long running campaign conducted by the Parish Council along with successive Borough Councillors, County Councillors and MPs at the request of and supported by the majority of Heacham residents. It is important to bear in mind that the work and expenditure would not have been authorised had County Council Highways not been convinced following an extensive study that improvements were needed. The Parish Council has kept residents informed about the issue through the Newsletter, Lynn News and Heacham Online.

## Heacham Parish Library



Work to build a permanent ramp at the front of the building has begun but while work is being carried out it is business as usual at the Library. Customers will use the other entrance to enter the building,

Open 10.00am-4.00pm

Monday

Wednesday

Friday

## Brown Bins for Green Waste

Application forms for the Brown Bins for garden waste are available to collect from the Parish Council Office or residents can contact the Borough Council directly on 01553 616200.

## PUBLIC NOTICE

The Parish Council has been granted a licence to treat Greylag Goose and Mallard Duck eggs. The licence permits the Council to treat nests on private property in the village, but only at the invitation of the property owner.

The Parish Council's policy of humane management is not a quick fix, but with Parishioners' support it will maintain current numbers and gradually the flock will reduce to a naturally acceptable balance.

The Parish Council continues to urge residents not to feed the ducks or geese. This is particularly important to prevent mother ducks bringing ducklings off the ponds and onto the roads.

Any queries should be addressed to:

**Heacham Parish Council Office**

Jubilee Clinic Pound Lane Heacham

Norfolk PE31 7ET

Tel/Fax 01485 572142

Open Tuesday - Friday 10.00am-Noon

## HELP LINES

**HEACHAM GROUP PRACTICE** **572769**  
**HEACHAM** MON TO FRI 08.30 TO 13.00 14.00 TO 18.30  
**SNETTISHAM** MON TO THURS 08.30 TO 12.30 14.30 TO 18.00  
 THURS/FRIDAY 08.30 TO 12.30 Closed p.m.  
 OUT OF HOURS DOCTOR 01603 488488  
 A Doctor will advise on your emergency - Please think before calling  
**HEACHAM & DISTRICT COMMUNITY TRANSPORT** 572777  
**HEACHAM CHEMIST** **570297**  
 OPENING HOURS MON TO FRI 09.00 TO 18.30  
 SAT 09.00 TO 17.30

Open 13.00-14.00 - prescriptions and certain other products only available if Pharmacist is in attendance

DUTY CHEMIST NOTICE DISPLAYED ON DOOR

**HEACHAM PARISH COUNCIL OFFICE** **572142**

OPEN TUES TO FRI 10.00 TO 12.00  
 STREET LIGHT FAULT REPORT 572142  
 BOROUGH COUNCIL OFFICE 01553 616200  
 BOROUGH COUNCILLORS (01485)  
 Mrs S. SMEATON 571087 / Mr A. MORRISON / 518469

NORFOLK C C ROSALIE MONBIOT 01328 738316

**ONE STOP SHOP and LIBRARY** **571928**

OPEN MON WED FRI 10.00 TO 16.00

**HEACHAM POST OFFICE** **570330**

OPEN MON TO FRI 09.00 TO 17.30 SAT 09.00 TO 12.30

**EMERGENCY SERVICES**

QUEEN ELIZABETH HOSPITAL 01553 613613

DENTIST **Emergency only for patients not registered with a dentist** 01553 769264

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

POLICE 01553 691211

SAMARITANS 01553 761616

CHILD LINE 0800 1111

ELECTRIC 0800 7838838

ANGLIAN WATER 0845 7 145 145

GAS ESCAPE 0800 111999

**HUNSTANTON LIBRARY** **532280**

OPEN MON. TUE. WED (No lunch closure) 10.00 TO 17.00

THURS. 10.00 TO 13.00 FRI. 10.00 TO 19.00

SAT 10.00 TO 13.00 (1st November to 31st March)

