



THE HEACHAM NEWSLETTER

April 2013



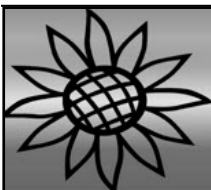
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"Defibrillator installed at Co-op - Every Minute Counts" *Details page 24*



Left to right - Sam Orton – Heacham Co-op Store Manager, Martin Johnson – Heacham Parish Council Chairman, Andrew Barlow – EoE Ambulance Service Community Partnership Manager, John Pendle – EoE Co-op Society President, at presentation of defibrillator.

Deadline for the next edition is 12 noon, Thursday 18th April



Heacham in Bloom Spring Coffee Morning Today

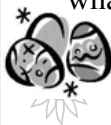
6th April 2013 10.00am-12.30pm
Church Hall, High Street



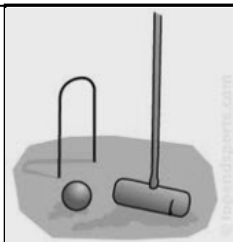
Books, Bric a Brac, Plants, Tombola,
Raffle, Cake Stall and Refreshments
Plus Craft Stalls



Find out more about us and
what we do to make the village look great



Funds in aid of Heacham In Bloom
01485 572142



Hunstanton Croquet Club

To be found at the Recreation Ground,
Hunstanton.
For a healthy lifestyle – why not try

CROQUET.

Easy exercise, fresh air, and perhaps make new friends.

COME & TRY DAY – Saturday 6th April 2.00pm.
For more information, contact:
Secretary, Derek Cole - Tel: 01553 630217.

A warm welcome to everyone.



THE HEACHAM NEWSLETTER c/o Heacham Parish Council Office, Pound Lane, Heacham, Norfolk PE31 7ET
E-MAIL: theheachamnewsletter@yahoo.co.uk www.heachamnewsletter.org.uk

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THE HEACHAM NEWSLETTER is published THE FIRST SATURDAY of the MONTH





High Houses, Station Road

Dear Newsletter

My Retirement

I would like to thank everybody for their good wishes, cards and gifts for my 65th Birthday and Retirement.

A very big thank you to Heather, co workers and friends for their 'surprise' meal at the Fox. How they kept it from me I will never know, as I am good at finding things out!

What a lovely evening. Thank you Heather. I will not be moving straightaway, so we will be around the village for a while. Come and have a chat, hug or handshake. Once again thanks to the village of Heacham for their support. A real village.

Malcolm Brooks



Heacham

Dear Newsletter

Food Demonstration & Taster Evening 2013

I wish to thank everybody who helped and who came along to the Food Demonstration and Taster Evening on 30th January 2013, demonstrated by Sian Fox from The Sainsbury's Try Team. This was in aid of Macmillan Cancer Support and Scotty's Little Soldiers. Money raised on the night was £300 shared between the two charities.

Then individual collections were made by each charity. I went to Sainsbury's Hardwick and Hunstanton stores and collected for Scotty's Little Soldiers. Money raised was: Scotty's collection boxes £142.27; Whisky bottle half filled £200.30. In all we raised £642.57. Further money was raised by Macmillan at M&S in King's Lynn. All money raised on the night by Macmillan will go to the Norfolk area.

Margaret Burns



College Drive

Dear Newsletter

"You'll never walk alone – well not in Heacham!"

May I, through this Newsletter, thank my friends and neighbours of Caius Close, College Drive, Davy Close and Lodge Road, plus the members of the Heacham Methodist Church for their prayers, who, with my family, have been a wonderful support to me since coming home on 15th October, wheelchair and housebound. I have had many cards and flowers, which are still coming.

I started out with four carers daily, and a once-a-week cleaner. However, since 1st January, I manage on my own. I throw my bin bags and recycling bags from my front door towards my bins and kind people place them in. I do get out when family visit and my kind ambulance men/women take me to my appointments.

Before I forget, I must thank Billy, our postman, as he opens my door and places the post on a cupboard top. So once again, I thank you all so sincerely.

Jennifer Gibson.



Dear Newsletter



College Drive

Dear Newsletter

Thank you.

We would like to thank Heacham Surgery for their prompt action in fast tracking Caroline to hospital for her operation.

Please also convey our heartfelt thanks for the many cards, flowers and support from neighbours, friends and family during Caroline's recovery.

David and Caroline Palmer



Heacham

Dear Newsletter

Refusal of Church Lane Development

Readers may recall an article regarding 'Possible New Future Developments in Heacham South', submitted by T Parrish and advising residents not to be complacent as there are developers out there who wish to ruin the look of OUR VILLAGE.

Recently, the residents of Church Lane and St. Mary's Close were faced with re-development of part of Church Lane including the conservation area. The recommendation by the Borough Council was to approve the construction of 16 homes following demolition of 2 bungalows. However, the Planning Committee required a site visit prior to making their planning decision.

Various objectors posted placard notices of discontent and vehicles were strategically parked to show what could happen with an overflow of parking if the development proceeded. The internal sizes of the proposed garages would not accommodate a modern size car and dwelling room sizes questionable.

Whilst the development was refused and received Press coverage, this would not have been achieved without additional help. Therefore, the residents would like to publicly thank Councillor Stephanie Smeaton and Parish Clerk Philippa Sewell for their efforts and objectively speaking on behalf of the residents at the Planning Meeting.

Jolly Well Done Ladies.

Church Lane Resident Objector

(Name and address supplied)

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College Drive

Dear Newsletter

Elastic Bands, Dogs and other miscellanea

Just thought I would drop you another line again. I can agree with Michael Drew about the elastic bands in the village. Took Dog for a walk over Cheney Hill, and every 10 yards there was an elastic band so I, also, picked them up – don't want a poor bird to pick one up thinking it's a worm. Also, Dog was not impressed with the mindless idiots who smashed the glass in the telephone box, as he got some glass in his paw. I'm sure their parents and grandparents would be so proud of them for doing something constructive like kicking in the telephone box and leaving the glass all over the floor. It must be a worry to some of the parents who have to walk their small children past the glass.

I also love the spring bulbs, all the snowdrops and crocuses. I like to buy British daffodils from the first time they appear in the shops until I cannot buy any more. My daffodils are coming through at home. As I write this it is snowing again!

Dog did not want to go for a walk on a Sunday in February so thought I would go for a wander, and ended up by St. Mary's Church, so went in as I was in time for the morning service. I was surprised to see the church so full and lots of children in uniform. It turned out they were the Scouts and Brownies from the village celebrating Founder's Day, which I learnt was a day the Scouts recognize as Baden Powell's birthday. The Beavers read a letter that Baden Powell wrote before his death to the Scout Association. The children were very good, not too much fidgeting.

I see the ducks are pairing up again – everywhere except near the ponds. People are still feeding them on their doorsteps, which means there is duck mess all over the paths. This seems to be worse down Folgate Road. The ducks are lovely and an important part of the village, but they need to be living on the ponds, not on people's driveways or killed on the road.

Do other people have the same problem when they go and fill up with petrol? It does not matter how careful you are, you can never just get £10.00 of petrol – it is always £10.01! The petrol companies are making enough money from us on a commodity, which we all need – they don't need our extra pennies.

If 300 people visit the petrol station in a day and 1/3rd have to pay the extra 1p, that is 100 x 1p so an extra £1.00 a day which is £7.00 a week and £364.00 a year extra they are making through this sneaky penny. Just think what the RNLI, Royal British Legion or the Air Ambulance could spend this money on!

S. Smythe



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Please contact Nickie to see if we can help you.

01485 525880

nickie@bantoftaccountancy.co.uk

You can also contact Bob who deals with corporate matters.

Robert Jolly FMAAT (Consultant)

bob@bantoftaccountancy.co.uk

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6 Beach Road Snettisham PE31 7QU
open 7 days a week 10am-4pm



West Norfolk Mind

Facelift for WRinKL and West Norfolk Mind

With the help of their local charity partners, Veolia Environmental Services and Seetec Workplace Employment Programmes, West Norfolk Mind's 'Bits and Pieces for Mind' furniture store has received a facelift to its furniture recycling business based in King's Lynn, selling not only good quality budget priced furniture but now also bric-a-brac and a wide range of second hand books to browse through.

Also on the same site at Saunders Yard, (off Austin Street) in partnership with Seetec, West Norfolk Mind are developing a wood recycling project called Wood Recycling in King's Lynn (WRinKL), which includes its surrounding area. The aim of the project is to give unemployed local people and West Norfolk Mind service users the opportunity to learn new skills, be creative, and produce saleable items to sell at their West Norfolk Mind charity shops and community events to raise much needed funds to support their services.

In addition to off-cut timber sales, the range of items on sale include hand made wooden garden furniture, planters and bird boxes at very competitive prices, available to order in a variety of colours and can include delivery if required (charges apply). The project however needs to attract ongoing donations of new and used wood of any size (must be untreated and unpainted) to survive. These can include surplus/damaged timber, off-cuts, used timber i.e. scaffold boards or boarding discarded after renovation work.

Bits and Pieces is self funding and reliant on our loyal team of volunteers who run our busy showrooms and van alongside employed staff.

Why not pop in, have a browse, take home a bargain or pick up some information about the other services West Norfolk Mind can provide.

Bits and Pieces is open from 8.30am to 4pm Monday to Thursday and 9am – 4pm Fridays, so if you have furniture or other items you would like to donate or would like to ask about what we have in stock, please give us a call on 01553 763193.

For further information please contact

Zena Penty, Volunteer Co-ordinator - 07585 279215

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Heacham Art Show

4-5 May
10am - 4.00pm

Old Friends Hall
Sunnyside

Free entry - Refreshments



Thursday 25th April – 7.30pm

The West Norfolk members group invite you to an illustrated talk by Mike Linley.

Confessions of a Wildlife Film-maker

Venue: Hunstanton Methodist Church Hall,
Austin Street.

Cost: £2.00 members / £2.50 visitors.



PALM BEACH HOLIDAY PARK

Welcomes you back for 2013 and wishes you a very Happy Easter

Please feel free to come and take a look at our friendly, family run, newly redeveloped park here on the North Beach at Heacham.



With:

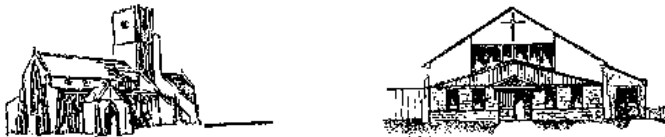
- A Fantastic Heated Pool (May to Sept)
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BRAND NEW LUXURY CENTRALLY HEATED AND DOUBLE GLAZED CARAVAN HOLIDAY HOMES FROM £19,990.00
Fully sited on very generous plots including steps to main door, two gas cylinders and tv aerial.



We also have two other parks Seashore Holiday Park at Heacham and The Poplars Holiday Park at Burnham Market. Please enquire at Palm Beach for details or call 01485 570565



CHURCHES TOGETHER IN HEACHAM

As I write this article for April's newsletter there is snow outside! The daffodils are struggling to flower, the garden is still full of the signs of winter and it seems like Spring has forgotten it is time to show up and cheer us up. Experience tells me that Spring will arrive: it has done all my life. I just need to be a little more patient than I am being.

Life is so often a waiting game. As soon as we are born we are waiting to grow up so life can really begin (if only we knew!). Then we find ourselves waiting for exam results and results from interviews. We can also find ourselves waiting for meetings, for lifts, for trains, for planes, for buses, and more often than not, for people. We wait for answers to emails, letters and perhaps for items for this newsletter. We wait for appointments at the dentist, the doctors, the hospital and the opticians. Some of us are discovering that we will need to wait longer than before for our retirement pensions and other associated benefits. We wait in queues at the traffic lights, on congested roads, and in the shops and government offices, not to mention the cinema and the theatre. Currently the Catholic Church are waiting to see who will be their next leader, hopefully by the time you read this, the waiting will be over. How much of our life do we spend waiting?

Some of us will have been waiting for Lent to finish, especially if we have given up something we really enjoy. We will have been really pleased to see Easter Sunday and our Easter Eggs, let's face it there is enough austerity to contend with!

The fantastic news for every Christian is that all of our waiting is not in vain. The disciples knew the joy of seeing their risen Lord after only three days of waiting. They told their story so we could all know their joy. A life spent waiting for Jesus is never wasted time. Jesus is with us in our waiting. He will welcome us in to heaven. Now that is worth waiting for! Happy Easter.

Pip Lawrence - St. Mary's Ministry Team

PARISH REGISTERS

Baptism

10/03/13 Lyla Grace Pegram daughter of Nicola & Robert

Faithful Departed (Church Linked Funerals)

13/2/2013 Ken Pavitt	81
15/2/2013 Bob Parkins	98
21/2/2013 Harold Lodge	89
27/2/2013 Mary Benstead	80
28/2/2013 Richard Taylor	87
03/3/2013 Bertrand John Whalley	59
09/3/2013 Alfred Charles Pearce	84
11/3/2013 Kathleen Mary Skinner	73
11/3/2013 Milan Marinkovic	86
13/3/2013 Peter George Sale	86
13/3/2013 Bro Page	75
15/3/2013 Olive Walker	87
20/3/2013 Dennis Heartwell	84

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

We do extend our sympathy and condolences to all who have been bereaved. The church prays for friends and family at the Sunday morning services around the time of the funeral.

METHODIST CHURCH Sunday Services

10.30am Morning Worship

Preachers:

7 th April	- Rev'd Kim Nally	with Holy Communion
14 th April	- Jenny Sparks	
21 st April	- Rev'd Leslie Stoker	
28 th April	- Elizabeth MacLeod	
6 th May	- Rev'd Kim Nally	with Holy Communion

Midweek Holy Communion Services:

These are held on the second Wednesday of each month. The April Service will be on Wednesday 10th at 10.30am. All who love the Lord are welcome to attend.

Regular Activities at the Methodist Church

MONDAY: Indoor Bowls 7pm – weekly

TUESDAY: Ladies' Fellowship:

2.45pm on 16th and 30th April

Hands and Needles Club

7.30pm on 16th and 30th April

THURSDAY: Social Evening at 7.15pm on 11th April

FRIDAY: Indoor Bowls 7pm - weekly

SATURDAY: Coffee Morning on 20th April 10am-12 noon

SOCIAL EVENINGS: Normally on the second Thursday of the month. A chance to have fellowship and fun playing darts and various table games. The April meeting will be on 11th at 7.15pm. PLEASE NOTE: A warm welcome is given to all who come to our mid-week events - you don't have to be a church attender.

COFFEE MORNINGS AT METHODIST CHURCH

Coffee mornings will be held on the third Saturday morning each month during the spring and summer. The April meeting will be on Saturday 26th from 10am-12 noon.

CAN I COME TO CHURCH?

This question was asked recently by a person who had not been to church worship for many years. The answer is of course - Yes. Do I have to be a member of the Methodist church to come to your Sunday Services? The answer to this is No. Anyone is welcome to our Sunday 10.30am Service, whether they have previously attended, or have never attended a church before. God so loved the world, He sent His Son that whosoever believeth in Him would have eternal life. He's waiting to meet you for the first time, or to welcome you back. And so are the Leaders of Heacham Methodist Church.

Church Contacts: (telephone code: 01485)

Methodist Church	The Rev'd Kim Nally	570232
St Mary's Church	The Rev'd Steve Davies	570268
St Mary's Church Office		572539

email: heacham.church@googlemail.com

The Parish Church of St. Mary:

Sunday Services in April

8.00am Holy Communion (BCP)

10.00am 7th Morning Worship

14th Holy Communion

21st Morning Worship

28th Morning Worship

10.30am Morning Worship at the Junior School
(Holy Communion on 21st April)

6.00pm 7th, 14th, 21st and 28th Evening Worship

REGULAR ACTIVITIES AT ST. MARY'S CHURCH

Looking at the above information you might think that St. Mary's is only open on Sundays, but it is a busy church with things going on throughout each week. There are Bible Study groups with people meeting in their own homes; there are Prayer Meetings; we have a Choir, and there are Music Groups; for very young children there is the Rainbow Circle Toddlers' Group; all the women are welcome at *Girls Together* and there is a Men's Group as well; all can be part of the Mothers' Union; there are also Coffee Mornings and various other activities. So why not find out more about St. Mary's and its regular activities – you might be surprised. The Sunday services act as a focal point when all meet together for worship, for fellowship, for support, learning, encouragement, challenge and growing. And on Sundays there are, of course, activities for children.

