




# THE HEACHAM NEWSLETTER

## March 2014

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

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Monday 24th March  
7.00 for 7.30pm  
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Fridhem Rest Home  
79 Station Road, Heacham



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

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



**Heacham**

Dear Newsletter

**Are you as passionate as I am about our village?**

I have a dream but have no idea how to go about making it come true. Can anybody help me?

I have attended the various meetings about the proposed development at School Road and I strongly oppose the plans, as do most people in the village. However, as always with these matters, the big boys will win and more land at Heacham will go under development, whatever I or the rest of the people of Heacham want.

Now, here is my dream. I want to find a way for the village/Parish Council to buy Heacham Park, to protect at least one area for all the people of the village to use and enjoy for all time. I can imagine families out walking and playing, children cycling, Guide or Scout camps, joggers, fetes, gymkhanas, horse riding, fishing and many other ways to enjoy the precious space the park could provide. Once purchased, it would be necessary to make sure that it was written, in whatever document may be necessary, that the Park is owned by the village, for the village and can never be sold to development.

It is easy to attend meetings and say no to development plans, but we all know in our hearts that once the plans are raised it is usually too late to do anything to stop them. Let's get our heads together Heacham, and come up with a way to ensure that at least part of the village is safe for future generations.

The guide price is £500,000. That is roughly a £100 per head of population. A small price compared to the benefits it would bring, and which could easily be spread over a number of years.

There are lots of ways to raise funds. A thousand pound levy on every new house built? (It's about time the developers gave something back). Lottery grants? Sponsorship? Donations? If anybody reading this has any other ideas please bring them to the attention of the Parish Council, and soon.

Come on Heacham. Let's do it before it is too late.

**From an old Heacham boy!**

\*\*\*\*\*



**School Road**

Dear Newsletter

**The Heacham Newsletter**

WOW, what a cheerful, colourful front cover on the February issue. The snowdrops give a real sense of Spring. It does make a difference to see colour in the Newsletter, although probably the cost can prevent this happening more often. But it did cheer us right up.

Well done to the team.

**Jackie & George**

\*\*\*\*\*



**School Road**

Dear Newsletter

**Pocahontas Players – ‘Summer Holiday’**

We went to the Friday night production and what a wonderful evening we had. The sets and costumes were better than ever and the performers worked so hard to really make it a smashing show.

Everyone that takes part, in front and behind the scenes, give their all to make sure that we take with us the joy that they experience.

Looking forward to the next production.

**Jackie & George**

\*\*\*\*\*



**Dear Newsletter**



**Heacham**

Dear Newsletter

**Dog mess**

As a dog owner who regularly walks his pet through the village, I have in recent weeks become increasingly both appalled and annoyed by the amount of dog mess left by irresponsible owners. The plain fact is, if you own a dog IT IS YOUR RESPONSIBILITY TO CLEAR UP AFTER IT! Also it is your RESPONSIBILITY to dispose of your pet mess in the appropriate manner.

In Heacham there are some 19 dedicated dog waste bins. It is simply unacceptable for any dog owner to leave mess laying on footways, grass verges, or anywhere other than the proper bins provided.


Almost as bad, are the owners who seem to think it perfectly acceptable to bag up their dog mess, but hang it on someone's hedge or fence. This behaviour is disgusting and nothing short of antisocial.

I believe that a local young family has taken to using Facebook to try and highlight the problem. Dog owners should be aware, PCSO's have recently been given extra powers to issue £75 fixed penalty fines to anyone found allowing their pet to mess on public footways. Also, any pet owner failing to dispose of their dog waste properly will receive the same penalty. Persistent offenders will be taken to court and can expect a heavy fine. As a tourist destination, Heacham relies on how good we look to holidaymakers. Dog mess everywhere does not send out the right message.


As Chairman of the Parish Council, I would like to urge all dog owners to be RESPONSIBLE, most of us are. Let us tell the ones who aren't to "PICK IT UP AND BIN IT".

**Peter Colvin  
Chairman, Heacham Parish Council**

\*\*\*\*\*



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College Drive

Dear Newsletter

**Thank you**

I would like to thank all my relations, friends and neighbours for all their support, help and kind wishes after my bad fall last September in the Heacham Co-op Store. As many may already know, I fractured my hip and had to have a plate fitted to my hip, which meant I had to stay in hospital and in respite care for some time. I also owe many thanks to the excellent care I received at Lincoln Lodge in Hunstanton during my stay there.

Thanks to all the help and care I have received since I came home, I am now on the mend, getting round my house on crutches and hopefully, as the weather improves, I will be getting out and about in the village. I still have a bit of a way to go yet, but hopefully at some time in the future folks will be able to find me again behind the tills at the Co-op.

**Margaret Hayes**

\*\*\*\*\*



Marram Way

Dear Newsletter

**Derek Bailey – Milkman and Fireman in Heacham**

May I through the Heacham Newsletter thank everyone for their messages of sympathy and support when Derek died in December.

Donations at his funeral amounted to nearly £400 which has been split between The Norfolk and Norwich Association for the Blind, The Chronic Obstructive Pulmonary Disease Nurses at Q.E. Hospital, The Heacham Community Nurses and the Blind Veterans Association, all of whom were a great support to him in his final years.

Thank you.

**Lydia Bailey**

\*\*\*\*\*



Heacham

Dear Newsletter

**Kath Manning-Coe**

Kath Manning-Coe has been a Leader for **50 years** demonstrating the MEDAU exercises at her class in Heacham Church Hall on Tuesday mornings.

We, as her class, feel we would like to put something in the next edition of the Newsletter. We are all very fond of her and would like everyone to know of her great personality, her kind manner and her dedication to us – her Class.

She does not know I am writing to you, but we felt that this is a great dedication and would like to give something back to her.

Many, many thanks Kath, you are a star.

**Mary Hazle**

\*\*\*\*\*



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**01485 525880**

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

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Heacham

### Ward Gethin Archer Solicitors

Dear Newsletter

#### Poppy Festival

I write to express some concern about the use of a Poppy Festival to draw attention to the future anniversary of a war that is not yet 100 years away. More importantly it devalues the poppy symbol which has been a memorial to the dead of two world wars.

Our war memorial lists those killed in each war. How about researching the effect of their loss of life on their descendants. Are any of their grandchildren living in the village today? The poppy is a symbol that someone has made a financial contribution to the Royal British Legion. The poppies were originally made by soldiers wounded in the first war and sold to help their rehabilitation.

A more appropriate reminder of the first and second world wars would be to consider the effect of the wars on Heacham. During the first war, homes were requisitioned by the army. How would we feel about that now? During the second war, Heacham Hall was requisitioned and very regrettably got burned down. A zeppelin flew over and dropped a bomb. Rather than digging imitation trenches it would be better to show how the dropping of bombs led to the digging of air-raid shelters (trenches) at the start of the second world war.

Other changes included men being conscripted leading to many of their jobs being done by women. Many women lost their "boy friends" and fiancées, thus having to go to work for life when they had expected to marry and have children. Food was in short supply.

A festival implies rejoicing. There was and is nothing to rejoice about a war, whether raising funds for the British Legion or for any reason that peace has been declared.

Name & address supplied

\*\*\*\*\*



Leaside

Dear Friends

When explaining why I was unable to present last year's Music Marathon, I hoped to revive the event this year. However, I know that, for various reasons, this will regrettably not be possible, this year or in the future. I am indeed sorry that this annual event has come to an abrupt and unexpected end, and I apologise for any disappointment which may be occasioned by this decision - clearly one which has been made by me, rather than one which I have had to make.

However, as the Heacham Music and Entertainment Marathon now passes into history, I do wish to express heartfelt thanks to many friends (though some are sadly no longer with us) who have supported the event so loyally over the twenty-eight consecutive years (1985 - 2012 inclusive) of its existence, enabling very considerable sums to be raised for several deserving causes and - I dare to believe - giving pleasure to a wide range of visitors.

John Harris

\*\*\*\*\*

Ward Gethin Archer Solicitors are delighted to announce that the staff and lawyers at Berry & Walton Solicitors joined Ward Gethin Archer on 27th January 2014.

The Berry & Walton team in King's Lynn have moved to the Ward Gethin Archer premises on the Tuesday Market Place; Berry & Walton premises at 8 High Street, Heacham, has become part of the Ward Gethin Archer group of offices, offering traditional values and local service.

Managing Partner Chris Dewey said, 'We will provide all our clients with the same high quality services they are already used to, and we are all looking forward to committing to, and expanding, the business in Heacham.'



Ward Gethin Archer now has 7 branch offices in Dereham, Ely, Heacham, King's Lynn (town centre), King's Lynn (North Lynn industrial estate - from April), Swaffham and Watton. The 11 strong partnership and their team of lawyers and support staff are committed to serving their local areas. They understand the unique characteristics of their

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Traditional Values Local Service



## Bingo Night

Heacham Guides

At

Ripper Hall Docking on 15th March  
Eyes down 7.00pm



## 1st Heacham Cubs

On Saturday 25th January, 11 Cubs and 8 Beavers went to the matinee performance of The Pocahontas

Players', "Summer Holiday Pantomime". Again, another great show with the Cubs and Beavers joining in with all the hissing and booing for the baddies and cheering for the goodies. Thanks to the players for great seats and show plus getting the children involved. Barry the Beaver leader got to go on stage with one of the Beavers; phew - Cub leaders got away with it!

As part of their Creative and Art Badge they made Kites and, although it was dark, had a go at flying them in the car park. It mainly involved a lot of running around but most of them got off the ground.

The next week we had the story of Pocahontas and a quiz as part of their Promise Challenge. To make it a bit more interesting they had to find a paragraph of the story with their name on, which was hidden around the hut and put themselves in the right order then read the story out. The quiz was multiple choice and they did that in pairs.

Our last evening was a Pirate themed fancy dress night with Pirate/Sea themed games. We played Jump the River, Ship/Shore, Cod, Herring Roe and walked the plank.

There was name the parrot and find the treasure plus a chest with gold coins in for them to find during the evening. Money raised during the evening was donated to Water Aid, the charity we have been looking at over the last few months as part of their Global Challenge.

A cinema trip to see 'Lego - The Movie' with the district was planned for the 22nd February and hopefully, by the next newsletter, we should be able to list all the Cubs who have gained their Silver Awards. This Award is the highest in Cubs and consists of 20 Challenges and Activities which can be done over the 2 years+ they are at Cubs.

Happy Scouting to all our Cubs.

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

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## PALM BEACH HOLIDAY PARK

WELCOMES YOU BACK FOR 2014 AND HERE'S TO ANOTHER GLORIOUS SUMMER!!!

