



# THE HEACHAM NEWSLETTER

February 2014

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**Deadline for the next edition is 12 noon, Thursday 13th February**



Give blood



**Do Something Amazing Today  
Save a Life**

The National Blood Service will be visiting Heacham in February and would welcome existing and new donors.

**Wednesday 19th February 2014 at the Public Hall,  
Station Road. 1pm - 3.30pm and 5pm - 7pm.**

Please make an appointment if you can, by calling the Helpline 0300 1232323 or online at [www.blood.co.uk](http://www.blood.co.uk)



HEACHAM TWINNING ASSOCIATION

## BARN DANCE

Pot luck supper provided  
**\*\*Bring your own drinks\*\***

**Saturday 15th March**

7:30pm

**Heacham Junior School, College Drive**

**£7.50 (under 12yrs free)**

**Ticket only event phone 01485 572252**

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

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

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



**Church Lane**

Dear Newsletter

**New Garden Fence**

I needed a new garden fence, legally required per my house deeds re neighbouring party boundary, irrespective of their fence. I walked the Heacham and Hunstanton streets for examples. Some fences had contractor's name boards but all fences were too low. I knocked on doors and answers I received were Mate / Husband did it. A local retailer offered a name and finally I had a short list.

Checking out the website, I utilised Adam Sheldrake Fencing, based in West Acre. Young chap, aged 23, who is third generation of a fencing family business and hence ensured enormous wealth of experience. My requirements were a 2 metre high close-boarded fence with concrete gravel boards and posts. With a number of problems quickly sorted, 18 panels were erected over a 3-day period. The excellent detailed results were mind blowing. My neighbours were equally pleased. Besides residential, Adam also completed some agricultural/commercial work for the Forestry Commission in the Hunstanton Road. Would I recommend? Yes, Yes, Yes. Top Man!

**Steve**  
(full name & address supplied)

\*\*\*\*\*



**Cunningham Court**

Dear Newsletter

**I'm so Grateful!**

Just a note of thanks to the kind hearted 111 people who went to give blood at Heacham recently. People like you have already given me 2 extra years of life.

I receive 2 units of your precious 'gift' every month at the Q.E. T.I. Unit and my husband and I are so grateful. Up to this month, I have totalled 38 units.

Also, thanks to Dylan and Suzanne of Peddars Way Travel. You are so good and especially patient at the Q.E. roundabout during 'rush hours'.

**Janet Harley**

PS: A thought from my grand-daughter: Have I now got an extra 38 blood relations? Wow!!!

\*\*\*\*\*



**Marram Way**

Dear Newsletter

**Tidal Surge**

Well done to all the walkers and dog walkers who helped to clear the beach between North beach and South beach of all the rubbish deposited there after the tidal surge.

For two weeks they could be spotted with their bin bags picking up rubbish, plastic bottles, glass bottles, wood and other flotsam left after the tidal surge.

We did a great job restoring the beach to its former self.

**Norma Pope**  
(full name & address supplied)

\*\*\*\*\*



**Dear Newsletter**



**Saxon Way, Dersingham**

Dear Newsletter

**Christmas Dinner 2013**

As this was our first encounter with the Christmas meal, of which some very willing helpers were involved – to name everyone would be impossible – just a few we had the privilege to assist were many. Fred, Martin and Steph (what a lively, busy entertaining organiser you are)! Adrian was MC – a lovely sing-a-long, whilst his wife (without her marigolds) did a mountain of washing-up assisted by her son and his partner – a very helpful bunch one could say.

Hopefully next year, when Alan and I do our CV's, the Bentley can be of more use and I'll learn to wash up properly!

Well done Heacham!

Wishing you all a very Happy, Healthy 2014.

**SANTA and his ageing ELF**

\*\*\*\*\*



**Heacham**

Dear Newsletter

**Summer Holiday**

Once again The Pocahontas Players have done themselves proud with the Summer Holiday Pantomime.

We managed to get to see it on Thursday, the opening night, and thoroughly enjoyed the evening as well as the rest of the audience going by the constant laughter and cheers.

I am sure you will have a full report in the March issue but thought we would get in a big WELL DONE before the Newsletter went to print.

**Rob and Gel**

\*\*\*\*\*



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**Heacham Newsletter, Please Note**

**All articles and letters for inclusion in the Newsletter must be accompanied by contact details. These details can be withheld from publication upon request.**

**Community Cinema**

On Saturday 22nd February  
**Cinema in Syderstone**

Presents

**Wadjda (12A)**

Wadjda is a 10 year old girl living in a suburb of Riyadh, Saudi Arabia. Though she lives in a conservative world, Wadjda is fun loving and outgoing and she longs for a bicycle, something normally reserved for boys. Her mother refuses to buy her the bike so she decides to raise the money to buy it herself.

Venue: Amy Robsart Village Hall,  
Syderstone PE31 8RX.

Start time: 7.30pm.

Advance Tickets £3.50

Contact 01485 578588 or 578171

Email: [cinema@syderstone.com](mailto:cinema@syderstone.com)

\*\*\*\*\*

**Brancaster Camera Club**

**Tuesday, 11th February 2014**

My best digital image of 2013

**Tuesday, 25th February 2014**

Print Competition

These are club competitions, but we would welcome anyone who is interested in joining us or seeing what we do.

We meet in Brancaster Staithe Village Hall at 7.30 pm. Entrance is £3 to include refreshments. Contact: Jim Till on 01485 210013 or Wendy Calow on 01553 674725.

\*\*\*\*\*

**Anmer Village Social Club Film Night**

Friday 21st February 2014 at 8.00pm

**'LE WEEKEND'**

Starring Lindsay Duncan & Jim Broadbent  
A romantic comedy about a couple reliving their honeymoon in Paris

Doors open 7.30pm

Tickets on sale at the door - £3.00

Further details tel: 01485 579465 or  
email: [films@anmerclub.co.uk](mailto:films@anmerclub.co.uk)

\*\*\*\*\*

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Please contact Nickie to see if I can help you.

**01485 525880**


[nickie@bantoftaccountancy.co.uk](mailto:nickie@bantoftaccountancy.co.uk)

*Bantoft Accountancy is the trading name of Bantoft & Co Ltd.*

**Station Road Garage**

**33 Station Road, Heacham**

**Norfolk PE31 7EX**

** : 01485 570259**

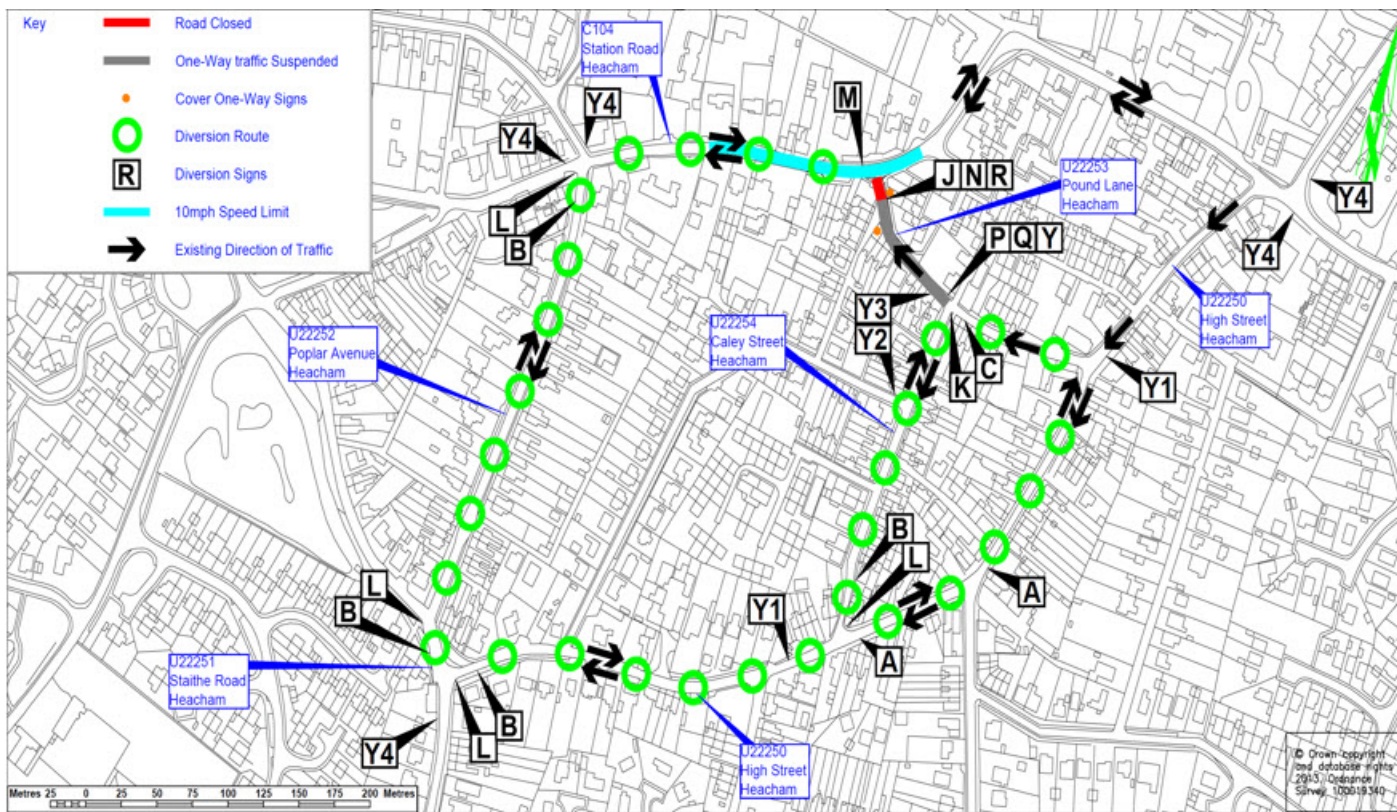
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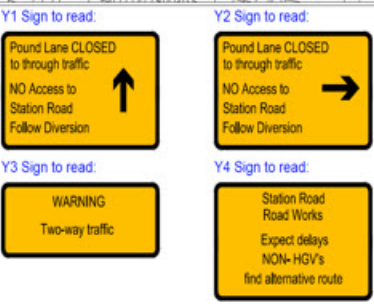
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Station

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



Notes

- 1) Advance Closure Signs to be erected one week prior to start of works.
- 2) Permanent One-Way signs to be covered during road closure as indicated on Plan.
- 3) Y1, Y2 and Y3 signs to be erected at start of closure and removed at end of closure.
- 4) Place signs B & C in advance of junction and signs K & L at the junction.
- 5) Y4 signs to be erected immediately after removal of Road Closure signs.



### Station Road - Roadworks

I have recently progressed a scheme to alleviate flooding to the carriageway and property in Station Road, Heacham. Works will include replacing the existing carrier pipe and installing extra gullies and chambers in the carriageway from (and including) the junction of Pound Lane extending approximately 100m to outside the Fox & Hounds Public House.

The start of works date is currently 17th February 2014, with an estimated duration of 4 weeks (subject to weather conditions or construction programme changes).

Traffic management will be:

Station Road - two-way traffic lights (with a 10mph enforceable speed limit) throughout the works.

Pound Lane (from the junction with Station Road to The Drift) will be closed to through traffic for 3 days (17.02.2014 to 19.02.2014) at the junction with Station Road. Traffic will be redirected during the closure period with part of the one-way system suspended temporarily.

Pedestrians will be escorted/directed through the works.