**HEACHAM COMMUNITY WEBSITE**

www.heacham-on-line.co.uk E-mail stella@heacham-on-line.co.uk

### MOBILE LIBRARY

#### ROUTE E4 (Tuesdays) ROUTE E3

11th/25th	March	4th/18th	
COLLINGWOOD CLOSE	09.40	ROBIN HILL	10.25
SOUTHMOOR DRIVE	10.00	CHURCH LANE	10.40
SANDRINGHAM DRIVE	10.20	RINGSTEAD ROAD	11.00
CHENEY HILL (F/SIDE)	10.45	NEVILLE CT	11.45
WOODSIDE AVE	11.10	NEVILLE ROAD	12.20
HEACHAM INFANT SCH.	11.25	PINE MALL	12.40
KENWOOD RD STH	11.50	FIR CLOSE	13.00
NOURSE DRIVE	12.20	SUNNYSIDE	14.35
POCAHONTAS WAY	13.50	MEADOW ROAD	15.00
BUSHEL & STRIKE PH	14.05	POPLAR AVE	15.25
GIDNEY DRIVE	14.20	GYMKHANA WAY	15.50
BANKSIDE	14.40	JENNINGS CLOSE	16.15
MARRAM WY N CL	14.55	COLLEGE DR/G CL	16.50
MARRAM WY S CL	15.10		
MARRAM WY/NEV RD	15.25		
CUNNINGHAM CT	15.45		

## LOCAL BUS SERVICE TIMETABLE

### MON/SAT TO KINGS LYNN

Via QUEEN ELIZABETH HOSPITAL

WHEATSHEAF 0636 0723 0736 0747 0758 0843 0855  
0913 0925 0943 0955 then @ these mins past hour  
13 25 43 55 til 1313 1325 1343  
 1355 1413 1425 1443# 1455 1513 1525  
1533 1536 1543 1555 1613 1625 1643  
 1655 1713 1718 1725 1743 1755 1813  
 1850 1920 1950 2050 2220 2350  
 LODGE RD 0640 0728 0740 0752 0803 0848 0900  
0918 0930 0948 1000 then @ these mins past hour  
18 30 48 00 til 1318 1330 1348  
 1400 1418 1430 1448 1500 1518 1530  
1538 1541 1548 1600 1618 1630 1648  
 1700 1718 1723 1730 1748 1800 1818  
 1854 1924 1954 2054 2224 2354

### SUNDAYS & PUBLIC HOLIDAYS

WHEATSHEAF 0954 1054 1154 1254 1354 1454 1554  
1654 1754 1854 2050 2220 2350  
 LODGE RD 0959 1059 1159 1259 1359 1459 1559  
1659 1759 1859 2054 2224 2354

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### MON/SAT TO HUNSTANTON

LODGE RD 0658^ 0709s 0728^ 0806 0809s 0909 0929  
 0939 0959 1009 1029 then @ these mins past hour  
 39 59 09 29 til 1339 1359 1409  
 1429 1439 1459 1504^ 1509s 1529s 1539s  
 1544^ 1559s 1609 1629 1639s 1648c 1659  
 1709 1729 1739 1759 1809 1827 1848  
 1928 2028 2158 2328  
 WHEATSHEAF 0704^ 0715s 0734^ 0812 0815s 0915 0935  
 0945 1005 1015 1035 then @ these mins past hour  
 45 05 15 35 til 1345 1405 1415  
 1435 1445 1505 1510^ 1515s 1535s 1545s  
 1550 1605s 1615 1635 1645# 1654 1705  
 1715 1735 1745 1805 1815 1832 1853  
 1933 2033 2203 2333

### SUNDAYS & PUBLIC HOLIDAYS

LODGE RD 0929 1029 1129 1229 1329 1429 1529  
 1629 1729 1829 2027 2157 2327  
 WHEATSHEAF 0935 1035 1135 1235 1335 1435 1535  
 1635 1735 1835 2033 2203 2333

# School holidays only ^ not Saturdays s Saturdays only  
 c college days only

Bus Enquiries? Call 0845 020121 (0900-1630 Mon-Fri except public holidays) e-mail : ptu.pt@norfolk.gov.uk

### NORFOLK GREEN BUS SERVICE 31

#### THURSDAYS TO FAKENHAM

Departs Fenside at 9.10a.m. via Hunstanton & Docking. Arrives Fakenham 10.27a.m. Departs Fakenham 1.30p.m. Arrives Heacham 2.40p.m.

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