**Please feel free to come and take a look at our friendly, family run newly redeveloped holiday park only a few short steps from the North Beach at Heacham.**



**All our holiday home owners have exclusive use of our fabulous outdoor heated swimming pool. (May to September)**

**Free Wifi is available to individual caravans**

**You will find our Annual Fees, Gas and Insurance come to you at very competitive prices. (Compare ours to others)**

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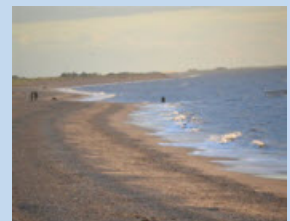
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**We also have two other beautiful parks Seashore Holiday Park at Heacham and the Poplars Holiday Park at Burnham Market**

**Please enquire at the Palm Beach office**

**or call 01485 570565**





## CHURCHES TOGETHER IN HEACHAM

### Greetings from the Manse,

Why are bigots thus named? We generally know what one is and would take great pains to avoid being accused of being one. Enter Nathaniel Bigott, born in Ipswich in the year 1575. No Suffolk comments please! Nathaniel grew up at a time of great religious ferment, wouldn't that be a fine thing we may think today! There had been the Elizabethan Settlement that established a prayer book Anglicanism as the official state religion of the English people. Then when he was not quite thirty years of age, James I called a conference at Hampton Court in 1604 which considered the claims of Anglicans, Catholics and Puritans, and incidentally set in motion a new English translation of the Bible, which would become the much loved King James or Authorised Version. So there was a lot happening and it raised lots of passions in religiously minded people, not least in Nathaniel Bigott. As he grew older he became ever more committed to his views which were decidedly Puritan, anti-royal, anti-bishop and priest, anti-steeple churches, anti-prayer book. There were many small groups who shared these views, who met for worship in homes rather than the parish church. Nathaniel's views were too extreme for him to be part of any group so he found himself excluded. This did nothing to moderate his views or the vehemence with which he held them. As he got older still, King and Parliament clashed during the Civil War. Nathaniel became a freelance preacher and agitator, a real ranter. A young John Bunyan was also beginning to preach and write at this time, expressing his views against state religion and advocating a simple if not austere religion and life style. Later he would be imprisoned and write "Pilgrim's Progress." Nathaniel regarded Bunyan as frivolous. Imagine that! During the Commonwealth, Oliver Cromwell took personal exception to Nathaniel's ranting and agitating and had him arrested and imprisoned for sedition. Worse was to follow when the monarchy, and much else beside that Nathaniel hated with such intensity, was restored in 1660. It is said that Nathaniel died during a fit of apoplexy soon after. A biographer would conclude that his long life was filled with hate, insecurity and mistrust rather than for any merit or value in the things he espoused and held dear. Alas, such is the anatomy of bigotry. Well did Mahatma Gandhi speak when he said to a missionary that "he liked your Christ but not your Christians!"

When I look at Jesus and follow his short biography in the New Testament, I see our Lord displaying a compassionate righteousness and a resolute loyalty in all things and to all people. If Nathaniel Bigott left his name to people whose anger and prejudice go over the top then Jesus the Christ gave his name to people who hold and witness to the truth and seek to persuade with humility and gentleness. I call them Christians. During this season of Lent we enter into that inner wilderness space to do some serious praying and thinking about our faith and commitment to Christ and his way of the cross and resurrection. May we become truly and humbly more and more Christian in all we do, think and say, doing everything to God's praise and glory.

With every blessing in Lent,

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)

31.12.13	Carol Pauline Adams	69
11.01.14	May Lloyd	94
17.01.14	George Farnham	89
29.01.14	Beryl Sapsford	
07.02.14	Joyce White	85

"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 March - Rev'd Kim Nally  
with Holy Communion
- 9th March - Church Fellowship Service
- 16th March - Sheila Johnson
- 23rd March - Mary Cumbers
- 30th March - Hazel Miles *Mothering Sunday*

### **MOTHERING SUNDAY**

This year Mothering Sunday falls on 30th March and our service at 10.30am will be conducted by Hazel Miles of Downham Market. It is hoped that the Rainbows, Brownies and Guides who meet weekly at Heacham Methodist Church will take part. Why don't you come and join them?

### **Midweek Holy Communion Services**

These are held on the second Wednesday of each month. The March 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 March and 1st April

Hands and Needles Club

7.30pm on 4th and 18th March and 1st April

THURSDAY: Social Evening at 7.15pm on 13th March

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.

**THE MONTHLY SOCIAL EVENING** is, as it says, a fun event based on playing table games with occasional games of snooker, bowls and natter together. The event is open to adults and you are most welcome to come and give the event a try. We have a great entertainer in Mr. David Godfrey with his keyboard, and he will play a selection of popular tunes and styles.

### **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@googlemail.com">heacham.church@googlemail.com</a>		



**The Parish Church of St. Mary:**  
**Sunday Services in March 2014**

8.00am Holy Communion (BCP)  
 10.00am 2nd Morning Worship  
 9th Holy Communion  
 16th Morning Worship  
 23rd Morning Worship  
 30th Morning Worship: Mothering Sunday

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

6.00pm 2nd, 9th, 16th, 23rd and 30th March:  
 Evening Worship

**March Services at Nursing/Residential Homes**

Tues 4th March 2.30pm Rebecca Court  
 Mon 10th " 11.00am  
 Holy Communion at Millbridge  
 Wed 19th " 2.30pm Summerville  
 Fri 28th " 10.30am Fridhem

**TO LET YOU KNOW:** that St. Mary's Church has a new Vicar!! - The Rev'd Veronica Wilson will commence her ministry with us at the end of May 2014.

**ANNUAL MEETING OF ST. MARY'S CHURCH**

The Annual Meeting of the Church will start at 7pm on Monday 31st March in the Church Hall, High Street. The legal standing of the Church of England mandates a meeting of Parishioners, which will be at 7.00pm, to elect two Churchwardens for the coming year. At 7.15pm the Annual Parochial Church Meeting starts, at which only those on the Church Electoral Roll may vote. The purpose of the meeting is to elect members of the Parochial Church Council and other posts, receive the Annual Accounts, review the past year and look ahead. Refreshments are served. Copies of the Church Annual Report will be available at the Church and in the Church Office.

**ALL SINGERS INVITED** to join a choir to sing "OLIVET TO CALVARY" on Saturday 12th April at 7.00pm at St. Mary's Church, Heacham. The rehearsals will be at various locations on preceding Saturdays at 6pm-7pm as follows: at Heacham (March 15th); Dersingham (March 22nd); Thornham (March 29th) and St. Edmunds, Hunstanton (April 5th), with a final rehearsal at Heacham on the day - time to be advised. *Music copies are available to borrow.*

**DEANERY LENT SERVICES FOR 2014**

All the following are Wednesdays and start at 7.00pm.

12th March St. Nicholas' Church, Dersingham  
 19th March St. Mary Magdalene Church, Sandringham  
 26th March St. Mary's Church, Old Hunstanton  
 2nd April St. Andrew's Church, Ringstead  
 9th April St. Mary's Church, Snettisham



**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 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).



**The next Messy Church**  
**will be on**

Last Saturday of each month

10.00-12.00 St Mary's church

**Saturday 29th March**

At St Mary's church, Heacham

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



## Hunstanton Catholic Parish

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

The annual Women's World Day of Prayer will be held on Friday 7th March at 2.00pm in the Union Church at Hunstanton. The theme for 2014 is 'Streams in the Desert' and has been prepared by Christian women of Egypt. This is an ecumenical service and all women are invited to take part.

A Parish-In-Council meeting will take place at 7.00pm on Thursday 20th March at Hunstanton. All registered members of the Parish are automatically members of the Council and as such are eligible to take part and vote at the meetings. Please do come along and get involved in the running of your parish.

During the period of Lent we will once again be joining with St Edmunds for 'Stations of the Cross' on alternate Fridays, followed by a simple lunch. Details for our Easter 2014 services are:-

**Maundy Thursday** - 17th April at 7.30pm at Our Lady & St Edmund, Hunstanton.

**Good Friday** - 18th April at 3.00pm at St Cecilia's, Dersingham.

**Easter Vigil** - Saturday 19th April, starting at 9.00pm at Our Lady & St Edmund, Hunstanton.

**Easter Sunday** - 20th April, Mass will be at the usual Sunday times of 9.00am at St Cecilia's, Dersingham and 11.00am at Our Lady & St Edmund, Hunstanton.

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

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 9.00am at Dersingham and 11.00am 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)



## Update on Fundraising

Used Postage Stamps please:

2013 was a record-breaking year for The Leprosy Mission's Stamps and Collectables team. A total of £122,610 was raised.

It is hard to believe that a bunch of used stamps can help transform the lives of people affected by leprosy but the fact is it can! It takes seconds to rescue a used stamp from an envelope destined for the recycling bin but, by doing so, healthcare and opportunities can be provided to people in desperate need.

[http://www.leprosymission.org.uk/documents/publications/298\\_8\\_TLM\\_Stamp\\_News\\_2013\\_IPR.pdf](http://www.leprosymission.org.uk/documents/publications/298_8_TLM_Stamp_News_2013_IPR.pdf)

Please continue to save used postage stamps. Please leave a minimum of ¼ inch of paper on them.

Stamps can be left at:-

- Suttons Estate Agents, 29 High Street, Heacham.
- Bliss and Beauty (Formerly 'Chop N Change) High Street, Heacham
- The Christian Book Shop, Station Road, Heacham.

And something different:

Some years ago I was asked to write a poem to have on display in the waiting area of the King's Lynn M.B.S. unit, which many ladies have read. I have since added more verses.

I do not include this poem in any of my performances unless previously arranged. Having had a number of requests for copies I thought it may be a way of raising funds for Breast Cancer Care. I have given it a new title of "50 grams".

It is now available as an e-book and an audio mp3 download from my website. [www.doreenreedpoet.com](http://www.doreenreedpoet.com)

Copies in booklet form (price 50p) are available from Bliss and Beauty (formerly 'Chop N Change') High Street Heacham.

All proceeds from sales of this poem will be donated to Breast Cancer Care.

Thank you for your help, it is much appreciated.

**Doreen Reed**

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

**Easter crafts!**  
Mums & dads! Bring the kids!

**Fun!**

**Easter crafts and games! Songs, juggling, quizzes and food - hope there'll be bananas!**

**Food and friendship!**  
Kids! Bring the mums, dads, grans & grandads!

**The Easter Message of Hope!**

**Messy Church Easter Praise Party**  
with John Hardwick of 'GenR8'

at St Mary's Church, Heacham

Please book your places!  
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**Wednesday 16th April 9.30-12.30**





### Sallywags Parent, Baby and Toddler group

We have had a brilliant start to 2014 seeing lots of our lovely regulars again and welcoming quite a few new families. We know it isn't an easy thing to brave a new group, so well done. It is lovely to meet you.

Thank you again to the two anonymous donors of plastic bottles for our work-in-progress greenhouse. (One of them has been spotted in a green estate car!).

As ever, thank you to all the people who help out on a weekly basis with clearing up, singing, tidying up, pouring tea and cutting bananas! Without you all and the spirit of teamwork Sallywags would struggle to run.

Thank you also to Merry for donating his railway track and Cissy for donating her Happyland toys.

Lastly a big thank you to local mum Toni for visiting Sallywags with her glitter tattoos. Some of you may have seen the write up and pictures in the Lynn News on 10th January. The children had a great time picking a design and colour for a glittery temporary tattoo, which Toni applied as she discussed her new ventures, 'Glitter and Princess Parties', with parents and carers. Toni is fully insured and can be contacted on 07935 807201 for bookings and further info.

Our friendly and lively parent, baby and toddler group is on every Wednesday during term – time from 9.30-11.30am. The cost is £2 per family.

We look forward to seeing you. If you would like any more information then please call Clare on 07816 913657 or Jo on 07521 447284

We still need your empty 2 litre clear plastic bottles! To be turned into a greenhouse by our amazing Mrs Bloom (Louise Rudd!).

If you have any to spare then they can be popped over the back gates at 43 Folgate or 35 Meadow Road.

**Many thanks!**

#### ***The Heacham Newsletter – Correction***

*In the February edition of the Heacham Newsletter, we printed a letter from Santa and his ageing Elf regarding Christmas Dinner 2013. Unfortunately, there was a typographical error in the first paragraph.*

*We apologise for this and re-print the first paragraph of the letter which should have read as follows:-*

*“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 Mary, 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.”*

HEACHAM TWINNING ASSOCIATION

# BARN DANCE

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**7:30pm**

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## The Kitchen Gardener

March - early spring. Procrastination, bribery and everything bar the baa. I'm never slow to come forward when roasted pig trotters are on offer. Sweet, flavourful meat to be chewed off the bones, crisp salty crackling saved to the side of the plate as 'best for last'. We really can eat all of the pig but the oink.

The sheep is equally generous - giving milk, wool and meat but I confess surprise to discover that, like the pig, every part can be eaten. The head, tail and trotters were considered great nutritious delicacies. Even the shank bones were cooked low and slow to make jelly stock for a broth, then cleaned and dried, sawn at an angle and whittled into an apple scoop for coring apples.