**Rachel Line MIHE**

**Project Technician (Design)**

**Environment, Transport and Development**

**Norfolk County Council**

# FOX & HOUNDS

## AWARD WINNING FOX BREWERY

Station Road, Heacham. Tel: 01485 570345

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### NEW CHEF, NEW MENU

**Lunch Served from Noon, Dinner from 6PM**  
**Except Wednesday & Sunday Evenings**

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### LIVE ENTERTAINMENT

**February GIGS 8.30pm unless stated**

Sun 2nd 1.30pm - Jazz  
 Tue 4th - T.B.C  
 Tue 11th - DNA  
 Tue 18th - T.B.C  
 Sat 22nd - Mark Wilkinson's Jazz Quartet  
 Tue 25th - Night Drinkers.

Please check our Facebook page or boards for updates

Follow us on Facebook @ foxandhoundsheacham

\*\*\*\*\*

\*Opening hours may change. Please call Pub on the day.



### 1st Heacham Cubs

At the end of last term in November and December we got the Cubs to write down their favourite games and we put them in a pot; then the Cubs pulled a game out and that's the game we played. We had enough games to play up until Christmas (saved us having to think of different games each week) and the Cubs enjoyed it.

In November 2013, as part of the Wateraid 'International Toilet Day', the Cubs coloured or decorated a picture of a toilet seat. The winners were: 1st Prize - Robert Bridge, 2nd Prize - William Thompson and 3rd Prize - Nathaniel Linsell. Well Done to all the Cubs who joined in with the competition.

Later in February we are holding a Fundraising - Pirate Evening and the money will be donated to Wateraid to finish off their Global Challenge.

At the end of December the Cubs made a calendar as part of their Art Badge. We also said Goodbye to Kyle Feeney who has left Cubs after he reached leaving age.

On Saturday 28th December, Cubs and Beavers went to Wolferton for the day. They were able to make fires and cooked sausages and marshmallows on them. For lunch we had a Bar-b-que of hot dogs and onions followed by cake. When all the fires had been put out and the fire pits were filled in we went for a walk round Dersingham Bog.

We started back in January and are working really hard to finish off the Silver Awards with the Cubs that will be leaving us this year.

The first couple of weeks the sixers and seconders in pairs picked a game and then ran the game with the Cubs explaining

how to play and keeping the score. We also did some Map and Compass work and had a go at some Knots.

We have a few things planned through the year with the District and by ourselves so hopefully the Cubs will enjoy all the activities planned.

Happy Scouting to all our Cubs

**Akela (Sam C), Rama (Michael),  
Ziggy (Julie) & Chil Sam L).**



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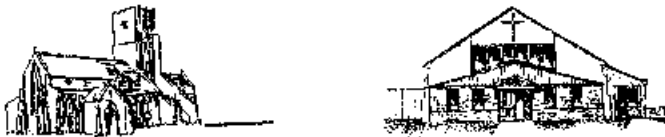
**NEW Golfer bar opening soon**

For just £90 you will receive membership from 1st January 2014 to 30th April 2014 If you choose to join in full in May, you will receive £90 off the cost of a full year subscription. Effectively enjoying 4 months FREE golf

Winter Four Ball Deals (available until 28th Feb 2014) £50 for 4 people midweek £60 for 4 people on the weekend

Visit our website [www.heacham-manor.co.uk](http://www.heacham-manor.co.uk) or call 01485 536 030  
Heacham Manor Hunstanton Road, Heacham, West Norfolk PE31 7JX

Ref: HN



## CHURCHES TOGETHER IN HEACHAM

### Greetings from the Manse:

“Always, every day, give God permission to do what he wants with you” – Mother Teresa. When I see words accredited to Mother Teresa I, like many others, tend to take notice. These words were addressed to John Pridmore. I did a little research and discovered a modern day conversion story, how he moved from “I’ll take what I can get” to “Now I want to give.”

John was born on 7<sup>th</sup> February 1964. The crunch point in John's life came when he was a boy of ten. His parents told him that they were splitting up and he could choose which one to go with. The two people he loved most had failed him, and he was determined not to risk giving - or receiving – love again. Life with his father and his father's new wife was tough. His father showed more care for his new stepchildren than he did for John, so he tried to get attention in the only way he knew- by getting into trouble. At fifteen he was in a detention centre and once out he did not go home again. He gambled and stole to survive and took drugs to deaden the pain. Still he refused love. His philosophy was to take what you want from life - no one else will give you anything. At nineteen he was in prison; his role models were those who had money and everything that could bring, and organised crime seemed the route to get there. He began “bouncing” at several of London's most popular night-clubs, and earned plenty with the money that he gained from setting up drug deals. They could bring him in thousands in a few minutes. He had everything that money could buy - expensive flats, cars and women. Yet he had to take drugs to dull the pain he constantly felt. When he got home he could not bear the silence even for a few minutes. Why was he so unhappy, he asked himself? He had everything that anyone could ask for in life, but his life seemed empty. It was then that God spoke to him. John had experienced a difficult couple of months. He had wounded a man seriously enough to put him in hospital and he did not yet know whether he might even be up on a murder charge. He came back to his flat one night as usual but in the unbearable silence he heard a voice. It was the voice of conscience but more than that; it was the voice of God. And that voice told him all the wrong things that he had done. John felt terrified. Then for the first time he prayed - for God to give him another chance. “All I've ever done is to take from you, God. Now I want to give.”

The first thing that John read in the Bible was the story of the Prodigal Son. He cried as he recognised in himself the wayward sinner. He knew that God had forgiven him, now he had to forgive himself. And that took longer. He heard the words of Jesus as he sat looking at a crucifix. He said: “Go free - I love you.” John gave up his job as a bouncer and gave away much of his money. He worked among young people in East London, as a postulant in a Franciscan order in the Bronx, New York, but returned to the UK where he could work among young people with his own background and share the brokenness they experience and that he once knew. In schools he tells young people the truth about drugs, money and worldly success; best of all, he tells them about Jesus.

A resurrection story to encourage and remind us how the Saviour has the grace and power to bring life out of death. With every blessing as we approach Lent.

**Rev. Kim Nally, Heacham Methodist Church**

## PARISH REGISTERS

### Faithful Departed (Church Linked Funerals)

13.11.13	David Jonathan Berry	69
15.11.13	Michael Hutchings	71
18.11.13	Sidney Walter Crowson	87
21.11.13	Edward Christopher Bass	83
23.11.13	Annie Watkins	82
24.11.13	Marjorie Samson	
13.12.13	Peter Wood	
15.12.13	Clifford Gammon	86
07.01.14	Gerry Murphy	87

“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:

- 2nd February - Church Fellowship Service
- 9th February - Hazel Miles
- 16th February - David Clarke
- 23rd February - Mary Cumbers

### **Midweek Holy Communion Services:**

These are held on the second Wednesday of each month. The February Service will be on Wednesday 12th 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 4th and 18th
- Hands and Needles Club
- 7.30pm on 4th and 18th

THURSDAY: Social Evening at 7.15pm on 13th February

FRIDAY: Indoor Bowls 7pm – weekly

A warm welcome is given to all who come to our mid-week events - you don't have to be a church attender.

### **Church Contacts:** (telephone code: 01485)

Methodist Church	The Rev'd Kim Nally	570232
St Mary's Church	John Whitbread	579326
St Mary's Church Office		572539
email: <a href="mailto:heacham.church@goolemail.com">heacham.church@goolemail.com</a>		

### **The Parish Church of St. Mary:**

#### **Sunday Services in February 2014**

8.00am Holy Communion (BCP)

10.00am 2nd Morning Worship

9th Holy Communion

16th Morning Worship

23rd Morning Worship

10.30am Morning Worship at the Junior School  
Holy Communion on 16th February

6.00pm 2nd, 9th, 16th and 23rd Feb: Evening Worship

### **February Services at Nursing/Residential Homes**

Tues 4th Feb 2.30pm Rebecca Court

Mon 10th “ 11.00am Holy Communion at Millbridge

Wed 19th “ 2.30pm Summerville

Fri 28th “ 10.30am Fridhem



## FESTIVAL OF POPPIES 20th – 22nd June

A Festival of Poppies in commemoration of the First Great War 1914-18 is to be held in St. Mary's Church, Heacham, and will include two poppy displays; photographic/artwork contributions from the two Heacham schools; artifacts and memorabilia; reconstruction of a Great War trench; photographic displays and film and sound archives. The loan of artifacts or memorabilia from the First World War would be greatly appreciated, and if you can help in this way please contact Terry Clay (tel. 01485 570712).



## Hunstanton Catholic Parish

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

We would like to extend to you all our very best wishes for a happy and healthy New Year.

The Year of Faith, which was started by Pope Benedict to commemorate the fiftieth anniversary of the Second Vatican Council and the twentieth anniversary of the publication of the Catechism of the Catholic Church, ended in November, the end of the Church's year. The start of the new Church year is now leading to a period of new evangelisation. Bishop Alan said as part of his address after the procession and vigil "We must let Christ touch and transform our personal lives so that our actions are in tune with the faith we profess. We must let that same Christ touch our parishes and communities so that they are ever-more welcoming places in which those seeking hope and reconciliation can meet Christ. Finally, we must go out and share the Light of Christ with others. That is the mission of the whole Church, bishop, clergy, religious and lay people."

We will be arranging our social calendar shortly for the coming year. The first social occasion is usually the Pancake supper on the evening of Shrove Tuesday. Look for details on the website or the bulletins, which are displayed at both churches.

Everyone, whether Catholic or not, is welcome to all of our services and social occasions. We have refreshments after the 11am Mass every Sunday and after 10.15am Mass every Wednesday. There are also refreshments after the 9am Mass on the first Sunday of the month at Dersingham. Please come along, you will be most welcome.

Our daily Masses are held at St Theresa's Convent, 27 Sandringham Road, Hunstanton, except on Wednesday when it is usually at 10.15am at St Cecilia's, Dersingham. Please check for dates and times on Church notice boards, website or phone. Sunday Masses are 9am at Dersingham and 11am at Hunstanton.

The Parish telephone number is 01485 534675. If you require a Priest urgently please telephone Fr Peter Rollings on 01553 772220.

**Website:** [www.hunstantoncatholicparish.org](http://www.hunstantoncatholicparish.org)  
**Email:** [parish@hunstantoncatholicparish.org](mailto:parish@hunstantoncatholicparish.org)

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## HEACHAM PARISH CHURCH

### "Here to serve"

2014 marks the centenary not only of the start of World War One, but also the "birth" of the large pipe organ in our Parish Church – a century of not only leading the Sunday singing in all the varied styles and needs as the times changed, but also being a notable and responsive part of funerals, weddings, carol services, recitals, etc. To mark this, the PCC have agreed that several celebratory events be arranged, starting with Maunder's 'Olivet to Calvary' (very singable, and written at about the time our organ was built, for parish churches like ours) – to be sung on **Saturday 12th April**. The choir will be formed by singers from local groups and churches, with **rehearsals** (all at 6-7pm on Saturdays) – at Heacham (March 15th); Dersingham (March 22nd); Thornham (March 29th and St. Edmunds, Hunstanton (April 5th). **ALL SINGERS INVITED!** *Music Copies will be available to borrow from early February.*

### Other dates for your 2014 Diary

- 17th May – Norfolk Brass
- 21st June – Trevor Hughes – organ (part of the Royal College of Organists 150th national Anniversary Recitals and of our Heacham Festival of Poppies, remembering World War One)
- 8th November – Heacham and West Norfolk Singers

*More details – Adrian Flower 01485 571102*

**The next Messy Church will be on Saturday 22nd February**

At St Mary's church, Heacham

**Messy Church**

Last Saturday of each month

10.00-12.00 St Mary's church

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



### Incinerator update

The planning decision is still not known. Opponents of the incinerator have pointed to Wheelabrator's record arguing that Norfolk cannot afford to have a "High Priority Violator" (HPV) here. This is the term used by the United States

Environmental Protection Agency (EPA) to describe some Wheelabrator incinerators in America. According to the official EPA web site, five Wheelabrator facilities are currently listed as violating various environmental laws including the Clean Air Act. Fourteen had formal enforcement action taken against them within the last 5 years.

