



THE HEACHAM NEWSLETTER

April 2014



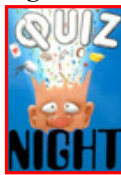
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Deadline for the next edition is 12 noon, Thursday 17th April

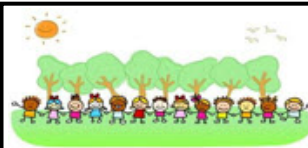


**Heacham & Criteuil-la-Magdeleine
Twinning Association**



SATURDAY 12th APRIL 2014
7.00 p.m for 7.30 p.m, start
THE OLD FRIENDS HALL
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**Cake & Coffee morning
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Local crafts, homemade cakes & biscuits
to eat in or take away.

Children's books, Raffle & more besides!

Today! Saturday 5th April 10.00 - 12.00 noon
at the Scout Hut, Sunnyside

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

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THE HEACHAM NEWSLETTER is published THE FIRST SATURDAY of the MONTH



letters...



Heacham

Dear Newsletter

I'd like to address this comment to the thief who walked up to my front door and stole a tub of flowers. I do hope that you enjoy them!•I feel very sorry for you that you have to take something beautiful from someone else to cause annoyance, or because you can't be bothered to put the time in yourself to grow them. •I'm sure they look lovely wherever they are now and hope stealing them gave you the kick you were looking for in what must be an otherwise very boring existence!

From: Blooming Annoyed
(Name & Address supplied).



Blatchford Way

Dear Newsletter

Scam

My husband has received a letter from 'Yvanna', who says she is a clairvoyant and his name 'came to her by telepathic contact'. The letter - three foolscap sheets - warns him of all sorts of dire happenings to affect his life. There is a certificate headed 'International Guild of Great Clairvoyants' which states he will receive a first capital allocation of £190,000. His signature is a mandatory requirement (alarm bells should be ringing by now!!), and he is asked to send a 'modest contribution' of £26 for a 'Celestial Map of Grail'. The address on the return envelope is in Switzerland.

We realised immediately that this letter is a confidence trick and could ensnare a vulnerable person living alone, who has no idea of the scope of these scams. There is an Internet site - actionfraud.police.uk and also a telephone number - 0300 123 2040 (charged as local call) to report this type of fraud. We do hope that no-one has been caught in this way.

Mrs H Cox



Marea Farm

Dear Newsletter

Rural Broadband

We are often asked by people what Richard is doing since he stopped selling computers.

He still works hard and long hours, and we are pleased to tell you that Richard and Rural Broadband, which still operates from Marea Farm, have just been recognised by being listed as a finalist in the Borough Mayor's Award for Small Growing Businesses.

The family congratulate Richard and are very proud of what he has achieved.

Rural Broadband provides internet to caravan parks, farms, businesses and homes all over the U.K where BT type broadband cannot reach, using satellite and mobile 3G and 4G broadband. The team, which now includes Chris and Ryan, also provide WiFi to Festivals and Events all over the UK•working for major brands in the process.

Mike & Betty



The Drift

Dear Newsletter

Lindsay Bird's Tandem Skydive

Way back on 25th October 2013, my daughter Lindsay went down to Hinton Airfield in Oxfordshire to take part in a Tandem Skydive to raise funds for Changing Faces. •As some of you will already know,•an article had been written in the Heacham Newsletter telling of the event and also of what became of the day.

For those that were unable to read this story, we regret to say that due to the weather worsening throughout the day the skydive was cancelled. Lindsay had psyched herself up in anticipation of doing the jump only to be disappointed by the turn round in weather conditions.

We are now pleased to announce that a new date has been arranged for the skydive to take place. Lindsay, Joanne, Philip, a friend of mine who is also going to take part in the skydive for the charity, and myself will be travelling down to Hinton Airfield on Thursday 10th April.

If there are any of you who would like to sponsor Lindsay you can do so by visiting me here at 19 The Drift where I'll have some sponsorship forms or you can even go online at the following link address below:-

www.justgiving.com/lindsaybird



As you know this charity has been a really big part of my life and has helped me immensely by giving me encouragement to lead a normal life like everyone else. I have tried to help them in various ways over the years in order to give something back. If you feel you can help by sponsoring Lindsay I would be extremely grateful.

Thank you all so much for your wonderful• support over the years; this has also meant a great deal to me, the•kindness you've always shown has been wonderful. •May I also thank all of those people who have already sponsored Lindsay for this daring event!

With all kind wishes.

David, Joanne & Lindsay Bird

If you'd like to get in touch, you can find our address on the front cover. Alternatively, you can email us at theheachamnewsletter@yahoo.co.uk

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Heacham

Dear Newsletter

Dog & Duck fouling

First of all, full support to Peter Colvin's letter about dog mess. There is obviously a major concern - as witness the mess along Lodge Road, Lodge Road to Sandringham Drive, the green between Sandringham Drive and College Road, and recently right outside the Junior School on Cheney Hill. Unfortunately, appeals to better nature do not seem to have any effect. Are people really unaware of toxicara canis and its devastating effects - particularly on children?

But the other major concern - duck and goose mess - remains also. That is equally unpleasant on shoes and carpets, and the waste food left for the fowl attracts rats, therefore Lyme disease.

Last week I was walking my dogs - and yes, I do clean up after them - when I saw a "lady" with a very large bag of bird food throwing it around by the handful. I said in a friendly sort of way "Better not let the chairman of the Parish Council see you doing that". Her response was "I don't give a damn about them. They should put the b..... fence back." Quite how a fence would stop ducks and geese, I'm not sure.

Anyway, the accent sounded Essex, and as I did not recognise her, I would guess she is a recent retiree who has come to the village and therefore sees herself as exempt from the rules.

I can remember when the village pond supported fish and frog spawn before the mess eliminated oxygen in the water, and therefore pond life. I can remember when the problem was so bad that the recreation ground and the Junior School field were closed down as a health hazard.

Unless and until we have signs displayed outlining in full detail the dangers to health, and what it means to cull birds - and I believe we did have a major cull some years ago - and the penalties which can and should be imposed for leaving dog mess and waste food around the village, the situation will not change.

It is surely the Council's duty to put up appropriate signage and to impose these penalties. It is not sufficient to write appeals in the Newsletter or ask residents to point these things out to those who leave the mess - it just doesn't work.

Pete Widdows



Pott Row

Dear Newsletter

Land at Heacham Park

I read with great interest the article in the March 2014 issue of your Heacham Newsletter relating to the sale of Heacham Park.

As a person who spent the first 30 years of my life in Heacham, I can remember many happy times playing on green areas in the centre of the village which were grazed by Charlie Johnson's, Walter Cross's and Major Torrey's cattle. These areas have been developed into housing estates and, similarly, the marsh area between the bank and the sea developed into caravan sites. This leaves very few green areas within the village other than the recreation field which Mr Strachan had the generous foresight to donate to the village. This field has given a lot of outdoor facilities and pleasure to the villagers over the years but not much has been gained as a result of the housing and caravan site development.

Surely it must be possible to put a levy on housing and caravans in the same way that Norwich Airport has done for its development. After all, the Park is an area of outstanding beauty and is the last remaining green area within the envelope of Heacham. I would certainly contribute to its purchase.

"Come on Heacham", think of your future generations.

Tony Parnell

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Proprietor: Nickie Bantoft, FCCA

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Please contact Nickie to see if I can help you.

01485 525880

nickie@bantoftaccountancy.co.uk

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Hunstanton Road

Dear Newsletter

The Dream

I and others have a dream that the Park that used to belong to Heacham Hall, becomes available for Heacham Residents and their descendants to enjoy. Free to admire the trees, free to admire the lake, free to listen to the birds and nearly 44 acres of wild flowers and grasses that my friends and I can wander in or to sit in and dream.

What is now the 'rec' was a small edition of that in the 1940s and 50s. Now it is a 21st century roundabout and children's playground with little peace for the aged, and surrounded by very smelly vehicles.

The Reality

To achieve the dream, reality steps in.

The 44 acres need to be bought, therefore money has to be raised. Raising it requires a group of people who would include:

- (a) someone with legal knowledge
- (b) someone with financial acumen
- (c) someone with green credentials who is environmentally aware
- (d) someone with time and organising ability to raise the money to fit the needs of a, b, and c.

This group, I shall call a Committee, would need to ensure that the land was protected from predators such as a big brother Council which puts bandstands where trees are growing, reduces the green acreage, encourages dogs to roam freely.

Having acquired the land's ownership, registered it with the Charity Commissioners, applied for grants, and asked us all to dig into our pockets, maintenance becomes the next problem.

Therefore a steady income is needed for:-

- Boundary maintenance
- Tree surgery if necessary
- Litter picking
- Preventing drowning in the lake
- Will they need a public convenience?

Much can be done by volunteers, but there still needs to be a responsible person for the oversight.

If you would like to help, please write to The Parish Council.

Rosalind Marsden



Malthouse Crescent

Dear Newsletter

Land at Heacham Park

With reference to the letter written by 'An Old Heacham Boy' in the March issue, what a wonderful dream. He asked for ideas how to raise some money for this project.