During the autumn preserving time, apples were peeled, cored and threaded whole onto strings to be dried hanging from the ceiling in long lines.

The sheep trotters were set to stew slowly - often for the whole day - with vegetable trimmings, peppercorns and salt. At the same time a stiff batter was made and put to rest in a cool place. In the evening the trotters were boned, the liquor strained and a little used to slightly thin the batter, the rest reduced then thickened to make a gravy. The boned trotters were dipped in the batter, fried and served with the tasty, thick gravy.

The 1800's rural or industrial working day was physically hard and long - 12 hours at least and six days a week. The meal could be put to cook first thing and returning home, stomach feeling like throat's been cut, it's a quick matter to bone, batter and fry what was started off in the morning to produce a cheap and substantial meal.

Early March I will sow plain leaved and curled parsley and tomatoes, then later on peas in modules, lettuce and the second crop of broad beans. I've had it with sowing onions from seed. For the last three or four years, germination has been poor and life's too short. This year I'll plant sets instead sometime in late March.

A job for when it's too wet to get on the soil will be to dig all my various mints out of their pots, divide and put at least 3/4's of the root ball into a bucket of water to rot before composting. The rest of the root will be replanted and covered with a couple of inches of compost and a light dressing of Growmore. The pots growing in full sun yield fuller flavoured leaves than those in the shade, but more watering is needed.

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Mediterranean and introduced by the Romans, mint was recognised for its medicinal qualities, used for infusions and teas, for strewing on floors, as a flea repellent and as an ingredient in many recipes.

Since mediaeval times mints have been used in salads and that's how I use the lemon, apple and Moroccan mints. They're also good with fresh fruit and compotes, slotted into complicated layers of toast, jam or marmalade and fresh summer fruits for breakfast, and topping the layers on a traditional scone cream tea.

Common mint is great for cooking with potatoes, peas, carrots and courgettes. It can be combined with cream cheese or labne as a sandwich filling or topping for jacket potatoes and crystallised with egg white and castor sugar for use as a pretty and tasty garnish. It's also lovely made into a mint jelly for eating with all sorts of lamb dishes - roasts, chops, peppery hotpots and char grilled kebabs to name but a few. Essentially, it's sprigs of mint added to apples during the apple jelly cooking process. Pulp is strained - usual jelly bag routine - and measured in the usual way and sugar added. Either a fresh bunch of bruised mint is strung and added to the boiling jelly or chopped mint can be added instead - if choosing this option, once setting point is reached the jelly has to stand for a couple of minutes then it's stirred before potting so the mint is evenly distributed in the jar.

Elizabeth David - in her rather snooty way - doesn't care for mint sauce; however, notes a friend's recipe which is made with chopped mint, brown sugar and brown vinegar which has to stand for two or three hours to mature before use.

'Procrastination is the thief of time' I was told in another life while on an Industrial Relations Society course. I smiled politely and used the scratch pad to plan a new crop rotation. Now I'm getting older and much less clever than I thought I was I realise it's true.

When you find yourself polishing the kettle with an old toothbrush you just know you're putting off a grotty job, probably involving doing something outside in one of those viciously cold easterly winds. I unashamedly bribe myself with a treat awaiting me when the job's done. In case you need some bribery in your life - here's the recipe.

Grease a shallow 6in/15cm cake tin, or line it with the plastic wrap (used to be called waxed paper) from packet cereals. Put 4oz/100g butter, 3oz/75g golden syrup, 1oz/25g cocoa powder (not drinking chocolate) and 2oz/50g raisins (or other dried fruit or chopped apricots) into a pan and heat gently to melt the butter. Remove from the heat and stir in 8oz crushed sweet biscuits. Press into the tin and leave in a cool place to set. Melt 4oz/100g plain chocolate and spread over the now firm cake. Once the chocolate has set cut into suitable pieces to serve.

You can use margarine; butter tastes better. The cake will not set if you use soft margarine. Been there. Plain biscuits like rich tea and petite beurre work very well. Like all recipes this one can be varied according to what's in the store cupboard or what's kicking around and needs using up. I like to add a couple of ounces of salted peanuts or roasted hazelnuts to the plain biscuits. If I'm using ginger biscuits I add an ounce of chopped stem ginger and one of roughly chopped thick peel marmalade.

This cake has a variety of names - Tiffin, Chocolate Biscuit Cake or the carrot on the end of a stick cake and I'm the donkey.

**Hilary Dellar-Lane**





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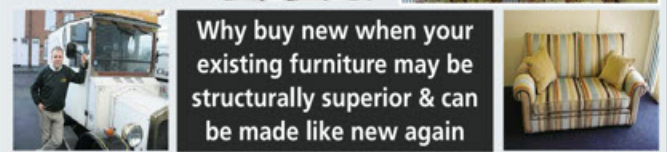
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## Incinerator Update

At Norfolk County Council we may see another vote in April whether to terminate the incinerator contract. At the time of the last vote in October 2013, officers were telling Councillors the authority would go bankrupt if it did not continue. It has since been revealed

Cabinet members knew the bankruptcy claim was false but did not share that information with backbench colleagues before voting. The price range of alternatives is known to be between £55-£85 per tonne; they are so much cheaper than the 'Willows' incinerator at £105 - they could save up to £8.5M annually compared to the 'Willows'! Paying a contract termination penalty in the short-term is much less painful than paying the UK's highest incineration charges for the next 25 years.

The campaign against the incinerator is not party political; this is exemplified by the strong cross party alliance of Councillors working tirelessly to oppose the 'Willows' at every opportunity. This alliance includes the independent councillor Richard Bird, Conservative John Dobson, LibDem Tim East, UKIP Richard Coke, Green Party Andrew Boswell and Labour's Alex Kemp. She represents the Division where the incinerator is proposed. Sadly, some of her Labour Party colleagues, including NCC's leader George Nobbs, have 'changed their tune' since getting elected on an anti-incinerator 'ticket'. Labour's Cabinet have put pressure on Cllr Kemp to stop opposing the incinerator. She now faces disciplinary action from her own party for refusing to break her election promises. Standing up for local people might lead to her expulsion from the Labour Group at County Hall.

It will be important to remind all Councillors before they next vote on the incinerator how unpopular, costly and unnecessary it is.

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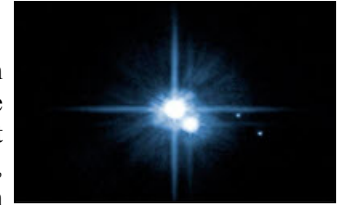
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## Heacham at Night

March already and Earth continues to hurtle around the sun at 30 km/second to its next equinox on the 20th. This point, where day and night are equal in length, occurs at precisely 16.57pm.



**PLUTO**

Before equinox there is the second Heacham at Night Live on Wednesday 5th March at Old Friend's Hall, Sunnyside. 7pm if the sky is clear, 7.30pm otherwise. Short talks will either fit around observations or be linked together. £3 for adults including a hot drink, free for accompanied youngsters under 16. On the following Saturday there will be a longer event, 4pm -9pm, at Tottenhill Village Hall (halfway to Downham Market along A10). This event, like the Heacham one, is hosted by the King's Lynn and District Astronomy Society (<http://www.westnorfolkastro.co.uk/>).

Anyway, the sky in March: I missed Venus out last month which was a pity as it was a splendid sight around 6.45am hanging in the SE sky - the morning star. Well it is still there if a bit lower in the sky. Venus is on the far side of the sun at present so shows phases between half and nearly full. On the 22nd it is at its greatest western elongation (to our observing position 'furthest away from the sun'). On 27th March at 05.30am it is below the crescent moon and the sun will be beginning to rise to the east of it. This will be a very good photo opportunity **but** avoid the sun. (When you look at Venus this month, move your eyes to the right about a handwidth and down about three fingers width; you will then be looking towards Pluto, right across the far side of the sun). It will be November before Venus becomes the evening star again and it will not be well placed for observation.

Mars appears and is up most of the night if somewhat low down in the SE. Almost due SE and low down is the bright star Spica. Over the month, Mars appears along a path just above and a tad to the east of it. Through binoculars you should see a distinctive reddish but very small disc rather than a sparkly point of light. On the 19th look to the ESE at 9.45pm, Mars will be somewhat above and to the right of the rising, unfortunately bright, moon.

12th Feb 2.00am. I have just come in from looking at Mars and, to the left and up a bit I made out the asteroid Vesta, a lump of rock 326 miles across and the second biggest asteroid after Ceres (now classified as a dwarf planet like Pluto). The NASA craft Dawn spent a year at Vesta in 2011. Below is a composite image



of it. My image is another dot but I like it. Isaac Asimov's first published story (1939) 'Marooned off Vesta' is still worth a read.

Jupiter is still very visible. If you are still unsure of

whether you have seen it, look to the waxing gibbous (nearly full) moon on the 9th and 10th; Jupiter will be close to it and likely the only object not washed out by moonlight. Better still, hope for a clear sky on the 5th and come and look through telescopes at the Old Friend's Hall.

Saturn is a decent early morning object. Look to the ESE and low down. On the 25th at about 10pm, Saturn is the bottom of a

line stretching at 45 degrees to Mars through Spica. As the night draws on, so Saturn will rise.

If you want to look at the moon, choose the beginning and end of the month to take advantage of shadow contrast along the terminator (line between light and dark). Full moon is in the middle of the month.

Now to tell you what you may have missed since the February newsletter publication deadline. On the 21st January students of London University saw a **supernova** by accident. It is in Messier 82, the cigar galaxy, 11 million light years away (19 zeros after the 11 will give its distance in kilometres). I saw the supernova from Heacham on the 23rd. Well, my camera did, I saw it by eye on the 25th after watching the excellent 'Summer Holiday' (well done the Pocahontas Players). A supernova is an exploding star. Before the 21st January this one just appeared the same as the others in its galaxy, a dim mist in the sky through my telescope, diamond dust in better ones. Then, 11 million years ago, it blew up and shone with the brightness of millions of stars. It will fade again in a matter of weeks. Supernovae made you – they create elements such as iron and other heavy elements. Look just above the Plough and you are looking towards M82. Good binoculars and a clear sky should reveal two patches of fuzz; the smaller one, to the left is M82, the larger one is M81. Both are spiral galaxies seen at different angles.

Back to the solar system. On the 1st February I was at North Beach again. The wind was much worse than on the night of the storm surge in December and I had to set up in the lee of the sea defences. I caught Mercury low down over Lincolnshire and below the crescent moon. There were just a few minutes of opportunity between the scudding clouds at about 5.50pm. Heacham beaches should be an astronomy park!

Penultimately – the GAIA satellite. I have written about this space project several times as the camera at the heart of it (a million pixels for a million stars) was built in the SE of England, and most of the data processing will take place in Cambridge. It is now at its distant orbit position and tuning up instruments began on the 6th February in readiness to commence the 3D mapping of the Milky Way.

Lastly, I was present at an excellent combined bird and star watch at Titchwell on the 4th February. It started well before twilight and finished after dark. KLASAS provided the telescopes, the RSPB wardens, the public lots of binoculars and spotting scopes. Free to RSPB members, car parking fees for others. Anyone interested in similar events in the future?