With the King's Lynn incinerator proposed for a location upwind of the town and existing air quality already poor in some areas, pollution is an important issue. During the planning inquiry, KLWIN asked Cory Wheelabrator for their intended filter specification but they declined to provide it. Even after a price reduction the Willows incinerator still represents the most expensive alternative to landfill at £105 per tonne. West Norfolk Borough Council's green alternative is much cheaper costing only £55 per tonne to recycle waste. Material Works have secured £100 million of private funding and Environment Agency certification for their process, which transforms waste into composite building materials; creating around 200 jobs. Economically and environmentally it is better than burning.

If the incinerator were to go ahead it would represent a gross injustice. West Norfolk would be recycling virtually all its waste, while at the same time being forced to burn waste from the rest of Norfolk. County Council officials have still not given a convincing reason why Norfolk should pay inflated prices for incineration over the next 25 years.

For more information visit: [www.farmerscampaign.org](http://www.farmerscampaign.org) and [www.klwin.com](http://www.klwin.com).

Fundraising Event

Coffee and Crafts - Feb 22nd 2014

Fairgreen Farms, Hill Road, Middleton, PE32 1RN.

Doors open 9.00am till 12:30pm.

Tel 01553 840640 for more details.

Mike Knights

Fairgreen Farms, Middleton

[info@farmerscampaign.org](mailto:info@farmerscampaign.org)

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**TRADITIONAL SUNDAY ROAST**

**FROM 12 noon - 2pm & 6 - 9pm**

-00-

### Bushel and Strike

In addition to food service, food is served from the griddle after 9.30 till late Tuesday to Sunday.

Mark, Paula, staff and customers would like to say a huge Thank You to the Pocahontas Players for a very enjoyable visit. Well done all of you.

Mark and Paula



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**The visit of Melchior,  
the Christmas Mouse,  
and Father Christmas to Heacham**

The Old Friends Hall was transformed over the weekend 14th/15th December into a wonderful Santa's Grotto complete with an arch of presents, Christmas trees and Santa's Parlour. Elves, fairies and Melchior the Christmas Mouse were there to shepherd the children in to meet the man in red and there in front of the flickering fire, the children told the great man of their wishes. The children were then invited to open Santa's magic basket and, if they had been good all year, they were rewarded with a Christmas stocking filled with traditional festive treats.

To see such magic was wonderful, but without the help of so many people it would not have been possible. So a huge thank you goes out to everyone who helped - Lisa Wicklen, our Artistic director, the Elves and Fairies: Rory Sewell, Tanner Swann, Ellen Spencer and Katie Mirfin as well as everyone who helped with the set up and operation: Tracey Swann, Rodney Clements, Roger Drinkwater, Terry Parish, Michael Williamson, Caroline Spencer, Martin Johnson, Trish Hammond, Peter Colvin, Sue Colvin, Pat Drinkwater, June Parish, Hollie Skerry, Jeanette Stephenson, Carol Richardson, Sam Hunt, Philippa Sewell, Mark Sewell and Robby Topliss.

Donations of wrapping paper and Christmas goodies came from the East of England Co-op, Tesco Store Hunstanton and Heacham Tesco Express.

In addition, to the kind people who donated trees and decorations, the Lions provided fairy lights and the Ladies Circle provided hot chocolate and juice.

It is hoped that 2014 will see the return of the Grotto and if we can persuade Santa Claus and his helpers to reappear, we will see all the good children in December for another memorable couple of days.

**The Old Friends Hall Committee**





**Peddars Way  
Travel  
Taxi/Minibus**

---

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## Opportunity knocks for Jo after Slimming Success!

Jo Jackson joined Katie Hopgood's Beulah Street Slimming World group in July 2011. Having just returned from a family holiday in France Jo was horrified to discover that she weighed the heaviest she had ever been, she felt miserable about herself, her confidence was rock bottom and her clothes were getting too tight and at a size 12/14 she was determined not to go up another dress size.

Jo's grandmother June Critcher had been attending the Slimming World group in Heacham and when Jo saw just how much you could eat whilst following the Slimming World plan she knew exactly what she needed to do!

Jo found out where her local group was and dragged her mother in law Linda along for moral support when she attended that first night. She needn't have worried though, the group were so friendly and welcoming that Jo found that as the pounds were steadily coming off she was looking forward to her Wednesday night weigh ins and they are now a regular fixture on her calendar.

The meals on Slimming World are so family friendly that Jo's husband Stephen and her two boys Daniel and Aaron have embraced the Slimming World way of eating too and they can still enjoy their favourites such as burger and chips, Spaghetti



Bolognese, and as Stephen loves to cook a curry Jo found that Slimming World had the perfect gift for him, a recipe book dedicated just to tasty slimming world curries!

Jo reached her target weight of 8st 9lb in November 2011 having lost a total of 1 stone 8 1/2 lbs! On the same night she was also crowned Miss Slinky in her group. Jo said that she left the group that

night feeling on top of the world and finally getting in to the size 8 dress that Jo had had her eye on for the Christmas Party that year was the most amazing feeling. Having maintained her weight loss now for almost 2 years Jo says 'Slimming World really does become a way of life.'

Since losing the weight Jo's confidence has soared and she has achieved many things that she would never have dreamed of



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doing before losing weight, such as taking part in the London Moonwalk in May 2012 raising almost £1000 for Breast Cancer walking around London in her bra!! She also took off her clothes to take part in a Calendar Girls Style Charity Calendar that her auntie Janice Curtis had organised to raise funds for Heacham Surgery to have their own heart defibrillator, and in May this year having never really run before, Jo and her husband donned their trainers to take part in the GEAR 10K to raise almost £500 for [www.doitforkev.com](http://www.doitforkev.com) in memory of their friend that lost his battle with oesophageal cancer in November 2012.



Jo said that, for her, Slimming World has helped her to lose weight and embrace life. She said it gave her back her drive to get out there and challenge herself. None more so than when the opportunity arose to become a consultant herself Jo seized the opportunity to be able to help others to see how Slimming World can be the best thing that they've ever done too! It doesn't matter how much weight you need to lose even the smallest amounts can be life changing. Jo took over from Ann as the new consultant at Heacham from Tuesday 7th January and she would love to see you there and support and share your weight loss journey with you at Heacham Church Hall, High Street, Heacham every Tuesday 5.30pm & 7.30pm.

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## The Kitchen Gardener

February - late winter, in which I talk rhubarb and eat my words. But first - I've continued my research into the domestic life of our forebears, looking at how they made use of every last thing. In winter the grease left from cooking the festive goose, (called grease rather than fat because it's the softest of the fowl fats with the lowest melting point) was highly valued for its versatility.

Creamed with vinegar, lemon juice, chopped onion and parsley, it was used as a sandwich filling. The grease was used as a skin protection before application of hot poultices; used in the dairy for dairy-maids hands and keeping churn parts greased; on cows udders and children's faces to protect against chapping; melted and mixed with horseradish, mustard and turps it became an ointment for rheumatism. The sheepdog had goose grease smeared into his ears and between his pads to aid and protect him in his work during snow and icy conditions.

Trying to adapt, not waste and to use what's to hand, I made myself a handy flour shaker by hammering holes into the lid of a jam jar with a thin nail. It works really well, giving a nice sprinkle of flour rather than a cloud of dust from a meshed commercial product.

February or March offer a last opportunity to divide rhubarb to increase stocks, to have an extra crown for forcing so that main crop levels can be maintained, or to revive an old and flagging producer.

Dig up the crown and either trim back (with a sharp spade) to 4 or 5 buds or divide the whole crown into pieces, each with 4 or 5 buds. If you have a choice, opt for buds that are pink and showing. Dig plenty of well rotted manure or compost into the planting site and plant about 3ft apart so the top of the crown sits slightly proud of the soil surface. Do not pick or try to force the first year after planting. Let the plant establish itself and your rewards will come in future years.

I mulch around the crowns with well rotted manure or compost late December early January and again after feeding later in the spring. I don't cover the crown as it can cause rotting. I've also noticed that, if crowns are covered, the seed head production increases about threefold the following season.

There are various methods for forcing crowns. One of the easiest is to cover a crown with around 4 inches of straw or leaves, sometime between January and March, then cover to exclude light. Leave enough headway for the sticks to grow and if the

cover you are using is lightweight - a plastic dustbin for example - weight it well or you will forever be rescuing it from various places in the garden, and trying to make good the damage it will do flying about in the wind.

Once a crown has been forced it is exhausted. It's best left to recover for the rest of the year. A different crown should be forced the following year so there is a rotation to allow a good main crop production to continue.

Cold late winter weather, starchy comfort food - what's not to like? I always think of the winter squashes as the parsnips of the cucurbit family. Sweet, dense and a vivid colour they add an extra dimension to the winter store and table. If grown to maturity and the skins well hardened they have an excellent storage life - last year I ate my final one around the end of March but it was in good condition and would have stored a couple of months more.

During a recent discussion with friends about their eleven course tasting menu at a posh resto, I agreed that a winter squash and mild cheese combination, that they'd all left, was pretty dire and said I didn't think squash and cheese could work. Later, turning the compost heap, I gave my sweeping statement further thought and challenged myself to come up with a dish that would be seasonal, use cheese, and give the squash a bit of zing.

First cut your squash. Easy enough with the small Uchiki Kuri, but the large and handsome green blue skinned Crown Prince with his bright orange flesh requires a bit of guile. Take your largest sharpened sharp knife and make a cut from the centre to the outer edge and leave the knife there. Take your next largest knife and cut a wedge of any size. This is a technique I taught



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myself in desperation when I got a knife stuck fast last year. The first knife can fall out when the second cut is made, so I do my cutting in the sink where a falling knife can do no harm.

I dry roasted the squash, skin side down, with a bunch of sage, rosemary and thyme laying on top to be removed once cooking is over. The aromatics penetrate the flesh very well. I laid the warm peeled and cubed squash on top of some peppery mizuna leaves and added some chopped shallots that had been macerated in raspberry vinegar, a suspicion of salt and a generous grind from the pepper mill. This had a gentle turn in the serving dish then I crumbled some Roquefort on top - I chose this blue for its bite, slightly grainy texture and saltiness. As a finishing touch - for crunch and that slightly bitter aftertaste - on went some lightly toasted broken walnuts.

Having thoroughly enjoyed eating my words, I thought this winter salad ensemble would make a good packed lunch, contained in Tupperware or in a big fat pitta bread.

I've tried roasting the squash seeds, husk and all as the gods and goddesses of gardening suggest; frankly it's like chewing on a cardboard box. So I dry then rub off the gubbins from the seeds and at various times de-hull them. Usually when on the phone or at odd moments - like waiting for supper to cook.

My tasks for February - weather permitting - will be to plant my shallot sets, sow pak choi and lettuce for an early crop in the polytunnel, sow spring/summer cabbages, sow hardy outdoor lettuce to follow on from the poly crop, sow peppers and - my special tradition - broad beans on St. Valentine's Day.

Hilary Dellar-Lane.

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## THE SONG REMAINS THE SAME Monthly musings on music by Frank Edmonds

### The Eskimos' very own Dreamboat

One of the perils of being a music obsessive is that there I was on Christmas Day, watching the Strictly Come Dancing Christmas Special, and do you think I was thinking: "Wow, isn't it lovely to see Flavia Cacace again, and isn't she as wonderful as ever?"

Well all right then, yes I was, actually – but in the next breath I was scratching my head and thinking: "That song they're dancing to, Never Do A Tango With An Eskimo – that's a bit different from the usual festive tune, isn't it? And who in the world sang that?"