This is my idea. Several years ago a group of local people worked tremendously hard to raise funds for a Youth and Community Centre. Although this was a very good idea on paper, it didn't really get off the ground, hence the property was sold. So I suggest the proceeds of this sale could be used towards the purchase of the Park.

Kay Mitchell



Heacham

Dear Newsletter

Heacham Park

Did anybody read my letter in the March edition of the Heacham Newsletter, headed 'Are you as passionate as I am about our village?'

I now have confirmation that Heacham Park is still up for sale. Please don't let us miss this opportunity to buy that land. The land is earmarked for development, no matter what the authorities say, and once part of it is developed the rest will follow in due course.

The Redgate development is slowly creeping down the hill from Hunstanton. Other developers are taking down trees in the village. The main road development will happen even though many of the villagers have protested against it. Nothing is safe unless you have ownership.

Do you remember as I do as a child, playing in the fields and on the beach? We would be out all day having such fun. There was no worry about lack of exercise in those days. Nowadays there is nowhere for children to play. Think about your children and your children's children. What future will they have when all of this land has been developed?

There's no time to hang about on this. Let's at least have a meeting to discuss possibilities. The meetings in the town hall, opposing the development of the main road plot, were packed full. Were all of those people really there to save our village? If so, let's all get together again and do something positive this time.

This is the third time the Parish Council have had the opportunity to buy this land. This is a golden opportunity but it will soon be missed. Yes, it will take some hard work to achieve this but it is the only way to keep the park safe for all time. If we all pull together we can do it

If you do feel as passionate about our village as I do please contact the Parish Council. We should at least be allowed a vote. Come on Heacham let's get our act together and save Heacham Park.

From an old Heacham boy!



Downham Market

Dear Newsletter

Chess Partner

I am a single mature gentleman (in my 70's) hoping to find a partner for playing chess. I don't expect it every evening, maybe a couple of times a month. I have varied interests which include the history of both world wars and coach travel.

Thank you very much.

Ray - 01366 388578 (Full name & address supplied)

Heacham Hall Parkland

Recent letters to The Heacham Newsletter have highlighted the opportunity of purchasing part or all of Heacham Hall Park, Hunstanton Road. People interested in finding out more and discussing how this might be achieved are invited to attend **The Old Friend's Hall, Sunnyside, at 7.30pm on Wednesday 16th April**. This meeting has been arranged by Heacham residents, not by the Parish Council. Letters could usefully be addressed to the Parish Council before the Annual Parish Meeting on the 24th April.



Dear Newsletter

Sunnyside

Grass is not always greener

At 79 years I thought my lessons were learned, but recently learning that the ‘Grass is not always Greener’ I saved money and found excellent service shopping locally.

Wanting a T.V., I visited a supplier in a nearby town centre, chose a T.V. and was visited by their representative to see about installation. The quotation duly arrived including a ‘Sound Bar’ and Blue Ray I was told was necessary, and delivery and installation putting hundreds of pounds onto the cost.

Wondering what it would cost I visited a ‘Local’ supplier. I chose a T.V. that needed none of the add-ons, which was delivered and installed free. My T.V. is working beautifully and, being digitally ignorant, my wife and I had patient instruction in its use.

The lesson I learned is obvious, but it took something like this to show me, and I would certainly advise anyone to check locally before buying.

Mr A S Hudson

The Heacham Newsletter – Correction

In the March edition of the Heacham Newsletter, we printed a letter from John Harris regarding the Music Marathon. Unfortunately, there were a couple of errors in the first paragraph which should have read as follows:-

“When explaining why I was unable to present last year’s Music Marathon, I hoped to revive the event this year. However, I now 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 for me rather than one which I have had to make.”



Dear Newsletter

Heacham

Your “readers” concerns regarding the Festival of Poppies

From the start of the planning process for the commemorations of the First World War, we have been very aware that we should not in any way be celebrating, but commemorating those who gave their lives.

Your reader suggested that the use of the word ‘festival’ implies rejoicing; it can but it also can be honorific and it is in this context we are organizing a **Festival of Poppies**.

We have a **Festival of Remembrance** every year where the country pays its respects to those who fell and those who still suffer the dreadful effect of wars past and present. We intend to honour them with our **Festival of Poppies**.

We will not be digging a trench but will be building a replica as best we can to try to show what conditions would have been like. We will never be able to fully appreciate the awful conditions that existed but we aim to show people, particularly children, to help them appreciate and understand just a little of what life would have been like in the trenches.

During the **Festival of Poppies** we shall be including several talks by a local historian who has already done a lot of research on Heacham and its men and women of both First and Second World Wars. His talk will be both historically accurate and informative.

We have had a good response from our appeal for memorabilia and artifacts from the First World War, and I ask again for anyone with anything associated with the period to contact me.

Our **Festival of Poppies** promises to be both informative and respectful with contributions from both village schools. We aim to pay tribute to those who fought. It will not devalue the poppy but honour those for whom the poppy has become a symbol of supreme sacrifice.

Terry Clay

Chair, Events Group, St Mary’s Church



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)
BRAND NEW CENTRALLY HEATED AND DOUBLE GLAZED CARAVAN HOLIDAY HOMES
FROM ONLY £20,900.00!!!
Fully sited on our very generous plot with steps to main door, 2 gas bottles and TV aerial.
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 St. Mary's Church, Heacham.

American Indians tell the story of a sacred tree which the Creator planted. Under it all the people of the earth may gather and find healing, power, wisdom and security. The roots of the tree spread deep into mother earth, its branches reach up like praying hands to father sky. The fruits of the tree are all the good things the Creator gave to his people: love, compassion, generosity, patience, wisdom, justice, courage, respect, humility, and many other wonderful gifts.

Ancient teachers taught that the life of the tree is the life of the people. If the people wander far from the tree, if they forget to seek nourishment from its fruit, or if they turn against the tree and try to destroy it, great sorrow will come upon them. Many will become sick at heart, they will cease to dream and see visions, and they will begin to quarrel among themselves over worthless things. They will be unable to tell the truth and deal with each other honestly. Their lives will become filled with gloom. Little by little, they will poison themselves. The tree will never die. As long as the tree is alive, the people will live and one day they will come to their senses and begin to search for the tree and its truth.

We spend time at the foot of our sacred tree, the cross. A medieval poem called 'The Dream of the Rood', describes the crucifixion's view of the cross, the tree cut down and used as a shameful support for a dying man. The tree much to his surprise wasn't supporting a dead weight, but rather the mount for a triumphant Christ.

We follow Jesus from his entry into Jerusalem on Palm Sunday through the growing tension of his encounters with those in authority, complete with the entourage of his trusted followers leading through the week to the cross on Good Friday, that very dark and scary place. We move forward to the glorious day of the resurrection; this being Easter Sunday. 'Since, then, you have been raised with Christ, set your hearts on things above, where Christ is seated at the right hand of God. Set your minds on things that are above, not on things that are on earth'.

Listen to what Jesus says this Easter morning: - 'Let me be bigger than your Heart can hold'.

'The Lord is risen. Alleluia'.

John Harris

Ministry Team Member, St. Mary's Church

PARISH REGISTERS

Faithful Departed (Church Linked Funerals)

23.02.14	Brian John William Welham	77
19.02.14	June Phillipa Brown	82
05.02.14	Pamila Warne	88

"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:

- 6th April - David Clarke
- 13th April - Rev'd Leslie Stoker
- 20th April - Rev'd Kim Nally
with Holy Communion
- 27th April - Church Fellowship Service
- 4th May - Phillip Batstone

Last Service for Kim

Most of you will know by now that our Minister, Rev'd Kim Nally, is retiring through ill health. His last service as a full time Minister will be at Heacham on Easter Sunday, 20th April. Come and join us on this Very Special Day, as we praise and thank our Sovereign Lord for His servant Kim.

Easter at the Methodist Church: We shall once again be joining St. Mary's for joint village services at Easter.

Maundy Thursday, 17th April: Communion Service at St. Mary's at 7.00pm.

Good Friday WALK OF WITNESS, 10.00am: We shall again have what is become a popular Walk of Witness from one church to the other. This year we start with prayer at St. Mary's at 10.00am, walk to the Church Hall in the High Street, then walk on to the Methodist Church for a short service at 10.30am. All who love the Lord are welcome on the Walk. If you are unable to walk this far, why not join the Walk at St. Mary's Church Hall - and if you can't do the Walk at all, please be at the Methodist church for the service at 10.30am.

Lent Meetings: We are holding a Lent Course on Thursday afternoons during Lent: "What's in a Word?", based on a course by David Winter. The two talks are on 3rd April: *Prayer*, and 10th April: *Communion*, starting at 3pm. Everyone welcome.

Midweek Holy Communion Service: This is held on the second Wednesday of each month. The April Service will be on 9th 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 15th and 29th April

Regular Activities at the Methodist Church cont'd:

Hands and Needles Club

7.30pm on 15th and 29th April

THURSDAY: Social Evening at 7.15pm on 10th April

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.