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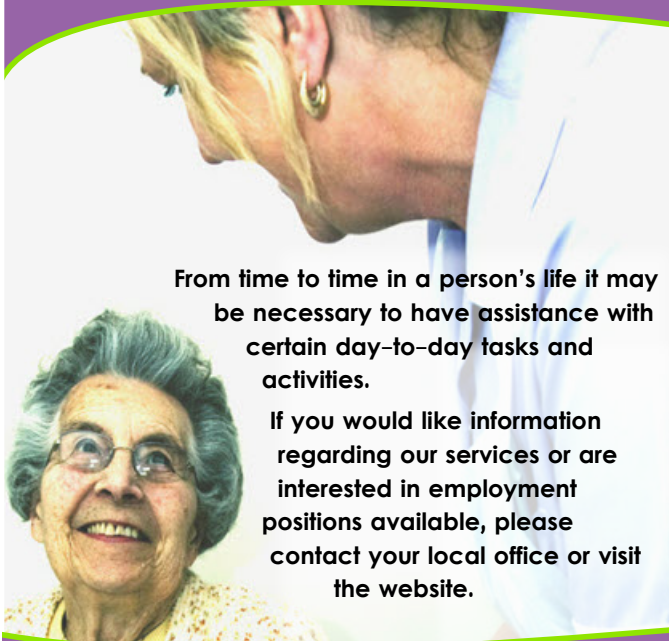
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## The Calm Before the Storms!

Last year we had an unusually mild autumn and winter, so there was little to spoil a gentle and undisturbed descent of the countryside towards 'the dying of the light' as, day by day, the sun sank lower and lower towards the Winter Solstice. Frosts were few and far between and there were to be none of those heavy November 'cold snaps' that, briefly, cause woodland trees to glow orange and yellow with a special brilliance, often to lead disappointingly to an early loss of leaves.

No! Change was slow and measured and leaf fall was delayed, enabling us, as walk followed walk, to practise identifying Ash, Oak, Field Maple, Elm, Cherry Plum, and Blackthorn according to the different browns, yellows and oranges of their leaves. Not easy to do, except for the Ash which is hard to miss because of those bunches of 'keys' which hang from its branches like sleeping bats: a black and menacing sight, especially on late afternoons in the cool silence of a winter twilight.

In such balmy conditions lots of flowers bloomed beyond their usual 'Sell by Date', especially in the wonderfully nurtured unkemptness of Snettisham churchyard with its great Cedars, the leaning gravestones and the gaunt remains of its chancel. A deeply atmospheric place which, we were once told, harbours a ghost! Altogether, on 9th November, we counted 15 species in flower there: a number which was added to, some 2 weeks later, when Sue also found Dog Violets in bloom. Not at all unknown at this time of year but only when it is mild. Now, as I write this, Snowdrops, some already blossoming, carpet the ground in the Churchyard which, with the Hoverflies that also appear with them during warm spells, evoke premature thoughts of spring.

As with the flowers, so with the extended life of the fruits of Autumn. By December, Hedgerows were still red with Hips and



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Haws, Crab Apples hung yellow and enticing from leafless branches whilst the prolific fruits of the Ivy, which covers the trunks of many of our local hedgerow trees, had not even ripened from green to black! Seemingly, they had all been deserted by birds, like Redwings, Fieldfares, Thrushes or Blackbirds, which in harder times, would be having a good old pre Xmas 'nosh up' and thankful of it too.!

Nor, last Autumn, were any birds tempted by the striking pink 'berries' of the Yews which line the path up to the front of Snettisham Church. Some years ago we sat in the porch watching a pair of Mistle Thrushes cavort unsteadily through these very Yews, falling off the hand rail, and all the while croaking in a very undignified and unthrushlike way. Very unlike these sublime songsters, the Prima Donnas of Churchyards everywhere, so we thought that they may have been suffering from eating the berries which have a pink and juicy exterior that is sweet and harmless, although the seed inside it contains the alkaloid Taxine: a powerful poison. We feared for their future but think that they, like Blackbirds, which sometimes eat the bright red but poisonous fruits of the Cuckoo Pint (known also as Lords and Ladies), may be resistant to its worst effects.

The unusual Autumn on the countryside inland was also reflected on our long return walks along the Beach. We usually arrived there by mid afternoon, or later, and by that time the sun was very low down in the south west, and shining directly behind us as we headed for Heacham. Because of its low angle and the unusual clarity of the sky, it at first threw a dazzling creamy yellow light over the beach, but gradually, as the sun got lower everything became a deep orange colour. This happened several times and, combined with the contrast



produced by the long shadows, was incredibly beautiful.

But all this was to change as the wind, which was almost always in the south west and, like the sun, always at our backs as we returned to Heacham, seemed to increase its strength as the weeks wore on into late November. Several times we also noticed vast storm clouds of staggering size, power and beauty rearing up on either side of us. The bad days were about to begin!

**John Bird**





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<b>Tue</b>	<b>25th - Machine Shed</b>
<b>Fri</b>	<b>28th - Jam Session with DNA</b>
<b>Tue</b>	<b>1st April - Kene Kings</b>

Please check our Facebook page or boards for updates

\*\*\*\*\*

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

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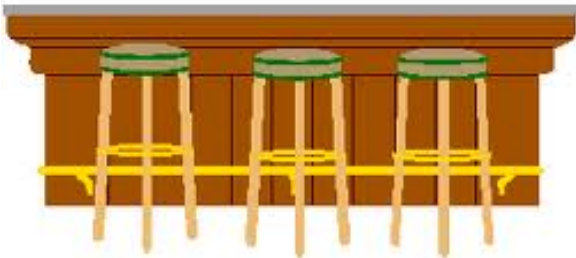
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## Bushel and Strike

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

We and the staff, wish Jay a speedy recovery.

Mark and Paula



## Heacham Day Centre

Heacham Day Centre has been running for many years at the Old Friends Hall in Sunnyside.

We meet every Tuesday between 10am and 3pm. Some of us make our own way to Sunnyside and others are provided with transport.

Members include both male and female Senior Citizens. We start the day with a cup of tea or coffee and, during the morning, we play Board games and have a good old chat and catch up on all our news. We then stop for a home cooked two course lunch. Irene is a wonderful cook and Janice makes the most delicious puddings. We finish with a cup of tea or coffee and the 'boys' do the washing up.

During the afternoon we have a raffle, for which we all bring a little prize, and we finish the day with a few games of Bingo.



You won't get rich on the prizes but John is a great Bingo caller and we all enjoy the game.

We are looked after by a group of happy and cheerful volunteers.

From time to time we go elsewhere for the day or afternoon. For example, we have recently visited The Princess Theatre for a show and we went to The Lions' Christmas lunch at the United Services Club. We are currently planning another outing.

If you are feeling a bit lonely or just want to join others for a meal and social activities we would be delighted to hear from you.

If you would like more information about our club please call Mick on 07527 125574 or Vera on 07974 187011. They will be happy to answer any of your questions.

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**Thursday 27th March – 7.30pm**

The West Norfolk members group invites you to  
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**THE SONG REMAINS THE SAME**  
**Monthly musings on music by Frank Edmonds**

*The lost art of the comedy single*

“Now here’s a little story, to tell it is a must ...”  
 Music fans of a certain age may find that spoken opening line rings a bell – and if it doesn’t, the next certainly has a pretty big clue.

“About an unsung hero, who moves away the dust ...”  
 Getting warmer?

“Some people make a fortune / Others earn a mint / My old man don’t earn much / In fact, he’s flippin’ skint ...”

Five notes on the violin, three hearty bangs on the sort of bass drum you wear over your shoulders like a one-man band, and we’re off.

“My old man’s a dustman / He wears a dustman’s hat / He wears gor-blimey trousers / And he lives in a council flat / He looks a proper nana / In his great big hobnail boots / He’s got such a job

right down to the joke-telling between verses – but it’s all delivered with such irreverent glee that you don’t even mind how corny the jokes are.

“I say, I say, I say – my dustbin’s full of toadstools.” “How do you know it’s full?” “Because there’s not mushroom inside!”  
 The song was reworked from a ribald Liverpool folk tune – My Old Man’s A Fireman On The Elder-Dempster Line – by Donegan, with his manager, Peter Buchanan, of Dereham in Norfolk, and Beverly Thorn.

It followed the success of Does Your Chewing Gum Lose Its Flavour (On The Bedpost Overnight), a No 3 hit for Donegan the previous year. This was a cover version of an American song, Does The Spearmint Lose Its Flavor On The Bedpost Overnight, first released in 1924 by a duo called The Happiness Boys. But the lyrics had to be changed to “chewing gum,” because “Spearmint” is a trade name, which meant the single would never get played on the BBC!

In fact, you could be forgiven for thinking that Donegan was a comedy singer, rather than one of the pioneers of the Fifties skiffle boom – a home-made, you can do this kind of music, which helped inspire youngsters everywhere, in much the same way punk would a couple of decades later.

Sorry, but I can’t leave Lonnie Donegan without quoting another lyric from Dustman, which is just priceless: “Now, one day while in a hurry / He missed a lady’s bin / He hadn’t gone but a few yards / When she chased after him / “What game do you think you’re playing?” / She cried right from the heart / “You’ve missed me! Am I too late?” / “Nah – jump up on the cart!”  
 Another example of a comedy hit that transcended fans of all music tastes – transcended all taste, today’s PC police might say – was Ernie (The Fastest Milkman In The West), by Benny Hill. What could be less PC these days than running after scantily-clad girls, or slapping vertically-challenged bald men on the head? Don’t answer that! But The Benny Hill Show was one of the



to pull them up / That he calls ’em daisy roots!”  
 Lonnie Donegan topped the charts for four weeks in 1960 with My Old Man’s A Dustman, a song recorded live, complete with raucous crowd laughter, and delivered with such an irrepressible sense of fun that it’s impossible not to like it, whatever your music tastes.

As a teenage Led Zeppelin and Deep Purple fan (OK, not in 1960, I grant you – but this single was a radio staple for a decade or two), I absolutely loved it. It’s more music hall than anything,

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biggest hits in television comedy, and sold to 140 different countries. Probably because it was very funny, and extremely well done. A comedy classic, in fact. And Ernie, which reflected those traits, topped the charts for four weeks in 1971.

Hill – who had actually worked as a milkman before becoming a comedian – created a comedy sketch set to music with Ernie. Its wonderfully polished and clever lyrics bounce and rattle like a milk cart, such as references to Ernie’s nemesis “Two-Ton Ted from Teddington,” or his love Sue, who “lived all alone in Linley Lane at No 22.”

Hill had actually had some modest chart success in the Sixties with comedy ditties like “Gather In The Mushrooms,” and “Harvest Of Love.” And he wasn’t averse to recycling some of his better jokes, such as when Ernie asks Sue if she’d like to bathe in milk: “He said d’you want it pasturised, ’cause pasturised is best / She said Ernie, I’ll be happy if it comes up to me chest!”

Ernie was originally written in 1955, as part of a screenplay for



a film he was planning based around his experiences as a milkman in Eastleigh, Hampshire – the line where Ernie “galloped into Market Street / His badge upon his chest” was a nod to a real Market Street in Eastleigh.

Hill has tremendous fun with Ernie, setting up a comic version of the old eternal triangle – and then, in a brilliant twist, settling it with a parody of a Western gunfight.

Ernie’s love-rival Ted drove the baker’s van: “He tempted her with his treacle tarts / And his tasty wholemeal bread / And when she saw the size of his hot meat pies / It very near turned her head.”

But Ted is riled to see Ernie’s milkcart outside Sue’s all afternoon: “Hot blood through his veins did course / And he went across to Ernie’s cart / And he didn’t half kick his horse.” This led to a good old-fashioned stand-off, albeit with slightly unusual weapons, when: “Beneath the blazing sun / They stood there face to face / And Ted went for his bun.”

Tragically it didn’t end well for Ernie, when: “the concrete hardened crust / Of a stale pork pie caught him in the eye / And Ernie bit the dust.”

The Western feel was borne out by the music, which had a similar rhythm to Bonanza actor Lorne Greene’s 1964 tune, Ringo (that’s a song about a gunslinger, not a Mop Top!).

And of course, despite Sue marrying Ted, does Ernie still get the last laugh? “Was that the trees a-rustling / Or the hinges of the gate / ... Or Ernie’s ghostly goldtops, a-rattling in their crate! / They won’t forget Ernie!”