The answer, to my great surprise, as readers with longer memories than me would no doubt be able to tell me, was Alma Cogan. Alma Cogan ... now there's a name from the past, albeit one I only really associated with her No 1 hit, Dreamboat. This, to my mind, put her in the same bracket as, shall we say, the more matronly singers of the Fifties, such as Anne Sheridan and Vera Lynn.

No-no-no-no-no-no-no-no-no-no!, as Alma herself sings in the chorus of Eskimo. Alma, for those of you like me who didn't know, was a lively, vivacious, fun-loving and – let's not beat about the bush, here – drop-dead gorgeous young lady, who became known as The Girl With The Giggle In Her Voice.

Chart-wise, she was the most successful female singer of the mid-Fifties, the highest-paid British female entertainer of her era, and ultimately enjoyed a run of 18 hit singles.

She was a friend of The Beatles, at one point had her own TV show, and was briefly engaged to the writer and composer Lionel Bart. And then she fell ill, and was diagnosed with cancer, which claimed her life in 1966. She was just 34.

Alma was born Alma Angela Cohen, in Whitechapel, East London – although her stage name was closer to her father's family name, Kogin. His family emigrated from Russia, while her mother's family were refugees from Romania. Alma's sister was the actress Sandra Caron, known latterly for The Crystal Maze.

Her Jewish father Mark was a habadasher, and the family moved a lot for his work. Her father was also a singer, but it was Alma's mother Fay who had aspirations for her daughters, even naming Alma after silent movie star Alma Taylor.

Aged just 11, Alma won a prize in a Sussex Queen Of Song contest, and at 14 Vera Lynn herself was sufficiently impressed on hearing Alma sing to put her name forward for a variety show in Brighton.

Two years later she came to the attention of bandleader Ted Heath, who pronounced that she had a good voice, but was "far too young for this business." He later said that was one of the biggest mistakes of his life.

Alma studied dress design at art college – bear that fact in mind – and also sung at tea dances, and in musicals and revues. She was talent-spotted while singing during a hotel residency by the HMV label's Walter Ridley, who also became her coach.

Her first single release, To Be Worthy Of You / Would You?, recorded on her birthday, May 19, in 1952, revealed to the world a gorgeous, pure, melodic voice – a bit like a British version of Doris Day. But perhaps it wasn't the catchiest of songs, and it didn't trouble the charts.

However, it did lead to regular appearances on BBC radio, and a slot as resident vocalist on Take It From Here – a popular radio comedy show, written by Frank Muir and Denis Norden, and starring Jimmy Edwards, and which introduced the world to The Glums.

The following year, she had a fit of the giggles while recording If I Had A Golden Umbrella – like you would, I presume. Ah,

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hang on, they thought in the studio. Could be onto something, here. A little catch or inflection in her voice, like a laugh, became her trademark, and the Girl With The Giggle legend was born.

Perhaps things were pointing in that direction, but Alma had her first chart hit in 1954 with the novelty song, Bell Bottom Blues (er no, not the same one later made famous by Eric Clapton with Derek And The Dominoes, since you ask). This got to No 4, and there was no looking back.

The bouncy Dreamboat topped the chart the following year, and although only four of Alma's 18 hits were to reach the Top Ten, she won the then all-important annual NME readers' poll as Outstanding British Female Singer four times between 1956 and 1960.

Some of her hits were of the defiantly fun-loving variety – such as 1955's Never Do A Tango With An Eskimo (can that song really have attracted flak in today's PC times for being "racist"? It's a joke, for heaven's sake!), or the similarly ballroom-themed I Can't Tell A Waltz From A Tango (which could have been

But Alma also enjoyed success with straightforward ballads, conventional cover versions (everybody covered everybodyelse's songs in those days), songs in a rock and roll style, Sinatra songs, Beatles songs, you name it.

Ah, The Beatles. Paul McCartney was said to have first played the melody of Yesterday on Alma's piano, and to also have performed on one of her songs – even if it was only tambourine. And according to the Daily Mail, Alma's sister Sandra – herself briefly linked to McCartney at one time – claimed Alma had a serious romance with John Lennon, which had to be kept secret because of her family's strict Jewish faith.

After her father died, Alma lived with her mother in a lavishly-decorated flat in Kensington High Street, which became a party venue of choice on the celebrity circuit. Regular visitors were said to include no less than Princess Margaret, Noël Coward, Cary Grant, Audrey Hepburn, Michael Caine, Roger Moore, and Bruce Forsyth (nice to see that Strictly connection again) (to see it, nice).

And then there were her dresses. Those early days as a design student clearly came in handy, because she loved to wear dramatic costumes – huge swirly dresses, with hooped skirts and sequins, and figure-hugging tops – often designed by herself, and allegedly never worn twice.

Cliff Richard professes himself baffled as to how big Alma's wardrobe must have been, saying: "My first impression of her was definitely frocks – I kept thinking how many can this woman have? The skirts seemed to be so wide – I don't know where they hung them up!"

Shortly before her tragic early death, Alma had recorded with Rolling Stones manager and Immediate label boss Andrew Loog Oldham, although the tracks have never been released. But who knows what the future might have held if she hadn't been taken from us at such a cruelly young age?

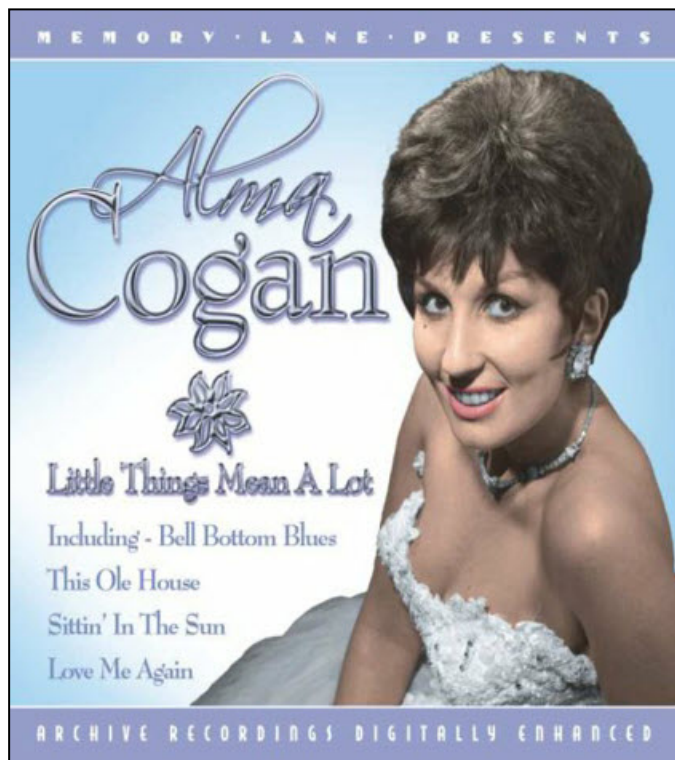
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### Achieving Your Goals in 2014 by Nicki Williamson

Is your new year resolve as strong as it was a month ago, or has your will power started to wane? If you're one of the millions of people struggling to take control of unhealthy habits in 2014, such as smoking or losing weight, you will know success is very much linked to having a positive mindset – but how do you get that positive frame of mind, and how do you maintain your focus? Hypnotherapy has amazing results when helping people achieve their goals – from giving up smoking to losing weight, when willpower alone seems to be somewhat lacking. The role of your sub-conscious mind is to work powerfully in protecting and supporting you to make the right choices. Hypnotherapy works with your subconscious mind, encouraging you to make healthy choices naturally.

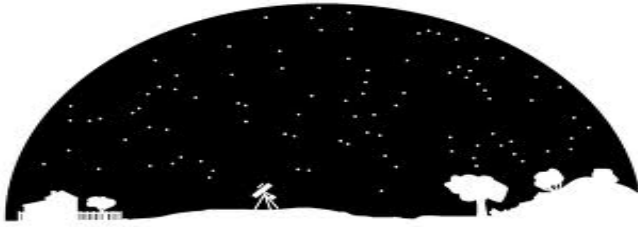
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written about me watching Strictly, really).

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## Heacham at Night

A Happy New Year to all readers and may the nights in 2014 be dark and clear.

The King's Lynn & District Astronomy Society and myself thank the hardy people of Heacham who came to Heacham at Night Live on the 8th January. About 30 attended, despite the rain, and the consensus was that the talks made it worthwhile – I am biased. Unfortunately, we could not use the telescopes and I hope another opportunity will be available soon. On the following Saturday the society hosted another Star Gazing Live Event between 2pm and 9pm at Tottenhill. Over 200 turned up for that, an audience encouraged by the clearer skies and the chip van. Jupiter and its moons and our Moon were well



observed. Our society's patron, Henry Bellingham, and the Mayors of King's Lynn and of Downham Market came along. Three Heachamites also showed up having been turned on, so they said, by Heacham at Night Live. The society does have a website and regular talks are given on the second Monday each month. Some might take your fancy – have a look.

Anyway, back to astronomy. My talk was a bit rushed towards the end and I did not give justice to the debate about Pluto, discovered in 1930 by Tombaugh at Flagstaff. Until August 2006 Pluto was the ninth planet of the solar system. In that month the International Astronomy Union demoted it to a dwarf

planet. I have been told that children in school are sometimes told it is a 'star' because it is not a planet. Well, it certainly is not a star, it is a rocky body a little smaller than Mercury and it orbits the sun at a great distance, an average of 3<sup>1</sup>/<sub>2</sub> billion miles. As it has a very elliptical, egg shaped, orbit, this distance can be about a billion miles more or less than the average.

Pluto spends about 20 of its 248 years journey around the sun inside the orbit of Neptune. Currently it is about 300 million miles beyond Neptune and if you look about two hands widths right of the sun at lunchtime you are looking towards it. This elongated path contributed to its demotion along with the discovery of several similar bodies beyond Pluto; one of these, Eris, is bigger. Two others are named Haumea and Makemake. Collectively these objects are called Plutoids.

The final nail in 'Pluto the planet' was the definition that a planet had to have cleared its orbit of other objects (rocks and so on). This definition is controversial and there is pressure to change it. Many currently designated 'dwarf planets' would then become planets and the solar system would have at least 27 – rather more than the nine you may have learnt about at school. This change may come about when NASA's New Horizons Mission reaches Pluto in 2015. It was launched in 2006, just after Pluto's demotion, as a mission to the last planet – Neptune had been reached by Voyager 2 but no craft has visited Pluto. NASA would certainly like Pluto to be a planet again.

Why all this stuff about Pluto? Well, last year I saw it in the sky over Heacham and have not managed to make it out elsewhere, and a Hubble image of Pluto is my trial logo. The image shows Pluto, it's relatively large moon Charon and two smaller moons Nix and Hydra. Two other moons, Kerberos and Styx, have since

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been discovered. I think a body which orbits the sun, no matter how eccentrically, which has 5 moons deserves to be a planet.

Last issue I told you to look for amazing comets. Well, ISON grazed the sun a tad too close and vanished; Lovejoy was visible as a very, very, faint fuzz through large binoculars just before sunrise but do not be sorry if you missed it.

This month the only planet you will see easily at night remains Jupiter. It rises in the NE as soon as it is dark and, as the earth turns, tracks SW and W. It is visible until dawn. Do have a look at it through the largest aperture binoculars you have or can borrow. Or use a bird spotting scope. Hopefully you will see four points of light (possibly only three) close to Jupiter. These are the Galilean moons which I have written about before: Io, Europa, Ganymede and Callisto. The names are given in order of their distance from Jupiter. However, when you observe them their order may appear different depending upon where in their orbit each moon is.