Spring Coffee Morning and Sale:

This will be on Saturday 12th April, 10am-12 noon. Proceeds will be shared between the Royal School for the Deaf and Church funds. Come and bring a friend.

Social Evening Special, Thursday 10th April, 7.15pm:

The April Social Evening is a "Special", when Dave Bunion will give a talk and display on Fossils. New members welcome.

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: heacham.church@googlegmail.com		

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

8.00am		Holy Communion (BCP)
10.00am	6th	Morning Worship
	13th	Holy Communion
	20th	Easter Day - Holy Communion
	27th	Morning Worship

10.30am Morning Worship at the Junior School

6.00pm 6th, 13th, 20th and 27th April:
Evening Worship

April Services at Nursing/Residential Homes

Tues 1st April	2.30pm	Rebecca Court
Mon 14th	11.00am	Holy Communion at Millbridge
Wed 16th	2.30pm	Summerville
Fri 25th	10.30am	Fridhem

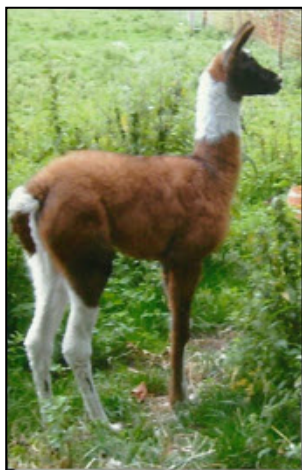
UNITED WORSHIP FOR HOLY WEEK

Heacham's two churches: St. Mary's and the Methodist Church will be holding united worship in Holy Week. On Maundy Thursday, 17th April, we shall share a Communion Service at 7pm at St. Mary's. On Good Friday, 18th April, we shall hold our Walk of Witness, starting at St. Mary's at 10am, walking via Hunstanton Road, then through the High Street to St. Mary's Church Hall. Then, along Pound Lane into Station Road, and along to the Methodist Church for a united Easter Service. This will be followed by tea and Hot Cross Buns. We welcome all who wish to join the Walk. If you are unable to walk the full distance please join at the half way point, which is St. Mary's Church Hall in the High Street, where we shall pause for prayer before continuing. If you are unable to do the Walk at all, you are welcome to go straight to the Methodist Church in time for the United Service at 10.30am.



Heacham

Dear Newsletter



Llama looking for a new home

A very friendly Llama is looking for somewhere to stay. His present home is about to be sold. He loves people, small children and other animals. We would like to rent a 2 acre paddock, but even if you have something smaller to offer, please telephone 01485 298733.

Yvonne Asbury

BISHOP JONATHAN GOES SOLO...AGAIN!



Following the success of his CD of 60's rock hits – sold in aid of Tapping House Hospice and the restoration of Lynn's St Nicholas Chapel, the Bishop of Lynn, the Rt Rev'd Jonathan Meyrick shows his broad taste in music and versatility by agreeing to sing the part of Pilate in the very singable Lenten Cantata 'Olivet to Calvary'.

This will be sung at Heacham Church at 7pm on Saturday 12th April, and rehearsals are now beginning for the ad hoc choir, formed not only from the 24 churches, both big and small, that form the Heacham and Rising Deanery (that is along the coast from Castle Rising to Burnham Deepdale and 'inland' to Hillington and Stanhoe), but also from other choral groups and churches.

All singers, from whatever background, will be most welcome and rehearsals are held each Saturday from 6pm - at Heacham March 15th, Dersingham March 22nd, Thornham March 29th, St Edmund Hunstanton April 5th, and the dress rehearsal (Heacham) at 7pm on Friday 11th April.

Bishop Jonathan says that he has always been involved in performance on an amateur basis, as are most of the soloists and choir – so it will be a great community musical celebration of Passiontide...to which everyone, both singers and congregation, are most welcome.

More details and scores to borrow (or at rehearsals) are now available from Ann Fletcher 01485 572467.

Heacham and Rising Deanery Choir in Rehearsal 2012



Easter crafts!
Mums & dads! Bring the kids!
Fun!
Easter crafts and games! Songs, juggling, quizzes and food - hope there'll be bananas!
Kids! Bring the mums, dads, grans & grandads!
The Easter Message of Hope!
Food and friendship!The Easter Message of Hope!

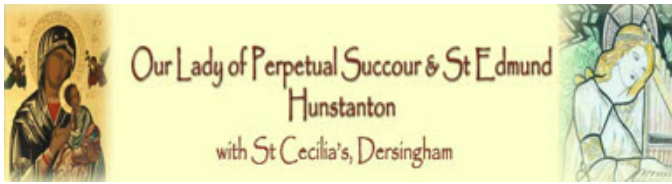
Messy Church Easter Praise Party
with John Hardwick of 'GenR8'

at St Mary's Church, Heacham

Please book your places!
Tel. 01485 571348 or email gpiffin568@btinternet.com

He juggles, he sings, he's a puppeteer and he tells stories about Jesus. He is a Creative Christian Communicator whose aim is to present the Christian faith in an exciting and relevant way!
And he's bringing his Easter Praise Party to Heacham!

Wednesday 16th April 9.30-12.30



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 in the Union Church at Hunstanton was very well attended. The theme of 'Streams in the Desert' had been prepared by Christian women of Egypt.

Our first parish event of the year was the pancake supper, which was once again a very successful and enjoyable evening. Our next event will be the Shared Ladies Lunch, which will be on Saturday 31st May at St Cecilia's, Dersingham. This is always a very popular and well attended event and there is always a good variety of food provided for sharing. All women are welcome.



Our new Bishop, Alan Hopes, visited the parish as part of a series of Deanery Station Masses around the Diocese. Bishop Alan celebrated Mass in King's Lynn on 11th March and then met with and talked to members of the congregation afterwards.

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 3pm at St Cecilia's, Dersingham.

Easter Vigil, Saturday 19th April, starting at 9pm at Our Lady & St Edmund, Hunstanton.

Easter Sunday, 20th April, Mass will be at the usual Sunday times of 9am at St Cecilia's, Dersingham and 11am 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

Email: parish@hunstantoncatholicparish.org

HEACHAM GIRL GUIDES

Vintage photo

The photograph below has been kindly lent to the Heacham Newsletter by Millie Hinez which she thought readers may like to see. Can anyone recognise members of their family? Is anyone able to fill in the blanks?



From left to right:

Back row: Kitty Sawford, Phyliss Hart, Millie Hinez, Vera Framingham, Frances Tinkler;

Middle row: Kathleen Rudd, Maggie Turner, Audrey Rudd, Connie Brown, Helen Lockhart(?), Freda Alcock, Rene Cunningham;

Front row: far left Peggy Barley, Annie Long, Joy Rudd, Barbara Grimes, ... Appleyard, Pauline Nobes, Betty Winner, ... Long,, and far right ... Willis.

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PRESENTATION TO SCOTTY'S LITTLE SOLDIERS

A delightful ceremony took place on Thursday 27th February 2014 at the Heacham Social Club when the Seymour Howard Lodge handed over a cheque for £1,000. to Scotty's Little Soldiers.

Reminding those present of the Buffs' charitable traditions, Bro. John McGhee stated that Scotty's Little Soldiers was the unanimous choice of the Lodge to be the recipient of last year's fundraising efforts.

He paid special tribute to Mr Martin Doy who (although not a member of the Order) had made a substantial contribution towards the total sum raised. He explained that Mr Doy had completed the Bepak sponsored Great East Anglia 10K. run and had donated all of his sponsored monies raised to the Lodge's charity in memory of his grandfather, Alfred Doy, a former member of the Lodge.

In recognition of his gesture, Mr Doy was invited to present the cheque to the representative of Scotty's Little Soldiers, Mr Steve



Scott (no relation), who explained the background to the Charity, how it was continuing to grow and the range of worthwhile activities being undertaken.

In the accompanying photograph Mr Scott is the gentleman wearing the T

shirt in the front row and Mr Doy is third left in the middle row.

The Lodge would like to express thanks not only to Mr Doy but to Heacham Social Club, its members and all those others who help its annual fundraising activities.

Michael Ward, Secretary

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Easter Sunday - Hillbilly Cats (Rock n Roll) 8.00pm

Easter Monday - Mark Wilkinson's Jazz Quartet

OTHER LIVE MUSIC (8.30PM UNLESS STATED)

Sun 6th - Jazz Afternoon 1.30pm

Tue 8th - After Hours Blues Band

Fri 11th - 101 Proof

Tue 15th - Part Time Blues Band

Tue 22nd - Norfolk Blues Society

Fri 25th - Jam Session + DNA

Tue 29th - John's Blues Crew

Fri 2nd May - Reckless Jiving.

Quiz Night - Every Thursday 9pm

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

THE SONG REMAINS THE SAME

Monthly musings on music by Frank Edmonds

A comedy classic? Well goodness gracious me!

Comedy singles have a special place in the heart of the music fan, if the response to last month's column is anything to go by. I featured two classics – My Old Man's A Dustman by Lonnie Donegan, and Ernie (The Fastest Milkman In The West) by Benny Hill – and asked readers to let me know what their favourites were.