April Services at Nursing/Residential Homes

Tues 2nd Apr 2.30pm Rebecca Court
Mon 8th Apr 11.00am Holy Communion at Millbridge
Wed 17th Apr 2.30pm Summerville
Fri 26th Apr 10.30am Fridhem

ANNUAL MEETING OF ST. MARY'S CHURCH

The Annual Meeting of the church will start at 7pm on Monday 15th April in the Church Hall, High Street. The legal standing of the Church of England mandates a meeting of Parishioners, which will be at 7.00pm, to elect two Churchwardens for the coming year. At 7.15pm the Annual Parochial Church Meeting starts at which only those on the Church Electoral Roll may vote. The purpose of the meeting is to elect members of the Parochial Church Council and other posts, receive the Annual Accounts, review the past year and look ahead. Refreshments are served. Copies of the Church Annual Report are available at church and in the Church Office.

SING FOR WELLBEING

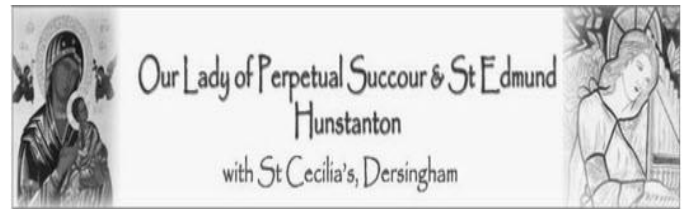
Free Taster Session

Sing For Wellbeing is offering a Free Taster Session for people who are interested in having a go at singing with Snettisham Community Choir. The Choir is for everyone who loves to sing as well as those who are less confident about their singing abilities. The offer is open from the beginning of the Summer term on Wednesday 17th April. Sessions run regularly from 10.00am – 12.00noon on Wednesday mornings.

“Singing is known for its ability to make us feel better as we breathe more, expanding the lungs to support the heart and lift the spirits”, said Carol O'Neill, The Choir's Founder and Musical Director.

“It doesn't matter if you can't read music and, even if you have no experience of singing in groups, it's definitely worth putting your brave boots on and having a go. It's a great feeling to be part of something special and to belong to a caring and supportive group that has fun singing songs together.”

People who are interested in coming along for a free taster session should call Carol on 01328 838316, email carol@singforwellbeing.co.uk or visit her website www.singforwellbeing.co.uk.



Hunstanton Catholic Parish

Hunstanton Catholic Parish Church of Our Lady and St Edmund, Sandringham Road, Hunstanton with St Cecilia's, Mountbatten Road, Dersingham.

Resident Priest: Father Michael Ryan, 81 Mountbatten Road, Dersingham, PE31 6YE. Telephone: 01485 543818.

Website:- www.hunstantoncatholicparish.org

Email: parish@hunstantoncatholicparish.org

The Women's World Day of Prayer was held this year at St. Mary's Church, Heacham on Friday 1st March. France was this year's host Country and the theme was 'I was a stranger and you welcomed me' (Matthew 25). The church was decorated with flowers and different coloured scarves to represent the flags of many Countries. The church was full and it was a joyous ecumenical occasion. There were refreshments and a chance to mingle and chat together after the service. Money raised from the offertory donations at the service will help the work of Women's World Day of Prayer in England, Wales and Northern Ireland and projects run by Christian charities around the world.

There will be a St. George's Day themed quiz night at St. Cecilia's on 24th April starting at 7.00pm. Why not come along and give your brain a workout?

A fundraising coffee morning is to be held at the convent in Hunstanton at 11.00am on 20th April. Please come along and give your support. All will be made very welcome indeed.

Look out for details of our **Easter Services** and all of our social occasions on the Parish notice boards, bulletins or on the website.

We have several regular groups in the parish. The Rosary prayer group meet every Monday afternoon at 2.00pm in Dersingham. A Mothers' prayers group meet every second Monday afternoon at 2.30pm in Hunstanton and there is Exposition of the Blessed Sacrament every Thursday afternoon between 4.00pm and 5.00pm at the Convent. See the bulletin for details.

Our daily Masses are usually held at 9.00am at St Theresa's Convent, 27 Sandringham Road, Hunstanton on Tuesday, Thursday, Friday and Saturday and at 10.15am at St Cecilia's, Dersingham on Wednesday. These are subject to change, so please check Church notice boards, website or phone. Sunday Masses are 9.00am at Dersingham and 11.00am at Hunstanton.

Everyone, whether Catholic or not, is welcome to all of our services and social occasions. We have refreshments after the 11.00am Mass every Sunday and after 10.15am Mass every Wednesday. There are also refreshments after the 9.00am Mass on the first Sunday of the month at Dersingham. Please come along, you will be most welcome.

Hunstanton Tang Soo Do Martial Arts Club

Hunstanton Tang Soo Do martial arts club took 7 students to the European Tang Soo Do alliance open tournament and were very successful bringing back 5 trophies
 Megan Over gold in sparring
 Stuart Cameron gold in sparring
 Amber Clarke silver in sparring
 Ravindu Hewagamage 2nd in sparring
 James Wayland 3rd in forms



We would like congratulate all our students who took part. Also we would like to say well done to all students who graded for their new belts, and a big thank you to all black belts for helping on the day.
 Many thanks

**Liz Over
 Hunstanton Tang Soo Do**

The next Messy Church
will be on
Saturday 27th April
 At St Mary's church, Heacham

Please come & join us!
Children must be accompanied by an adult or carer.

For catering, we ask you to book in advance at
 griffin568@btinternet.com or 571348 (Brian/Josephine)

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Long Hair Perm	£45.00	Perm and colour prices include Cut & Blowdry
Full Head Colour	£30.00	10% off Blowdry's, Colours and Perms for Senior Citizens
Full Head Foils	£40.00	

APPOINTMENTS NOT ALWAYS NECESSARY- COME IN AND SEE US FOR A FULL PRICE LIST



Heacham & District Community Car Scheme

Our friendly and courteous drivers provide transport (for a nominal charge) for those who have no other means of transport and have difficulties in reaching medical appointments. They will take you to your local surgery, opticians, dentists, clinics and other medical appointments.

They are all volunteers who use their own cars and give a friendly door to door service.

For Health and Safety reasons we are unable to accommodate wheelchairs or passengers who are unable to walk unaided. We are, however, happy for those passengers with limited mobility who do not have a walking aid, to bring along a carer or friend to assist them, at no extra charge.

If you have time to spare and are interested in becoming a volunteer driver (we are always looking for volunteer drivers - a mileage charge can be claimed) then please contact one of our friendly co-ordinators Maureen or Vicki who are in the office Monday - Friday from 9.00am until 1.00pm and can be contacted on 01485 534777.

If you would like to book transport (24 hrs notice required please) we are only a telephone call away and can be contacted on the above number during office opening hours.

Bill Hemmings - Chairman



Hunstanton Lions Club

At the March Lions Business Meeting, the Golf Day taking place on **24th May** was discussed. There is still time to book your team of 4. This event is sponsored by Best Western Hotels and is taking place at Heacham Manor. This is the 3rd annual event and in the past has proved a very enjoyable and successful day, and of course the winning team is presented with a cup. Any one wishing to take part should contact **Gerry Desroches** on **07836 750296**.

A new event to take place on **28th July** is a Bowls tournament to be held at Heacham Social Club. Details for this event to be announced later.

Unfortunately due to adverse weather conditions we are still not able to confirm car boot dates.

200 Club

The next draw will take place at our May Business Meeting .

Jane Scott

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THE PREMISES

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West Norfolk Big Switch & Save

West Norfolk residents could save money on their energy bills thanks to a new scheme launched by the Borough Council.

West Norfolk Big Switch and Save has been created to help residents across West Norfolk find cheaper energy tariffs for gas and electricity. By grouping thousands of households together it is possible to negotiate much lower energy tariffs than if an individual was changing supplier on their own. Schemes elsewhere in the country have seen residents save an average of £160 per year on their bills!

The scheme launched on 1st March and closes for online applications on 8th April. Energy suppliers compete in an auction to make the best tariff offers to those customers who registered an interest. This deal is then offered to those households and they can then opt to change to the new tariffs if they want. There's no obligation and further auctions will take place later in the year.

If the householder opts to change to the new tariffs, the switch of supplier will be carried out automatically.

The more households who join, the stronger the bargaining power to drive down individual energy bills. You can help by spreading the word among your friends and family, but it is also possible to register up to five households on the same email address, which means neighbours and family members could help each other sign up too.

If you want to benefit from the scheme sign-up online before 8 April via www.bigswitchandsave.co.uk

For help with online registration call 0800 0488 285 and if you don't have access to an email address there are other ways to register, just call 01553 616200 for advice.



West Norfolk BIG SWITCH AND SAVE

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The more households who join, the stronger the bargaining power to drive down individual energy bills - those who switch together save together.

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For help with online registration call **0800 0488 285**.
For other ways to register contact us on **01553 616200**.



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What is Poppy Calls?

Poppy Calls provides a free dedicated handyperson service to those who are unable to carry out small repairs and minor alterations to their homes. Using our own trusted and trained fitters, and in partnership with other specialist agencies, we can take away the jobs that make life difficult.

Are you eligible?

To be eligible for our help, you must have served in the Forces for at least seven days, or be the dependant of someone who has served; this includes widows, widowers, cohabiting partners or civil partners of ex-Service people.

So, how can we help you?

We carry out a range of small household repairs and minor adaptations. Below is a list of just some of the ways our Poppy Calls fitters can help you:-

- Putting up shelves, curtain rails or grab rails;
- Changing light bulbs and tap washers;
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- Hanging/repairing doors;
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How to apply:

If you think we can help you, or if you would like more information about the Poppy Calls service, please contact us at the number below or complete and return the enquiry form.

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Email: homesupportadmin@britishlegion.org.uk

Poppy Calls Enquiry Form

Please complete and return this form to:

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How else can we help?

Poppy Calls is part of our Poppy Support welfare services which offer financial, emotional and social support, and advice on a wide variety of issues. If you are serving or have served in the Armed Forces, or are a dependant, then you would be eligible. Please contact us for more information about the other services available.

If we can help we will.

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Heacham Beavers

Heacham Beavers is a lively group of children aged 6-8yrs. We meet on Fridays 6.00-7.15pm at Heacham Scout Hut. We take children from 5¾yrs and invest them when they are 6yrs. We currently have a small waiting list (contact us for details).

In November 2012 we took our Beavers to the Dinosaur Park in Norwich (thanks to Julie, our previous Beaver Leader, for obtaining funding for this). We had a fabulous day; we took part in an education session and handled many fossils. We went on a deer safari and had lunch in the park. The weather was kind to us and the Beavers had a wonderful day following the trail, go-carting and of course playing in the park. We also took part in the Wolferton fun day on 28th December, joining the cubs in a great day, sawing and chopping wood and cremating sausages on the campfire.



We have recently made Plaster of Paris dinosaur fridge magnets, had an extremely messy time making bird treats and learned about feeding birds in winter, made felt pictures for our loved ones and, of course, made pancakes in our new kitchen (thank you to Michael for all his hard work fitting this). Since September, our Beavers have earned the Outdoor Challenge, Hikes Away and the Creative badge. We have recently invested three new Beavers, Dylan McKenna, Tyler Playford and Molly Montgomery. June Bassett and Theresa (assistant Beaver Leaders) were also invested by Sam (Akela) in February.

On 24th February we took part in the Baden-Powell service at St. Mary's Church. Our Beavers read out the letter Robert Baden-Powell left for Scouts worldwide. We also presented a slideshow of Robert Baden-Powell and old scouting photos. Jake Poore carried our Beavers' flag during the opening and



closing procession. Beavers who read the letter to the congregation were, Alfie Sills, Dylan McKenna, Harry Toop, Luca Minns, Samuel Witton, Molly Montgomery, William McGrath (Cubs) and Dominic McGrath (Honoury Beaver).

We were very proud of all our Beavers who read during this service in front of everyone. We would also like to thank June Bassett (Ellie) and Corinne Geraghty (Buck) for their help and support with Beavers. Thank you also to Richard from R&R Fencing for supplying and fitting the fence and gate to make our garden secure at the Scout Hut.

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1st HEACHAM CUBS

On Saturday 23rd February, 14 Heacham Cubs joined approx. 150 other Cubs from North West Norfolk and went to see 'Wreck It Ralph' at the Majestic Cinema in Kings Lynn; they all enjoyed it. Then on Sunday 24th February, 10 Cubs joined Heacham Scouts, Beavers, Brownies and Rainbows at a church service in St Mary's, Heacham to celebrate Founder's Day, which is usually celebrated on the nearest Sunday to Lord Baden Powell's Birthday. Our flags were paraded to the front before the service. Flag bearer for Scouts was Tanner Swann, Cubs - Jack White and Beavers - Jake Poore. During the service a letter which was written by Lord Baden Powell to be read out after his death in 1941, was read out in church by the Beavers.

On 7th March, Julian Geraghty (Group Scout Leader) came and presented the Silver Awards to Jack White, Daniel Noakes, Charlie Wright and Adyn Guy. They were given a badge and a Certificate. Parents were invited to come and watch and take photos of the presentation.

Activities during this term have been compass work ready for the lighter and warmer evenings when we can get out and about. Then they made sock puppets as part of their Art badge. There were some very strange looking socks at the end of the evening but that's what they have an imagination for! Then we were able to get some owl pellets from "Ollie" via the Beavers, which, after the initial groans of 'Yuk', they were fascinated by what emerged from the furry mess when washed and separated. Little bones and skulls even a whole leg with the claws and feathers still attached from one pellet. We are sure some of the parents were impressed when the Cubs went home with a bag of bones!

We had a sleepover from Friday 15th - Saturday 16th March at the Scout & Guide Hut. Cubs arrived at 7.30pm and we set up the judo mats and pop up tents then the Cubs sorted out their sleeping bags etc before settling down to watch some DVD's while eating popcorn, a few sweets and a drink. At 12.15am it was time for hot chocolate and home made cake (thanks Lindsay!) then all in bed by 12.45am; the last of the Cubs were quiet by 1.30am. Cubs started stirring about 6.30am and were up at 7am. How any of them got any sleep as one of the Cubs snores like a train was beyond us! While the Cubs were sorting their stuff out, a breakfast of sausage, egg, bacon and beans was being prepared by Ziggy (Julie) and Rama (Michael). Then when everything was washed up and put away the parents came and picked them up at 9am.

When the Cubs left Ziggy, myself, Jemma, Tommy and Jack cleaned the Hut and Rama did a bit of tent wrestling getting the pop up tents back into their bags.

This term we invested Aaron Guy and said Goodbye to Jack White, Daniel Noakes, Adyn Guy and Charlie Wright who left us to join Scouts.

On March 23rd, with other Cubs from North West Norfolk, we went on our annual Cub trip. This time to 'The Royal Armouries' in Leeds. More about that in the next newsletter. It was a very interesting, but a very long, day.

We finish the term with an Easter Egg hunt.

Finally, on behalf of Heacham Scout Group, we would like to say a BIG THANK YOU to Michael White (Rama) who has fitted our kitchen at the hut and it looks great. Just needs a lick of paint now!

Happy Scouting to all our Cubs.

Akela (Sam), Rama (Michael), Kaa (Jack) & Ziggy (Julie)



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Norfolk Landscape Paintings by Barbara King

An exhibition of landscape paintings hung in order of the four seasons. Journey through the stark colours of winter with snow laden lanes and ice topped trees, through the fresh hues of spring with its vibrant green shoots and cowslip meadows.

Walk headlong into the pulsating light of summer as the strengthened sun dances on inlets and harbours, intensifying and enriching the colours of the countryside before dimming to the shades of autumn with its mists and mellow fruitfulness.