And how could we, either!

• FEEDBACK: What are your favourite classic comedy singles? Drop me a line at: [frank@bronyaur.demon.co.uk](mailto:frank@bronyaur.demon.co.uk)



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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 1-2.pm 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)  
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 March** GIG 'Afternoon Jazz' 1.30pm at Fox & Hounds Station Rd

**Tuesday 4th March** GIG 'Bone Idle' 8.30pm at Fox & Hounds Station Rd

**Wednesday 5th March** Heacham at Night Live 'Two' from 7pm Talk starts at 7.30pm The Old Friends Hall Sunnyside Adults £3 (inc's a drink & biscuit) under 16's free

**Friday 7th March** GIG 'Jam Session with DNA' 8.30pm at Fox & Hounds Station Rd

**Tuesday 11th March** GIG 'Phil Selby & the Shunters' 8.30pm at Fox & Hounds Station Rd

**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

**Tuesday 18th March** GIG 'Mojo Preachers' 8.30pm at Fox & Hounds Station Rd

**Monday 24th March** 'Bingo' at Fridhem Rest Home Station Rd Eyes down 7pm All Welcome

\*\* Heacham in Bloom 'Quiz Night' 7.30pm at Fox & Hounds £5 per team (max 4) Tickets in advance Tel: 572130 or 572142

**Tuesday 25th March** GIG 'Machine Shed' 8.30pm at Fox & Hounds Station Rd

**Friday 28th March** GIG 'Jam Session with DNA' 8.30pm at Fox & Hounds Station Rd

**Saturday 29th March** Messy Church at St Mary's Heacham 10am-12 noon Book in advance [Tel:571348](tel:571348) Brian/Josephine or email [griffin568@btinternet.com](mailto:griffin568@btinternet.com)

**Tuesday 1st April** GIG 'Keno Kings' 8.30pm at Fox & Hounds Station Rd

**Saturday 3rd and Sunday 4th May** Heacham Spring Art Show at the Old Friends Hall If you are interested in showcasing your work Tel: 572142 for more details

### **OTHER EVENTS**

**Tuesday 4th March** KL&WN Women's running courses for beginners 6.30-7.30pm Meet at the Oasis Leisure Centre Six week course £12 More info Tel:01553 818017

**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)

\*\* Bingo session at Sedgeford village hall. Doors open 7pm Eyes down 7.30pm £1.00 book of ten houses.

**Friday 21st March** RNLI Fish & Chip Lunch & a talk by Charlotte Paton 10.30am at Sedgeford Village Hall Tickets £12 Tel: Terry Morris 512005

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

### 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

COASTAL STROKE GROUP 10.30am - 12.30pm at Hunstanton Methodist Church Austin St For more info Tel: Julie Manning 600930 or Gemma Smith 01366 377803

SLIMMING WORLD 5.30pm & 7.30pm at Hunstanton Community Centre Avenue Road Tel: Jo 07942 818059

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 Sedgeford 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 Sedgeford Primary School Ringstead Rd Sedgeford - 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@wattsington.com](mailto:bookings@wattsington.com)

## Community Cinema

On Saturday 22nd March  
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### Captain Phillips (12A)

Highly acclaimed performance by Tom Hanks as the Captain of a merchant ship hijacked by Somalian pirates.

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 March 2014

Battle V. Hunstanton CC (at Brancaster Staithe)

Judge Malcolm English LRPS

Tuesday, 25th March 2014

An evening with David Tipling

International Wildlife Photographer & Author

THIS SHOULD BE AN EXCELLENT EVENING

Visitors are warmly welcomed.

Please come along and bring your friends.

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.



## Princess Theatre

Nathan Carter – Sunday

30th March 2014

You may or may not know who this young man is, so briefly, he is 24 years of age and comes from Liverpool. Around three years ago he relocated to Northern Ireland and formed his own band which contains three

former members of the Dominic Kirwan band. In such a short time he has become a huge success all over Ireland and a bit later on in Scotland. On his first appearance in Inverness he sold out the venue at 810 people. In Belfast he sold out the Waterfront in Belfast for two nights at 2,400 a time. The same

thing has applied in various venues throughout Ireland and naturally, being brought up in England, he wants to get known here as well and it helps if we can do it via the local radio stations.



The show in Hunstanton is on Sunday the 30th March and, in the two weeks the tickets have been on sale, the total sold is around 100 showing that the interest is there.

The one song that shot Nathan to even greater fame was 'Wagon Wheel', a catchy Bob Dylan song, and there have been others like 'One for the Road' and 'The Ballroom in Glenfarne'. His most recent album 'Where I wanna be' was the first album song to reach an all Ireland Country number one since Garth Brookes had a top hit six years ago. Nathan Carter is an entertainer who is at ease with any type of song and cannot be classed as a Country singer as he is mainly involved in singing all that is good and popular in music. His fan base is astonishing as it ranges from the 8 year old to the 70 year old, and a lot of young ladies and guys love the songs that Nathan sings, and his expert accordion playing goes down well with them all.

More can be learned about Nathan from the Official Website: [nathancartermusic.com](http://nathancartermusic.com)



The Kast off Kinks Sat 8th March 7.30pm  
Princess Theatre, 13 The Green, Hunstanton, Norfolk PE36 5AH  
Tickets £19.50 / £17.50 / £13.50 available from Box office 01485 532252.

The Kast Off Kinks are not a tribute band, just ex-members of the legendary "Kinks" getting back together to re-live the good times! This great line-up features Mick Avory (the original drummer), John Dalton on bass/vocals (Kinks, 60's & 70's), Ian Gibbons on keyboards/vocals (Kinks, 80's & 90's and still with Ray Davies), and Dave Clarke on guitar & vocals who has played with the Beach Boys, Noel Redding & Tim Rose. Not to be missed!

Expect all the hits including: You Really Got Me, Dedicated Follower of Fashion, Sunny Afternoon, Lola, Deadend Street, Days, Waterloo Sunset, Apeman, Come Dancing, and many more!

"A full house, and a standing ovation. To anyone wondering about going, do not hesitate" (The Stables, Milton Keynes).

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## TIDE TABLES FOR MARCH & APRIL 2014

HIGH WATER AT HUNSTANTON									
Heights above chart datum									
Time Zone UT (GMT) add 1hr for BST starts 30th March									
March 2014					April 2014				
Date	Morning		Afternoon		Date	Morning		Afternoon	
	Time	m	Time	m		Time	m	Time	m
1 SA●	06 13	7.4	18 16	7.8	1 TU	07 14	7.5	19 23	7.8
2 SU	06 57	7.6	19 00	8.0	2 W	07 48	7.4	20 02	7.7
3 M	07 37	7.6	19 43	8.0	3 TH	08 21	7.2	20 39	7.3
4 TU	08 14	7.5	20 22	7.9	4 F	08 51	6.9	21 16	6.8
5 W	08 48	7.3	21 01	7.5	5 SA	09 23	6.5	21 54	6.2
6 TH	09 23	6.8	21 39	6.9	6 SU	09 59	6.0	22 40	5.6
7 F	09 58	6.3	22 22	6.3	7 M	10 49	5.6	23 53	5.1
8 SA	10 39	5.8	23 17	5.7	8 TU			12 13	5.3
9 SU	11 42	5.4			9 W	01 22	5.1	13 40	5.3
10 M	00 38	5.2	13 08	5.2	10 TH	02 36	5.4	14 48	5.6
11 TU	02 04	5.1	14 25	5.4	11 F	03 35	5.7	15 40	6.0
12 W	03 15	5.5	15 29	5.7	12 SA	04 20	6.1	16 23	6.3
13 TH	04 13	5.8	16 20	6.2	13 SU	04 57	6.5	17 03	6.7
14 F	04 57	6.2	17 02	6.6	14 M	05 32	6.7	17 41	6.9
15 SA	05 33	6.6	17 38	6.8	15 TU○	06 08	6.9	18 20	7.1
16 SU○	06 05	6.7	18 13	7.0	16 W	06 43	7.2	18 58	7.3
17 M	06 38	6.9	18 48	7.2	17 TH	07 19	7.2	19 35	7.3
18 TU	07 11	7.0	19 23	7.2	18 F	07 53	7.2	20 12	7.2
19 W	07 42	7.0	19 54	7.3	19 SA	08 28	7.2	20 53	7.1
20 TH	08 12	7.0	20 26	7.2	20 SU	09 07	6.9	21 39	6.6
21 F	08 45	6.9	21 01	6.9	21 M	09 55	6.5	22 36	6.1
22 SA	09 21	6.7	21 43	6.6	22 TU	10 54	6.1	23 56	5.7
23 SU	10 06	6.3	22 36	6.1	23 W			12 14	6.0
24 M	11 04	5.8	23 51	5.6	24 TH	01 35	5.9	13 40	6.1
25 TU			12 27	5.7	25 F	02 52	6.1	14 52	6.5
26 W	01 45	5.6	14 04	5.8	26 SA	03 53	6.6	15 51	6.8
27 TH	03 11	6.1	15 17	6.3	27 SU	04 46	6.9	16 45	7.2
28 F	04 15	6.6	16 16	6.9	28 M	05 30	7.2	17 33	7.3
29 SA	05 09	7.0	17 08	7.4	29 TU●	06 10	7.3	18 19	7.4
30 SU●	05 54	7.3	17 55	7.6	30 W	06 47	7.3	19 02	7.4
31 M	06 35	7.5	18 40	7.8					

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## NEWSLETTER SUDOKU No. 78

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

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

Solution to  
Newsletter  
SUDOKU  
No. 77

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

This medieval puzzle concerns a length of cloth in which one third is black, one quarter is bleached, and the remaining eight yards are red.  
How long is the length of cloth?

Answer page 29

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## Hunstanton Community Choir

Hunstanton Community Choir are putting on a concert at St Edmunds Church in Hunstanton on Saturday 29th March at 7.00pm.

We are looking forward to bringing you an eclectic mix of traditional, popular and classical music, including some of our old favourites. So why not come along, sit back and enjoy an evening of music with us.

Tickets available at Cherry Tree Chocolates, from choir members and at the door on the night - £5 each including refreshments.

Hope to see you there! (Profits to Tapping House).



## Mothers Union in West Norfolk

Mothers' Union groups in West Norfolk are uniting for a Lady Day Service in St Nicholas Church, Dersingham, Tuesday 25th March at 1100.am. The service will be followed by a Bring and Share buffet lunch.

You are very welcome to join us.

Betty Ellis

Area leader - 01553 674286

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## R.A.F. BIRCHAM NEWTON (1918 – 1962) AND ITS 'HERITAGE CENTRE'

ROYAL AIR FORCE Bircham Newton has a proud history of 44 years of service spanning two world wars and involving more than 80 operational units.

A bomber base from 1918 until 1936, RAF Bircham Newton was the home of many iconic aircraft, including the Handley Page V/1500, DH9A, Fairey IIIIF, Fairey Gordon, Hawker Hind and the Hawker Hart.

In 1936, the station was transferred to Coastal Command, and served in that command throughout the Second World War. It became one of the most important airfields along the east coast, performing reconnaissance, anti-shipping and air-sea rescue operations across the North Sea. Satellite airfields were opened in Docking and Langham to accommodate the increased number of operations required to support the war. A large variety of planes flew from the station's grass runways, including the Avro Anson, Bristol Blenheim, Lockheed Hudson and the Vickers Wellington.

From 1948, the station was transferred to Technical Training Command and hosted various training schools which were amalgamated to become the RAF School of Administration and the Equipment Officers' School. In 1959, the Administrative Apprentices School was located at the station until closure in December 1962. The station experienced a brief return to flying in the mid '60s when it supported the trials of the Hawker Siddeley Kestrel V/STOL aircraft.