Ros Ives e-mailed to say: "Have to agree that Lonnie's Dustman is the best of them all. In a different mood, what about Peter Sellers and Sophia Loren with Goodness Gracious Me?"

Have to agree with you there, Ros. In fact, if I hadn't have got so carried away enthusing about Dustman and Ernie last month, that would have been the very next one I would have mentioned myself!

Goodness Gracious Me is that wonderful thing – a comedy song that isn't just funny, but has a really good tune as well. And with screen siren Sophia on board, it has the welcome addition of added sexiness, too.

Essentially it's Sophia purring away, with comedy interjections from Sellers, in what today we'd call a decidedly non-PC impersonation of a doctor of foreign origin ("Oh doctor I'm in trouble" "Well goodness gracious me!").



And who could forget Sophia's endearing refrain of: "My heart goes boom-boody-boom boody-boom boody-boom / Boody-boom boody-boom boody-boom-boom-boom ..."

Well goodness gracious me! That was a No 4 hit from 1960, by the way – and was produced by none other than George Martin, who was responsible for a lot of comedy records in his pre-Beatles days.

Another cracker from this period was Bernard Cribbins' Right Said Fred, a tongue-in-cheek poke at less-than-brilliant removal men, and their efforts to get something – probably a grand piano, but they never actually say what – into a house. Complete with sound effects, it could have come straight from an Ealing comedy film.

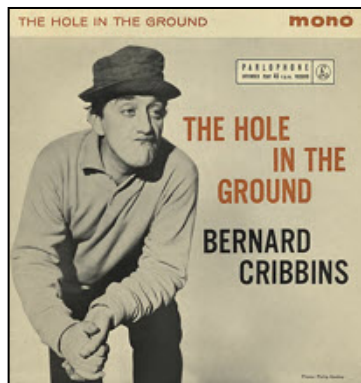
"Right said Fred, have to take the wall down, that there wall is gonna have to go." Needless to say, all their efforts ended in

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failure ... or, should I say, that English staple, a nice cup of tea. And like Benny Hill's Ernie, the lyrics at times were just lovely. "Had bad twinges, taking off the hinges, and it got us nowhere / And so, we, had a cup of tea ..."

Right Said Fred got to No 10 in 1962 was in fact the follow-up to The Hole In The Ground ("So big and sorta round it was"), a bigger hit which got to No 9 earlier the same year.

This quaint if now slightly dated ditty sees a workman digging the hole, only to be accosted by "this bloke in a bowler," who says: "Do you mind if I make a suggestion? Don't dig there / Dig it elsewhere / You're digging it round and it ought to be square ..."



This goes on until the workman finally gets his revenge ... by burying the bloke in the bowler in the hole! Ooh er!

Both those singles, once again, were produced by George Martin – and yes, Right Said Fred was the inspiration for the I'm Too Sexy hitmakers of the Eighties, who took their name from the song.

I also must mention another Cribbins classic from that same rather productive year, Gossip Calypso, an ode to over-the-fence nattering ("Gossip calypso, gossip calypso / Read all about it, yak-a yak yak"), which was also a Top 30 hit.

An oddity from this time was Mad Passionate Love, from the deep yet croaky voice of Bernard Bresslaw. A towering giant of comedy – well, he was 6ft 7in tall – he was later to become famed as a regular of the Carry On crew.

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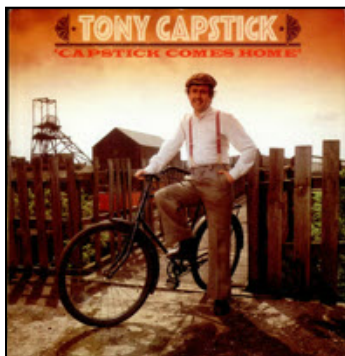
This single, however, was a spin-off from the TV sitcom *The Army Game*, sung in the Cockney style of Bresslaw's character, Private "Popeye" Popplewell (catchphrase: "I only arksed!").

Bresslaw starts off singing (if that's the right word): "They wuz makin' mad passionate love," leaving your imagination to do its worst ... before revealing at the end of the song that he was watching a couple of birds in a tree! (that's the feathered kind, by the way, not Sixties dolly birds ...).

Moving on a couple of decades, and I had a lovely e-mail from Dean Rawnsley about his favourite comedy single.

"I read your article in the Heacham Newsletter and as always found it interesting and informative," he writes – and don't you just love e-mails that start like that? (your ten bob note's in the post, Dean!).

"As a Yorkshireman, I recall a song from my youth by Tony Capstick. The A side was *Capstick Comes Home*, set to the Hovis music of *Brave New World*, by Dvorak.



"I learnt this by heart, and used to perform it for family and friends. When, as a married family man, we moved to Norfolk, I would perform it for the residents where my wife was warden.

"The B side was *Sheffield Grinder*, about life in the steel mill where I think he once worked."

There's a sting in the tale of the story, though: "Sadly, I lent my copy to a friend, whose dog chewed it up!! Keep up the good work" (don't think he means the dog, there!).

A folk singer, broadcaster, and *Emmerdale* and *Coronation Street* bit-part actor, Capstick had a No 3 hit in 1981 with *Capstick Comes Home*. As Dean suggests, it was more of a recitation than a song, to the atmospheric brass band backing of the Carlton Main/Frickley Colliery Band.

It was a hit on the back of the memorable Hovis TV adverts, featuring a young lad pushing a delivery bike up a steep cobbled hill – which were directed by none other than Ridley Scott, fresh from his Hollywood blockbuster hits, *Alien* and *Blade Runner*. Well, the good news, Dean, is you can still get the last laugh over your friend's mutt ... if you can bring yourself to embrace new technology, you can download *Capstick Comes Home* from iTunes for 99p!

• **FEEDBACK:** If you have any views, comments or suggestions you'd like to air about the column, feel free to contact me at: frankaedmonds@gmail.com

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It appears that this little boy and his mum had not gone far after I had seen them and another lady said "wow – smart hair cut". I understand Blue Beard goes by appointments as being a perfectionist he does not like to rush so as to give that perfect finish. I am sure if anybody does not want their hair styled and just a trim, he would not turn anybody away. This guy has real talent.

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'THANK YOU' for our Bingo

From local members and holiday makers too:

We would all like to say a special thank you to Sue and Dave for organising our weekly 'Friday night is Bingo night' in the Public Hall. Along with their team of helpers, they make every Friday evening fun. We realise the holidaymakers don't normally see the yearly 'thank you' which is why we are including it in an issue they will hopefully see. Everyone enjoys the weekly social evening, also the Easter and Christmas parties.



Bingo main session begins 7.30pm-9.00pm with a late session which ends approx 10.00pm. We have all made friends there so, if you are new to the area, come along and join us.

Thank You once again Sue and Dave, we all very much appreciate the time you give to make our Friday night a great night.

From all your friends at Friday Bingo



Do Something Amazing Today

Save a Life

From 236 invitations, 110 people attended the blood donor session at the Public Hall on 19th February and 103 units were collected. There were 9 new donors. Thank you all. For your diary, the next visit to Heacham by the NBS will be on **Wednesday 11th June 2014**. To make an appointment for the next session, ring the Helpline 0300 123 23 23 or online at National Blood Service information www.blood.co.uk



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The Kitchen Gardener



April - mid-spring. seeds, prisoners and a spicy little number for Easter. The Brune d'Hiver lettuce sowed in February germinated quickly and have been pricked out to grow on before being transplanted in April. The tiny pinch of seeds gives me about ten lettuce, plenty - these are big hearted green and red cos, nice and hardy, my first outdoor lettuce and well able to withstand inclement conditions. Successional sowing continues until Autumn so there's always fresh young lettuce available.

I used seed I saved myself in 2009; it's still germinating quickly with roughly a 95% success rate. If you want to cut down on your seed bill or just want the sheer pleasure of self sufficiency then have a go at saving your own seed. Plan ahead to allow for one plant remaining in situ to eventually produce seed.

Once the lettuce shot I tied a bright rag around the stem to remind myself not to compost it. It was well watered while flowering, then stopped once seeds formed. They were left to dry on the plant for as long as possible then the stem was cut off and went head first into a newspaper lined bucket where the seeds could be collected as they fell off - helped with the occasional shake.

There's always a risk of cross pollination and our weather can hinder ripening so quality can vary, maybe not seed merchants standards - still worth a punt though.

During World War 2 the seed merchants were running into their own quality and supply problems. Pre war, a lot of seed had been imported from countries like Italy and North Africa; with them now involved in the fighting, some seed companies found themselves selling out and their catalogues explained quality couldn't be guaranteed.

In January 1943 the National Allotment Association received 90 tons of American seed to distribute and gardeners were urged to save their own seed - easier to do in those pre F1 hybrid days. Commonly recommended for saving were peas, beans, onions - particularly hard to obtain - and marrow.