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Heacham Brownies

Heacham Brownies have had a busy few weeks working on their Book Lovers Badge. This has involved making sequined

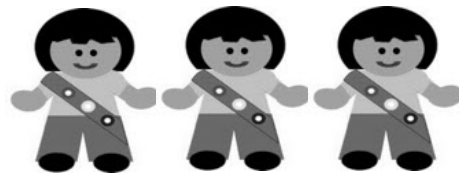
bookmarks, covering notebooks, visiting Heacham Library, who kindly opened one evening for us when Mary, a volunteer with the library, did a quiz and read us a story. At the end of the evening Courtney made her Promise, so a very special night for her!

We had a 'pyjama' evening when we brought our favourite bedtime stories to share and drank hot chocolate. We have also been doing a sponsored 'read' to earn new books for ourselves and for a Community project.



Brian Ogden (a local author) visited us and told us how a story in your head becomes a published book. He introduced us to Maximus Mouse who also played a part in the Mothering Sunday Service at the Methodist Church as did 7 of our Brownies. We read poems we had written about our Mums and handed out flowers to all Mothers in the congregation.

1st Heacham Brownies meet every Thursday from 5.30 – 7.00 pm in the Methodist Church Hall and we have room for more girls (aged 7 – 9) to join us. If you are interested please speak to Sara on 01485 517028 or call in to see us at our meeting.



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THE BIG LIFT

Ben Greer is currently living in Docking. He is an ex serviceman who has served in the Royal Air Force on board a Chinook helicopter, where he was a crewman playing a vital role in picking up both military and civilian casualties from the Helmand area. He has served 6 tours in Afghanistan.

Ben has chosen to walk 440 miles. Each mile will represent a British serviceman who has been lost in recent conflict in Afghanistan. He will be carrying 100kg on his back to represent a casualty and the 440 miles will be spread over 100 locations throughout the UK.

He is aiming to raise £100,000 for Forces charities to include the Royal Air Force Benevolent Fund, SSAFA and Help for Heroes.

More details about Ben and The Big Lift are to be found on www.thebiglift.co.uk together with details of all locations and details of how to donate to the cause.

I had the honour and the pleasure to meet Ben and his partner Amy recently. I accompanied him on his walk at the first location in King's Lynn. The world is a better place due to men like Ben.

I wish him every success with the Big Lift. Please take a little time to visit the website and support Ben on his mission.

Jackie Merralls

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Events at Hunstanton Library

For further information about these events (or to book your place where necessary) please contact the Library on (01485) 532280 or pop in.

Knit and Knatter:

Tuesday 16th April – 2:00pm – 4:00pm

If you fancy having a chat to others while knitting, then come along to our Knit and Knatter sessions. Third Tuesday of the month 2 - 4pm Refreshments will be provided but please bring along your own needles and wool.

Norfolk Adult Education Sessions:

Wednesday 17th April - 10:00am – 1:00pm

Are you aged 16 - 116? Then why not drop-in to one of our regular sessions, and find out how Norfolk Adult Education can help you? From January 2013, 3rd Wednesday in month at Hunstanton Library 10am - 1pm. For more information contact your local library or Laura White, Basic Skills Community Development Worker on 07825 114272.

Hunstanton Library Children's Town Read:

Waterslain Angels and Storm by Kevin Crossley-Holland are both set in Norfolk and feature the spirited character of Annie.

Kevin Crossley-Holland will be visiting Hunstanton Library on Thursday 18th April 1.30pm to talk to local school children about his books. For further information please see a member of staff or contact the library on (01485) 532280.

Scrabble Club at Hunstanton Library:

Wednesday 24th April - 10:00am – 12:00 noon

Come along and join in a game of Scrabble at Hunstanton Library. Fourth Wednesday in the month. Refreshments provided.

Wartime sweethearts and GI brides: Anglo-American romance in Norfolk during WW2:

Thursday 2th May - 2:00pm – 3:00pm

A presentation by Libby Morgan from the 2nd Air Division Memorial Library. Booking essential. For further information or to book your place please see a member of staff or contact Hunstanton Library on (01485) 532280.



Incinerator update

During the public inquiry it has been interesting to note that the health consultant working for Cory Wheelabrator (CW), also appeared as a witness on behalf of the tobacco industry when the US Gov was considering laws to ban smoking at work. At the time he argued there was not enough evidence to show smoking was harmful. During cross-examination at the incinerator inquiry, he acknowledged it would release fine particulates, dioxins and heavy metals. CW still refuses to give the specification of their intended pollution filters, arguing it is not a planning matter. It is important, because some legally permitted pollution filters are not very effective compared to others. If CW intended to use the best performing filters, you might expect they would shout about it. During cross-examination, CW's air quality consultant confirmed dioxins, cadmium and mercury emissions would only be measured for a maximum of 16hrs per year.

The public inquiry continues sitting 4 days a week, Tue- Fri 09:30 start at the Professional Development Centre, Kilhams Way, King's Lynn, next to the Fire Station (access via Estuary Road). At an evening session on Tuesday 9th April, the public will have another chance to speak 18:00-22:00hrs (there will be no daytime sitting on that day).

The first of KLWIN's witnesses is expected to give evidence from 11th April.

Following the 2011 referendum, just two of West Norfolk's County Councillors stood up to say our votes matter. After making a principled stand to defend voters' rights, both Cllr Brian Long and Cllr John Dobson were then attacked by their own party colleagues for putting constituents first. In May their colleagues will be knocking on doors asking for West Norfolk's vote in the County Council elections. Voters can decide whether they want councillors who put voters' interests first or those of the party leader.

Together with the Majestic Cinema, KLWIN intends to show the important Jeremy Irons documentary 'Trashed'. It shows what is happening with the world's waste - 20th April.

KLWIN Events at Fairgreen Farms, Hill Rd, Fair Green, Middleton PE32 1RN. Tel: 01553 840640.

13th April - 9.00am-1.00pm - Coffee & Crafts - produce.

May - Back by popular demand, KLWIN's 2nd Bollywood Curry Night, tickets in advance only.

22nd June African music & dance with the Brilliant Anna Mudeka Band.

Mike Knights

Heacham at Night

On a clear night, an event too rare this winter, Heacham offers some good views of the night sky. Not as good as further around the coast and inland but certainly better than the very badly light polluted West Midlands. This month, April, offers chances to see just three of the eight planets of the solar system, Jupiter, Saturn and Venus.

Jupiter has been the very bright star like object that you may have noticed over the last few months high up towards the south and west. During April it gets lower in the sky and will fade into the twilight. On 1st April it will be visible from about 8.30pm and rather less than half way up the sky. If you have binoculars, try and see if you can see its four brightest moons: Io, Europa, Ganymede and Callisto. These are easily visible in a small telescope and you might also see the bands of colour on Jupiter's surface.

Saturn is the planet with the rings and the end of April is when it is visible at the reasonable time of about midnight. It is also as close to Earth as it will be (though still well over 1000million kilometres away). Consequently, it is at its brightest. Look south and about a quarter of the way up the sky from the horizon. To see the rings, a wonderful sight, you really need a small telescope. A pair of binoculars might show you the largest moon of Saturn, Titan. It will appear as a speck of light close to the planet. A small telescope will let you see six moons.

Last year, Venus was a brilliant object in the evening sky and appeared close to Jupiter. They could easily be seen even amongst the lights of the High Street. This month, Venus returns to the evening sky but is not in such a good position. However, from 30th April it is visible for a short time just after sunset. This is where Heacham beaches prove useful. Stand on the beach or sea defences, watch the sun go down and then look to the right of where it vanished for a bright star like object. Binoculars will help but ONLY use them when the sun has set. Venus will be more easily seen in May. I saw Mercury really well from South Beach in February.

The Panstarrs comet is still visible through binoculars but you need a clear sky, a good pair of binoculars and be prepared to accept a fuzzy image. It is towards the north-west. If you have access to a computer then make a search for Panstarrs and you will find a web site with a diagram showing you where to look.

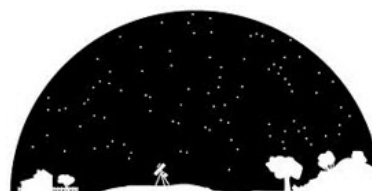
On 25th April from about 8.30pm there is a very slight eclipse of the moon by the Earth's shadow. Nothing like a full eclipse when the moon can appear red or a true partial when half the moon vanishes for a few minutes but a bit of a darkening. Astronomers have to be grateful for what they get!

There are many other things to look out for with eyes, binoculars and telescopes. Turn the lights off, dodge street lights, find a dark spot somewhere, and have a go. An excellent, free, piece of software called Stellarium can be downloaded from the Internet and will help you find your way around the sky. Amateur astronomy groups can help with equipment and showing you where to look. The closest to Heacham is King's Lynn and District Astronomy Society though the North Norfolk Society is not much further away.

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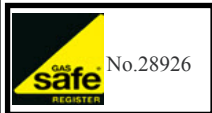
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Heacham's Future

For a number of years there has been concern regarding insufficient parking in the High Street.

Following an **EU directive sp00f2013apr** villages must now provide sufficient parking, with entertainment, for residents and visitors within a 50km radius. Because half of Heacham's residents are fish this radius means an extension beyond Norwich and Peterborough.

You may already be asking where such a facility might be built. Well the empty dairy building is an ideal site for the erection of a multi-storey car park for 500 vehicles. To maximise the use there will be a night club on the upper floor operating from dusk to dawn. In addition the roof will be an observation terrace and restaurant to enjoy the setting sun over the Wash. This proposal will bring life to the evenings and early mornings.

With the concern over the HS2 railway route through central England, there may well be the possibility of the route being diverted through King's Lynn to Hunstanton then a tunnel to Holland. This will assist with improved travel routes for visitors and migrants.

Reporters: Hava Larf and Uvbin Ad

April Fool's Day



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Hunstanton & District Rotary Club

Recently we have been able to help several local groups who have been operating with the help of volunteers and have badly needed financial support.

One of the most important is the 'Blood Bikes' Charity. Perhaps readers are unaware of the immense value that is given by their unpaid volunteers. The charity is independent of the NHS and relies wholly on donations. The charity uses motor bikes or cars to provide an out-of-hours courier service taking medical essentials to hospitals and other health institutions within the local area. They carry blood, biological samples, medical notes, x-rays and scans, free of charge.

Then we have given important support to assist volunteers who run support for the youth of Hunstanton who are aged 13 – 18 yrs. The Hunstanton Youth Café is based at the Bus station café in Westgate. It is staffed entirely by volunteers who depend on donations to provide TV, playstation and computer facilities.

Vouchers have been given for the King's Lynn Police Station Family Room to provide food and essentials for babies and older children who are at the police station through no fault of their own.

Recently, Rotary Past President, Bob Wright, has introduced the Centenary Award to the Sixth formers at Smithdon School. Started in 2005 to celebrate 100 years of Rotary, one award is given annually by the Club. Students are assessed on what they have done in and out of school, perhaps as a project, for example in games or as club members and whether they have provided help to others. This might be, for instance, for their work in mentoring younger students and generally showing 'Service above Self' (Rotary's motto). In addition to a Certificate, the winner is given £250 towards his or her further education.

Rene Rooth is a recent member of our Rotary Club. At a Club meeting we were enthralled when listening to an account of her life's experiences. She was born in Brundall, near Norwich, spending holidays in Dereham as a child and gaining a love of the seaside with holidays in Old Hunstanton at her grandmother's beach hut.

Moving from Yarmouth to North Burlingham, she lived in a house with poor facilities (for instance pumps were needed to obtain water). As a young teenager she went off to a finishing school in Switzerland, becoming proficient in French, then later on to Calcutta. Here, it was an unsafe environment but Rene managed to do some teaching there. After two years in France and attending a secretarial course she worked in the Liberian Embassy on visas for passports. Back to this country where she married her boyfriend in Swindon, and became an Army wife. They moved to Hong Kong, surviving a typhoon, then on to Singapore, Germany and back to Britain, at Fleet near Aldershot. Her next stay abroad was in Zaire. When visiting the equator she and her children were attacked by hornets, a most painful experience. While in this country she kept chickens for a time. Her husband moved to GKN (Guest, Keen and Nettlefolds, a global engineering group), also working when needed, as a British Embassy official. When her youngest child was 8 or 9 yrs old the children were lost for two days but the plane on which they were on had been diverted from Brussels to Paris, travelling unbeknown to their parents. Nobody seemed to know where the children were but they arrived safe and well, late, but at their school.



In Zaire, a scary incident was when one daughter became very ill with suspected meningitis and only payment of a bribe enabled the car to get through for a doctor to see the child.

In 1970, Rene's husband's work was in Poland with GKN. This was an unsafe environment then with the house constantly bugged. Next, came a three year stint in North Carolina and the purchase of a weekend retreat by the sea. Electric storms were frightening apparently!

Back from abroad with GKN, she then moved to Farnborough in Hampshire and in 1989 with retirement, moved to Massingham in Norfolk. Here she helped backward readers at school. Lastly, she moved to Heacham to be near the sea. To say her life has been exciting is an understatement.

The photo shows Rene with her two daughters when in Zaire.

For more information about Rotary or how you can become a member, contact Rotarian Phil Newell, 01485 533864 or Rotarian Mike Warnes, 01485 534392.

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Dates & Deadlines! A New Tax Year.

Supplied by Kathryn Gigg, Chartered Accountants, Hunstanton
2013

15 March 2013

If you have not already done so, register for PAYE online filing so that you are ready to file your Employer Annual Return (P35 and P14s) and starter and leaver forms P45 and P46 online.

19 March 2013

Postal payments for PAYE month ended 5 March should reach your Accounts Office by this date. If you pay late, interest will be charged and you may receive a late payment penalty.

Due date for filing of monthly online CIS return to 5 March 2013.

22 March 2013

Electronic payments for PAYE month ended 5 March should reach HMRC's bank account by this date. If you pay late, interest will be charged and you may receive a late payment penalty.

31 March 2013

Private companies with 30 June 2012 year ends should file their accounts at Companies House.

Corporation Tax returns for accounting periods ended 31 March 2012 should be submitted to HMRC.

PAYE tax code changes on Forms P9 will arrive. Expect your payslip booklet – if you use one – for 2013/2014.

Ensure you are registered for PAYE online filing.

Employers: do not forget to keep all PAYE records for 2012/2013. Keep copies of pay records, forms P38(s) and forms P11 (manual, electronic or calculator versions within the employer PAYE Tools) until 5 April 2016.

5 April 2013

LAST DAY OF THE 2012/2013 TAX YEAR and the deadline for various tax claims and elections some of which are listed below:

- Personal Tax – deadline for electing to transfer (part of) the married couple's allowance from husband to wife, or withdraw such an election, for 2013/2014.

- CGT: last day to make disposals to use the 2012/2013 Capital Gains Tax exemption.

- IHT: deadline for utilising Inheritance Tax exemptions for 2012/2013 (and any excess from 2011/2012).

6 April 2013

THE FIRST DAY OF THE NEW TAX YEAR 2013/2014

Employers are now required to report their payroll information to HMRC in Real Time.

Check you have made all necessary changes to your employee's tax codes for 2013/2014. If you are using commercial payroll software, make sure you have updated your payroll parameters. For all employees with a Tax Code ending in an "L" who you have not received a Form P9 for, increase their code by 134 i.e. 810L becomes 944L.

The new Emergency Code is 944L on a cumulative or non cumulative basis as appropriate.

Remove any Month 1/Week 1 codes carried forward from 2012/2013 tax year so that they are on a cumulative basis for the new tax year.

Savings – the ISA limit increases to £11520, of which £5760 can be in cash.

The Junior ISA subscriptions limit is £3720.

You will be sent your 2012/2013 self assessment Tax Return (SA100) Form or Notice to Complete a Tax Return (SA316) by HM Revenue and Customs.

7 April 2013

Deadline for VAT Return online submission and related online VAT payment for quarter ended 28 February 2013.

19 April 2013

Postal payments for month/quarter ended 5 April should reach your Accounts Office by this date. If you pay late, you may have to pay a late payment penalty. This includes tax and NICs due under the IR35 rules.

Last date for any outstanding postal payments of PAYE and Class 1 NICs for 2012/2013 to reach your HMRC Accounts Office. Interest will be charged on any payments received after this date.