The brightest dot will be Ganymede because that is by far the biggest; with a diameter of 3,270 miles it is larger than Mercury and almost half the size of the Earth. Ganymede has a liquid, iron rich core, a significant magnetic field, water ice and a thin atmosphere containing some oxygen. Callisto is the size of Mercury, is composed of rocks and ice, probably has a subsurface ocean of water and has a very thin atmosphere containing carbon dioxide and oxygen. Io has more volcanoes than any other object in the solar system - 400. Its crust is pulled about by the tidal gravity of giant Jupiter. Plumes of yellow sulphur shoot hundreds of miles into space. Europa is a bit smaller than our Moon but is very reflective as it is smooth, covered in water ice and with an ocean of water likely beneath it. It, too, has a tenuous oxygen atmosphere and is thought to be the most likely place to find extra-terrestrial life within our solar system. Pictures released last month showed huge geysers erupting from the surface. NASA has plans to send a craft called the 'Europa Clipper' to skim water from these and analyse it.

When you look at these points of light think about them as worlds, all different and one, at least, possibly harbouring microscopic life.

What else to look out for? Find Orion (there was a sketch of it last issue). Follow the line of the 'belt' SE and you will come to Sirius, the brightest star in the sky. Using binoculars go south of Sirius 8 moon diameters (how big the moon looks in the sky). You should see M41, an open cluster of stars. If you go north of Sirius you will find another bright star, Procyon. This star, Sirius and Betelgeuse (the star on the NE shoulder of Orion) form the Winter Triangle.

First quarter moon is 6th February, last quarter 22nd February. These are good times to scan the terminator, the line between light and dark, to see crater walls in detail. Do it both nights and you will see both sides of the craters, valleys and other features of the moon along that line.

Just two things more: a good book which is meant for 9-12 year olds but is appropriate for adults who want to find out more about space without getting technical. It is accurate and right up to date (2013) – Professor Astro Cat's Frontiers of Space, Flying Eye Books.

A second 'Heacham at Night Live' will be held at the Old Friend's Hall on Wednesday March 5th, the middle of National Astronomy Week. 7.00pm start if the sky is clear. Viewing will alternate with a talk on Jupiter. 7.30pm start if raining and an additional talk will be provided. Adults £3 including tea/coffee/biscuits. Under 16 free.

**Terry Parish**



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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  
ART GROUP 10am-12noon Paint or Draw in any medium To join or for more info [Tel:572247](tel:572247) Shirley Milborne (PRH)  
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 1-2pm Suitable for all levels 2.15 - 3.15pm Gentle stretch & relaxation classes for all ages Tel: Suzie Povey 07900 818311 (PH)  
ROLLASON STAGE SCHOOL Dance Classes 6yrs+ Ballet/tap/modern 4.15-5.15pm Street 5.15-6pm [Tel:579074](tel:579074) (PH)Top Room  
2nd HEACHAM RAINBOWS Term Time Girls 5-7 years 5 - 6pm Contact Tel: Jenny 534107 (MC)  
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 monthly @ 7pm (PC)  
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:Mick Harpley 07527125574 (OFH)  
ACTIVE FOR LIFE exercise classes for those aged 60 and over or at risk of Osteoporosis 10-11am at Heacham Surgery Classroom Tel : Pat 298429 or Jane 571232  
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 West Norfolk Mind Tea & Chat at Piece of Mind 4 Poplar Avenue 1 - 2.30pm Tel: 572707  
LINE DANCING 1.30 - 3.30 pm Contact Diane 571166 (SM)  
WOMENS FELLOWSHIP 2.45pm Every other Tuesday (MC)  
1st HEACHAM GUIDES 5.30 – 7pm Tel: Sue Theunissen 07833747059 or just come along (MC)  
SLIMMING WORLD 5.30pm & 7.30pm Tel: Jo 07942 818059 (SM)  
WEIGHT WATCHERS 7pm (OFH) Tel:Alison 07796 904311  
ZUMBA 7-8pm £4 pp Tel: Michelle 07585002124 (SG)  
PARISH COUNCIL MTG 3rd Tuesday monthly 7.30pm (PC)  
HANDS & NEEDLES GROUP every other Tuesday 7.30 – 9.00pm Tel: Joan Careless 570363 (MC)  
HEACHAM DIGITAL CAMERA CLUB meets 1st & 3rd Tuesday monthly 7.30pm Sandringham Club West Newton Email: [heachamdigitalcameraclub@yahoo.co.uk](mailto: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 8.30pm at Fox & Hounds  
HEACHAM BOOK CLUB 3rd Tuesday monthly Tel: Beth 570479

### WEDNESDAYS

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

SCALLYWAGS PLAYGROUPO Term Time 9.30 – 11am £2 Tel: Clare 07816913657/Jo 07521447284 (SG)  
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 (PC)  
HEACHAM LITTLE DRAGONS Korean martial arts of self defence Ages 5+ 4.30-5.30pm Tel: Ian 07806622154 (SG)  
FOOTBALL Under 8&9's 4.30-5.30pm Contact Mark 07561303886 (HSC) playing fields  
TAI CHI & KUNG FU 6–7.15pm-Childrens Kung Fu 7.15–8.15pm-Adult Tai Chi 8.15–9.30pm-Adult Kung Fu Tel:Derek 01553 674779 (PRH)  
LINE DANCING FOR IMPROVERS – 7 - 9pm. £3. Contact Diane 571166 (SM)  
BINGO 7.30pm Neville Court Grouped Home  
HEACHAM TWINNING ASSOCIATION 3rd Wednesday monthly @7.30pm New members welcome Tel: 579465.(PC)  
WEST NORFOLK SINGERS 7.30 - 9pm For more info 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) 9.30–3pm For info see Wednesday  
TABLE TENNIS CLUB 10am (PH Top Room)  
ACTIVE FOR LIFE see Tuesdays entry for details  
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  
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 Seymour570560 (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 [silverlinings@gmx.co.uk](mailto:silverlinings@gmx.co.uk) or [Tel:534741](tel:534741) (SM)  
COFFEE AFTERNOON Fridhem Rest Home Station Rd Last Friday of the month at 2pm  
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)  
WILDFOWLERS CLUB 1st Friday monthly 7.30pm (HSC Top Room)

### SATURDAYS

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

## HEACHAM DIARY

**Sunday 2nd February** GIG 'JAZZ' 1.30pm at Fox & Hounds Station Rd

**Tuesday 4th February** GIG 'T.B.C.' 8.30pm at Fox & Hounds Station Rd

**Tuesday 11th February** GIG 'DNA' 8.30pm at Fox & Hounds Station Rd

**Tuesday 18th February** GIG 'T.B.C.' 8.30pm at Fox & Hounds Station Rd

**Wednesday 19th February** Blood Doning Session at Heacham Public Hall 1.15-3.30pm & 5-7pm to book an appointment Tel: 0300 123 23 23 or online [www.blood.co.uk](http://www.blood.co.uk)

**Saturday 22nd February** Messy Church at St Mary's Heacham 10am-12 noon Book in advance [Tel:571348](tel:571348) or email [griffin568@btinternet.com](mailto:griffin568@btinternet.com)

\*\* GIG 'Mark Wilkinson's Jazz Quartet' 8.30pm at Fox & Hounds Station Rd

**Tuesday 25th February** GIG 'Night Drinkers' at Fox & Hounds Station Rd

**Wednesday 5th March** 'Heacham at Night Live' 700pm @ OLD FRIENDS HALL. Adults £3 (includes tea/coffee/biscuits) under 16 free

**Saturday 15th March** Heacham Twinning Association 'Barn Dance' 7.30pm at Heacham Junior School College Drive Tickets £7.50 (under 12s free) To book Tel: 572252

### OTHER EVENTS

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) Sedgford Primary School Ringstead Rd Sedgford - Tel: Jane 01485 579489

**Tuesday 11th February** Brancaster Camera Club 'My best digital image of 2013' 7.30pm at Brancaster Staithe Village Hall Entry £3 inc's refreshments For more info Tel: Jim Till 210013 or Wendy Calow 01553 674725

**Wednesday 19th February** Princess Players Poetry Morning 10.30am at Hunstanton Town Hall Basement For details Tel: Ann McKimm 533933

**Saturday 22nd February** Norfolk Rivers Trust 'River Heacham' Community Day 10am - 4pm at Sedgford Village Hall All welcome To book a space on one of the day's planned activities Tel: Jonathan 07917023490 or email [jonathan@norfolkriverstrust.org](mailto:jonathan@norfolkriverstrust.org)

**Tuesday 25th February** Brancaster Camera Club 'Print Competition' 7.30pm at Brancaster Staithe Village Hall Entry £3 inc's refreshments For more info Tel: Jim Till 210013 or Wendy Calow 01553 674725

**Thursday 27th February** Norfolk Wildlife Trust AGM & an illustrated talk by Helen Baczkowska At Hunstanton Methodist Church Hall Cost £2 (members)/£2.50 visitors

**Saturday 8th March** Norfolk Rivers Trust 'River Ingol' Community Day 10am - 4pm at Snettisham Village Hall All welcome To book a space on one of the day's planned activities Tel: Jonathan 07917023490 or email [jonathan@norfolkriverstrust.org](mailto:jonathan@norfolkriverstrust.org)

**Friday 28th March** Carole Brown Health Centre PPG & Friends of St Nicholas Church 'Quiz Night' 7.30pm at St Nicholas Church Hall Dersingham Entry £5pp (inc's refreshments) More details from Tom Morris 541450/Keith Blythe 544866/ Edgar Cooper 540865 or Nigel Sisson 540081

### Mondays

U3A HUNSTANTON meets 3rd Monday monthly (except Aug & Dec) 2pm at Hunstanton Community Centre for details Tel: Chris (Chairman)535065 or Barbara (Secretary)571484

### Tuesdays

BRANCASTER BABY & TODDLER GROUP Simms Reeve Inst.Hall Brancaster 9.30-11.30am(term time) £2 per family For info email: [brancasterbabyandtoddlergroup@yahoo.co.uk](mailto: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

HUNSTANTON COMMUNITY CHOIR Informal singing for fun, no audition required 7-9pm at Hunstanton Town Hall £3 per session Inc. refreshments Just turn up

### Wednesdays

DOCKING MARKET 9am - 1pm in The Ripper Hall Local Produce Craft and Gift Stalls Tel: 518945

HUNSTANTON VOLUNTEER SURGERY 3rd Wednesday monthly 10am-12noon at 1st Flr Council Offices Valentine Rd Tel: 01553760568 Karen Lee or [Karen@westnorfolkvca.org](mailto:Karen@westnorfolkvca.org)

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

SING FOR WELLBEING Snettisham Community Choir 10am-12noon at St Mary's Church Hall Snettisham For more info Tel: Carol O'Neill on 01328838616

LYMPHOEDEMA SUPPORT GRP meets the 2<sup>nd</sup> Wednesday monthly 10.30am-12noon at Tapping House Snettisham

NICE & GENTLE Fitness 1-2pm £3 pp Inc's Tea or Coffee at Hunstanton Community Centre tel: Michelle 579074

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

ROLLASON STAGE SCHOOL Dance Classes under 6yrs Ballet/tap/modern 4.30-5.15pm 12yrs+ Ballet & modern 5.15-6.15pm Senior street crew 6.15-7pm Limbering/body conditioning 7-7.30pm @ Hunstanton Town Hall Basement Tel: 579074

YOUTH 45 GROUP meet at Ringstead Village Hall 7pm-8 pm for ages 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](http://www.west-norfolk-tai-chi.com) for information.