During World War 1 the RHS sent flower and vegetable seeds to internees and POWs; they resurrected the scheme in 1941 and sent hundreds of parcels of seeds to internees and POWs in Germany, Italy and France. The seeds came from British commercial seedsmen and horticultural organisations, and the Red Cross in Canada, Australia and South Africa.

Horticultural textbooks were also sent and prisoners studied for RHS exams which, when sat, were invigilated by their sergeants. This continued until the end of the war and those who'd studied but not yet sat the exams had up to two years after the war to do so.

New Linedance Class

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Seeds I'll be sowing this month include early and late brussels, late broccoli, basil, dill, marrows, cucumbers, squash, winter cabbage, parsley, beetroot and celery. Potatoes will go in at the beginning of the month. My big experiment this year is to sow coriander, caraway and Florence fennel for their seeds. The fresher the seed the more flavour for my culinary pursuits. I'll eat some of the fennel bulbs - it's like a summer celery, a nice bit of crispy.

The fig cutting taken in November 2012 is ready for its new home. I've kept it in its pot in the greenhouse during the worst of the winter freezes, covering at night to protect the tiny fruit which formed last summer. Figs need to have their roots restricted or it's all leaves and branches but no fruit, or lots of small fruit that fail to mature. I have a deep seam of chalk that I can't get through well enough to line the planting hole with slabs which is the usual way of containing figs in the open, so they go into a large tub.

This particular fig will go into an iron bath that's been used in the past to put spare bits and pieces that could do with someplace to call home - an early potato crop, overwintered garlic, tomatoes and marrows have lived happily in the bath. Now the fig can have it.

Although fairly tolerant of different soils, the site must be well drained. Once planted, the branches will be pruned back by half to form a basic framework and encourage new branch growth. After the first pruning at planting, I prune the figs once all danger of frost has passed and there's some pinching out in summer to encourage fruiting shoots and inhibit the container grown fig's inclination to grow bare and straggly.

Figs grow on their own roots and are self-fertile. Spoiler - they are an unreliable cropper. You can jump through a lot of hoops looking after them, including daily watering in hot weather, and get nothing for your efforts.

And yet it's a joy to eat your own ripe sun-warmed fig fresh off the tree you grew from a 12 inch stick and to give some to a friend as a gift of the day and see them enjoy a fruit as it's meant to be. Delicious, and well worth my carefully cultivated air of nonchalance used when working with the figs, lest they get ideas that they're important. They are but I don't want to encourage them to play me up.

I never fancy the palaver of the whole hot cross bun thing, so take the essence of the idea of the buns with their fruit and spices and combine them in a yeasted loaf. You can use whatever combination of flour you like, I'm very fond of stone-ground wholemeal but it can be a bit brick like and dense in this recipe. The answer is to combine with some strong white, but the loaf can be made with all white if preferred, or indeed any other flour - spelt or granary are lovely too.

Combine 1lb/ 450g flour, 1 tsp salt, ½ tsp ground ginger, cinnamon, mixed spice, allspice and nutmeg, 6oz/175g dried fruit, 2oz/50g candied peel (or dig around in the thick cut marmalade jar for some peel you can roughly chop). Add 1 ½ tsp dried yeast to ½ mug warm water and a pinch of sugar and allow to froth. This dough can be sweetened with an ounce or two of sugar, black treacle, honey, syrup or malt extract - whatever you prefer. I dissolve the sweetening agent in a drop of warm water. The dough can be enriched with an egg and an ounce or two of butter. I don't bother.

Mix with enough water to make a moist dough and knead for ten minutes. Cover and leave to prove, spices and sugar slow the process, I always leave mine in a cool place overnight to extract maximum flavour. Gently knock back, shape and put into a greased loaf tin. Once at the top of the tin or doubled in size, bake in a preheated oven at 220c/Gas 7 for 30 - 40 mins. Bottom of the loaf should sound hollow when tapped.

Try to leave some to go stale and toast it - delicious spread with butter or jam, and it's lovely used as the bread base for a summer pudding.

Hilary Dellar-Lane

News from Michelle's Fitness in Heacham

Zumba is in Heacham Scout Hut every Tuesday 7 til 8. We have lots of ladies attending and it's really good fun!

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ART

Heacham Art Exhibition

You will no doubt see later in this Newsletter an advert for the Heacham Art Exhibition to be held in the Old Friends Hall, Sunnyside during the weekend 3rd-4th May.

We are pleased to announce that response to the show has been very positive and several local artists have requested space to exhibit their talents. We will see the return of artists from last year and new exhibitors, including some who have never displayed their creations in public before. However, it is not too late for others to join the exhibition and, whether you are a member of a group or just an individual who enjoys capturing a special moment, emotion or mood in any medium and want to share your talents with a wider audience, then please contact the Parish Office.

There is no charge for exhibitors or visitors to the show and we hope all who come really enjoy the experience. Norfolk County Council's Norfolk Arts Project Fund has donated £100 to our funds to assist in the exhibition which enables our local artists and residents to have access to such an event for which we are very grateful.

Roger Drinkwater

On behalf of the Old Friends Hall Committee

'Thin Lizzy'

The UK's number one tribute to Thin Lizzy make their very welcome return to Heacham Public Hall on Saturday, April 12th - 8pm The band, now in its 17th year of touring the UK and Europe, play all the classics in a full two hour Lizzy spectacular. Not to be missed. Tickets on sale now from me 07747 156204 or at the Social Club - £12.50.

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HEACHAM MANOR HOTEL

Ref HNL

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We always have a featured author every month, either someone new to our collection or reintroducing and updating an old favourite. We had a big clear out of books in March, which means we have been able to add more fiction to the Library collection. A clear out means that we have lots of newer books on our clearance table so pop in and bag a bargain. We have also positioned our 'new in' and 'just read' shelves in a more central position so you can more easily see what is new and what other people are reading.

This last year book lending and computer use has increased, so a big thank you to our volunteers who keep things running smoothly. Please note that the Library will be closed on Good Friday and on Easter Monday.

Heacham Library Opening Hours
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A group of old schoolgirl friends meet up once a month at Norfolk Lavender for coffee and a chat about old times.

When the 'old' photograph was taken in 1950 Mr Williman was our Headmaster. The Form Master in the photograph is Ronnie Quayle.



Amongst the girls in the photograph are: Norma Rudd, Diane Stanton, Sheila Walden, Gladys Webb, Maureen Nobes, Marlene Gascoigne, Janice Proctor, Sylvia Williamson, Kathy Williamson, Jean Hudson, Fiona Mcleod, Peggy Smith, Janet Jacob, Maureen Nudds, June Richardson, Ann Stone and Jill Dix.

(Not forgetting the boys – identified on the back row are: Adam Flockhart, Tom Dobbie, Jimmy Rudd, David Riches, Tony Parnell, Robert Smith and Brian Proctor. In the front row are: Billy Rowson, Dickie Newall and Louie Richardson).

The 'new' photograph shows us at our monthly get-together at Norfolk Lavender.

If there are any other school friends who attended Heacham School – not necessarily in 1950 – and you are interested in



joining us for coffee and a good old natter, you are very welcome.

If you ring Janice Maiden (Daw) on 01485 570742 or Janice Rumley (Proctor) on 01485 579126, we will tell you when the next coffee get-together is.



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Scallywags Parent, Baby & Toddler Group

Spring has sprung – hooray! The flowering daffodils planted by the children in September are proof. We are looking forward to opening the playgroup garden again very soon and making full use of all the lovely new outdoor toys we were able to buy, thanks to the Hunstanton and District Lions donation last year.

We also hope to have a greenhouse made from plastic bottles which is currently under construction by Louise Rudd. Thank you again to everyone who gave us their empty bottles, especially Geoff Sills.

Thank you also to Rose for her play-doh making, Carol's son Mason for his expert railway track building on his Smithdon day off, and to all the people who help out on a weekly basis with clearing up, singing, tidying up, pouring tea, sweeping, dismantling highchairs, lifting tables, monitoring glitter etc. As ever Scallywags works because of your team spirit – thank you!

We would also like to shout a BIG thank you to all of the local businesses who have donated a raffle prize for our fundraising Cake and Coffee Morning on Saturday 5th April (10-12 at the Scout Hut). We will make sure we thank you all by name in the May edition! Lastly, thank you to Chris Hawkins for printing our bright and cheerful yellow posters advertising the coffee morning.

We very much hope to see lots of you at the coffee morning where they'll be craft and bric-a-brac stalls, an Easter egg hunt, homemade cakes and all for an excellent cause – toys, books and craft materials for our youngest villagers.

In the meantime, our friendly and lively parent, baby 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.

HEACHAM MOBILE LIBRARY SERVICE

Changes To Routes And Timetables

The Norfolk Mobile Library Service has gone through a process of restructuring. The changes came into effect from 24th March and there has been an impact on the service provided to Heacham.

The Mobile Library now originates from Wells and visits the village on Mondays, with the village continuing to be served by two routes. There have been changes to both of these routes, with alterations to stopping times and places affecting both routes.

Both routes and the April calling dates are detailed as usual on the back page of this Newsletter.