Due date for filing of monthly online CIS return to 5 April 2013

22 April 2013

Electronic payments for month/quarter ended 5 April should reach HMRC's bank account by this date. If you pay late, you may have to pay a late payment penalty. This includes tax and NICs due under the IR35 rules.

Last date for any outstanding electronic payments of PAYE and Class 1 NICs for 2012/2013 to reach HMRC's bank account. Interest will be charged on any payments received after this date.

30 April 2013

Private companies with 31 July 2012 year ends should file their accounts at Companies House.

Corporation Tax returns for accounting periods ended 30 April 2012 should reach HMRC.

Personal Tax: automatic daily penalties (£10 per day up to a maximum of 90 days = £900) begin for 2011/2012 online Tax Returns not filed by this date.

Caution: This list has been produced as a guide to highlight general issues which may be of interest. It is not suitable for full professional advice and specialist assistance should be sought in relation to any particular circumstance. Accordingly, no responsibility for loss occasioned to any persons acting or refraining from acting as a result of any material in this list can be accepted by Kathryn Gigg Chartered Accountants, Business Advisers and Tax Consultants.
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Kathryn Gigg

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Mrs K H Gigg FCA on 01485 534800

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www.kathryngigg.co.uk

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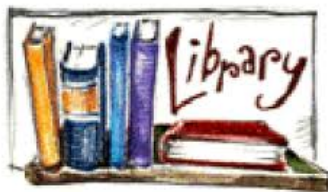
We have refreshed our range of Dean Koontz novels with his best selling "Odd Thomas", series. If you have been fascinated with the finding of Richard III, pick up a copy of the Kingmaker's Daughter, a historical fiction from Philippa Gregory about his wife Anne.

Keep your brain active with our weekly Scrabble sessions on Wednesday afternoons from 2.00pm until 4.00pm. Just pop along and join in, coffee or tea will be available. These sessions are quite informal so there is no need to book, beginners welcome.

If you would like to learn the basics of how to get online and use the internet, we also run free courses at the Library on Thursdays. In addition, we can now offer sessions which help you with basic word processing, spreadsheets and emailing. If you would like to book a place, please ring 01485 572142.

Heacham Library Opening Hours

Monday, Wednesday, Friday - 10am-4.00pm
Saturday - 10.am – Noon



Heacham Digital Camera Club

During 2013 some of our members are giving short talks on their photographic hobbies and work, which has been a great success so far. The talks have been both interesting and informative and encouraged confidence in other members, which is what our club is about.

April will hopefully see the lighter evenings. On April 16th we are going on an 'out and about' photographic evening around Denver Sluice. This is part of the 2 year long club project covering Norfolk's Coast & Waterways and that will kick start our 'out and about' evenings every 3rd Tuesday each month up to September.

If you are interested in joining our group, just come along to The Sandringham Club, West Newton on the 1st Tuesday of any month and join us for the evening: you never know, you may enjoy it, we do hope so.

For further information, our website is <http://www.heachamdigitalcameraclub.co.uk/>
Email: heachamdigitalcameraclub@yahoo.co.uk
or call Viv Walker on 07906 056019.

Anmer Village Social Club Film Night

Saturday 20th April at 8.00pm

'ANNA KARENINA'

Doors open 7.30pm

Tickets on sale at the door - £3.00

Further details tel: 01485 579465 or

email: enquiries@anmerclub.co.uk



Ticket booking hotline:

01485 53 22 52

Box office opening hours:

7 days a week 10.00am to 4.00pm



These are just two of the exciting shows coming your theatre soon. Visit our website for the full list of forthcoming shows.

**The Pasadena Roof Orchestra
Saturday 4th May 2013
at 7.30pm
Tickets: £18.00/£16.00,
restricted view £12.50**

**Celebrity Cook-Off Live
Saturday 15th June 2013
at 7.30pm
Tickets: £18/£16,
restricted view £12.50**



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NEWSLETTER SUDOKU No. 69

Complete the puzzle so that each row, each column and each block of nine contain the numbers 1 to 9. Solution next month.

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

Solution to Newsletter SUDOKU No. 68

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

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EASTER SUNDAY 10AM-4PM EASTER MONDAY 10AM-4PM

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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 Residents 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

TABLE TENNIS 9.30am Tel: Adrian 570477 PH Top Room)
SUNNYSIDE CLOSE (Sheltered Housing for over 60's)
Coffee Morning 10.30am Tel : 570492
RAINBOW CIRCLE TODDLER GROUP 1pm in school term
time Tel: Pip 570812 or Karen 571837 (SM)
ZUMBA GOLD Exercise to music 1-2.pm Suitable for all
levels 2.15 - 3.15pm Gentle stretch & relaxation classes for all
ages Tel: Suzie Povey 07900 818311 (PH)
DRAMA JUNIOR CLASSES 4.15-5.15pm Tel: 579074 (SG)
2nd HEACHAM RAINBOWS Term time Girls 5 to 7 years old
5 - 6.00pm Tel: Mary Harpley 07813014477 (PRH)
HEACHAM TENNIS CLUB Junior Coaching from 15th April
@ 5pm Tel: Richard 07718553415 or Janice 07923612187
RESTORATIVE YOGA 6 - 7.30pm at Heacham First School
Contact Sandee Tel: 01485 570485
1st HEACHAM SCOUTS (boys and girls aged 10 to 14yrs)
7 - 9pm Tel: Rob 572239 or Julz 572890 (SG)
HEACHAM IN BLOOM 3rd Monday of the month in the
Parish Council Office at 7pm
INDOOR BOWLS CLUB 7pm (MC)
LINE DANCING 7-9pm £3.00 Tel: 532317 (PH)
HEACHAM WIVES GROUP – 2nd Monday of most months at
7.30pm (HSC Top Room) Contact Sue Scott Tel: 572252

TUESDAYS

HEACHAM DAY CENTRE FOR ELDERLY 9am - 3.30pm
Transport may be available Tel: Geoff Speed 572584 (OFH)
CARPET BOWLS 10.30am - 12 noon Tel: 570776 (PH)
LADIES KEEP FIT FOR OVER 50's 10.30 - 11.30am. Contact
Kath Manning-Coe Tel : 01553 774343 (SM)
CARERS SUPPORT GROUP Run by W.N. Mind Lunch
Coffee and Chat at Piece of Mind 4 Poplar Avenue Tel: Hannah
or Mandy 01553 776966
LINE DANCING 1.30 - 3.30 pm Contact Diane 571166 (SM)
WOMENS FELLOWSHIP 2.45pm Every other Tuesday (MC)
SLIMMING WORLD 5.30pm & 7.30pm Tel: Ann 01553
763949 (SM)
WEIGHT WATCHERS 7pm (OFH) Tel: Alison 07796 904311
PARISH COUNCIL MEETING 3rd Tuesday of the month in
the Parish Council Office 7.30 – 9.30 pm
HANDS & NEEDLES GROUP every other Tuesday
7.30 – 9.00pm Tel: Joan Careless 570363 (MC)
HEACHAM DIGITAL CAMERA CLUB meet 1st & 3rd
Tuesday of the month 7.30pm Sandringham Club West Newton
Email: heachamdigitalcameraclub@yahoo.co.uk or call Viv for
info on 07906056019

POCAHONTAS PLAYERS Drama Group 7.30 – 9.30 pm Tel:
570402 (PH)
LIVE ENTERTAINMENT from 9.00pm at Fox & Hounds
HEACHAM BOOK CLUB 3rd Tuesday monthly Tel: Beth
570479

WEDNESDAYS

SCALLYWAGS PLAYGROUP Term Time 9.30 – 11am £2
Tel: Clare 07816913657/Jo 07521447284 (SG)
WEST NORFOLK MIND Day Centre 9.30 – 3 pm at 4 Poplar
Ave Heacham £35 per day or £20 part of a day (personal budget
holders & self-funders welcome) Tel: Joyce Armstrong
07704338775 www.westnorfolkmind.org.uk
CARPET BOWLS 10.30 – 12 noon Tel: 570776 (PH)
LINE DANCING 1.30 – 3.30pm £3 Tel: 532317 (PH)

PATIENT ADVICE & LIAISON SERVICE 2 – 4pm on 2nd &
4th Wednesdays monthly at Heacham Parish Council Office
FOOTBALL Under 8' & 9's 4.30-5.30pm Heacham Social
Club playing fields Contact Mark 07561303886
TAI CHI & KUNG FU 6.00 – 7.15pm-Childrens Kung Fu 7.15
– 8.15pm -Adult Tai Chi 8.15 – 9.30pm-Adult Kung Fu
Tel: Derek 01553 674779 (PRH)
HEACHAM TENNIS CLUB Senior Club night starts 10th
April @ 6pm Tel: Janice Campbell 07923612187
HEACHAM TENNIS CLUB from 6.30pm Tel: Mike Nobes
571148 or David Mackay 570733
LINE DANCING FOR IMPROVERS – 7 - 9pm. £3.
Contact Diane 571166 (SM)
BINGO 7.30pm Neville Court Grouped Home
HEACHAM TWINNING ASSOCIATION 3rd Wednesday
every month in the Parish Council Office at 7.30pm New
Members welcome Tel: 579465.
WEST NORFOLK SINGERS 7.30pm Tel :Heather Titcomb
01485 542960 (MC)
QUIZ NIGHT 8.45pm Prompt start New teams of up to 5
welcome £1 entry pp Cash Prize & Cash Snowball (HSC)

THURSDAYS

WEST NORFOLK MIND Day Centre (specifically for older
people dementia friendly) 9.30 – 3 pm For details see
Wednesday
TABLE TENNIS CLUB 10am (PH Top Room)
CARPET BOWLS 10.30am - 12 noon Tel: 570776 (PH)
MOTHERS' UNION 4th Thursday monthly 2pm (SM)
TREFOIL GUILD 1st Thursday monthly 2 - 4pm
Tel: 07813014477 Mary Harpley (PRH)
BINGO 2.30pm at Sunnyside Close (Sheltered Housing for
over 60's) Tel: 570492
WRITING GROUP AT HEACHAM SURGERY 3 - 5pm every
other Thursday Contact Heacham Surgery or Tel: Caroline
Smith 01553 819460 between 1-1.30pm Tuesday
1st HEACHAM BROWNIES Term Time Girls 7 - 10yrs (MC)
5.30 – 7pm Tel: Sara (Brown Owl) 517028 or 07876 564084
JUDO Beginners 6 - 7.30pm Tel: 571614 (PH)
1st HEACHAM CUBS ages 8 – 10yrs
Term Time 6.45 – 8.30pm Tel: Sam 572138 (SG)
JUDO Advanced 7 – 9 pm Tel: 571614 (PH)
FLOWER CLUB 4th Thursday monthly 7.30pm Flower
arranging & demonstrations Tel: Alayne Seymour 570560 (SM)
RAO BUFFALOS 8pm (HSC Top Room)
QUIZ NIGHT Cash Prizes 9pm at Fox & Hounds

FRIDAYS

BEREAVEMENT SUPPORT IN HEACHAM 10am - 12 noon
3rd Friday of the month Contact Renee Smith or Barbara
Fargher. Tel : 01485 534741 (SM)
email silverlinings@gmx.co.uk
COFFEE AFTERNOON Fridhem Rest Home Station Rd Last
Friday of the month at 2pm
SOLO WHIST – Don't be solo – Go solo 2 - 4pm Entry £1
Congenial atmosphere (PRH)
1st HEACHAM BEAVER SCOUTS for boys & girls aged 6 to
8 years Term time 6 - 7.15pm Tel : Barry 570767 (SG)
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)
CASH BINGO 7.30pm (PH)
WILD FOWLERS CLUB 1st Friday monthly 7.30pm
(HSC Top Room)

HEACHAM DIARY

SATURDAYS

HEACHAM YOUTH CLUB Term Time School yrs 6-11 Tel: Tracey Swann 07833 307856 (SM)

HEACHAM DIARY

Sunday 7th April 'Sunday Afternoon Jazz' at Fox & Hounds Station Rd 1.30 - 3.30pm

Tuesday 9th April GIG 'Walkway' at Fox & Hounds Station Rd from 9.00pm

Saturday 13th April GIG at Heacham Hall 'Limehouse Lizzy/Tattooed lies' 7.30pm Tickets £12.50(in adv.) from Trev Framlingham 07747156204 or Jan Campbell 07923612187

Tuesday 16th April GIG 'T.B.C.' at Fox & Hounds Station Rd from 9.00pm

Thursday 18th April 12 noon Deadline for submissions for insertion into the May Edition of the Newsletter

Friday 19th April GIG 'DNA Busker Night' at Fox & Hounds Station Rd from 9.00pm

Saturday 20th April St George's Day Celebration @ Heacham Sport & Social Club 8pm onwards

Monday 22nd April 'Bingo' at Fridhem Rest Home Station Road Eyes down @ 7pm 'All Welcome'

Tuesday 23rd April GIG 'T.B.C.' at Fox & Hounds Station Rd from 9.00pm

Friday 26th April GIG 'Groove Cartel' at Fox & Hounds Station Rd from 9.00pm

Tuesday 30th April GIG 'Norfolk Blues Society' at Fox & Hounds Station Rd from 9.00pm

Saturday 4th & Sunday 5th May Heacham Spring Art Show at the Old Friends Hall Sunnyside 10am to 4pm Free Entry

Friday 10th & Saturday 11th May 'Evolution Express' The Musical at Public Hall Station Rd Tickets £7 Tel: Janice 570402 or Jim 571267

OTHER EVENTS

Monday 8th April 'Folk Dancing' at Brancaster Staithe Village Hall 7.30 - 9.30 pm Contact Janet Bowles Tel:210587

Tuesday 9th April Brancaster CC 7.30pm at Brancaster Staithe VH 'Digital Image Competition' Panel of three images 'Yellow and Blue' Tel: Jim Till 210013 or Wendy Callow 01553 674725 Entry £3.00 includes refreshments

Saturday 20th April Amner Village Social Club Film Night 'Anna Karenina' at 8 pm tickets £3.00 Dootrs open 7.30pm Tel: 579465 or email enquires@anmerclub.co.uk

Tuesday 23rd April Brancaster CC 7.30pm at Brancaster Staithe VH 'The Beautiful Light with Jane Goodhall ARPS' Tel: Jim Till 210013 or Wendy Callow 01553 674725 Entry £3.00 includes refreshments

Wednesday 24th April QUIZ at St Cecilia's Mountbatten Rd Dersingham Entry £2.50 per person Teams of four or join a team on the night Tel: 570229 to book your place

Thursday 25th April Norfolk Wildlife Trust Talk 'Confessions of a Wildlife Film-maker' Hunstanton Methodist Church Hall Austin Street Entry £2 members/£2.50 visitors

Saturday 27th April Cinema in Syderstone 'Great Expectations' 7.30pm @ Amy Robsart Hall Tickets in advance £3.50 Tel: 578171

Monday 29th April Brancaster CC Print Discussion with Kings Lynn CC at Kings Lynn 8pm start Tel: Jim Till 210013 /Wendy Callow 01553674725 Entry £3 includes refreshments

Sunday 5th May & Sunday 6th May RAF Bircham Newton Heritage Centre Open Days 11 am to 5 pm more information at www.rafbnmp.org.uk

Friday 17th & Saturday 18th May Princess Theatre Club 'Wife after Death' by Eric Chappell Tickets from Princess Theatre box office Tel: 532252

SEDFORD PRE-SCHOOL - Toddlers from age 2+ Mon to Fri mornings 8.45-11.45am (with optional 'wraparound' from 11.45am to 12.30pm) and **Tues & Thurs** afternoons 12.30-3.30pm Term time only Sedgford Primary School Ringstead Rd Sedgford - Tel: Diana 01485 579489

Mondays

U3A HUNSTANTON meets on the third Monday of most months (except August and December) at 2pm in the Hunstanton Community Centre Tel : Chris (Chairman) 535065 or Barbara (Secretary) 571484 for further details

Tuesdays

BRANCASTER BABY & TODDLER GROUP Simms Reeve Inst. Hall Brancaster 9.30-11.30am during term time £1.50 per family. For more details e-mail

brancasterbabyandtoddlergroup@yahoo.co.uk

KEEP FIT FOR OVER 50's 10.00 to 11.30 am Ringstead VH Cost £3.50 Tel: Val Barnes 01328 864358

HUNSTANTON TANG SOO DO CLUB Korean martial arts of self defence 'all ages' 6.30 - 8.30pm at Smithdon High School For details contact Ian on 07806 622154

Wednesdays

SING FOR WELLBEING. The Summer Term starts on Wednesday 17th April from 10.00 am - 12 noon at Snettisham Memorial Hall and is accessible to all ages and abilities New members welcome Tel: Carol O'Neill 01328 838316 or email carol@singforwellbeing.co.uk

HUNSTANTON VOLUNTEER SURGERY 3rd Wednesday of each month 10.00 am to 12 noon at 1st Floor Council Offices Valentine Road Tel : Karen Lee 01553 760568 or e-mail

Karen@westnorfolkvca.org

RESTORATIVE YOGA 10 - 11am Sedgford Village Hall Contact Sandee Tel: 01485 570485

DOCKING LOCAL PRODUCE MARKET 10am - 3pm in Ripper Hall Tel: 518945

LYMPHOEDEMA SUPPORT GROUP meets on the second Wednesday of each month 10.30 am to 12 noon at Tapping House Snettisham

CATKINS TODDLER GROUP - Wed afternoons 1.00-3.00pm term time only Sedgford Primary School Ringstead Rd Sedgford - Tel: Diana or Gemma 01485 579489

YOUTH 45 GROUP meet at Ringstead Village Hall 7pm to 8 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

FIRE CADETS at Hunstanton Fire Station 7-9 pm Boys & Girls 13yrs+ Come along for a fun and interesting evening learning about all aspects of fire safety Tel : 07919 492294

WEST NORFOLK TAI CHI CHUAN - weekly local Tai Chi classes www.west-norfolk-tai-chi.com for information.