### Thursdays

ROLLASON STAGE SCHOOL Drama/Musical theatre classes 10yrs & under 4-5pm 11yrs & over 5-6pm at Hunstanton Town Hall Basement Tel: 579074

CHILLATES 6-7pm £4 pp at Hunstanton Town Hall Basement Tel: 579074

KINGS LYNN & DISTRICT OSTEOPOROSIS SOCIETY meet in Kings Lynn 4th Thursday monthly at 7.30pm Door to door taxi service - £2 For more info Tel: Pat Reilly 572271

### Fridays

BRANCASTER BABY & TODDLER MUSIC GRP Simms Reeve Inst. Hall Brancaster 10-11.30am(term time) 1st & 3rd Friday monthly £1.50 per family (see Tuesday for info details) ZUMBA at Docking Ripper Hall 6.15-7.15 £4 pp for info Tel: Michelle 579004

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 info Tel: Ian 07806 622154

### Saturdays

CHRISTIAN YOUTH GROUP 3rd Sat monthly 10am-12 noon ages 10-14 Cost £1 at Dersingham Church Hall More info from Steve 07425 145887

LUCY ROSE STREET CREW Street dance under 12's 12-12.45pm over 12's 1-1.45pm Elite street crew 1.45pm @ Hunstanton Town Hall Basement Tel: 579074

INDIE ARTS CLUB 2nd Sat monthly 1-4pm at Hunstanton Town Hall Basement Entry & Membership free Tea or Coffee 50p Book in advance via email: [bookings@wattington.com](mailto:bookings@wattington.com)

**NEWSLETTER SUDOKU No. 77** Complete the puzzle so that each row, each column and each block of nine contain the numbers 1 to 9. Solution next month.

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

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

Solution to Newsletter SUDOKU No. 76

Ten people arriving at the same place all shake hands with one another. How many hand shakes are there altogether?

Answer page 30

**TIDE TABLES FOR FEBRUARY & MARCH 2014**

HIGH WATER AT HUNSTANTON											
Heights above chart datum											
Time Zone UT (GMT) add 1hr for BST starts 30th March											
February 2014						March 2014					
Date	Morning		Afternoon			Date	Morning		Afternoon		
	Time	m	Time	m			Time	m	Time	m	
1 SA	07 14	7.6	19 19	8.0		1 SA●	06 13	7.4	18 16	7.8	
2 SU	07 57	7.6	20 01	8.1		2 SU	06 57	7.6	19 00	8.0	
3 M	08 38	7.5	20 42	7.9		3 M	07 37	7.6	19 43	8.0	
4 TU	09 17	7.2	21 24	7.5		4 TU	08 14	7.5	20 22	7.9	
5 W	09 58	6.8	22 06	7.0		5 W	08 48	7.3	21 01	7.5	
6 TH	10 41	6.2	22 56	6.4		6 TH	09 23	6.8	21 39	6.9	
7 F	11 34	5.7	23 59	5.8		7 F	09 58	6.3	22 22	6.3	
8 SA			12 40	5.5		8 SA	10 39	5.8	23 17	5.7	
9 SU	01 15	5.5	13 52	5.4		9 SU	11 42	5.4			
10 M	02 34	5.5	15 02	5.6		10 M	00 38	5.2	13 08	5.2	
11 TU	03 44	5.7	16 02	6.0		11 TU	02 04	5.1	14 25	5.4	
12 W	04 40	6.0	16 50	6.4		12 W	03 15	5.5	15 29	5.7	
13 TH	05 23	6.3	17 31	6.7		13 TH	04 13	5.8	16 20	6.2	
14 F○	06 00	6.6	18 07	6.9		14 F	04 57	6.2	17 02	6.6	
15 SA	06 32	6.7	18 41	7.0		15 SA	05 33	6.6	17 38	6.8	
16 SU	07 06	6.8	19 15	7.2		16 SU○	06 05	6.7	18 13	7.0	
17 M	07 37	6.9	19 46	7.2		17 M	06 38	6.9	18 48	7.2	
18 TU	08 07	6.9	20 14	7.2		18 TU	07 11	7.0	19 23	7.2	
19 W	08 37	6.8	20 44	7.0		19 W	07 42	7.0	19 54	7.3	
20 TH	09 07	6.7	21 16	6.8		20 TH	08 12	7.0	20 26	7.2	
21 F	09 43	6.4	21 57	6.6		21 F	08 45	6.9	21 01	6.9	
22 SA	10 28	6.1	22 49	6.1		22 SA	09 21	6.7	21 43	6.6	
23 SU	11 27	5.7	23 59	5.7		23 SU	10 06	6.3	22 36	6.1	
24 M			12 50	5.6		24 M	11 04	5.8	23 51	5.6	
25 TU	01 46	5.7	14 26	5.8		25 TU			12 27	5.7	
26 W	03 20	6.1	15 38	6.3		26 W	01 45	5.6	14 04	5.8	
27 TH	04 28	6.6	16 37	6.9		27 TH	03 11	6.1	15 17	6.3	
28 F	05 24	7.0	17 28	7.4		28 F	04 15	6.6	16 16	6.9	
						29 SA	05 09	7.0	17 08	7.4	
						30 SU●	05 54	7.3	17 55	7.6	
						31 M	06 35	7.5	18 40	7.8	

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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.

#### Hunstanton Library Town Read:

Starts Saturday 1st February, 10:00am.

Hunstanton Library is on a mission to see how many members of the local community they can encourage to read and share the same book at the same time. The chosen book is 'Before I go to Sleep' by S J Watson.

*"As I sleep, my mind will erase everything I did today. I will wake up tomorrow as I did this morning, thinking I'm still a child, thinking I have a whole lifetime of choice ahead of me ...' Memories define us. So what if you lost yours every time you went to sleep? Your name, your identity, your past, even the people you love - all forgotten overnight. And the one person you trust may only be telling you half the story. Welcome to Christine's life."*

How you can take part: The Town Read will start at Hunstanton Library on Saturday 1st February at 10:00am and runs to the end of March. Come along and get your copy of the book! Tell us what you thought of the book by filling in one of our review slips!

#### Under 5s rhymetime at Hunstanton Library:

Weekly on Wednesdays 5th, 12th and 26th February – 2:00 -2:30pm (term time only).

Join us for a pre school rhymetime! Suitable for pre school children and their parents/carers.

#### Scrabble Club:

Wednesdays 5th, 12th 19th and 26th February, 10.00am – 12:00 noon

Come along and enjoy a game of scrabble. Refreshments provided.

#### A Local History publication:

Thursday 13th February, 2:00 - 3:00pm.

Historic revelations from transcribing local 13th century documents An illustrated talk by Bryan Howling. Booking essential. Refreshments provided.

#### Mini Beast Mayhem Storytime:

Thursday 20th February, 10:30 - 11:30am

Come along for some mini beast stories and activities! Children must be accompanied by an adult. Staff from the Hunstanton Children's Centre will be delivering this activity.

#### Keeping in touch online - for beginners:

Thursday 27th February, 1.00 – 3.00pm

This session will provide complete beginners with a basic introduction on how they can keep in touch with family, friends and others online. Booking essential.

## Christina Thain & Co Solicitors

Conveyancing, Wills and Probate

Please note that our new address is:-

**29 High Street  
Heacham PE31 7EP  
(Suttons Estate Agents)**

Our telephone number remains the same:-  
**01485 525458.**

**Office hours - Monday to Friday  
9.00am - 1.00pm**

**Telephone hours - Monday to Friday  
9.00am - 5.00pm**

**Appointments in your own home or at:  
29 High Street, Heacham**

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## Hunstanton Lions Club

At our January Business Meeting, Hunstanton Lions reviewed events and good causes that had taken place in the past year. Plans and suggestions for a programme of events for 2014 are now in

progress.

Hunstanton Lions have made donations to the following causes during 2013, to name a few:

Nansa, A Street Dance Group, Rudham Ward, Hunstanton Lifeboat, Hunstanton Day Centre, Dersingham Day Centre, The Phobbies, Hunstanton Monday Club, Save the Children, FAN, Hunstanton Youth Café, Heacham Infant School, Scallywags Nursery, Cycle Response Unit, Water Aid, Turkey & Tinsel Lunches.

These good causes were made possible by all the generous donations received.

### 200 Club

- 1st Prize - Peter Sutton,
- 2nd Prize - Sandie Hemsall
- 3rd Prize - Clive Grimmond
- 4th Prize - Laura Williamson.

If you would like more information about Hunstanton Lions, please contact Mike Ruston: 01485 533367

# Borough Council of King's Lynn & West Norfolk



## Bespak Grand East Anglia Run

**Sunday 4th May 2014**

The Bespak Grand East Anglia Run and Mini GEAR fun run is organised by the Borough Council of King's Lynn & West Norfolk and is sponsored by Bespak. This year the event takes place on Sunday, 4th May 2014. Starting at 10.30am in the newly-revamped Tuesday Market Place in King's Lynn, the fast, flat course takes runners on a loop through the town centre, through The Walks and along the waterfront, showcasing some of the town's key heritage and retail areas.

Cllr Elizabeth Nockolds, Cabinet Member for Health and Wellbeing, said: "I am delighted that, this year, runners will be able to enjoy the newly refurbished Tuesday Market Place as they start and finish the race and hopefully businesses around the town and the square will be able to benefit from the increased number of people who come along to watch. This is our ninth Bespak Grand East Anglia Run and the event just seems to go from strength to strength. We are hoping for even more entries this year and have already had 160 entries prior to our publicity launch. With the date coinciding with Star Wars Day, we are also looking forward to seeing lots of Star Wars fancy dress in the fun run and the light-hearted side of the main event."

"We have completely refreshed the [www.grandeastangliarun.co.uk](http://www.grandeastangliarun.co.uk) website to make it even easier for people to find out the information they need and to enter online."

The event, which first took place in May 2006, was designed to encourage people to get into running as part of an active healthy lifestyle, as well as to showcase the shopping centre and heritage areas to new visitors. In 2010 the Mini GEAR fun run was introduced to broaden the appeal of the event to younger people and beginners. It is now a popular fixture on the athletics calendar and regularly attracts around 2,000 runners.

Bespak MD, Keyvan Djamarani said: "Bespak is proud to be associated with the GEAR and Mini-GEAR events which have now become prestigious sporting events in their own right. This year will be our 9th consecutive year of sponsoring the GEAR

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since its launch and I am sure we will be sponsoring the event for many more years to come.

"Last year's event was extremely successful and I hope we can build on that to encourage for greater participation across all ages in what has become a great annual event in King's Lynn " Borough Council Sports Development Manager and Race Director Roger Partridge, added: "Last year's event was our best yet and I'm hoping for even more entries this year. With a fast, flat course and a choice of distances, the event really is suitable for people of any age or ability. This year we are proud to be hosting the British Masters National 10k Road Championships, which we hope will bring some new names to the event."

The British Masters Athletic Federation (BMAF) is the governing body for all Master (or Veteran) athletes in the UK. They have a network of 11 regional clubs that can be joined when anyone reaches the age of 35 years or older. The local regional club is Eastern Veterans A.C. (EVAC) whose championship was hosted by Bepak GEAR last year.

Membership of EVAC (or one of the other regional clubs) includes registration with the BMAF. Anyone aged over 35 and registered with BMAF will be eligible to compete in the Championship that Bepak GEAR 2014 is hosting.

The Bepak GEAR is a UKA and BARR Gold-Graded event. The cost of entry is £17 for affiliated runners and £19 for unaffiliated runners. To enter, runners must be aged 15 or over on race day. The Bepak Mini GEAR 1.2m fun run is open to anyone over 6 years of age (under 8s must be accompanied by an adult). The cost of entry for Bepak Mini GEAR is £6.00 for adults, £5.00 for under 16s and £4.00 for under 8s.

Bepak GEAR is subsidising the entry to this year's BMAF Championship so there is no extra charge to enter. Entrants will simply need to input their membership number into the online entry form.

There are generous cash prizes for Bepak GEAR category winners and everyone taking part will receive a quality medal and goody bag.

Enter online now at [www.grandeastangliarun.co.uk](http://www.grandeastangliarun.co.uk). For all the latest information follow us on Twitter @GEARKL or like us on Facebook <http://www.facebook.com/pages/Bepak-Grand-East-Anglia-Run-2013/396658820415128>.