Editor: This information was not available when the March Edition of The Heacham Newsletter went to press.

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**FOR MORE INFORMATION RING
 CHARMAINE ON 07779 011 937**

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Monday 28th April 2014

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1st Heacham Cubs

At the end of our last term we had our Pirate fundraising evening; the Cubs came dressed as Pirates and we played pirate themed games. Well done to Nathaniel Linsell who won 'Find the Treasure' and won a bag of chocolate coins, and William Jones who successfully named and won the very large parrot. Altogether we raised £30.00 which was donated to Wateraid the charity they have been looking at over the last few months for their Global Challenge badge.

On Saturday 22nd February we took 11 Cubs, who joined 200 other Cubs at the cinema in Kings Lynn, to see 'Lego - The Movie'. The children all enjoyed the film and it always looks good to see a huge group of Cubs together in their uniforms.

During this term we have had games night where the Cubs pick the games they want to play and we made Pancakes the Thursday after Shrove Tuesday. All the Cubs had a go at flipping their pancakes and were very successful at catching them again!

The rest of the term we were looking at our Road Safety badge and when the evenings get a bit lighter we will go out and improve our compass skills.

Heacham Cubs are really proud that six Cubs were awarded their Silver Awards on March 13th by Julian Geraghty, our Group Scout Leader. This is the highest award they can achieve in Cubs, so well done to :

Robert Bridge, Kieran Chick, Archie Greef, Nathaniel Linsell, Rory Sewell and William Thompson.

Three more Cubs are very close to finishing their Silver Awards and we are hoping they will be receiving their awards soon.

Thirteen Cubs came to our annual sleepover at the hut in March. While setting up the judo mats and pop up tents, the Cubs played Giant Jenga and when everyone was settled we watched DVDs and ate popcorn. Before bed it was hot chocolate and marshmallows.

Breakfast was sausage, bacon, egg and beans plus toast for those who were still peckish. Everything was packed away ready for their parents to collect them at 9am on the Saturday.

We finished this term on 3rd April and gave all the Cubs an Easter egg at the end of the evening.

We also had to say GOODBYE to Archie and William T, who have reached the age to leave us and move on to Scouts. It was sad to see them go but hope if they do stay at Scouts that they have a brilliant time.

There are 15 Cubs in the pack now with two new ones being invested, so welcome to Joel and Ryan plus the two Beavers who joined us this term.

After Easter we are planning on spending some time in our garden and other exciting things.

Happy Scouting to all our Cubs.

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

1st Heacham Scouts

HELP!



The Scout troop has been running for some years now under the leadership of Julz and Rob. Rob has retired from the post, and so the Scouts are on the lookout for another leader to help out. The troop meet on Monday evenings during school term times. There is occasionally an extra event at weekends, but this is only occasional.

The troop is successful enough that a minimum of two adults are needed for each session, so it's important that we get some extra help. You do not need any special training; all training necessary will be provided. A DBS check would be necessary for all helpers (as it is with anybody working with children these days). Even if you think you may only be able to help part of the time, please contact us; your help could be invaluable.

It would be a real loss to the boys and girls of the village if the troop cannot be run full time, so please have a careful think about whether you could spare a couple of hours a week to help us. Male or female, as long as you have a genuine interest in helping the kids develop and learn, or if you just think it would be fun, let us know.

Julian - tel: 572890



Heacham
Spring Art Show

3-4 May 2014
10am - 4.00pm

Showcase of Local Artists' Work
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Event Enquiries 01485 572142

Old Friends Hall Committee
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Heacham at Night

Vesta
Ceres **Mars**
Spica
East South

Heacham has some more amateur astronomers. I can say this with confidence because Heacham at Night Live Two, on 5th March, was a success and participants managed to mix observations of Jupiter and its Galilean moons with listening to the talk about them. Thank you all for coming. There will be another opportunity for such revelry for anyone interested at the end of May - most likely Friday 23rd, look for confirmation in May's newsletter. It will be a late session (finishing around 10.30pm) to await darkness and a chance to view Saturn. Other things will be in the sky too; watch this space.

Anyway, did anyone see the Aurora Borealis on 27th February? I would like to say that I did but I didn't as I was not here that night which guaranteed the spectacle. Aurora are caused by charged particles from the sun spiralling down magnetic field lines to the Earth's poles (remember iron filings and magnets at school). When the particles hit molecules of gas in the atmosphere, energy is released as light, red light if oxygen is involved, green if nitrogen. There have to be a lot of particles such as are released when the sun throws out a lot of matter - a coronal mass ejection. Large sunspots are associated with such events. The Earth's magnetic field protects us from much of the disruptive effects of high energy particles from the sun and information just released by NASA, reveals that a field of plasma (charged gas) around the Earth, reacts to intense solar particle activity by creating a plasma 'shield' further protecting us from the solar blast. James Lovelock, founder of the Gaia

hypothesis which sees the whole Earth as a self-regulating living entity, would love this new revelation.

Back to reality; what to see in April's night skies? It has to be Mars which reaches opposition on the 8th April so is as close as it will get to us and it will be as bright as Sirius. If you found it last month you will find it again in about the same place - a little east of SE and about 20 degrees above the horizon, red in hue, distinctly a planet. A bright star, Spica is below and to the west of it. A good telescope and a very clear, undisturbed, sky will reveal some surface markings on Mars and perhaps a glimpse of a polar cap (a thin layer of frozen carbon dioxide). I have not seen one but will try again. We know more about Mars than other planet because of the plethora of orbiters and landers that have been there or are there. I believe there are currently 5 active missions at Mars and two more were launched towards it in November, including one from India. Google 'craft on Mars' and find out about the work all these robotic machines are doing. There has not yet been a return to Earth of Mars rock partly, I suspect, due to cost and certainly because of the sophistication and long life of rovers which carry chemical laboratories with them and transmit their findings back to Earth. However, there are rocks from Mars available to look at on Earth, 132 of them in fact (not just from Wikipedia. I recently attended a talk by Dr Caroline Smith, the Curator of Meteorites at the Natural History Museum, London, who brought a lump of Mars along with her). How do Martian rocks get here? The clue is in the previous sentence - as meteorites. How do bits of Mars become meteorites? By being blasted off the surface of Mars in an impact with a meteor, asteroid or comet, Mars gets a new crater and we, possibly, a very long time later, receive a bit of Mars. How do we know these rocks are from Mars? Come along to Heacham at Night Live 3 and I will explain.



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A section of Martian rock magnified to show structure. The yellowish bits are carbonates. This piece of Mars was found in Antarctica in 1984. Antarctica is a very good site for meteorites. Why? Think about it. There are at least 2 reasons.
Natural History Museum

Talking about asteroids, now often referred to as minor planets (at least 1 million known), two of these reach opposition on 18th April. Vesta I talked about last month as I spotted it through my telescope. Though smaller than Ceres, Vesta is closer and theoretically visible to the naked eye around the 18th. Binoculars should reveal it if you can find it - more later. Ceres is now called a dwarf planet like Pluto. Not so odd really as both it and Vesta were listed as planets for about 50 years in the 19th century. Astronomers were searching for the 'missing' planet which mathematics demanded between Mars and Jupiter, Ceres and Vesta and others fitted the bill. Ceres will be visible through good binoculars or a telescope. The two moons of Mars, Phobos and Deimos, are likely captured asteroids. Go to: http://en.wikipedia.org/wiki/Moons_of_Mars and watch a short

video clip of phobos passing in front of Deimos captured by the rover Curiosity August 1st 2013.

And talking of meteoroids, the Lyrid meteor shower comes around again between 16th and 25th, peaking on the night of 21st / 22nd April. The moon will be out of the way until the early hours. Look to the east and above you and remember lying on a recliner with a blanket is the best way to observe meteors. The Lyrids are bits of a comet's tail that the Earth passes through every year. The comet responsible is named Thatcher. Not after a recent politician, but because it was discovered by A.E. Thatcher in 1861. It will be along again in AD 2,276 as it is a long period comet which takes 415 years to orbit the sun. So it originates from the Kuiper disc beyond Pluto, not the fabled Oort cloud even further away (see earlier newsletters).

Now back to finding Vesta. Find Mars on the 8th - see above. Move 7 degrees due east of Mars and up a bit. Seven degrees is the width of four fingers plus another little finger held at arm's length. Look at that part of the sky with binoculars and the very small blob which does not twinkle at all is Vesta. On the 18th when Vesta is closest, it is 15 degrees away from Mars, the distance between the tips of your index and little fingers spread out at arm's length. Ceres is a little (3 fingers) east and south of Vesta on both given dates and those in between. Alternatively, use the free software Stellarium to help you before you venture outside. This software is now available on the computers at Heacham Library. I will be offering 'training' sessions on future dates. Look on the Library notice board. Stellarium for basic use is very easy but it may help just to be shown one or two things.