HEACHAM LITTLE DRAGONS Korean martial arts of self defence 'Ages 5+' 4.30 - 5.30pm at the Scout Hut Heacham. For details contact Ian on 07806 622154

Thursday 25th April Annual Parish Meeting 7.30pm @ The Old Friends Hall Sunnyside All Welcome

Fridays

BRANCASTER BABY AND TODDLER MUSIC GROUP Simms Reeve Inst. Hall Brancaster 10 - 11.30am (term time) 1st & 3rd Friday of the month £1.50 per family For more details e-mail brancasterbabyandtoddlergroup@yahoo.co.uk

HUNSTANTON TANG SOO DO CLUB Korean martial arts of self defence mixed club all ages 6.30 - 8.30pm at Smithdon High School Hunstanton For details contact Ian on 07806 622154

Saturdays

CHRISTIAN YOUTH GROUP 3rd Sat each month 10am to 12 noon Children aged 10-14 Cost £1 at Dersingham Church Hall More info from Steve 07425 145887

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Every Minute Counts campaign

Heacham is the latest community to receive one of 100 defibrillators installed as part of the Every Minute Counts campaign.

Heacham now has 24/7 access to a potentially life-saving defibrillator installed by @EoECoop #EveryMinuteCounts.

Heacham is the latest community to have one of the 100 defibrillators, funded by the East of England Co-operative Society, which was installed on Wednesday 13th March.

As part of the Society's Every Minute Counts campaign, 100 defibrillators are being rolled out to rural and harder to reach locations across Norfolk, Suffolk and Essex.

The unit has been installed on the outside of the Co-op store at 48 Station Road, Heacham, to provide 24/7 access to the potentially life-saving equipment in the event of a cardiac arrest.



At the event, John Pendle, the East of England Co-operative Society President, introduced the campaign that will provide vital emergency equipment and heart-health education to one hundred local communities. He was joined by Andrew Barlow from the East of England Ambulance Service, which helped to choose which areas would most benefit.

Chairman of the Parish Council, Councillor Martin Johnson


joined local residents and community groups to learn more about how the defibrillator works. They were able to practise using the equipment on resuscitation dolls, under the expert guidance of first responders and members of the Ambulance Service.

Amanda Long, Executive Officer – Membership, Marketing and Media for the East of England Co-operative Society said: “It was great to see local residents take such an interest. While the defibrillator gives step by step instructions, which would be backed up with support from a 999 operator, we also want to highlight how action in the first four minutes can help to save a life. The enthusiastic and knowledgeable medical representatives were able to answer questions and provide insightful demonstrations to give local residents more confidence in the event of an emergency.”

Andrew Barlow, Community Partnership Manager for the East of England Ambulance Service, said “In the instance of a Cardiac Arrest, an ambulance will always be dispatched to the scene. When a call is made to the emergency services, if there is more than one person with the casualty, the caller will be directed to the nearest defibrillator. An access code and guidance will be given over the phone by the 999 operator and guidance on how to use the equipment.”

“Once we have arrived on scene we will then take over care of the patient. If someone can administer CPR or use one of these community access defibrillators within the first four minutes while an ambulance is on route, there is a significantly higher survival rate.”

For further information about the campaign or to see where and when further units will be unveiled, visit www.eastofengland.coop/everyminutecounts.

East of England Ambulance Service 
NHS Trust

Routemaster in Heacham!



Did any of our readers see the Eastern Counties Routemaster Bus in Heacham on Saturday 16th March. Not an everyday sight these days I'm sure you will agree. This one had been hired to transport a Wedding Party. May we send our very best wishes to the happy couple, whoever you are?

THN

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BUSHEL & STRIKE

A huge thank you to Tolly for organising the darts tournament. Thank you to everyone who took part – all proceeds to the Lifeboats and Air Ambulance.

To Robo – we all at the Bushel & Strike wish you a very speedy recovery.

Paula & Mark



North West Norfolk Trefoil Guild Programme 2013

04 April	Doreen Reed (R)
02 May	Visit to Clay Barns
18 May	County AGM Netherd High School
06 June	Suzanne Durston – Crafts (B)
22 June	Coffee Morning at the Union Church
04 July	Camp Day at Sandringham
01 August -	
05 September	Visit to Titchwell
03 October	Speaker from Tapping House (R)
17 October	Fellowship Lunch (TBC)
07 November	Just Ourselves (B)
05 December	Christmas Tree Festival at Fakenham

Meet at 2.00pm at Pine Resident's Hall, Wilton Road.

(R-Raffle; B-Bring & Buy; TBC-to be confirmed; Committee:

Chairman – Mary Harpley – 07813 014477

Treasurer – Kay Drewell – 01485 535256

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Community Cinema

On Saturday 27th April
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A new, concise version of Dickens, already noted for Helen Bonham-Carter's portrayal of Miss Havisham and Ralph Fiennes' snarling Magwitch. Also starring Jeremy Irvine (War Horse), Robbie Coltrane, Holliday Granger, David Walliams and Sally Hawkins.

Venue: Amy Robsart Village Hall,
Syderstone PE31 8RX.
Start time: 7.30pm.
Tickets £3.50 in advance.
Contact 01485 578171
Email: cinema@syderstone.com

The Heacham Songsters





We are a small group of singers who meet weekly to sing for pleasure. However, we do go out to Care Homes and Social Groups to entertain for a small donation.

This year we are donating £350 each to three chosen local charities, Families Against Neuroblastoma, The Heacham branch of Mind and Little Discoverers, West Norfolk.

We would like to take this opportunity to thank those we have visited for their generosity to enable us to do this.

If anyone would like us to sing to them please ring Janet Joyce on 01485 570291.

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Brancaster Camera Club

We have three evenings arranged for April:

Tuesday 9th April

Digital Image Competition - Panel of three images –
'Yellow & Blue' (which should tax our imagination!)

Tuesday 23rd April

'The Beautiful Light' with Jane Goodhall ARPS

Not to be missed.

Monday 29th April

Print discussion with King's Lynn C.C. at King's Lynn.

8.00 pm start.

We meet in Brancaster Staithe Village Hall at 7.30pm Entrance is £3 to include refreshments. We are always pleased to see potential new members or visitors. Contact Jim Till on 01485 210013 or Wendy Calow on 01553 674725.

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THE SONG REMAINS THE SAME

Monthly musings on music by Frank Edmonds

Britain's finest white soul singer... Definitely

She had a voice that could stop traffic – almost literally. Legendary Atlantic Records producer Jerry Wexler has described how he was driving to work in Manhattan one day when he heard a Dusty Springfield song for the first time, on the radio.

He practically had to stop the car because he simply could not believe this amazing voice he was hearing. High praise indeed from someone who has worked with so many great names, from Ray Charles and Aretha Franklin to Bob Dylan and Led Zeppelin.

And yet the cruel irony is that when Dusty finally got to work with Wexler herself, with the same people with whom her heroine Aretha had cut some of her classic songs, she was so crippled with insecurity, with the bizarre sense that she was somehow “not worthy” to be there, that – frustratingly for everyone else – she couldn't bring herself to sing a note for a fortnight.

Yet this is the paradox of Dusty Springfield, the girl born Mary Isobel Catherine Bernadette O'Brien, who came to become almost two different people. Dusty the diva, possessed of an astonishing voice, and yet at the same time relieved that she was literally so short-sighted that she could not see the audience; and Mary O'Brien, the simple Catholic girl, who she liked to think of herself as the “real me.”

Dusty tended to get the reputation of being stropky and aloof with people, most likely a mixture of her insecurity, and the fact that her eyesight was so bad that you literally needed to stand in front of her before she could see you.

Yet the diva reputation seems curiously out of place if you see clips of her Sixties television show, in which she would chat nervously to the audience between songs in a shy and self-effacing way, like you might to a casual acquaintance. Perhaps, outside of the barrier of a song, that was Mary O'Brien coming out.

In fact, there's also a curious story about Dusty's memory. Dusty – always a bit of a stunner, let's be honest – had that very Swinging Sixties way of dancing on stage, raising her arms alternately, and bringing her wrists level with her face.

This, it is claimed, is because her memory was so bad, she sometimes had to write the song lyrics along the inside of her arms, so she could remember how to sing them!

It seems a bit far-fetched – but we have the word of one of her three regular backing singers, Madeline Bell, so who knows. Yes, the same Madeline Bell who went on to achieve a good deal of success in her own right with Blue Mink in the Seventies. And Madeline says that while Dusty could certainly be a handful, Mary was a lovely person.

Incidentally, another of Dusty's regular backing singers was Lesley Duncan, who people with particularly good memories may recall as also carving out a more modest solo career for herself in the Seventies, in the Judee Sill/Claire Hamill female singer-songwriter mode.

Dusty would be described as Britain's finest white soul singer, or even the “The White Negress,” partly also from her championing of Black America's Motown music in its early days. And yet her career started in a totally different fashion in the Fifties, with yet another alter ego – that of Shan Lana, one of the Lana Sisters.

No, me neither. Dusty – sorry, then just Mary – answered an ad in *The Stage* magazine for a third member for “established sister act” The Lana Sisters (who, perhaps unsurprisingly, weren't really sisters at all).

They released a number of singles without troubling the UK charts (although their cover of *You've Got What It Takes* was a top ten hit in Ireland in 1960). But they toured with the likes

of Cliff Richard, Adam Faith, and even Morecambe And Wise, and scored a couple of TV appearances.

Mary – sorry, Shan – then quit to become Dusty. She joined her brother Tom, and Tim Field (later replaced by Mike Hurst), who had been The Kensington Squares, to become the trio The Springfields.

Now take a deep breath, because yes, Tom actually was her brother, but no, his name wasn't really Tom! It was actually Dionysius P. A. O'Brien (so let's face it, it was a bit of a relief that he became known as Tom). Confusing I know, but just hold on to the fact that hardly anybody used their real names in showbusiness in those days.

Why “The Springfields”? The name that would become legendary as a surname with Dusty in front of it had the simplest of beginnings – chosen merely because the group were rehearsing in a Somerset field, in springtime.

The Springfields rode the folk boom of the early Sixties, all acoustic guitars and earnest, strident vocals. Listening to them now, with the miracle of hindsight – or just with a better appreciation of what a fantastic voice Dusty had – it seems odd to hear her almost battling to make herself heard above the general folkie *mêlée*.

Balanced against that was the fact they were voted Top British Vocal Group two years running in the *New Musical Express* polls (1961 and 1962) – and to be fair, their No 5 hit *Island Of Dreams* was a great song.

Perhaps best of all, when the trio travelled to Nashville, Tennessee in a bid to make their album *Folk Songs From The Hills* as authentic as possible, Dusty's head was turned by the more pop-orientated rhythm and blues sounds – and a new direction beckoned.

This was put to good use straight away with her very first solo single, *I Only Want To Be With You*, in 1963, which set something of a template for classic Sixties pop – a superbly-produced mix of lush strings and snappy arrangements, and simply excellent songs. It was a million seller.

The formula would be refined, as Dusty added a yearning vulnerability to songs like *You Don't Have To Say You Love Me* and *I Just Don't Know What To Do With Myself*, or a smoky sultriness to the heart-stopping *The Look Of Love*, or her cover of *Spooky*.

It would be so easy to go completely over the top in singing such dramatic and emotional songs, and yet Dusty's tender fragility, and the sheer wonderful sound of that voice, was simply masterful.

Dusty's image was also striking – peroxide beehive, and the famous “panda eyes” look, awash with kohl, so copied over the years. But the hits spoke for themselves, and Dusty topped UK polls for the *World's Best Female Singer* for three years running, from 1965 to 1967.

Along the way there were classic albums, like *A Girl Called Dusty*, and *Dusty... Definitely*. But as the volatile Sixties moved from Carnaby Street pop to psychedelic protest, Dusty's music suddenly seemed a little out of step. The album she made with Wexler, *Dusty In Memphis* (which produced *Son Of A Preacher Man* and the equally wonderful *Just A Little Lovin'*), was critically lauded, but not a commercial success. It is now considered one of the finest albums of the Sixties – but that didn't help at the time.

Dusty would retreat to relative seclusion in America, and it took a rescue mission from long-time fans the *Pet Shop Boys* to return her to the top of the charts on both sides of the Atlantic in 1987, with *What Have I Done To Deserve This?*

Sadly she developed breast cancer, and died in 1999, aged 59, just before she was due to be bestowed with the OBE. But she left a legacy that proves, as one authority put it, that she had “a voice that can chill the spine and warm the heart.”

• **FEEDBACK:** If you have any views, comments or suggestions you'd like to air about the column, feel free to contact me at: frank@bronyaur.demon.co.uk

Maureen Wolfe – Marathon Runner

I was a late starter at this running lark, at the grand old age of 48.

Over the last 6 years I have progressed from walk/ run efforts, to jogging along the prom to the “blue hut” then walking back, and after a while running it both ways. My first big challenge was to run Grand East Anglian Run (GEAR) in King’s Lynn in 2007. I didn’t think I could possibly run 6.2miles, but with encouragement of friends and family I did it. This was when I really caught the running bug.

The camaraderie of runners is great. I eventually, after much persuasion by friends met through running, joined Ryston Runners AC. I thought this would be a bit serious and for ‘proper’ runners, but we have a great time, work hard at our running and support each other. We also have amazing coaches who set up great track sessions for us - never thought I’d be doing this sort of stuff at my age.

It’s quite thrilling putting on your club vest, pinning on your number and standing at the start line, knowing that there are quite often many fellow Ryston Runners standing there with you; lots will probably finish before me, but will be standing there cheering me over the line as I finish. (There are quite often several behind me too!)

This all takes me to the greater challenge - as each longer distance is conquered I’m looking for the next challenge, so eventually it comes to the Marathon. In the beginning, before I was totally converted to being a “Runner”, I steadfastly stated that I never wanted to run long distance particularly not a marathon, but the bug gets you, other people are doing it and I needed to know if I could do it too!

So here I am, several weeks into the training schedule for my second marathon, the **Virgin London Marathon on 21st April 2013.**

This time I have the added responsibility of raising sponsorship for the East Anglian Children’s Hospice - EACH. Along with my training partner Pauline Drewery, we are raising the funds in memory of Callum Eldridge who sadly died at the age of 12 days in the hospice at Quidenham, and also in recognition of the support given to his parents, Odette Wood and Steve Eldridge, at that time and in the future. (See their story on my justgiving page)

PLEASE SPONSOR US:-

This can be done online at www.justgiving.com/Maureen-Wolfe OR

At Wolfy’s Video & Photography, in Hunstanton or King’s Lynn;

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Beryl O’Callaghan (my lovely mum) will also be carrying a sponsorship form with her should you see her.