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Since opening at the end of September, we have welcomed many visitors, some are returning for their 3rd short break, Christmas was (almost) full and we have bookings as far ahead as next September.

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### News from West

### Norfolk Mind

### West Norfolk

West Norfolk Mind are delighted to have been selected as KLFM radio

Charity of the Month for February 2014. This provides excellent opportunities to tell the community what services are available and helps promote forthcoming events so please listen out or look on the website, Facebook Page or Twitter for all our news, events and personal stories.

The local charity are committed to working towards combating stigma around mental health and are involved in the national 'Time to Talk' campaign on 6th February with our main event at the Olive Branch Café, Hillington Square, King's Lynn 11am – 3pm where you can get free tea or coffee, have a chat, get information or join in their activities and write on the pledge wall. The campaign aims to instigate 1 millions conversations on that day and if you would like to organise a small event please contact Zena on the number below or see the website for details [www.time-to-change.org.uk/talkday](http://www.time-to-change.org.uk/talkday).

2014 is feeling brighter at West Norfolk Mind, having secured some new contracts, a little funding due to the continued commitment and hard work of the staff and volunteers. However, there are still areas of our service that could be in jeopardy if we don't continue to increase our fundraising income. We hope to dramatically increase our team running in this year's 10K Grand East Anglian Run on 4th May – it's a fantastic event and a great reason to get fit so please contact Zena Penty:

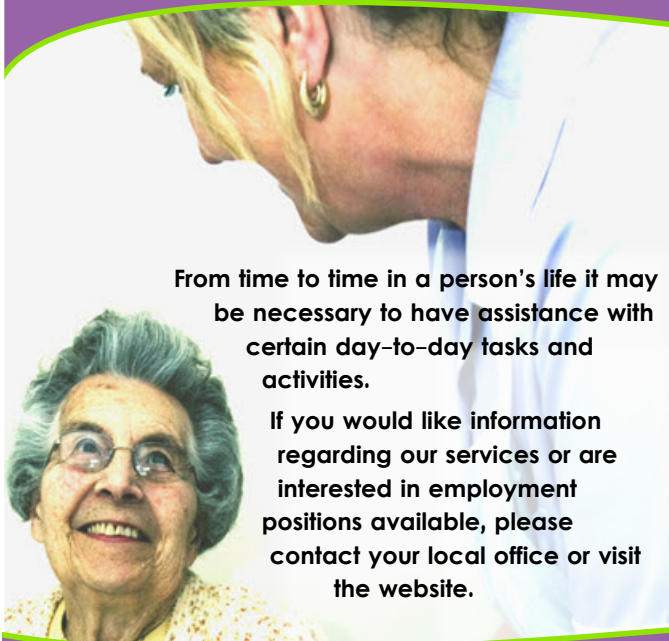
[zena.penty@westnorfolkmind.org.uk](mailto:zena.penty@westnorfolkmind.org.uk) 01485 572707 for a sponsorship form and sign up to join our team.

January saw the start of 2 new groups at our King's Lynn Centre; an Older Persons' service every Monday for people experiencing early onset of dementia and a Peer Support group every Friday, which complements the new Resilience Project which provides a selection of free workshops to adults who need low level support with their wellbeing.

For more details of our range of services or to arrange an informal, visit [www.westnorfolkmind.org.uk](http://www.westnorfolkmind.org.uk) or contact our Head Office on 01553 776966.

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**Norwich Office** 01603 898623 (covering Broadland, Sheringham, Holt & surrounding areas)

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**Greetings from Heacham Tesco Express!**

What a wonderful Christmas, yet it seems so far away already. The store looked fantastic thanks to the Christmas tree pictures decorated by the children of Heacham Infant and Nursery School. We were again very proud to display their very sparkly artwork. Many thanks to them for their efforts (and to the school and parents for suffering the lasting effects of the glitter...it gets everywhere!) We had some wonderful comments from our customers.

It was nice to represent the store in the village Carol service just before Christmas. It really got my children into the festive spirit but I don't know which made me more nervous...reading in front of everyone or the height of the pulpit!

We still have a very tiny amount left in our community fund. So if any local charities and groups are holding fundraising events we would be proud, as always, to help out with prizes for raffles, tombolas etc where we can. Or if there is any other way you would like us to be involved then just contact me at the store...5 Lynn Road, Heacham, PE31 7HU on headed paper please.

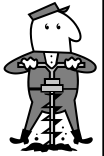
**Brenda Deane**

**Community Champion, Heacham Tesco Express**

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The featured fiction for February are the novels by Catrin Collier. We have expanded our collection of her novels for those of you who like your drama gritty and with a bit of Welsh flare. Also featuring is Simon Kernick, a home grown thriller writer with an extensive collection to his name.

Fans of Elly Griffiths should also keep their eyes peeled for her new book in the Ruth Galloway series, coming out at the end of February

Our free online courses are held on a Tuesday morning or afternoon. The courses are aimed at helping you to use the internet to search for information, shop, compare prices and emailing. Depending on experience, we offer three sessions of one and half hours in small learning groups. Please ring 01485 572142 to book your free place or just to have a chat about what "Learn my Way" entails.

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## The Mulberry Restaurant

HEACHAM MANOR HOTEL

### Fabulous February

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*Don't forget our popular, freshly cooked ROAST SUNDAY LUNCH - 2 COURSES £13.95 or 3 COURSES £17.95, served every Sunday from 12 Noon to 2.30 pm.*

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Sedgeford Village Hall - 10am till 4pm  
Saturday 22nd February 2014

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### 10 - 12 Guided river walk (transport provided)

Our expert will take you on a walk along sections of the river we have restored. We'll also be running a water invertebrate session to learn about the bugs within the river. *Bring wellies and warm clothes!*

### 12 - 1 Lunch served (Free food and refreshments provided)

### 1 - 3 Photography course for beginners (transport provided)

Led by a professional photographer, this session will give you a taster of how to get the most from your camera. *Camera with manual settings required.*

### 2 - 3 Children's treasure hunt

River themed kid's treasure hunt!

### 3 - 4 River gardening best practice session

River runs through your grounds? Learn how to manage it best for wildlife.

Activity spaces are limited so please email or call Jonathan at Norfolk Rivers Trust ([jonathan@norfolkriverstrust.org](mailto:jonathan@norfolkriverstrust.org) | 07917 023 490) if you have any questions or would like to participate.

[WWW.NORFOLKRIVERSTRUST.ORG](http://WWW.NORFOLKRIVERSTRUST.ORG)

Join us in the King William IV pub in Sedgeford between 5:30pm - 8pm on Friday 21st February for an informal chat!



# The Mulberry Restaurant

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## #HunstantonHour is for all Businesses in the district

Social media is constantly evolving and the introduction of practical tools such as the # (now commonly referred to as a Hashtag in the social media realm) helps you to get more of what you want when you use it. Attach # to the front of a word, phrase, or sequence of numbers and characters, and you create an effective keyword or phrase which is searchable within social media. Originating within Twitter, the Hashtag as a practical tool is now applicable in more social media platforms including Facebook and Google+. Hashtags are used to categorise tweet themes to make it easier to follow a conversation thread which may be of interest to you.

Within the Twitter dashboard any phrase or word with # in front of it becomes a live link to the '#Discover' function at Twitter.com and you can easily see which tweets and keywords are trending at a glance.

Rapid and high volume usage of specific hashtags create trending (which is the same as the current hot topic on everyone's lips at that moment). Current breaking news items can develop their own hashtags as the event occurs (ie #Apollotheatre could apply for the roof cave in at the Apollo Theatre but a more specific tag can also be created like #theatrerofcavein). When using the geolocation facility, Twitter's 'Discover' feature will bring you tweets with hashtags targetted at relevant news in and around your own location, in real time! This makes it a powerful communication tool and it is exactly how a comment can go global within hours so be careful when you tweet etc!

A key hashtag now in common usage is the on-line hour (ie #HunstantonHour, #KingsLynnHour, #NorfolkHour). There are many different regions which have their own on line hour. If you want to up your game and on-line marketing profile this is where you need to be on a regular basis.

I recently started #HunstantonHour and now I need more businesses in the Heacham and West Norfolk villages to join in to help promote our little corner of Norfolk. Now what is that

I hear you say! In simple terms, an on-line hour is an opportunity to market and network and it runs on Twitter. It is also an opportunity to promote a current theme or topic to a wider audience. Most recently, the topic was jobs and working in the Heacham area.

We can, and should, join in #KingsLynnHour and #NorfolkHour but wouldn't it be wonderful to make our corner of Norfolk trend on the powerful Twitter platform or at least have a good go at it? It is a powerful marketing tool for our local businesses and it will be all the better if we all participate. Currently there is one #HunstantonHour per week. If this takes off and we can build a team of local businesses who want to really make it fly, we could have two or three at different times and help each other to grow our message to Norfolk, the UK and globally. This is critical for our tourism based businesses.

All you need to take part is an interest in the Heacham area and the surrounding villages. The more active we are the more successful the #HunstantonHour tag becomes and the more effective it is at spreading the word that the area has a lot to offer. Naturally we all have to learn new skills to keep up with this ever-changing world of the internet, but the best way to start is to just dive in and watch what others are doing. If you need more personal assistance then [Stella Gooch Executive Business Support](#) is local and can help you and your business in many different ways. Check out Stella's blog articles for more social media updates but in the meantime, here are the local online hours which may be of interest to you:

MONDAY -	#NorfolkHour	8.30pm - 9.30pm
TUESDAY -	#KingsLynnHour	8pm - 9pm
WEDNESDAY -	#HunstantonHour	8pm - 9pm
WEDNESDAY -	#NorfolkHour	8.30pm - 9.30pm
FRIDAY -	#NorfolkHour	8.30pm - 9.30pm

**To take part in on-line hours and capitalise on this growing phenomenon you have to get past Facebook and get on to Twitter!**



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## THE POCAHONTAS PLAYERS

### Drama Group

The group decided to do a bit of fund raising, to help with the new sound and light system - carol singing was organised. Our chairman, Dave Curtis, phoned round all pubs and clubs in Heacham, to ask if we could sing on their premises. What a fantastic night we had! First of all we had a little practice run, for 20 minutes, before 'eyes down' of The Charity Bingo in the Public Hall on Wednesday 18th December.

On Friday 20th December, Mr Alan (roofer) Rudd lent us his truck (thank you Alan), which we decorated with tinsel and balloons ready for the start of the carol singing marathon. We started off with a 15 minute 'Rockin around the Christmas Tree' etc at the Friday night Bingo, where many of the Bingo players joined in. Then across to the Social Club, to sing and shake our collection tins. We then made our way to The West Norfolk Inn, where there were many people in the restaurant who gave generously. On to The Fox & Hounds, where we were beginning to warm up. Then, the last pub in Heacham, where we had a fabulous welcome and a very generous donation from the Landlord, of The Bushel & Strike. We had a warm welcome from the customers who all joined in with 'Silent Night, Holy Night'. Here, we decided to have a very well earned 'drink'.

As it was only 10pm we all split up into various cars and made our way to Snettisham and met up at The Rose & Crown in Snettisham, where we were welcomed with hot Mulled Wine. We were surprised by the younger customers wanting to sing along to the traditional Christmas Carol - They bellowed out 'The First Noel' with gusto!

The Pocahontas Players would like to thank all these businesses and their customers for helping us raise over £300 and also having a jolly good fun evening at the same time.

We have two more fundraising events being organised on our agenda this year. Watch this space for more details on that.

Thank you all once again and wishing you a Happy New Year.

**from The Pocahontas Players**



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6 members per team - (maximum)

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Answer to page 20

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Tickets are available now from the Corn Exchange Box Office. [www.kingslynncornexchange.co.uk](http://www.kingslynncornexchange.co.uk) or call 01553 764864.