After closure, the site was acquired by the Construction Industry Training Board (CITB), where it continues to carry on its highly successful operation to this day, occupying many of the original RAF buildings. CITB very generously provides the accommodation for the Heritage Centre.

The RAF Bircham Newton Memorial Project (a registered charity), was established in 2005 to commemorate the distinguished history of the airfield and to preserve its memories into the future. Permanent memorials are now in place at both this site and near Docking (Sunderland Farm). The three rooms of the Heritage Centre are situated in this building, formerly the



Commanding Officer's residence. Visitors to the Centre can see an eclectic mix of memorabilia, relating not only to RAF Bircham Newton and its personnel but also to other associated areas of interest. In 2014 visitors will see new displays relating to World War 1 and also an exciting new collection of die-cast model aircraft. Books and miscellaneous gifts will also be on sale. Further details about RAF Bircham Newton and the

Heritage Centre can be found on our website:  
<http://www.rafbnmp.org.uk>

Open Days for 2014 are: Easter (20th & 21st April), early May Bank Holiday (4th & 5th May), late May Bank Holiday (25th & 26th May), Sunday June 29th, Sunday July 27th, August Bank Holiday (24th & 25th August) and Sunday 28th September. Special arrangements for group visits outside the scheduled programme can be arranged by prior contact with Denise Goff MBE (01485 578527) or Avril MacArthur (01485 578588).

### HERITAGE CENTRE

and Memorial to those who served here from

1918-1962

#### OPEN DAYS 2014

Easter 20th & 21st April

Early May Bank Holiday 4th & 5th May

Late May Bank Holiday 25th & 26th May

Sunday June 29th

Sunday July 27th

August Bank Holiday

24th & 25th August

Sunday 28th September

Open 11 am to 5 pm

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# Stroke Association Voluntary Group

Coastal Stroke Group

Our group started in March 2011 with only a handful of members; we now have over forty. Our aim is to provide a meeting place for stroke survivors from the local area after leaving hospital, and their carers, involving them in activities such as exercise, outings, communication and cognitive skills. To many survivors a stroke group is the only way of leaving the isolation of their home each week.

With the support of the Greggs Foundation, we have been able to purchase two IPADs and a projector. The IPADs have proved to be a most valuable asset by improving the communication skills for those stroke survivors suffering from aphasia (language and communication) and re-learning for those suffering from cognitive skills (memory and learning).

Carers are able to support their spouse, or family members, by encouraging them to overcome their memory loss, re-learning and communication skills. Using communication apps on the IPADs can be the main form of interaction between survivors and carers, thus removing the major obstacle of frustration through the lack of basic communication.

The projector is used with a Wii machine for exercise and to give interactive and informative presentations to the group. The Norfolk Community Foundation has supported us by providing regular exercise classes tailored to the limitation of stroke survivors; this can increase their long term mobility and fitness. The outcome of regular exercise can be quite noticeable.

Sainsbury's of Hunstanton kindly made us their charity of the year in 2012-13. With their staff's enthusiasm, hard work and support they made a valuable contribution to our group by providing funds, allowing our group members to visit the North Norfolk Railway and the Sealife Centre, also to buy much needed support equipment.

Gemma Smith of the Stroke Association presented a Life After Stroke Award to Sainsbury's from the Stroke Association for their generous support to the Coastal Stroke Support Group Hunstanton.



Left to right: Julie Manning, Pat Holmes, Darren Burrows, Vicky Bray, Gemma Smith

The group meets every Tuesday between 10:30am-12:30pm at the Methodist Church, Austin Street, Hunstanton and provides aftercare for stroke survivors and their carers.

If you are a stroke survivor or a carer and would like support from our group, please contact:

Gemma Smith on 01366-377803 or [gemma.smith@stroke.org.uk](mailto:gemma.smith@stroke.org.uk)  
or Julie Manning on 01485 600930 or [juliemanning.wi@btinternet.com](mailto:juliemanning.wi@btinternet.com)

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## SLIMMING WORLD – NEW VENUE

Since I took over the Heacham Branch of Slimming World on Tuesday evenings, there has been so much interest and a large number of new members, that it is no longer viable to hold the Meetings at the Church Hall in the High Street.

As of the 4th February, we have moved to the Community Centre, Avenue Road, Hunstanton. Classes are still at 5.30pm and 7.30pm. There is the added advantage of on-site parking.

Any further interest, contact me on 07942 818059

Jo Jackson



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**Norfolk Coast Partnership**

**Have your say on the management of the Norfolk Coast**

**Public consultation on the draft 2014-19 AONB Management Plan is now underway**

The Norfolk Coast Area of Outstanding Natural Beauty (AONB) stretches from the Wash in the west to Winterton-on-Sea in the east, incorporating a diverse and unique mixture of landscapes, wildlife habitats, species and cultural heritage.

The current 5-year Norfolk Coast AONB management plan is being updated to produce the next 5-year plan. The draft management plan 2014-19 sets out background information, a 20 year vision and 5-year objectives and policies.

**How to have your say:**

The draft AONB Management Plan 2014-19 is available on The Norfolk Coast Partnership's website at: <http://www.norfolkcoastaonb.org.uk/consultation> together with associated documents you may wish to look at.

**There are two ways to respond:**

- Through a quick questionnaire, which you can access from the Norfolk Coast Partnership website, or
- A more detailed response in a format to suit you, returning comments either by email or post.

All comments are welcome, whether you are a local resident, a visitor, a local business person, landowner or farmer, with a closing date of 17th April 2014. All comments will be recorded and considered carefully in finalising the plan, with a record of this being made publicly available.

**Contact details for response and queries:**

Norfolk Coast Partnership, South Wing, Fakenham Fire Station, Norwich Road, Fakenham, NR21 8BB.

**Tel:** 01328 850530 **Email:** [aonb@norfolk.gov.uk](mailto:aonb@norfolk.gov.uk)

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

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Anxiety - Depression - Weight loss - Smoking cessation - Phobia

Almost 1 in 5 of us experience the 'winter blues' and it will be with great relief to many that the end of March heralds the start of British Summertime. The return of lighter evenings will provide a welcome boost to those who feel themselves struggling to keep motivated and energised during the incessant darkness of the winter months.

But what if the promise of Spring and Summer doesn't help shake your mood?

Alternative treatments such as hypnotherapy are fast growing in popularity as a non-addictive, drug free solution to anxiety and depression and, using hypnotherapy alongside Neuro-Linguistic Programming (NLP), gives you total results within just 3 to 5 sessions.

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**Nicki Williamson MCAHyp DABCH**

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## RESCUE : WOODEN : BOATS

### Update

Work is progressing well on restoring Dunkirk lifeboat 'Lucy Lavers'. Her hull is now repaired and the deck beams restored and in place. The bulkheads are nearly complete. See the films and photos on the website [www.rescuewoodenboats.com](http://www.rescuewoodenboats.com) or follow our facebook page.

Of our six other boats, Bessie and Harvester are having restoration work done on them now by volunteers, with crab boat Pegasus later, so that they can hopefully be back afloat this year.

The Visitor Centre has gone well. Phase 1 opened at the end of July 2013 and the total visitors in the first six months numbered well over 700. A very big 'thank you' to all the volunteers and enthusiasts who have made this possible.

This year we are hoping to develop Phase 2 - more hanging panels and displays on our fishing heritage and the military camp, and are planning a number of exciting events. We also hope to develop a further room in the Visitor Centre as a multi-purpose room for school visits, talks, and cups of tea. We will need volunteer help to get this room ready, as well as further people to staff it, once up and running.

We would like to be open from March 30th for weekends and most of the time during school holidays and half terms. This means recruiting LOTS more volunteers, so do sign up with Sue with your availability - even one shift a month would be great! - and pass the word amongst your friends to help us recruit more people to the team.

We welcome further ideas, suggestions for events, recruiting volunteers, displays and more. Contact Sue on 07774 245810 or email [info@rescuewoodenboats.com](mailto:info@rescuewoodenboats.com)

The Visitor Centre is just beyond the High Sands Campsite office in Greenway, Stiffkey, NR23 1QF.



### 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.

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

Weekly on Wednesdays 5th, 12th, 19th and 26th March and 2nd April - 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 March, 10.00am - 12:00 noon. Come along and enjoy a game of scrabble. Refreshments provided

#### Hunstanton Library Town Read:

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 started at Hunstanton Library on Saturday 1st February 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!



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Home Instead Senior Care is looking for Caregivers to work with their growing number of clients in Heacham, Hunstanton and the surrounding villages. Ideally you will be experienced (although training and support is given), drive and have your own car and have a caring and compassionate nature. Hours could be flexible or full time and pay rates are competitive.

Home Instead Senior Care, is part of a national organisation rapidly building a reputation as one of the UK's leading care companies. Delivering their unique quality of care comes as a result of the valued efforts of their professional Caregivers who receive ongoing training and support.

If you are interested in helping them to look after their growing number of clients then phone Home Instead Senior Care on 01553 600240 or you could pop in and see them at their new office at Home Instead Senior Care, 52 London Road, Kings Lynn PE30 5QH.



Answer to page23  
19.2 yards



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## Rotary Matters Hunstanton & District Rotary Club

Elaine Bird, editor of the 'Hunstanton Town & Around' magazine, delighted us with a talk recently at Rotary on the development of the magazine. The February issue is the 100th edition and we congratulated her on this. The magazine started in 2005 following the Hunstanton Newsletter. Advertisers quickly came forward giving good support, and the demand for the magazine soon increased. The magazine now covers a wide geographical area. Elaine commented on the good support given by Rotary. The magazine's main aims are to give local information to people as to what is happening in the area and to give people an opportunity to have a say. Rotarians were unanimous in their praise and congratulated Elaine for the high standard achieved. Much interest is shown in the town and district, with the magazine being a local lifeline to many.

With our partners, we recently had an evening meeting at the Rendezvous Restaurant on the High Street in Hunstanton, where we had a very pleasant meal and a social get-together. Rotarian Adrian Evans showed several of his Jib Jab Rotary video cartoons with all the characters being Rotarians or their partners! Rotary is fun!

### All about Rotary

We Rotarians have found that not many people realise all that Rotarians aim to do. Some believe that all we do is collect for charity. While this of course is true, there is so much more than this. Many Rotarians have commented that being members has changed their lives for the better and that lasting friendships have been made.

So who exactly are we? We are business and professional volunteers and we are all united in the ideal of service. We belong to 'Rotary International' which is the largest fellowship of men and women in the world, all of whom are dedicated to peace and understanding. Rotarians believe in freedom and democracy, coupled with the acceptance and tolerance of other people's religions and political beliefs.

Rotary Clubs exist in most countries and well over one million people, who are organised into different Rotary Clubs, are proud to be called Rotarians, believing in world peace, friendship and care for others. We aim to consider the following:

1. Is it the truth?
2. Is it fair to all concerned?

3. Will it build goodwill and better friendships?
4. Will it be beneficial to all concerned?

We try to be absolutely fair in all these. We aim to enjoy friendship and fellowship with other Rotarians. We believe that all useful occupations are valuable and helpful and we aim to have high standards to help us in what we do for others. This service is at the very heart and soul of Rotary and we want to help others locally, nationally or internationally who may be less fortunate than ourselves. Wherever you see the characteristic Rotary wheel (see logo above left) you know that Rotarians are involved.

We hope to include more about Rotary and what we do in later editions of the magazine. Meanwhile, you can find out more from our website [www.hunstanton-rotary.org.uk](http://www.hunstanton-rotary.org.uk)

**On Wednesday, March 26th at Le Strange Arms Hotel, Old Hunstanton, 12.15 for 12.45 pm we are holding a meeting for anyone who is interested in Rotary. The meeting should be finished by 2.30 pm. We hope that Friends of Rotary will also be able to come.**

**There will be no charge for the buffet refreshments provided. Please telephone Phil Newell if you are able to come, 01485 533864 or email: [phildory@talktalk.net](mailto:phildory@talktalk.net)**

**Phil Newell & Rene Rooth**



## Hunstanton Lions Club

At our February meeting, fundraising events were discussed. It has decided that a Race Night will take place at 8.00pm on 28th March at United Services Club, Hunstanton. Please come along and support us.