Many thanks for reading this and thank you in advance for any donations you are able to make.

Maureen Wolfe

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Scallywags

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As well as seeing our lovely regulars, we have also really enjoyed welcoming new families over the past 2 months – well done for braving a new group!

We would like to say a special thank you to the following:

Tracey, Liz and Vicky for leading the singing at the end;

Donna and Mike for their help with setting up;

Liz for being a lot more than a tea-lady!

Everyone for their help clearing away.

We would also like to thank Rachael for organising Wolfy’s photographers last October and to Wolfy’s themselves for not only taking such lovely pictures but also donating some of the money to Scallywags.

Lastly, a thank you to Win of Meadow Road for donating some toys.

Scallywags is on every Wednesday during term time 9.30 –11am. (Back after Easter on 17th April).

£2 per family.

Please do call Jo on 07521 447284 or Clare on 07816 913657 if you would like more information.

We look forward to seeing you there!

The Seymour Howard Lodge of the Royal Antediluvian Order of Buffaloes

The Seymour Howard Lodge of the Royal Antediluvian Order of Buffaloes (the Buffs) last night at the Heacham Sports & Social Club, presented cheques for £650.00 each to representatives of the Alzheimer's Society and the MacMillan nurses.

A photograph is attached. The two ladies on the left are the Alzheimer's representatives from the Queen Elizabeth Hospital. The one at the front holding the cheque is mental health nurse Sarah Reed and her colleague behind her is lead dementia nurse Alison Webb. The other lady at the front, also from the Queen Elizabeth, is Mrs Mandy French accepting the cheque on behalf of the MacMillan nurses.

The Lodge, which has been established in Heacham for more than ninety years, has a tradition of charitable works, more recently having helped the children's ward at the Queen Elizabeth, the Air Ambulance and the East Anglia Children's Hospice.

New members are always welcome. Anyone interested should come along to the Club on a Thursday evening or, alternatively, contact Lodge Secretary Michael Ward on 07957 453615.





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Heacham In Bloom

Hopefully with the clocks going forward the weather will finally pick up as its not been that much fun carrying out our spring tidy up in the cold, even the daffs have kept their heads down this year. We couldn't do what we do without it so it is great to see sponsorship coming in. A big thank you to Heacham Indoor Bowls Club, Darren Bailey, Jim Wilding, Kevin Partyka, Paul Curzon, Rushmore Carpets, St Marys' Church and Heacham South Beach Owners Association for once again supporting us this year. We also look forward to welcoming many more of you on board in the coming months. Over Easter, children at Heacham Infants and Nursery School went home with sunflower seeds to grow in our second sunflower competition, which will be judged in July. Lots of things are happening in April. This month we launch our two local initiatives. The first of which is **The Best Blooming Caravan and Caravan Park Competition 2013**. We have circulated posters and entry forms to each caravan park in the village, but forms are also available on the Parish Council website www.heachamparishcouncil.co.uk. For the winning Caravan Park, there will be the stunning trophy and for the winning caravan owners, a meal for two courtesy of the Fox and Hounds Public House, who if you haven't noticed are going all



out this year to make their Pub bloom. The second is the **Heacham Pride of Place Campaign** where we hope to encourage you to take a fresh look at where you live, work or play and put into practice ideas which could improve it. Heacham Newsletter have again sponsored this Campaign and the first areas or groups to register will be given a £10.00 voucher to spend at Moulam and Horn on plants. Ideas can be as simple as troughs or planting round your street name sign. Heacham in Bloom is about our community and taking pride in making it lovely or should I say lovelier.

We hold our Spring Coffee Morning on Saturday 6 April at the Church Hall, so please come along and have a chat with us about what we do and join us for coffee and a cake or two.

Steve Percy
Chairman of Heacham In Bloom
heachaminbloom@btinternet.com



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@Coastal TweetUp

There are a great many small businesses and freelancers living in and around the Norfolk coast and networking is a must to keep up with

what is going on. As many of us know, some networking groups are very costly to belong to and very regimented too.

@NorfolkTweetUp was born to allow low cost networking amongst Twitter followers in the county but quite often these meets are inland and quite a distance from the coastal areas. As a result, @CoastalTweetUp is starting up under the auspices of Hunstanton-On-Line.

Following the lead of @NorfolkTweetUp, Stella Gooch (Hunstanton-On-Line and Stella Gooch Executive Business Support), Geoff Fletcher (UK Support), Rosie Kitchen (PR Active) and Amanda Knight (The Hunstanton Fun Dog Show) are teaming up to launch @CoastalTweetUp.

Twitter is a great social media platform and is used in our business and personal lives to connect and share information simply and quickly. It is so engaging that we often end up "tweeting" with people that we have never met and go on to forge some very good relationships. TweetUps give tweeters the opportunity to meet up in a relaxed setting and get to know each other better. They are free to attend and there is no sign-up or pressure to come along.

@CoastalTweetUp launches on Wednesday, 10 April at the Golden Lion in Hunstanton where you can grab a drink and something to eat if you wish. For the launch date only we are holding two different time slots to give as many of you as possible a chance to come and say hi and tell us how you would like the group to evolve. So if you are free at lunchtime come along to the Styleman Room at the Golden Lion between 12 noon and 2pm where you can meet Geoff Fletcher and Stella Gooch. Otherwise visit the Golden Lion in the evening 5pm till 8pm on 10 April where you can meet more of the team.

It is possible that members of @NorfolkTweetUp will also join us and hopefully we can learn from their experience too. If you would like to join in but do not use Twitter please do not let that put you off. We would love to see you! If you want any further information about @CoastalTweetUp please contact Stella on 07788 645157 or visit www.norfolk-on-line.co.uk/hunstanton/coastaltweetup/index.php.

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A Long Service Medal Well Deserved!

In April 1983, Roger Haverson, then owner of Heacham Veterinary Clinic, took on a new, fresh faced, enthusiastic employee called Denise (Dee). Who would have thought then that this April, Dee will be celebrating the fact that she still works at the practice 30 years on!



Dee has seen many changes over the years; she has seen vets, nurses and other reception staff leaving, either retiring, to start families or broaden their horizons. She has also seen the changes due to progress in the profession, for instance going from the handwritten patient records that had the inevitable doctors style unreadable handwriting on them, to an almost fully computerised system of patient record. She has also seen a change of employer. When Roger retired and sold the practice to Medivet, she and the other staff took it in their stride, and have continued to keep their small country practice friendly atmosphere.

Over the years, Dee has become a good friend and confidant to many of the regular clients and their pets. She has seen pets come and go, and provided their owners with the support they need from start to finish. The clients rely on her in-depth knowledge that she has gained from experience, especially in dog behaviour and training. Should a client not be taking any notice of her advice, she somehow has a way of making them rethink their position without causing offence to them, and people come back time and again for her friendly but firm guidance. Outside of work, Dee lives for her sheepdogs and sheepdog trials. She has won numerous trials with her dogs, and breeds the occasional litter of Border Collies, which tend to be sold before they are even born!

Dee still has her enthusiasm for her work 30 years later. She holds puppy classes for the new arrivals at the clinic, well pet clinics and behaviour clinics, all of are well attended and appreciated by clients. Most important of all, she continues to provide a friendly, knowledgeable and approachable face on her domain - reception! Well done Dee Chapman- you really do deserve a long service medal!



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The Kitchen Gardener

My mum used to take the roast out of the oven, cut a thin sliver from the outside and pass it to me on the tip of the knife. As I write, I can still taste that hot, salty, crisp and deeply savoury meat. She called it 'chef's perks'!

A French friend used to do the same with the two moist oyster shaped morsels nestling in the leg end of the carcass of a roast chicken. He would hand one each to his girls who were conveniently hanging around when the roast was carved.

Another perk is a hot and almost, but not quite, burnt sultana or raisin pulled from the outside of a just baked scone or rock cake.

I have 'gardener's perks' – flavours, crops, sights, scents and thoughts that come from cultivating my own little patch. These last few weeks, my perks have been the Brussels tops. I pick them as the sprout crop ends. There are always some lost to the weather and pesky pests, but still enough to anticipate, cook and enjoy. A brief but delicious episode in the long life of the Brussels sprout plant.

I discard the rough outer leaves, give them a wash, slice and cook them like spring greens. They need watching like a hawk as they cook in a jiffy. Once in the colander, a press with a saucer gets rid of excess moisture. Sweet, tender, nutty and delicious, there aren't many things they can't be eaten with.

Mixed with an equal amount of mashed potato – maybe with some chopped cooked carrot and plenty of seasoning – they make a lovely bubble and squeak. Put a fried or poached egg on top and we have a plate of good peasant food to fuel our excursions and exertions. I won't get into the brown, red or Worcestershire sauce argument!

The coldness of spring so far has held me back a bit, although digging and manuring any spare ground has been done when the weather has allowed. I hope that digging is getting air into the soil to encourage bacterial activity and deep penetration of plant roots when they are eventually planted out.

I can see that after the soil has been turned the birds are on there 'pdq', hopefully scoffing weed seeds and pests and giving the soil surface a general spring clean.

When I gardened on heavy clay I would dig in the autumn so that the clods would be broken down by the elements. If I did the same with the light chalky soil I have now, come spring it would be like concrete.

In the absence of suitable weather to get on with other things, I got around to a job I have been promising myself I would do for the last year or two and removed all the seep hose fittings. I gave them a couple of days soak in soapy water then a good scrub with a toothbrush to remove the gubbins. Could have grown a small crop with the soil residue in the bucket!

I am hoping the weather warms up in time to get the potatoes planted towards the end of March. I can't control it (thankfully) so if no warmth arrives it is a matter of waiting. How does that prayer go? Something about accepting the things I cannot change, courage to change the things I can, and the wisdom to know the difference.

At the end of March I will start successional sowing of outdoor lettuce. A pinch of seeds into a small pot eventually pricked out into trays to bring on in the greenhouse before hardening off and planting out. I repeat this every two or three weeks through to the end of summer. This method gives a continual supply of salading rather than a whole row which invariably bolts before it can be eaten.

The beginning of April is the busy sowing time; first of the beetroot into drills outside, then in an unheated greenhouse the Brussels, purple sprouting broccoli, basil and dill together with celery, marrows, cucumbers and squashes.

While I am gearing up for the busiest part of spring, a perk seems like a cunning plan! Rock cakes are the order of the day.... good,

simple, honest baking. A real treat and quickly made. Served warm from the oven with a cup of builders' tea or a good coffee – what more could you want?

Rock cakes are best eaten the day they are made; however, they freeze very well. Alternatively, I keep mine in an airtight tin and give each rock cake approx 10-15 second ping cuisine just before serving, which is an excellent way of preserving the freshness problem. Because I like to use plenty of spices, the microwave method is great for bringing out their flavours.

Place 8oz (225g) self-raising flour, 1 teaspoon baking powder and 1 teaspoon mixed spice into a bowl and rub in 4oz (100g) margarine until the mixture looks like fine breadcrumbs. Stir in 4oz (100g) white or brown sugar and 4oz (100g) dried fruit and mix to a stiff dough with a beaten egg. If the dough is too dry add a teaspoon of milk. I have a horrible habit of adding too much milk, so instead of rock cakes they spread in the oven and flatten somewhat. So keep the mix on the stiff side.

Put heaps of the mixture on to greased baking sheets and sprinkle with a little sugar. This quantity will make around 14 cakes. Bake for 15-20 minutes in a pre-heated oven set at gas mark 5, 190C, 375F, until golden brown and firm. Cool for a minute or two before placing on a wire rack.

This is an obliging recipe if you like to ring the changes. I often add some dill seed saved from last autumn's dried seed heads. 2oz candied peel can be added to the 4oz of dried fruit. The dried fruit can be replaced with a mixture of chopped ready to eat dried apricots and stem ginger, or blanched roasted slightly chopped almonds and glace cherries, or pistachios and sultanas.

Whatever, you can be sure that as they come out of my oven, some tasty, too hot morsel will be picked off for this gardener's chef's perks!

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Hilary Dellar-Lane

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Norfolk Blues Society Jam Session

at The Fox & Hounds
 On 30th April



The Fox & Hounds in Heacham has been a great venue for live music, especially blues, for some years and so it seems very appropriate that Norfolk Blues Society should hold a Jam Session there on Tuesday 30th April. Everyone is welcome, whether you are coming along to play or just to listen. Real Ale, Real Music at the Fox & Hounds.

What is Norfolk Blues Society?
 Norfolk Blues Society (NBS) exists to promote, preserve and advance the tradition and future of live Blues music in Norfolk. NBS holds Jam Sessions up to four times a month at various venues around Norfolk.

How is the Jam Session organised?
 The Shunters Blues Band with a guest host front man kicks off the first half-hour. The sessions are 'Blues' based, that is, music with roots in the blues, played in whatever key, whatever tempo, whatever style the lead participating singer/instrumentalist chooses. It's a format that everyone knows, (should know) which leaves space for improvisation, dynamics and those 'magic' moments that occur when the chemistry is just right. An organic melting pot of like-minded players coming together for the adventure and for fun!

NBS provides the P.A., drums and amps. Just bring your instruments and join in.

Want to know more?
 web site: www.norfolkbluessociety.org.uk
 facebook: [NorfolkBlues-Society EastAnglia](https://www.facebook.com/NorfolkBlues-Society-EastAnglia)
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THE POCAHONTAS PLAYERS

Evolution Express news update . . .

Yes, it's all 'go' at the moment, with rehearsals well under way. The dance routines (although we say it ourselves!) are brilliant. Thank you to the dedication of our choreographer Jaime Tooley (who has joined us for this production) and her troupes. With extra dance rehearsals taken on Monday evenings, they have worked so hard and we hope you all enjoy them.

The singing has been tutored by our musical director Jeannie Tooley. Again, with extra rehearsals to bring out the best in the cast's voices. It is sounding very 'uplifting' and with such a young cast, it's great to see them enjoying themselves. Mind you, having to learn some of the older generation songs, right up to modern day has been a task in itself for all members to learn and perform!! 'Such fun' as they say!!

With such a big cast, it's been good to have Director Peter Everingham and Co Director Emma Murtagh to keep us under control and pass on some of their expert directional knowledge.

The costumes are nearly made and we welcome Terrie Barrett on to the sewing/creating team, along with Janice, Heather and Jean. The Pocahontas Players cast gets bigger as each performance goes on, so to have extra in this department is a real bonus.

EVOLUTION EXPRESS the Musical has been the idea of Dave Curtis - (with Jimma Race helping out with his writing skills). Transporting you through time with Dialogue, Dance and Song. The Pocahontas Players have not done anything like this before but we feel confident that you will enjoy it. We feel sure that the audience will be saying "Oh yes, I remember this one . . ." at sometime during the evening?



Seen in Dance rehearsal photo - from L to R - Cerys BurrIDGE, Georgina Staff, Joshy Chilvers (with Della Reed) Ben Parr (with Zoe Yeung) Jessica Wells.

Dates - Friday May 10th 7.30pm, with two performance on Saturday May 11th (2.00pm and 7.30pm). All tickets £7.00.

Public Hall, Heacham.

Box office - Janice 01485 570402 or Jimma 01485 571276.

We would like to thank The HEACHAM NEWSLETTER for space in this edition, NORFOLK LAVENDER for permission to hang our 'fab' banner on their fence and to RUDD ROOFING for saving Dave the wobbly job of fixing the other 'fab' banner, up high, on the Public Hall wall. (All times and phone numbers for tickets are on the 'fab' banners).

Please don't leave ticket ordering too late - See you all there.

From the very excited Pocahontas Players

Heacham Pocahontas Players

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Musings from The Potting Shed

Flowers seem intended for the solace of ordinary humanity.