More information about KLFC on [www.klfc.org.uk](http://www.klfc.org.uk) or contact Marian on 07989 177079 or [mmrabramovich@gmail.com](mailto:mmrabramovich@gmail.com)

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# Hunstanton Rotary

## Interesting times at the Rotary Club of Hunstanton and District

At the Rotary and Inner Wheel Clubs of Hunstanton and District, we were delighted to witness the presentation at our Christmas event of cheques totalling £7,200 to the charities of W. Norfolk MIND, the Norfolk Hospice and the One-to-One project. These were the charities supported at the Norton Hill Light Railway event, courtesy of the owner, Mr. M. Schumann. (Photo left to right: Ben Warnes, Zena Penty (W.Norfolk.Mind), Rebekah



Mills (Norfolk Hospice), Maggie Ponder, Michael Schumann, Christine Thomas-Brown (One-to-One) and Linda King.

These presentations followed closely our other big event, equally enjoyable and satisfying, when our Rotarians ran a most successful Christmas lunch for 100 senior citizens. This event was superbly organised by Rotarian Peter Atterbury and his helpers.

And here we are in 2014. We are very much looking forward to our first speaker of the year, none other than Elaine Bird, editor of 'Hunstanton Town and Around' and wife of our Rotary member, Richard. Elaine will be talking on 'How Hunstanton Town and Around' began. At the end of January we have an evening meeting when we are gathering at the Rendezvous Restaurant on the High Street in Hunstanton for a meal and a social get-together. Later in the winter we shall be having a speaker from Blossom House and a visit from Mr John Goodchild, Headteacher of Smithdon High School, who will be talking to us about current educational practices.

If you are interested in finding out more about Rotary or how one can become a member, contact one of the following: Club President, Rotarian Ben Warnes, tel 534392, Rotarian Peter Atterbury, tel 534820, Rotarian Phil Newell tel 533864.

Or go to our website: <http://www.hunstanton-rotary.org.uk/>

Phil Newell



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## Christmas Day Lunch

Hello and a very Happy New Year to everyone. Christmas Day seems so long ago now but as I write this it isn't even a month! We really did have a great time; Christmas Eve preparations sped by - thank you ladies and gents who turned out to help. Thank you young Terry Clay for putting the tables out for us.

With guests staying over for the Christmas break I was up early on Christmas morning to get off to St Mary's Church Hall to get the ovens preheated. Diners started to arrive and, after not too long a delay, Geoff Speed said grace and the festivities began. All our helpers went into action; Santa and his lady elf served up the meals; everyone lent a hand helping to make this our best ever Christmas Day Lunch. Adrian, Jean, Simon Flowers and Lorna, entertained us involving everyone in a little story telling. I thought my impersonation of a kangaroo was quite good! From start to finish this was a great time for all of us. This year we received a donation from the Heacham Young Wives and, together with on the day donations, we were completely self financing.

Without our Team this would not have been an easy task, so let's have a huge thank you for Fred and Mary, telephone hotline managers, Terry Clay, furniture director, Margaret, Amanda, Maureen, Roy, Alan, Doreen, vegetable technicians and jack of all trades, Martin. I am sure that I have forgotten to thank someone - just tell me off next time you see me!

Ladies and Gentlemen we couldn't do this without your support! Thank you so much for making this possible.

**Stephanie**

PS: Roy Clark recovered within a few days, he had previously been quite ill.

# SCAM

Borough Council of  
**King's Lynn &  
West Norfolk**



### Warning over Council Tax scam

Residents are being warned about a potential e-mail scam from a company purporting to be a government-run agency. The email offers a refund on Council Tax.

A west Norfolk resident contacted the council after receiving an e-mail from [REFUND@direct.gov.uk](mailto:REFUND@direct.gov.uk) advising that she was due a refund on her council tax of £451 due to an overpayment of tax/PAYE. The email claims that the overpaid amount can be reclaimed by completing and submitting the tax return form attached to the message for processing. The contact name is Rodney Williams, Direct Gov Credit Office, Preston.

Jo Stanton, Revenues and Benefits Manager, said: "We are asking residents to be vigilant. These emails are a scam. We would never contact a taxpayer in this way and would urge people receiving emails of this nature to delete them immediately without opening the attachments."

"Residents should be wary about giving out personal details, especially bank details, by email. If anyone is concerned about any correspondence regarding council tax, either by email or post, they should call us direct on 01553 616200."

Further crime prevention advice for dealing with scams is available on Norfolk Constabulary's website.

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## SALTINGS- REED CUTTING

In early spring last year the Saltings was visited by members of the Scything Association from across the UK. The Scythers tried out different tool designs, some ancient, some homemade, to cut the reeds and in doing so cleared a large area, which was turned into a wide but shallow pond last autumn. In addition, Mark Randall from the North Norfolk Reed Cutters' Association travelled to Heacham in December to cut back another section of the reed bed on the 17 acre site. The machine used not only cut the reeds, but tied them in bundles making it easier for



collection and stacking. This year the Scything Association will be gathering over the weekend of 1-2 March taking up the opportunity to hone their skills, assisting the Parish Council in the management of the Saltings. Anyone is welcome to come along on the Sunday morning between 10am-12noon to either watch the work or volunteer to collect up cut reeds. Richard Brown, the local organiser from Heacham will also be on hand to chat to visitors to explain what is being done and provide ideas on practical uses for the cut reeds. Please note that all plans are weather dependant. Details of last year's event can be seen online at:

<http://scytheassociation.org/2013/03/11/winter-scythe-meeting-cutting-norfolk-reed/>



Photos taken by Richard Brown

WWW.NORFOLKRIVERSTRUST.ORG

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**THE RIVER HEACHAM COMMUNITY DAY**

Sedgeford Village Hall - 10am till 4pm  
Saturday 22nd February 2014

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Your knowledge is vital to us and we are keen to hear:

- what you know about the river
- the problems the river faces
- what work you'd like us to do in the future
- everything and anything else!

Come for the day, take part in our free activities or just pop in for five minutes; we'd love to meet you and hear your views... Put it in your diary!

SIGN UP to our River Heacham newsletter for updates about this event and much more: <http://eepurl.com/J6j0H>

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## HEACHAM PARISH COUNCIL NOTICEBOARD

### Parish Council Meetings in Brief

**Heacham Development:** The Council noted that further documents continued to appear on the Borough Council website in connection with the School Road development. The Parish Council had also written to the Planning Officer with concerns about Highways' response to changes to the School Road/Broadway junction proposed by the Developers.

**Resignation:** The Council accepted the resignation of Mr Christopher Lynn. Mr Lynn had not been able to attend recent meetings due to ill health.

**Coooption:** The Council co-opted Mr Alan Walker onto the Council. Mr Walker had previously served as a parish councillor.

**Heacham Junior School:** The Parish Council supported Norfolk County Council's plans to establish a temporary 20mph zone outside the School entrance on Cheney Hill.

**Vehicle Activated Sign:** The Parish Council agreed to bid for funds from the Norfolk County Council's partnership scheme to have a "flashing sign" installed in Lamsey Lane to try to reduce the number of vehicles who failed to limit their speed to 30mph.

### Precept for Heacham 2014-2015

The precept set by Heacham Parish Council for the forthcoming financial year will be **£75317.03**. In addition the Parish Council will receive a grant of £6078.00 from the government to offset changes to the way the village tax base is now calculated. The annual charge on a Band D will be increased by 3%. The actual cost is displayed below along with the comparison with the current year.

**2013-2014:** Band D £40.73    **2014-2015:** Band D £41.95

### Brays Pit Work Day

The Parish Council are hosting a third volunteer work day in Brays Pit on Sunday 16 February from 9.30am. The work involved includes a pre-spring tidy up of the area including cutting back branches and vegetation.

### New Measures to Investigate Fraud

Norfolk Police have started using Action Fraud - the UK's national fraud reporting centre - which will act as a central point of contact for all information about fraud and financially-motivated internet crime. Instead of officers taking reports themselves, they will redirect victims to Action Fraud where staff will receive reports, on-line or on the telephone\*. The reporting facility is available 24 hours a day, seven days a week through [www.actionfraud.police.uk](http://www.actionfraud.police.uk).

\*Telephone reporting to Action Fraud is available on 0300 123 2040. Monday to Friday between 8am to 9pm and Saturday /Sunday between 9am to 5pm.

### Notice of Parish Council Vacancy

A vacancy has arisen on Heacham Parish Council for a Parish Councillor. This vacancy will be filled by cooption rather than election. Interested parties should contact the Parish Council Office for further information or present themselves at the next Parish Council meeting which will be held at the Parish Office on Tuesday 11 February at 7.30pm.

The Clerk

### The Local Elections (Parishes and Communities Rules 1986) Parish of Heacham (Heacham Parish Council)

Notice is hereby given that one casual vacancy has arisen in the office of Councillor for the above Parish.

An election will be held and notice of this published if, within 14 working days of this notice, a written request that an election be held to fill the vacancies signed by 10 general electors of the Parish, is given to the Returning Officer.

The Returning Officer  
KL&WN Borough Council  
King's Court  
Chapel Street  
Kings Lynn  
Norfolk PE30 1EX

If no such request is received by the Returning Officer, the Parish Council will take the necessary steps to fill the vacancy by co-option

The Clerk

31 January 2014

### Heacham Remembers - Poppy Planting

The Community Activities Committee would like to thank those groups and residents who have donated money towards the wild poppy planting planned for this year. The Committee were also very touched to receive a donation from Australia from Mr and Mrs Stebbings who used to live in Heacham and spotted the article in The Heacham Newsletter, which is sent out to them by one of the Newsletter Team.

### Parking on Footpaths

The Parish Council Office regularly receives complaints about vehicles parking on the pavements around the village. In many cases, it understands that this is done to keep narrow roads clear, but it then means pedestrians with pushchairs or wheelchairs have to step out on the road to get past. It is also especially dangerous for residents with problems with their sight. **So please think before parking on the pavement.**

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](http://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 18.30  
THURS/FRIDAY 08.30 TO 12.30 Closed p.m.

**OUT OF HOURS DOCTOR** 111  
For out of hours service, please call the NHS Helpline

**HEACHAM & DISTRICT COMMUNITY CAR SCHEME** 534777

**HEACHAM CHEMIST** 570297  
OPENING HOURS MON TO FRI 09.00 TO 18.30  
SAT 09.00 TO 17.30

Between 13.00-14.00 prescriptions and certain other products only available if the Pharmacist is in attendance  
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**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  
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Mr C. MANNING 01485 523287  
NORFOLK C C MICHAEL CHENERY 01328 823411

**PARISH LIBRARY** 571928  
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SAMARITANS 01553 761616  
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SILVER LINE 0800 4708090  
ELECTRIC 0800 7838838  
ANGLIAN WATER 0845 7145145  
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**HUNSTANTON LIBRARY** 532280

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### HEACHAM COMMUNITY WEBSITES

[www.heacham-on-line.co.uk](http://www.heacham-on-line.co.uk)  
E-mail [admin@norfolk-on-line.co.uk](mailto:admin@norfolk-on-line.co.uk)

[www.heacham-village.co.uk](http://www.heacham-village.co.uk)  
E-mail [enquiries@heacham-village.co.uk](mailto:enquiries@heacham-village.co.uk)

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

[www.heachamnewsletter.org.uk](http://www.heachamnewsletter.org.uk)

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0843 first bus to Hunstanton, then hourly from 1018.

#### **Service 10**

Via:- Hunstanton Road, Fox and Hounds and Lodge Road.  
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0808 first bus to Hunstanton, then hourly from 09.25.

#### **Service 10 and 11 (Sunday)**

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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  
Heacham Scout Hut 572890

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