Further events discussed to take place this year were a golf tournament in May, Hunstanton Carnival in June and carpet bowls in September. Details of all these events will be in next month's newsletter.

### 200 Club

- 1st Prize - Stash Rybak
- 2nd Prize - Mel Scholfield
- 3rd Prize - Emma Williamson
- 4th Prize - Jackie Davis

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

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## RNLI Fish and Chip Lunch

Friday 21st March  
Sedgeford Village Hall 10.30am

Tickets £12.00.

Phone Terry Morris 01485 512005

Speaker: Charlotte Paton author of 'The King of the Norfolk Poachers: his life and times'.

Don't miss the chance to hear Charlotte discuss her book on Frederik Rolfe, the famous early 20th century poacher in rural Norfolk. Rolfe's reputation is surrounded by as much hearsay as truth. He left behind him a trail of broken laws, broken hearts and a complex family tree which took years to unravel.

Charlotte is as tenacious as her subject and has left no stone unturned in her hunt for the truth. She consulted court archives, birth, marriage and death registers, and tracked down the people who still remember Fred as well as the surviving members of his family. This has allowed her book to become an enlightening background to the lives of the rural poor and the ways of a poacher around Fred's lifetime. It is the biography of a difficult and unreliable man who came to an unexpected and tragic end. You will want to dislike him, but instead you may suddenly find yourself willing him to win.

Charlotte is an engaging speaker and it promises to be one of our best talks to date.

Don't forget to bring ketchup, vinegar, salt and pepper and your own utensils. You may also bring a bottle or two!

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## DO YOU HAVE INCOME FROM PROPERTY? .....

### THE TAX IMPLICATIONS EXPLAINED

By Kathryn Gigg Chartered Accountants, Hunstanton

For an increasing number of people, property is a popular form of investment. Since the 1990s there has been an exponential increase in people holding a portfolio of “buy to let” properties; and of those who could be described as “reluctant landlords”, who have found themselves having to let out their property whilst waiting to sell if they relocate with their jobs. A further type of property investment is the “furnished holiday let” (FHL), sometimes managed via specialist holiday cottage agencies with the rental providing an additional income stream for their owners.

In each of the above cases, the tax position is often the last thing to be considered. This can cause problems especially if there are unexpected tax bills, which may not have been budgeted for.

**This article aims to provide an overview of the property tax issues, arising from letting out a residential property.**

The first thing to attend to is to notify HM Revenue & Customs (HMRC) of your new source of income. When you first let out a property, you need to notify HMRC by 5 October following the Tax Year (to 5 April), in which you first receive any income.

The rental income, to be reported, may be sourced from either an FHL or a residential tenancy, whether furnished or unfurnished.

FHLs are treated in a similar manner to businesses and benefit from more generous allowances and Capital Gains Tax (CGT) rates but, for a property to qualify, it needs to be available for holiday rental for a minimum of 210 days a year and actually let out for a minimum of 105 days.

This is something quite distinct from the furnished or unfurnished “buy to let” rentals, which are usually on six month Assured Shorthold Tenancies (ASTs).

There are different rules for each type of rental but in all cases, you need to keep records of the rents received as well as the expenses, which you incur in running the rental property. In the case of FHLs, there are likely to be numerous expenses including agents fees, business rates, water rates, heating, lighting, insurance, TV licence and cleaning; whilst for the “buy to let” properties expenses may only be agents fees and insurance together with, hopefully, occasional maintenance and repair, and landlords’ certificates etc.

For each type of property, one is allowed to offset the interest element of a mortgage used to finance the purchase, or refurbishment, of the property and, with FHLs, there are further allowances for the furniture and fixtures, which are needed to run a holiday home. If a “buy to let” property is let as a furnished property then 10% of the rent is deductible as a “wear and tear” allowance; whilst no such allowance is available if the property is unfurnished. Any resulting surplus is added to any other taxable income you may have in the year from other sources (perhaps a salary or other investment income). The resulting tax is payable on 31 January (and, depending upon the amount, possibly 31 July) following the tax year concerned.

When, eventually, you decide to sell a property which you have let out, then the other major tax liability may be CGT. This is levied on the difference between the purchase price of the property (plus Stamp Duty Land Tax and solicitors’ costs) and any improvement costs, and the eventual sale proceeds (as reduced for solicitors’ and agents’ fees). Each taxpayer currently

has an annual CGT allowance of £10,900 (£11,100 for 2014/2015) with any excess charged to tax at either 10% (qualifying FHLs), 18% or 28% depending on your other income levels in the year of disposal.

**Good records, sensible planning and professional advice are key to running a successful and rewarding rental portfolio. If any of these issues affect you and you are in need of further advice, please contact either myself or my assistant Nic Tarry FCCA, who will be pleased to talk matters through with you.** You will thus ensure that you take full advantage of the reliefs available to you and also consider, for the future, how you can best structure your property portfolio.

**Mrs K H Gigg FCA**

**Please contact Kathryn Gigg Chartered Accountants, Hunstanton on 01485 534800/email [kate@kathryngigg.co.uk](mailto:kate@kathryngigg.co.uk) if we can assist in any way.**

*Caution: The information set out above is for general guidance only. You should neither act, nor refrain from action, on the basis of any such information. You should take appropriate professional advice on your particular circumstances because the application of laws and regulations will vary depending on particular circumstances and because laws and regulations undergo frequent change. Whilst I endeavour to ensure that the information contained herein is correct, neither I nor my firm shall be liable in damages (including, without limitation, damages for loss of business or loss of profits) arising in contract, tort or otherwise from any information contained in it, or from any action or decision taken as a result of using any such information.*

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Home Instead in West Norfolk is part of a national organisation rapidly building a reputation as one of the UK's leading care companies allowing older people to continue living in their own homes.

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Each Home Instead Senior Care franchise office is independently owned and operated.

### Home...there's no place like it!

Being able to live at home can be one of the most important comforts in an older person's life and because family and friends can't always be there Home Instead Senior Care are here to help.

Home Instead Senior Care have just opened a new office in Kings Lynn at 52 London Road. They are part of a national organisation rapidly building a reputation as one of the UK's leading care companies allowing older people to continue living in their own homes. Their Caregivers take great pride in helping their clients to lead a more comfortable and confident life and offer a variety of services tailored to their individual needs.

Tom McEwan, one of the owners of Home Instead, said "We have been providing our services in South Lincolnshire for a number of years but we have been experiencing a huge demand of our services in the West Norfolk and North Norfolk Coast area. Although we have been supporting a number of clients in that area already we decided to move our office to Kings Lynn as a consequence."

Home Instead Caregivers take the time to learn about the people they care for, so as to offer personalised companionship based care and support to those who need it. Caregivers can also visit people who are in Residential Care to enrich their lives further with visits and trips out.

If you would like to find out what Home Instead can do to help you, a relative or friend please phone Home Instead on 01553 600240 or pop in and see them at 52 London Road, Kings Lynn PE30 5QH

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## Wells Community Hospital News

**New singing group launching** - Following two successful trial events, a new monthly singing group for people with dementia is starting at Wells Community Hospital. The first one was

held on Wednesday 19th February, 10am to 12 noon. The others are 26th March, 16th April, 21st May and 18th June. The group will be led by local musician David Saunders. Anyone interested in attending should contact 01328 711996 or email [barry.dennis@wellshospital.org.uk](mailto:barry.dennis@wellshospital.org.uk)

Our monthly Alzheimer's Society's monthly Coffee and Company session continues to be held on the second Wednesday of each month (10am to 12 noon). Contact is Catherine Moorhouse Tel 07540 919487.

**New garden work starts** – The hospital gardens are currently being given a major overhaul to make them dementia friendly thanks to a grant from the Department of Health's Dementia Environments Fund. Fakenham Garden Centre is constructing the garden while Anglian Home Improvements are installing a new conservatory where we are planning to stage gardening activities for people with dementia.

**New carers drop in centre** – In association with the Wells Carers' Group, the hospital will be launching a new carers' drop in centre. Full details will be announced shortly. Anyone interested should contact Nita Spencer. Tel 01328 710501 or email [jnornita@aol.com](mailto:jnornita@aol.com)

**Mermaid Centre set for record year?** Bookings for the Mermaid Centre, our renal dialysis holiday unit, are already significantly ahead of this time last year.

**Essential work on roof areas.** Thanks to a grant from the League of Friends, we will shortly be replacing and insulating all of our flat roof areas.

**Winner of the £600 cycle prize in our raffle was Katherine Danziger.** The prize was kindly donated by Fatbirds of Hunstanton. Other winners were gardening help (E. Mullins), Holkham parking (L. Spencer), digital camera (H. George), venison voucher (P. Evans), Fakenham Garden Centre voucher (R. Gilbert-Scott) and a bottle of rum (S. Small).

**Recent Lottery winners** – Marilyn Greenacre, R Stephens, Ruth Gould, G Miles, H Phillips, Sheila Day, B Spencer and Mr & Mrs Bowles.

**Volunteers wanted** – we are still looking for volunteers to help out in our reception area and to help with dementia hub projects and activities. Contact Katrina Melton on 01328 711996 or email [katrina.melton@wellshospital.org.uk](mailto:katrina.melton@wellshospital.org.uk)

**A few tickets left - evening of Gilbert and Sullivan opera** - At The Hoste in Burnham Market to raise funds for the hospital. There will be performances from the popular Pirates of Penzance, Yeoman of the Guard, The Mikado, Trial by Jury, Patience and HMS Pinafore by The Grim's Dyke Opera Company. Thursday 27th March (7pm reception). Tickets priced £45 include a three-course meal. They are available from The Hoste (01328 738777), Wells Hospital (01328 711996) or organisers JBGB Events, Glebe Barn, Burnham Road, North Creake, NR21 9JS .

Barry Dennis

**CEO Wells Community Hospital Trust**  
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HOW TO FIND US







## News from Rollason Stage School

Professionals of today teaching the stars of tomorrow!

The children are working very hard this term working towards examinations which will be held before the summer. The annual show is on 1st March in Hunstanton Town Hall at 2.30pm. Tickets are £6 adults and £3 children. To reserve, call 01485 579074.

We offer exams in ballet, tap and modern dance, as well as LAMDA drama exams.

Rollason Stage School teachers, Michelle and Lucy Rose, are very experienced qualified teachers. Michelle worked in the industry as a dancer and has directed and produced numerous shows. Lucy is currently working as an actress and trains full time at performing arts college. We also have our new teaching assistant, Fran Staff, who is helping out a lot in classes.

We are very committed to teaching the children to a very high standard whilst having fun. Classes will start from £2 an hour. We aim to be the most cost effective stage school in the area. In January, we reduced the current prices to encourage the school to grow even more. We are passionate about making the arts more affordable to parents. There will be sibling discounts and the more classes you do the cheaper it will become.

We will also be holding one-off drama workshops with special guest actors off stage and screen.

Lucy Rose is the Saturday dance/musical theatre teacher. She has been running classes since January. She will be forming an elite team, which will be entry by audition only, for dedicated committed pupils with lots of talent.

Our Drama teacher, Ann McKimm, comes with a vast amount of experience, teaching mainly in London until moving to Hunstanton a few years ago. She runs a very lively group with lots of fun, also working her pupils towards their LAMDA exams.