John Ruskin

About six days ago I sowed my first tomato seeds. These were all heritage varieties and three were given to me by our French farmer friends who live close to the farmhouse called Las

Rochas that I bought with my retirement lump sum way back in 1995. Yes, I was of the incredibly lucky generation who contributed one sixth of our salaries to a pension fund that was matched by our employers. In 1971, I was invited by my employer to make a further contribution towards (a) getting an index linked pension and (b) receiving a lump sum on retirement. I was not earning a huge salary at that time, in fact it was less than £900pa and we also had four children. However, we bit the bullet and paid the extra amount in. It paid off handsomely and when I retired, I got a good pension, a lump sum and the pension was index linked. The Iron lady started the rot when she persuaded people to take out private pensions and Gordon Brown completed the process when he decided to stop giving tax relief on the employers' contributions. The employers have now stopped paying their share and people now worry about how they will survive upon retiring. This is what our current government call Fiscal Responsibility and I call theft. Now they are trying to turn the clock back and it's all too late. Oh dear, another Drew rant! So back to tomatoes. I have sown, Black Krim, Cornue des Andes, Aunt German Ruby and three varieties I have grown before called Green Zebra, Garden Peach and Black Brandywine. I now wait anxiously to see what emerges. If I have success, I will let you know what they taste like.

The person who has started to write a garden column in my place, be they male or female, is doing a fantastic job. I suspect they are far more clued up than I and I hope they continue the good work. It's very good to get a different slant on gardening and I can relax into my usual slothful state and stop worrying. Yes, I did worry about what to say (I still do) which is why I nearly gave up. Now, having changed direction I can talk about whatever I like. Like the first paragraph of this contribution.

The Tree Surgeon, or Arborist as I believe they prefer to be called, has had a good go at my huge conifer. It took him 2 ½ days in total and he removed a lot of timber. The chap is returning in a couple of months to check on the shape but I'm pretty chuffed with the result. My neighbour Brian now gets much more light on his garden and I've put in some assorted cuttings to make a hedge between us both. I just pray that the cuttings will strike.

After a coldish weekend, I awoke to snow and bitter winds this morning, as did you all. I was hoping to rotavate some horse manure into my raised beds today, ready to sow broad beans as soon as the soil was warm enough. In fact I was also considering putting down some permeable plastic sheeting so the soil would warm up quicker. Instead, I'm sitting here, all grumpy and wondering what to do. Lazy tyke, there's loads to do but it's too cold. Thinking of plastic sheeting reminds me of a fiendish ploy I had some years ago. I sowed a bed of broad beans, and then covered them with said sheeting to encourage early germination. About a week later I lifted one corner to find a load of bean hulls. Mice had moved in and scooped the lot. Well, I think I had about six plants germinate. Another lesson learned. Warm the ground before planting, don't try to be clever!

The front page of the EDP today, showed a car churning along a flooded road. The water was piled up in front of the car, above the radiator. I wonder how far the person driving got before their electrics failed or water was sucked into the air intake. Aren't we glad we live in the desert area of Norfolk?

I see inside the same paper that Nick Clegg is proudly boasting about how he and his party are preventing the Tories from "veering to the right". Well, I thought Coalition was about working together not pulling apart. I don't personally think much of any of them but I do think that if they all talked things over and forgot party differences, together they might sort out the mess caused by the banking system fiasco.

Tesco are placing a load of full page adverts saying how sorry they are about the contaminated meat they sold. Well, why don't they pay farmers a proper price for the food they sell and stop buying it cheap from Europe? As I've been preaching for years, if we grew our own food as much as possible, we'd be able to, occasionally, have a bit of meat to go with it. That's if you want to eat meat. If you do, then your local butcher can sell you a cheaper cut which I'll bet will cost you less than a Tesco ready meal. Pork belly, for instance is cheap and tastes lovely either roasted or turned into a casserole. And that's rant no.2.

The following is from an article I wrote in April 2001. I said I was going to repeat some of them and there has been a bit about peat recently. When I first came to Heacham – all the way from Ingoldisthorpe – many years ago, and found myself confronted with a large unkempt garden, I started sowing flower and vegetable seeds in trays to restock the garden as I cleared it. Like most other people, the seed and potting compost I used was based on peat.

Then one day I saw a photograph of an area of bogland in Ireland, which had been stripped of peat to supply the likes of me with cheap seed compost. It looked terrible, a barren featureless area covering many acres, which would be useless for years. There and then I resolved to try alternatives to peat based seed compost.

Some of you may well say, "What good is a peat bog anyway". After all the Norfolk Broads were originally formed from the digging of peat for fuel as is still practised in Scotland and Ireland. However, mechanical stripping doesn't just leave pretty lakes as a habitat for other creatures. It leaves huge featureless plains, which take many years to regenerate. Bogland provides living space for many plants and animals and who are we in our arrogance to destroy their homes just so we can have convenient seed compost?

So what can we use instead of this finite resource? Well first there is coir made from coconut husks. This is quite a good peat substitute but when you consider the distances, cost and pollution involved in getting it from Ceylon to Britain, it seems a bit daft to use it. What we should be doing is to use compost made from recycled materials and a number of companies now make quite

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reasonable seed and potting composts from non-peat, non-coir materials. These substances range from composted animal manure, through composted bark, bracken to garden waste.

A seed and potting compost needs four attributes. It must allow oxygen and carbon dioxide to diffuse to and from plant roots. It should retain water, making it readily available to the plant. It should contain sufficient and suitable plant nutrients and it should provide physical support to the plant. In addition it should, of course, be free from plant pathogens and weed seeds. Finding peat free products is not very easy. Coir based products are fairly easy to find but it isn't too easy to manage as it can appear dry on the surface whilst being wet lower down. Composted waste such as is available from our 'tip' is quite good as long as you sieve it and add some sharp sand to improve its drainage. You can make your own as I do which works well some times and poorly at others depending on how careful I am preparing it! So next time you want some seed or potting compost, think of the terrible damage being done to the countryside and shop around for other products.

I went to another Green Team meeting last week. We had the grand total of six attendees and that included the Parish Council Chairman. I am amazed that out of a total of - what - 5000 plus villagers, we can't get a few interested folk to come along and help make the village 'green', by which I mean get involved in recycling rubbish properly, stop throwing it around the streets and so forth. There seems to be a policy in this country generally of "It's not up to me why doesn't the government/county/parish council sort it out." We all live here and it's up to us to make it work properly. And that's rant no.3 and I'd better stop there.

Michael Drew



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Heacham Green Team

The collection of glass was discussed and we agreed to explore the possibility of having a collection point in the village centre. Noise is a problem so the collection point needs to be sited away from houses if possible or restrict use to daylight hours.

Plastic waste is also a problem, as at present only high density polyethylene is accepted. However, there is an organisation that collects and recycles polypropylene from which most bottle tops, margarine cartons and the like are made. Efforts will be made to see if these items can be collected in the village, in which case a collection point will need to be designated. The Green Team are investigating recycling of these sorts of materials and are hoping to get the help of 'The Matthew Project' (an organisation which helps young people with drug and alcohol problems) who are able to organise collection and recycling of different plastics.

Michael Drew

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Heacham in 1921

Thursday 6th March 1921

Further adventures of S. C. Neville-Rolfe's descendants.

Thinking that breakfast was at 8 not 8.30 as it really was, our student had made an appointment with Thacker for 7.45 to dig up the wasps' nest – but of course he was not called till 8 and thinking he had a quarter of an hour, began business leisurely. [Business here should be interpreted as washing dressing and shaving with a cut throat razor]. Margaret went round to his door and in a voice, asked how long he would be. He had to say 5 minutes as there was absolutely no prospect of doing it in a shorter time.

When ready he met Thacker and they went to the wasps. It seemed that there were either two nests, and one destroyed, or one large nest with half destroyed. They fiddled and then decided to do the other lot that evening. He hunted round and saw his cousin Cuni. They departed from the others as was their custom and walked over to the river with the object of seeing trout.

They walked down to the water's edge and she was particularly glad because she wanted to see the depth of the water covering the step because of the boats. She told him about her wonderful diver which would sink or swim at command. She never saw any trout because they were out of her horizon in no time, but he indicated the waves that they caused. However, it was getting late and they rejoined the others. When the two had gone away they sprinted to their breakfast.

After this essential meal, he dismantled all the pictures on one side of the French room because the wall was damp. Louis [Louis de Soissons, architect] had been busying about it when he was there the day before. They were Gerald Torrey's watercolours. They wrapped them up separately in large Times sheets and carried them up to the top of the new wing to the store room. That had to be rearranged as everything was anyhow, and he came in useful again there in shifting things etc. When Eugenie went up there, Margaret was quite surprised at the small amount of fuss she made.

He then strolled over the road to look up Ramsay – he lodged in a house next to the Cabin. (Somewhere near where Messrs. Gimlet and Bradawl used to live.) The student found him having breakfast in his room. Ramsay went out to meet him who told him to finish his breakfast etc. The student took a seat in a chair. Ramsay at once began to offer him a ride in his car, which he said he would love, but didn't think he would have time. Ramsay asked a few questions and seemed very fit just as ever he was. He said that at Christmas he had felled a tree, and cut it up for Church House – It was plenty large enough to last them this year as well.

He spent most of his time playing golf over at Brancaster. He plays his brother Tyle and anyone else he can get hold of. He said that Tyle plays a very good game still.

In order to keep himself warm he gets into a sleeping bag and sits in an armchair when it is draughty. Rather a good idea thought the student. That afternoon he was taking all the children out for a ride in the car. He had got £150 for his smashed up car and sold the remains for something like £50 – so he had a substantial amount with which to buy a new one. After a little more talky talky, the student assured him that they were bound to knock up against one another before long as people in Heacham always do, and returned to the Mill House.

After doing nothing in particular for half an hour, Margaret sent him over to Marie (Margaret's older sister 1844-1931) to tell her that they were going out for a motor ride. He went through the fields across the railway line, and via the Paddock.

He spotted Marie's house from the green House. The moment he saw Marie he was opened to publicity – she began to tell Perfit, Bransby and Clarke that he was there. "Hello" she yelled. A voluble continuous roar followed giving him not a second for a word. At length he bawled out "Aunt Margaret is coming to take you for a ride in the car": She continued to explain how bad her rheumatism was, and foisted Audrey's Album on to me, and sprinted upstairs like a centipede. In her rigmarole she said that when she got up that morning, she had never experienced such bad rheumatism, and told what a simply wonderful album Audrey's was. "He would so enjoy it."

He opened the blessed scrap book to appease her and save himself from the untrue. It was the rottenest show he had ever seen. The photos were bad (mostly postcards) and stuck in worse. Of course he knew not a single person or scene until he came to a photo of a cousin in his first term at Osborne. The house quivered – vibrated – a stentophonic scream pierced the door. "The car is ready". He laid the book aside, and met Marie who had just come down the stairs.

He saw Clara and told her that he had not yet used the key. We two strolled up the drive and saw Audrey. Luckily she recognised him. She had changed considerably. They had not met since 1912 or 1914. She had been in Heacham with the two boys and they had been to a circus or something. He believed it was Easter or possibly not.

In spite of Marie's remonstrance's, I walked with Marie up the whole drive at 0.25763 miles per hour. Margaret assured them that there was absolutely no hurry. Audrey had passed and gone into the house: they had reached the car.

The weather was boiling hot.

"Sedgeford" said Margaret to Thacker. Protests from Marie "It is all right my dear we are going to remain in the car, while our nephew pays his call."

He sat in front with Thacker and they purred off. The car still in A1 condition and ran beautifully. It was so nice to go along the Sedgeford road again – the mill – that lovely old Mill on the left, with the stream also. At Sedgeford they swung round into the gates, their war memorial is not half so good as Heacham's – but does for such a small village - it is an obelisk in the middle of the triangular batch of trees, before going to the gates – where the road divides from Stanhoe and Fring.

The roadway from the Lodge inside the Hall is still bad and dangerous. He couldn't imagine why they don't make a decent one. Over the little bridge, and up the hill they went into the beautiful park. Coming down the other side, they saw Muriel waving her hand. They drew up – an apology, saying she was waving to the other car, informed us that Uncle Holcombe's car and her children were following them. They drew up in front of the front gate and he sprang out. The car subsequently circled round under the shade of the ash tree – not the beech tree. – there are two trees overhanging the drive.

The 19 year old student went into the Hall in search of his great Aunt Jane (1850-1928).

Next month I will consider a game larder.

By another descendant

HEACHAM LAWN TENNIS CLUB

Some of our more hardy members have used the 'new' hard court throughout the winter period – even when the snow was around, they swept the court so they could still play! What a dedicated bunch of tennis players – every respect to them.

The grass courts have again had a great deal of attention given them since closing last year, and at this time look even better than they did last year. All we need now is the support in using them. Since the closure of Sedgeford, we hope to attract more members but would like more 'local' people of all ages and abilities to join.

This year, we hope to see the expansion of Heacham Tennis Club in ALL areas.

With the agreement and support of the Junior School, a series of 6 'feeder' sessions are starting as an after-school club in the hopes that we can encourage more junior members.

'Get Back Into' and 'Get Into' sessions will run at the courts – open to all ages and abilities. We believe that these courses will be subsidised by Active Norfolk who are keen to support the 'healthy living' remit. At this time, these are scheduled to run after the Monday Junior Sessions from 6:15-7:45pm.

We hope to run Cardio-tennis – described as 'an overall mind and body workout'. Not necessary for the player to be a good tennis player, it is more about having fun, fitness and increasing stamina. A specialist coach will be brought in to run 'taster sessions' in this and if the uptake is worthwhile, will continue throughout the season. (There will be a charge for these sessions).

Friendly matches for the more dedicated and serious players have been set up and we will be welcoming players from

Massingham, Brancaster, Rudham, Gressenhall and other interested tennis clubs within a reasonable travelling distance.

Grass Courts will open on Wednesday 10th April at 6.00pm to the Senior Section. ALL WELCOME. Membership is, as always, comparatively cheap compared to ANY other facilities in the area, so please, come along and join us; get fit and have a bit of fun into the bargain!

Junior Coaching sessions will again be available starting on MONDAY 15th APRIL at 5.00pm. These sessions are open to all junior tennis club members and will be run by Richard Smith and Janice Campbell.

For more information please contact either Richard – 07718 553415 or Janice 07923 612187.

Membership rates have not increased and remain the same as in 2012.

Membership prices include Charity membership (£1 junior, £6 adult & £10 joint adult).

Under 12 Junior	£13
Under 18 Junior	£17
Senior Citizen/Full-time student	£30
Joint Senior Citizen	£58
Adult	£36
Joint Adult	£70
Family (2 Adults & 1 Child) additional child under 18)	£80 (plus £6 for each additional child under 18)

For further information about Heacham Tennis Club please contact Janice Campbell – 01485 572120 / 07923 612187 or 01485 570776 or ask a member of staff in the Social Club bar.

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9 Ingleby Close, Heacham
Tel.01485 570873

www.hmsheacham.co.uk

Heacham Cricket Club

With it now being April, the 2013 cricket season is upon us. After a very enjoyable and successful 2012 season, in which we gained promotion, Heacham CC will be competing in the West Norfolk Cricket League Division 2 for the coming season.

The first fixtures for the month of May are as follows:

Saturday 11th May – home v Hillington CC

Saturday 18th May – home v Hockwold CC

Saturday 25th May – away v Downham Town CC 3rds

Practice sessions for this season will be held on Tuesday and Thursday evenings from 6 o'clock at the cricket field. Any new or old players are all welcome to attend.

Support and sponsorship would also be very welcome too.

If you require any further information, please get in contact with me on 07827 447219.

Thanks

Kevin Dix (Secretary)

Christina Thain & Co Solicitors

Conveyancing, Wills and Probate

Please note that our new address is:-

**'Beamish'
68, High Street,
Ringstead,
Hunstanton, Norfolk PE36 5JU**

Telephone No: 01485 525458

**Appointments in your own home, or at
Suttons Estate Agents,
29 High Street, Heacham.**

**The same friendly, efficient service - only
the address has changed!**

Heacham Judo Club

On 1st March Heacham Judo Club travelled to Middelharnis in Holland for our first weekend together of the year. After a long day travelling we arrived in Middelharnis and everyone went to their Dutch families for the evening, who are now good friends with our players. Saturday came round all too soon and the competition was great, with clubs from all over the islands coming to take part. The players all fought well and we had good results, with the trophies being presented by Fleur Stoop from the Dutch National Squad. The weekend finished with a trip to the swimming pool on Saturday night and bowling on Sunday morning. Everybody had a fantastic and tiring weekend and we are all looking forward to the return weekend in November for the Derek Skipper Memorial competition.