Three other things to look out for:

- The Great Globular Cluster in Hercules, M13. It is a binocular object slightly north of east in April and is about the same elevation as Mars (go several hands to the left of Mars). It contains about 300,000 stars, is 25,000 light years away and 145 light years across. (1 light year is 9,500,000,000,000km).
- Mid-month, Saturn is above the SE horizon from about 10pm. Somewhat east of Mars and much lower down. You could see Mars, Saturn, Ceres and Vesta + Spica and Arcturus without moving your head.
- The beginning of a lunar eclipse (when the moon passes into the Earth's shadow) at 6am on 15th April. We only see the beginning as the moon is setting.

Keep looking up. Maybe I will see you at the Library or at Heacham at Night Live Three.

Terry Parish

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What is a Stroke and its Effects

Carmel Austin - Stroke Association

Cancer Support Service

Nicky Dobson - Community Cancer Nurse Specialist

Queen Elizabeth Hospital Updates

Elaine Corran - Land Governor Foundation Trust

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‘Spring is in the air’

Spring is in the air
You can see it all around
Snowdrops and yellow daffodils
In my garden all about
You smell it as your walking
You can hear it in the trees
The sounds of birds loudly chirping
On the early morning breeze
A gentle wind dispels the petals
From the cherry blossom tree
Fluttering to the ground, like confetti
What a pretty sight to see
The children, cooped up all winter
Are now out, and having fun
Expanding built up energy
Neath a welcome burst of sun
The water on the lake glistens
Like diamonds in the sky
The pleasure on people’s faces
As I see them passing by
There are four seasons in a year
But by far, Spring is the best
Mother Nature blooms, in all her glory
She’s had her Winters rest

By Janette Burns 2013

Nicki Williamson
Advanced Hypnotherapy & NLP
Phone: 07568 145151
Email: n.williamson104@btinternet.com
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?

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Nicki Williamson MCAHyp DABCH

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Mark and Paula



Heacham In Bloom



Spring has sprung! Therefore the Spring Tidy Up is now well underway. The spring planting around the village demonstrates that In Bloom is not just for Summer, with a special well done to Mark and Marie for the lovely display at the Fox and Hounds Pub in their new raised beds. Heacham In Bloom continues to be grateful for the sponsorship commitments from local businesses and groups as the spend on plants has increased this year. Heacham Post Office joins the list of traders participating in the High Street Scheme and there will be an extra display in the village courtesy of Heacham Indoor Bowls Club. Launching in April - **The Best Blooming Caravan and Caravan Park Competition 2014**. This competition is growing bigger and better every year. Posters and entry forms will be sent to each caravan park in the village over the next month. Forms will also be available from the Parish Council website www.heachamparishcouncil.co.uk. Heacham Pride of Place Campaign has also been launched for 2014; this is the initiative where we hope to encourage you to take a fresh look at where you live, work or play and put into practice ideas which could improve it. The Heacham Newsletter have again sponsored this Campaign and the first areas or groups to register will be given a £10.00 voucher to spend at Moulam and Horn on plants. Ideas can be as simple as troughs or planting round your street name sign. Heacham in Bloom is about our community and taking pride in making it lovely or should we say lovelier.

Thank you to those of you who attended our Quiz Night, to the Fox and Hounds (Hosts) and to Marcus Liddington (Quiz Master).



We had a great turnout and raised £110 to go towards our planting this year.

Heacham In Bloom Team
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HEACHAM DIARY

Saturday 5th April Scallywags Parent Baby & Toddler Group 'Cake & Coffee Morning' 10am-12noon at the Scouts Hut Bric-a-brac Easter Egg Hunt Cakes etc.

Sunday 6th April GIG 'Afternoon Jazz' 1.30pm at Fox & Hounds Station Rd

Monday 7th April Heacham Group Practice 'PPG Meeting' 7.30pm at Heacham Surgery QEJ Updates & Talks All Patients Welcome For info Tel: Mike Press 579007

Tuesday 8th April GIG 'After Hours Blues Band' 8.30pm at Fox & Hounds Station Rd

Friday 11th April GIG '101 Proof' 8.30pm at Fox & Hounds Station Rd

Tuesday 15th April GIG 'Part Time Blues Band' 8.30pm at Fox & Hounds Station Rd

Saturday 12th April Heacham Twinning Association 'Quiz Night' 7pm for 7.30pm at The Old Friends Hall

Sunnyside Teams of 4 Tickets £2.50pp Individuals welcome to make up teams To book Tel: 579465 or 572983

** GIG 'Limehouse Lizzy' 8pm at Heacham Public Hall Tickets £12.50 from Trev Framlingham 07747 156204

Friday 18th to Monday 21st April Fox & Hounds 'Beerfest'

Friday 18th April GIG 'Groove Cartel 8.30pm at Fox & Hounds Station Rd

Saturday 19th April Easter Fete at Fridhem Rest Home Station Rd 2-4pm Eggbola Egg Basket Cake Stall Easter Raffle and lots more

** GIG 'Pat Martin' at Silver Sands

Sunday 20th April GIG 'HillBilly Cats 8pm at Fox & Hounds Station Rd

** GIG 'Matt Pearce' at Silver Sands

** Easter Egg Hunt at 3.30pm Heacham Social Club Members Only Followed by an Easter Bonnet Parade

** Easter Draw at Heacham Social Club

Monday 21st April GIG 'Mark Wilkinson's Jazz Quartet' 8.30pm at Fox & Hounds Station Rd

Tuesday 22nd April GIG 'Norfolk Blues Society' 8.30pm at Fox & Hounds Station Rd

Friday 25th April GIG 'Jam Session with DNA' 8.30pm at Fox & Hounds Station Rd

Saturday 26th April Messy Church at St Mary's Heacham 10am-12 noon Book in advance Tel:571348 Brian/Josephine or email griffin568@btinternet.com

Monday 28th April 'Bingo' at Fridhem Rest Home Station Rd Eyes down 7pm Tea Coffee & Biscuits All welcome

Tuesday 29th April GIG 'John's Blues Crew' 8.30pm at Fox & Hounds Station Rd

Friday 2nd May GIG 'Reckless Jiving' at Fox & Hounds Station Rd

Saturday 3rd and Sunday 4th May Heacham Spring Art Show 'Showcase of Local Artists' Work' at the Old Friends Hall Sunnyside Refreshments Event enquiries Tel: 572142

Friday 13th June & Saturday 14th June Pocahontas Players presents 'Theatre Nights' 7.30pm (Fri) 2pm & 7.30pm (Sat) at Heacham Public Hall More info or tickets from Janice 570402 or Jim 571267

NEWSLETTER SUDOKU No. 79 Complete the puzzle so that each row, each column and each block of nine contain the numbers 1 to 9. Solution next month.

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

Solution to Newsletter SUDOKU No. 78								
8	2	3	7	6	9	5	4	1
5	1	9	8	3	4	6	2	7
4	7	6	1	2	5	8	3	9
6	3	2	5	9	7	1	8	4
1	5	7	4	8	2	9	6	3
9	4	8	6	1	3	7	5	2
7	6	4	2	5	1	3	9	8
2	9	5	3	7	8	4	1	6
3	8	1	9	4	6	2	7	5

How quickly can you discover the meaning of the following?

- | | |
|---------------|----------|
| 1. CCCCCC | 4. DNUOR |
| 2. POTOOOOOOO | 5. B E D |
| 3. SYMPHON | 6. ME |
| | AL |

Answers on page 41

TIDE TABLES FOR APRIL & MAY 2014

HIGH WATER AT HUNSTANTON							
Heights above chart datum							
Time Zone UT (GMT) add 1hr for BST							
April 2014				May 2014			
Date	Morning		Afternoon		Date	Afternoon	
	Time	m	Time	m		Time	m
1 TU	07 14	7.5	19 23	7.8	1 TH	07 24	7.3
2 W	07 48	7.4	20 02	7.7	2 F	07 56	7.1
3 TH	08 21	7.2	20 39	7.3	3 SA	08 26	6.9
4 F	08 51	6.9	21 16	6.8	4 SU	08 56	6.6
5 SA	09 23	6.5	21 54	6.2	5 M	09 31	6.2
6 SU	09 59	6.0	22 40	5.6	6 TU	10 14	5.9
7 M	10 49	5.6	23 53	5.1	7 W	11 17	5.5
8 TU			12 13	5.3	8 TH	00 25	5.3
9 W	01 22	5.1	13 40	5.3	9 F	01 39	5.3
10 TH	02 36	5.4	14 48	5.6	10 SA	02 41	5.6
11 F	03 35	5.7	15 40	6.0	11 SU	03 33	6.0
12 SA	04 20	6.1	16 23	6.3	12 M	04 17	6.3
13 SU	04 57	6.5	17 03	6.7	13 TU	04 58	6.7
14 M	05 32	6.7	17 41	6.9	14 W	05 38	6.9
15 TU	06 08	6.9	18 20	7.1	15 TH	06 18	7.2
16 W	06 43	7.2	18 58	7.3	16 F	06 57	7.3
17 TH	07 19	7.2	19 35	7.3	17 SA	07 37	7.4
18 F	07 53	7.2	20 12	7.2	18 SU	08 16	7.3
19 SA	08 28	7.2	20 53	7.1	19 M	08 59	7.2
20 SU	09 07	6.9	21 39	6.6	20 TU	09 48	6.8
21 M	09 55	6.5	22 36	6.1	21 W	10 46	6.5
22 TU	10 54	6.1	23 56	5.7	22 TH	11 58	6.2
23 W			12 14	6.0	23 F	01 09	6.0
24 TH	01 35	5.9	13 40	6.1	24 SA	02 21	6.1
25 F	02 52	6.1	14 52	6.5	25 SU	03 23	6.3
26 SA	03 53	6.6	15 51	6.8	26 M	04 17	6.6
27 SU	04 46	6.9	16 45	7.2	27 TU	05 05	6.8
28 M	05 30	7.2	17 33	7.3	28 W	05 44	6.9
29 TU	06 10	7.3	18 19	7.4	29 TH	06 23	7.1
30 W	06 47	7.3	19 02	7.4	30 F	07 00	7.1
					31 SA	07 35	7.1