### Timetable as follows:-

#### NEW SATURDAY SCHOOL

Hunstanton Town Hall Basement

11.00 – Musical Theatre group

12.00 – Street Dance – under 12's

1.00 – Drama group with Ann McKimm LAMDA training

2.00 – Musical Theatre

MONDAY – at Heacham Public Hall – top room

4.15-5.15 – Ballet, Tap and Modern Dance 6 yrs +

5.15 -6.00 – Junior Street Dance 6 yrs +

WEDNESDAY – at Hunstanton Town Hall Basement

Under 6 yrs classes: 4.30-5.15 (Ballet, Tap and Modern)

Seniors: 5.15-6.15 – Ballet, Modern 12 yrs and over

6.15-7.00 – Senior Street Crew 12 yrs and over.

THURSDAY at Hunstanton Town Hall Basement

4.30-5.30 – Drama/Musical Theatre clubs.

Rollason Stage School offers private lessons, exams, competitions and shows which are optional. The children train hard whilst having fun, keeping fit and meeting new friends.

The new term starts 3rd March 2014 so there is no better time to join us. Places are limited so book a place today!

Please call 01485 579074 or 07585 002124 for more information or to book your space.

Happy Dancing!

**Michelle Rollason ABTDA**



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AA Rosette Award

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Extended hours only on Sunday 30th March, 12noon - 4.30pm

\*Gift will only be provided if pre-booked prior to 28th March.

### ST PATRICK'S WEEKEND

Join us at our new Sports Bar for a 'Pie and a Pint' this weekend for only £8.00 per person.

March 15th - 16th 12noon - 2.30pm

To book please call 01485 536030.

Please bring this advert with you. Ref HNL



HEACHAM MANOR HOTEL

Hunstaton Rd, Heacham, West Norfolk. PE31 7JX Tel: 01485 536 030 [www.heacham-manor.co.uk](http://www.heacham-manor.co.uk)



**Heacham Pocahontas Players**  
**'SUMMER HOLIDAY the Panto'**

Well, what a success it was too. This production saw the most tickets ever sold for a Pocahontas Players' Pantomime! We cannot thank you all enough!

Written by Jim Race some 17 years ago for the group, it was decided to update the script and re-do for this year's Panto. It worked so well, with the help of our improved fantastic stage lights, modern, pull across back drops, larger added staging, extra space in side wings (it was the steps up to the doors 17 years ago), soft padded audience chairs (were fold-up hard chairs!!) but best of all, the face microphones, which have been added to, for this production, for the cast. Thank you to the Youth and Community Fund for their very generous donation.



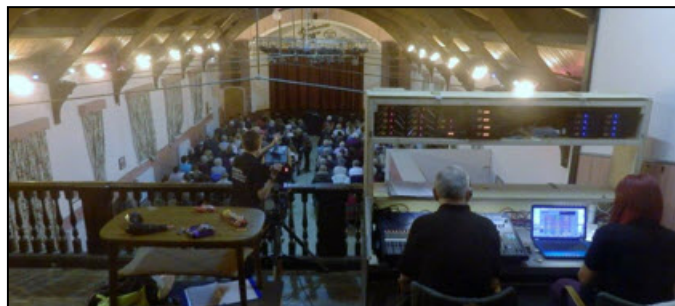
**Firefighters Leesa Espley and Barry Rudd.**

We would also like to thank Heacham Fire service for getting into the Panto Spirit this year. When Heacham was burning, we had 2 firemen rush in to douse the audience down with buckets of water (see photo). Thank you Barry Rudd and Chris Wood for adding such fun, not just for the audience but for the cast as well. Even, Firefighter Leesa Espley (our prompt) had to stand in on the Saturday Matinee.

Thank you very much to Jennings, Suttons Estate Agents, Heacham Post Office, and Cherry Tree Chocolates (Hunstanton), who generously sponsored the programme.

Our next production is June 13th/14th. Also, a one night only, War time sing-a-long on 19th July. (This will be done for charity). More details in next month's newsletter. Thank you all very much for your support because without YOU we would not be looking at our 20th year celebrations next year!! Fantastic!!!

From the very proud Heacham Pocahontas Players -  
 Long may it continue!!



**The fabulous sight of the packed Heacham Public Hall with Joseph Rumens, Dave Curtis and Catherine Drewery on lights and sound.**

**COASTAL COMMUNICATIONS & SECURITY**

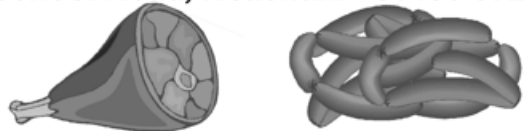
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HEACHAM MINORS FOOTBALL CLUB



## HEACHAM MINORS FOOTBALL CLUB

As secretary of Heacham Minors Football Club I would like to say a big thank you on behalf of the club to Hunstanton Football Club for donating various items of equipment to us, and that we are very sorry and sad to find that, after several years of playing, Old Hunstanton Football Club have folded.

Heacham Minors Club is a club for children from the age of 7 to 16 years olds and we are always looking for new members. In August we are hoping to start two new age groups of under 14s and 15s. If any new players are interested or any parents would like to get involved in helping run a team, fundraising or joining the committee please contact me by telephone.

01485 57058 or 07775647323.

Darren Bailey  
Heacham Minors Secretary

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FENSA  
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## 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

Please telephone for an appointment.

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

## TONY'S HOUSE MAINTENANCE

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41 Meadow Road, Heacham.  
01485 571038. Mobile 07932 123781

## Mr. James E. Kemp

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## HEACHAM PARISH COUNCIL NOTICEBOARD

### PARISH COUNCIL MEETINGS IN BRIEF

**Heacham Development:** The Council was pleased to note that the application for the end of School Road had been refused by the Borough Planning Committee. However, the Council were also aware that Developers still had the right to appeal.

**Spring Art Show:** The Old Friends Hall Committee announced that they planned to stage a second art event in May. It was further agreed that the Committee should apply to the County Arts Fund for a small grant to offset the cost of display stands.

**Bequest:** The Parish Council noted the kind bequest of Mrs Samson, now deceased, of a public seat. It had been agreed that a seat would be placed in Bray's Pit and the members of the NEC Committee would consider appropriate designs.

**Bray's Pit:** The Council approved the costs and design of a sign for Bray's Pit. It would be similar in style to the sign at the Saltings.

**Finger Post Signage:** The Council discussed what to do with an old finger post. The finger post, similar to the one at the corner of Station Road/Hunstanton Road, would be refurbished and sited in a new location in Bray's Pit.

**New Dog Bin:** The Council reviewed a number of requests submitted by residents for dog bins. The Council agreed to purchase a new bin for New Row, which was a popular cut through for dog walkers and where fouling was a regular nuisance.

**Social Media:** Miss Swann, the Chairman of the Community Activities Committee, announced that the Parish Council now had a Facebook page to publicise events. The page would be used to promote events organised by, or in partnership with, the Parish Council such as the Carnival Parade.

### 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. 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.

### Heacham High Street

The Parish Council has agreed to support a request from a number of High Street Traders to ask the County Council to implement a restricted parking zone outside the section of the High Street between Rod's Fish Shop and the Post Office. The proposal, if accepted, will be to limit parking to 60 minutes only and will be in operation Monday to Saturday from 9.00-5.00pm.

### TO ALL ELECTORS OF HEACHAM

You are invited to take part in the

### ANNUAL PARISH MEETING

It will take place at:-

**The Old Friends Hall, Sunnyside  
on Thursday 24th April at 7.30pm**

Under the Chairmanship of Mr P Colvin  
(Chairman of the Annual Parish Meeting)

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

Refreshments will be provided following the meeting

P Sewell (Mrs)  
Parish Clerk

### PUBLIC NOTICE

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

The Parish Council's policy of humane management is not a quick fix, but with Parishioners' support of its no feeding request, current numbers can be controlled and the flock can be maintained at a naturally sustainable balance.

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

*Heacham Parish Council*

### Notice of Parish Council Vacancies

Two vacancies have arisen on Heacham Parish Council for Parish Councillors. The vacancies 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 18th March at 7.30pm

The Clerk

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

*Look out for Heacham Parish Council Events on Facebook*

**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  
DUTY CHEMIST NOTICE DISPLAYED ON DOOR

**HEACHAM PARISH COUNCIL OFFICE** 572142

OPEN TUES TO FRI 10.00 TO 12.00

**STREET LIGHT FAULT REPORT** 572142

**BOROUGH COUNCIL OFFICE** 01553 616200

BOROUGH COUNCILLORS

Mrs S. SMEATON 01485 572528

Mr C. MANNING 01485 523287

NORFOLK C C MICHAEL CHENERY 01328 823411

**PARISH LIBRARY** 571928

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

**HEACHAM POST OFFICE** 570330

OPEN MON TO FRI 09.00 TO 17.30 SAT 09.00 TO 12.30

**EMERGENCY SERVICES**

QUEEN ELIZABETH HOSPITAL 01553 613613

NHS Helpline 111

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

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

POLICE 101

SAMARITANS 01553 761616

CHILD LINE 0800 1111

SILVER LINE 0800 4708090

ELECTRIC 0800 7838838

ANGLIAN WATER 0845 7145145

GAS ESCAPE 0800 111999

EMERGENCY 24hrs VETERINARY CLINICS 01485 570065

**HUNSTANTON LIBRARY** 532280

OPEN MON. TUE. and FRI 10.00 TO 17.00

WED. 10.00 TO 19.00

THUR and SAT 10.00 TO 13.00

**HEACHAM COMMUNITY WEBSITES**

[www.heacham-on-line.co.uk](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)

**LOCAL BUS SERVICE BETWEEN HUNSTANTON AND KINGS LYNN**

**Norfolk Green**

**Service 10 and 11**

Via:- Heacham Lavender, Fox and Hounds and Lodge Road.  
0647 first bus to Kings Lynn then twice an hour.  
0654 first bus to Hunstanton then twice an hour.

**Service 10 (Sunday)**

Via:- Heacham Lavender, Fox and Hounds and Lodge Road.  
0908 first bus to Kings Lynn, then hourly from 1048.  
0843 first bus to Hunstanton, then hourly from 1018.

**Service 10**

Via:- Hunstanton Road, Fox and Hounds and Lodge Road.  
0836 first bus to Kings Lynn, then hourly.  
0808 first bus to Hunstanton, then hourly from 09.25.

**Service 10 and 11 (Sunday)**

Via:- Hunstanton Road, Fox and Hounds and Lodge Road.  
1008 first bus to Kings Lynn, then two hourly from 11.18.  
0943 first bus to Hunstanton, then two hourly from 1048.

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**Smithdon High School Bus**

**Service 401**

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

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**Coasthopper Service**

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**Main pick up points for The Heacham Newsletter.**

First Saturday each month except January.

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

**HEACHAM HALLS**

Public Hall 570776

Pine Residents Hall, Wilton Road Mrs Crisp 579440

Methodist Church Hall, Station Road Mike Careless 570363

St Mary's Church Hall, High Street Mon, Wed, Fri 10.30 to 12.30 572539

Old Friends Hall Sunnyside Close 572142

Heacham Scout Hut 572890

**HEACHAM CHALK PIT RECYCLING CENTRE**

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

**MOBILE LIBRARY**

ROUTE DER 224 (Tuesdays) ROUTE DER 223  
4th/18th March 11th/25th

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SANDRINGHAM DRIVE	10.20	RINGSTEAD ROAD	10.55
CHENEY HILL (F/SIDE)	10.40	NEVILLE CT	11.40
WOODSIDE AVE	11.05	NEVILLE ROAD	12.15
HEACHAM INFANT SCH	11.20	PINE MALL	12.30
NOURSE DR/INGLEBY CL	12.15	SITKA CLOSE	12.50
ROLFE CRESCENT	13.45	SUNNYSIDE	14.15
BUSHEL & STRIKE	14.05	MEADOW RD	14.40
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MARRAM Way/Norway CL	14.55	JENNINGS CLOSE	16.15
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MARRAM Way/Neville RD	15.25		
CUNNINGHAM COURT	15.45		

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