Results were:

Harry Sands	Gold
Joseph Tucker	Silver
Charlie Morgan	Bronze
Courtney Cobb	Gold
Shannon Tucker	Silver
Josh Chilvers	Bronze
Astrid Hubbard	Gold
Georgia Rudd	Silver
Bethany Gedge	Bronze
Terry Wilkes-Harris	Bronze

We next attended the A.J.A. National Closed Championship in Birmingham on the 17th. With a very early start at 5.15am the players fought well and tried their best. This time we had more seniors taking part than juniors and everybody came home with a medal. The medallists can go to Holland for the Meirlo Championships in May. After a long day the results were as follows:

Simon Couzens	Gold
Shannon Tucker	Silver
Joseph Tucker	Bronze
Kristina Wilkes	Gold
Astrid Hubbard	Silver
Courtney Cobb	Bronze
Josh Chilvers	Silver
Charlie Morgan	Bronze
Jay Coffill	Silver
Georgia Rudd	Bronze
Simon Couzens	Bronze

Shirley Tucker





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Annual Membership now available
May 1st 2013 – April 30th 2014
From £608 pp all welcome
Junior & Student membership from only £90

April Twilight Specials
18 holes after 3pm £15 midweek / £20 weekend
Special prices for 2 or more with buggy

01485 536 030
golf@heacham-manor.co.uk

Ref Heacham Newsletter

Heacham Manor Hotel
Hunstanton Rd, Heacham, West Norfolk, PE31 7JX
Tel: 01485 536030 www.heacham-manor.co.uk

Pavilion Build

The attached photographs which were taken on 7 March 2013, show the progress of the pavilion build. The sponsored bricks have been laid but cannot be viewed yet due to being inside the cordoned off area. **D Page.**



Heacham Sports and Social Club

Committee News

As April approaches we look forward to lots of sporting activity when we hope to welcome many friends back to the Club. The St. Patrick's Day event went very well and plans are well under way for a 'St George's Night' Celebration on Saturday 20th April from 8.00pm. There will be a nominal charge for non-members. Please look out for posters in the Club and around the village.

The Wednesday Car Boot Sales will be back in April. The start date has been regretfully delayed due to the inclement weather. Watch out for posters and the usual advertisement in the Lynn News on Tuesdays and Fridays.

We are delighted to invite you to our Quiz Nights every Wednesday in the Club and to Bingo every Friday in the Hall.

Whether you live in the village, own a caravan or are here on holiday, why not call in to find out about all that Heacham Sports and Social Club has to offer. Why not enjoy a game of pool, darts or snooker while you are here or enjoy a bowls 'Roll-up' on a Wednesday afternoon.

We are always delighted to welcome new members, not just to the Club but to the many sports groups such as, Bowls and Carpet Bowls, Tennis, Football, Cricket, Badminton and Petanque. Just ask at the bar for contact details. Other activities which run in the Hall include Line Dancing, the wonderful Pocahontas Players, Judo and various children's activities. Again, please ask at the bar for contacts.

As you can see, Heacham Sports and Social has a great deal to offer.

The contact numbers for Boot Sales are 07527 125574 and 07974 187011. For all other enquiries please call the Social Club 01485 570776.

Searles Masters Charity Golf Weekend

April 13th & 14th Charity Golf weekend In Aid Of 'Mind' ALL WELCOME

- Beat the Golf Pro's on the Range with PGA Professionals Danny Poulter & Ray Stocker. Win a **FREE** Round of Golf! Saturday 2pm – 4pm £1 charity donation.
- One Month Special Trial membership. April 13th – May 13th Only £40. Only available this weekend in person. New members only. Golf only, t&cs apply.
- Competitions & Special day deals available.
- Golf Meal Deals.
- Lodge Open Weekend, your chance to view and buy your own luxury lodge overlooking our 18 hole golf course.
- **FREE** set of Ping Golf Clubs worth over £1000 with every Lodge sale this weekend only.

In aid of **mind**
for better mental health

Searles Country Park & Golf Course 01485 536 010
Email: golf@searles.co.uk Ref: Heacham News

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Two course meal with **FREE** glass of wine
Only £12.50pp with this advert
Available Sun – Fri lunch & evening dining
April 1st – 30th excluding 19th

Easter Sunday Lunch
Sunday 31st March
Join family and friends for lunch this Easter
Enjoy the finest ingredients and mouth watering dishes.
2 course Lunch: £17.95 per person.
3 course Lunch: £21.95 per person.
Serving from 12 noon with extended afternoon service to 4 pm.

Curry Night
Friday 19th April
6.30pm - 9.00pm
£18.00pp and **1 FREE beer with this advert**

To view all our menu's and for up to date events at
The Mulberry Restaurant,
please view www.heacham-manor.co.uk
Please book in advance to avoid disappointment. T: 01485 536 030

Heacham Manor Hotel Ref: Heacham News
Hunstanton Rd, Heacham, West Norfolk, PE31 7JX Tel: 01485 536030
www.heacham-manor.co.uk



Heacham Football Club

Blast from the past.

Team 1959 / 1960. Div 3 and Beloe cup.

Team 1966 / 1967 League division 1 winners, Sheringham cup, Beloe cup, Fermoy cup.

Can anyone remember what the other two trophies were for?

Team 1959 / 1960

Back row from the left:-

D Garwood, A Page, Don Lake, B Joyce, A Groom, M Hughes, P Wright.

Middle row from left:-

Dick Lake Bro' Page, R Johnson, M Wiles, R Dew, P English, P Beer.

Bottom row from left:-

P Maiden, C English, L Chilvers, D Page, D Mann, J Stenton, Del Troughton.



Team 1966 / 1967

Back row from left:-

G Sopp, A Page, M Nobes, David Garwood, T Pearce, J Page, B Restell, D Herring, N Cawthorne,

Middle row from left:-

K Nobes, D Mann, B Hubbard, M Sopp, M Rumens, T Clark, V Sopp, D Dix, D Dawes, L Chilvers, R Page.

Front row from left:-

Dick Garwood, R Elyard, K Stenton, Del Troughton, J Rumens, L Bowman, J Stenton, M Hart, D Page, J Garwood.



Heacham Football Club

Results since last Newsletter:

First team:

Res away to Wiggenhall lost 4-2

Home to South Creake won 2-1.

Home to Lynn Williams lost 4-2

Away to Ingoldisthorpe lost 4-2.

Away to Wiggenhall won 4-1 (ko cup)

Home to West-Winch won 3-1.

Home to Lynn Retreat lost 3-2

Away to Ingoldisthorpe lost 4-2 (cup)

Home to Flitcham won 6-2 (Graver cup)

Return to Carrow Road May 30th football tournament. 16 players going - £50 each for charity. £3000 raised last year - hoping to raise £5000 this year. 50 supporters allowed - £5 each. Three other teams taking part - Charities still to be agreed.

David Page Secretary

Eric W Witton

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HEACHAM PARISH COUNCIL NOTICEBOARD

March Meetings in Brief

The Saltings: The Council thanked Mr Brown for organising a working party of hand scythers to cut reeds on the Saltings. A large area ready for the creation of a new scrape had been carefully cleared.

Mayor's Awards: The Council congratulated Mrs Sylvia Lee and Mrs Jean McLoughlin on their awards for voluntary service given by the Mayor at the annual ceremony.

Donations: The Council agreed to make small donations to support groups including Home Start, The Samaritans as well as the Norfolk Accident and Rescue Service, all working in the local area.

Sea Defences: Council expressed frustration when it was reported that Central Government would only fund about 15 % of the cost to maintain the sea defences in the future. The rest of the funding would have to be met with what appeared to be a complicated arrangement of new levies and local taxes.

Bus Stops: The Council had received several requests to change the positions of the bus stops in the Lynn Road/ Hunstanton Road area. The Lighting and Watching Committee have been tasked with reviewing the current arrangements and assessing new locations.

World War I: The Council discussed what appropriate events might take place to mark the 100th Anniversary of World War I in 2014. The Council agreed that red poppies could be planted around the village and possible sites were identified. It was noted that the Scouts and St Mary's Church were also planning to mark the occasion next year.

Horse Chestnut Tree: The Council noted with regret that the mature Horse Chestnut tree at the Parish Office had been further affected by "bleeding canker". The tree was covered by a preservation order; therefore permission would need to be sought prior to any removal.

Christian Bookshop: The Chairman was pleased to confirm that the Christian Bookshop had taken out a new lease for a further two years at the Council's Lodge Road property.



Summer Events

60th Anniversary of the Coronation

Sunday 2 June

Heacham Parish Council will mark H. M. The Queen's coronation anniversary by hosting an afternoon tea on the Recreation Ground on Sunday 2 June from 3-5.00pm. Entry will cost £5.00 and tickets will go on sale from 16 April from the Parish Council Office, the tickets will include a traditional afternoon tea and entertainment.

Heacham Carnival Parade and Fete

Sunday 4 August

The Carnival parade will take place on the afternoon of Fete day and will be led by the Lavender Queen and her princesses, with music supplied by the Ambassadors of Borewash Marching Band. Forms to register your float which included parade timings and route were available from the Parish Council Office.

County Council Teleshopping Service

This service, details of which were published in the December Newsletter, has been withdrawn and is no longer available.

TO ALL ELECTORS OF HEACHAM You are invited to take part in the ANNUAL PARISH MEETING

It will take place at:-

The Old Friends Hall, Sunnyside
on Thursday 25 April at 7.30pm
Under the Chairmanship of Mr M Johnson
(Chairman of the Annual Parish Meeting)

The Parish Meeting may by law discuss all parish affairs and pass resolutions about them

Refreshments will be provided following the meeting

P Sewell (Mrs)

Parish Clerk

Please note that parking is restricted

~Letter about the Annual Parish Meeting~

I should like to invite you to the Annual Parish Meeting on Thursday 25 April at the Old Friends Hall, Sunnyside at 7.30pm. This is a meeting for Heacham Residents and I would very much like to encourage your participation. Many local groups now use this opportunity to report on their activities and the reports are varied and interesting. I have also invited the Norfolk River's Trust to speak about the forthcoming project on the Heacham River. The meeting is also an opportunity for you to raise matters of interest and concern. Parish Councillors will also be present and there will be an opportunity to talk to Councillors at the end of the meeting when refreshments will be served.

Yours sincerely

Martin Johnson

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 aim of the Parish Council's policy of humane management is to gradually reduce current numbers so that the population can be maintained at a naturally sustainable 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.

Heacham Parish Council

Any queries should be addressed to:
Heacham Parish Council Office
Jubilee Clinic, Pound Lane, Heacham
Norfolk PE31 7ET
Tel/Fax 01485 572142
www.heachamparishcouncil.co.uk
Open Tuesday - Friday 10.00am-Noon

HELP LINES

HEACHAM GROUP PRACTICE 01485 572769
HEACHAM MON TO FRI 08.30 TO 13.00 14.00 TO 18.30
SNETTISHAM MON TO WED 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 CAR SCHEME 534777

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

Mrs S. SMEATON 01485 572528
Mr C. MANNING 01485 523287
NORFOLK C C MICHAEL CHENERY 01328 823411

PARISH LIBRARY 571928
OPEN MON, WED, FRI 10.00 TO 16.00 SAT 10.00 TO 12.00

HEACHAM POST OFFICE 570330
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EMERGENCY SERVICES
QUEEN ELIZABETH HOSPITAL 01553 613613
NHS Helpline 111

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

COMMUNITY MIDWIFE (Ask for Hunstanton M/W) 01553 613613
POLICE 101

SAMARITANS 01553 761616
CHILD LINE 0800 1111

ELECTRIC 0800 7838838
ANGLIAN WATER 0845 7145145

GAS ESCAPE 0800 111999
EMERGENCY 24hrs VETERINARY CLINICS 01485 570065

HUNSTANTON LIBRARY 532280

OPEN MON. TUE. and FRI 10.00 TO 17.00
WED. 10.00 TO 19.00
THUR and SAT 10.00 TO 13.00

HEACHAM COMMUNITY WEBSITES

www.heacham-on-line.co.uk
E-mail admin@norfolk-on-line.co.uk

www.heacham-village.co.uk

E-mail enquiries@heacham-village.co.uk

www.heachamgrouppractice.org

LOCAL BUS SERVICE BETWEEN HUNSTANTON AND KINGS LYNN

Norfolk Green

Service 10 and 11

Via:- Heacham Lavender, Fox and Hounds and Lodge Road.
0652 first bus to Kings Lynn then twice an hour.
0654 first bus to Hunstanton then twice an hour.

Service 10 and 11 (Sunday)

Via:- Heacham Lavender, Fox and Hounds and Lodge Road.
0908 first bus to Kings Lynn then 1008, then hourly from 1048.
0843 first bus to Hunstanton, then 0943, then hourly from 1118.

Service 10

Via:- Hunstanton Road, Fox and Hounds and Lodge Road.
0855 first bus to Kings Lynn then 55 min past the hour.
0849 first bus to Hunstanton then 1004 then 04 mins past the hour.

Service 11 (Sunday)

Via:- Hunstanton Road, Fox and Hounds and Lodge Road.
1118 first bus to Kings Lynn, then two hourly.
1048 first bus to Hunstanton, then two hourly.

XXXXXXXXXXXXXXXXXXXXXXXXXXXX

Smithdon High School Bus

Service 401

Via:- Folgate Road/Fengate, Station Road
0816 to Smithdon School
1530 from Smithdon School

XXXXXXXXXXXXXXXXXXXXXXXXXXXX

Coasthopper Service

Kings Lynn to Cromer Via Norfolk Lavender, Hunstanton, Holme, Thornham, Titchwell, Brancaster, Wells, Sheringham.

XXXXXXXXXXXXXXXXXXXXXXXXXXXX

All Bus Enquiries

www.norfolkgreen.co.uk
Tel: 01553 776980

XXXXXXXXXXXXXXXXXXXXXXXXXXXX

Main pick up points for The Heacham Newsletter.
First Saturday each month except January.

Jennings, Cooks Butchers, Heacham Bakery, Heacham News (Olivers),
Post Office, Parish Council, Church, Co-op, Tescos, Fish Bar, Wine Cellar.

Heacham Halls

Public Hall 570776
Pine Residents Hall, Wilton Road Mrs Crisp 579440
Methodist Church Hall, Station Road Mike Careless 570363
St Mary's Church Hall, High Street Mon, Wed, Fri 10.30 to 12.30 572539
Old Friends Hall Sunnyside Close 572142

www.heachamnewsletter.org.uk

Heacham Chalk Pit Recycling Centre

Summer opening times are 9am - 6pm. Winter opening times, which apply from 1st October to 31st March, are 9am - 4pm.

MOBILE LIBRARY

ROUTE DER 224 (Tuesdays)		ROUTE DER 223	
2nd/16th/30th	April	9th/23rd	
COLLINGWOOD CLOSE	09.40	ROBIN HILL	10.25
SOUTHMOOR DRIVE	10.00	CHURCH LANE	10.40
SANDRINGHAM DRIVE	10.20	RINGSTEAD ROAD	10.55
CHENEY HILL (F/SIDE)	10.40	NEVILLE CT	11.40
WOODSIDE AVE	11.05	NEVILLE ROAD	12.15
HEACHAM INFANT SCH	11.20	PINE MALL	12.30
NOURSE DR/INGLEBY CL	12.15	SITKA CLOSE	12.50
ROLFE CRESCENT	13.45	SUNNYSIDE	14.15
BUSHEL & STRIKE	14.05	MEADOW RD	14.40
GIDNEY DRIVE	14.20	POPLAR AVE	15.30
BANKSIDE reverse in	14.40	GYMKHANA WAY	15.50
MARRAM Way/Norway CL	14.55	JENNINGS CLOSE	16.15
MARRAM Way/Spruce CL	15.10	COLLEGE DR/G CL	16.50
MARRAM Way/Neville RD	15.25		
CUNNINGHAM COURT	15.45		

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