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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 Shirley Milborne (PRH)
SUNNYSIDE CLOSE (Sheltered Housing for over 60's) Coffee
Morning 10.30am Tel : 570492
RAINBOW CIRCLE TODDLER GROUP 1pm in school term
time Tel: Pip 570812 or Karen 571837 (SM)
ZUMBA GOLD Exercise to music 1-2pm Suitable for all
levels 2.15 - 3.15pm Gentle stretch & relaxation classes for all
ages Tel: Suzie Povey 07900 818311 (PH)
ROLLASON STAGE SCHOOL Dance Classes 6yrs+
Ballet/tap/modern 4.15-5.15pm Junior Street 5.15-6pm
Tel:579074 (PH)Top Room
2nd HEACHAM RAINBOWS Term Time Girls 5-7 years
5 - 6pm Contact Tel: Jenny 534107 (MC)
JUNIOR TENNIS COACHING 5-6pm (w.e.f 28th April) For
details Tel: Janice 07923612187 (HSC)
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 April Mtg. 14/4/14 @ 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: heachamdigitalcamerclub@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
LINE DANCING Beginners/Improvers 6.30 - 8pm Cost £3
Contact Diane 571166 (SM)

WEDNESDAYS

CAR BOOT SALE (Starts 23rd April) Gates open at 7am (not
before, do not turn up any earlier) £6 up to two tables £10 all
others Tel: Mick Harpley 07527125574 (HSC) Sports Field
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
SCALLYWAGS PLAYGROUP 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
SENIOR TENNIS 6pm (w.e.f. 16th April)
For details Tel: Janice 07923612187 (HSC)
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 or 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)

OTHER EVENTS

(Events are included on a first come first served basis)

Tuesday 8th April Brancaster Camera Club 'Joy & Mike's Prints' 7.30pm at Brancaster Staithe Village Hall Entrance £3 inc's refreshments For info Tel Jim Till 210013 or Wendy Callow 01553 674725

Friday 11th April Anmer Village Social Club Film Night 'Philomena' 8pm Tickets £3 For more info Tel 579465 or email films@anmerclub.co.uk

Monday 14th April Brancaster Camera Club 'A 4-way battle hosted by Wisbech Camera Club' For info Tel Jim Till 210013 or Wendy Callow 01553 674725

Wednesday 16th April Poetry Morning theme 'Wild Things' 10.30am at Hunstanton Town Hall Basement For more info Tel: Ann McKimm 533933

Sunday 20th & Monday 21st April Open Day at R.A.F. Bircham Newton Heritage Centre Admission & Parking free More info at www.rafbnmp.org.uk

Thursday 24th April Norfolk Wildlife Trust A talk by Simon Harrap 'Harrap's Wild Flowers' 7.30pm at Hunstanton Methodist Church Hall £2 members/£2.50 visitors

Saturday 26th April Cinema in Syderstone presents 'Philomena' 7.30pm at Amy Robsart Village Hall Tickets in advance £3.50 Tel 578588 or 578171 or email cinema@syderstone.com

Tuesday 29th April Brancaster Camera Club 'Print discussion with Kings Lynn CC' 7.30pm at Brancaster Staithe Village Hall Entrance £3 inc's refreshments For info Tel Jim Till 210013 or Wendy Callow 01553 674725

Saturday 17th May 'Just Jazz' featuring Dixie Mix at Sussex Barn Burnham Market 7.30pm for 8pm Tickets £15 from Pat 01362 693245 Christine 572767 or email info@astrofund.org.uk

Friday 15th to Sunday 17th August Old Hunstanton Church Flower Festival and Fete at St Mary's Church All enquires email Dot Lloyd at dot@jjwilsonltd.com or Tel: Julia Mackinder 534010

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

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

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

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

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

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

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

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

ROLLASON STAGE SCHOOL Dance Classes under 6yrs Ballet/tap/modern 4.30-5.15pm 12yrs+ Ballet & modern 5.15-6.15pm Senior street crew 6.15-7pm at 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 for information.

Thursdays

ROLLASON STAGE SCHOOL Drama/Musical Theatre clubs 4.30 - 5.30pm at Hunstanton Town Hall Basement For info 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

ROLLASON STAGE SCHOOL with Lucy Rose Musical Theatre Group 11am Street dance under 12's 12noon Drama Group with Ann McKimm 1pm Musical Theatre 2pm at Hunstanton Town Hall Basement For info 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

Please check that your entry is relevant and up to date for 2014. Should your group/event cease please ensure that you notify us accordingly.

around and about...

Information and Well-being Day

17th May 2014

For those affected by long-term health issues and life limiting conditions.

Organised by WISH

(The Well-being, Information, Support and Health promotion group).

WISH is a collaboration of local charities and statutory providers in West Norfolk. We comprise of staff from Big C, Norfolk Hospice Tapping House, Macmillan Information Centre, Swaffham & Litcham Home Hospice and Cancer Support Team.

We invite you to an information and wellness Open Day to be held on Saturday 17th May at Knights Hill Barn, King's Lynn from 10am- 3pm.

Anyone is welcome; just turn up. There will be lots of local agencies that offer support and information and short talks full of useful help. You can also experience some taster sessions from our complementary therapists on the day, all free of charge.

To find out more about the day please contact Big C's, Kings Lynn, Centre Manager, Tonia King, on 01553 818737 or email Tonia.King@big-c.co.uk



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TalkTime Phone Clubs

TalkTime phone clubs (organised by Independent Age), give you the chance to discuss books, films and more over the telephone in the comfort of your own home. Every four to six weeks a group of about six people meet up over the phone at an arranged time - we call you so there is no cost involved.

If you join a book group, a reading list will be sent out to you. The group will choose a book which they would like to read and discuss in their next call.

Our reading list includes:

- 'A Spectacle of Dust': An Autobiography by Pete Postlethwaite
- 'Kane and Abel' by Jeffrey Archer
- 'The White Queen' by Philippa Gregory

"This has been a great joy to me and I thank you for having started this book club."

If books are not your thing you can join one of our discussion groups. Our groups discuss all sorts from the royal family to recent day trips, hobbies, cooking or even what's been on TV.

To join a group, please complete the form on the website, or call Harjinder Jhaj on 020 7605 4267.

Website: <http://www.independentage.org/befriending/join-a-telephone-book-or-discussion-group/>

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Treasure returns to King's Lynn

Voted as one of East Anglia's favourite masterpieces, the King John Cup will return to the town hall this week, where it will once again be on show alongside King's Lynn's regalia and civic treasures.

The 15-inch silver gilt cup recently played a starring role in the Masterpieces: Art and East Anglia exhibition that attracted over 40,000 visitors at the Sainsbury Centre for the Visual Arts.

Believed to date to around 1340 and considered to be one of the most important secular standing cups of the period, the cup was voted second favourite of the 277 items on display by exhibition visitors, only being surpassed by John Atkinson Grimshaw's painting, Silver Moonlight.

Now local people will have another opportunity to enjoy one of King's Lynn's most prized possessions as the King John Cup returns to its regular home at King's Lynn Town Hall.

The cup is exquisitely decorated and rewards close inspection. 21 enamelled panels, showing hunting scenes, circle the delicate bowl of this stately piece. Hounds chase hares and a fox in the imagery that winds around the intricate, heavily decorated gilt foot.

The cup has a long association with King's Lynn, being first mentioned in the Hall book of King's Lynn in 1548, where it is listed as the first item in a list of plate delivered to the mayor.

Cllr Elizabeth Nockolds, Borough Council Cabinet Member, said: "We were delighted to loan the King John Cup to the Sainsbury Centre to take part in their prestigious exhibition and felt it was testament to the quality of our collections. We've always felt proud of it and our wider heritage, but were particularly pleased to have our beliefs confirmed by exhibition visitors, who voted it as their second favourite object of the 277 items on display.

"It is easy to overlook the treasures we have on our own doorstep; we have a wealth of history in King's Lynn and some objects of exceptional quality. I hope that the latest interest in the King John Cup will renew local interest and pride in our civic treasures and encourage visitors from further afield to come and see what this town has to offer."

People can see the King John Cup and explore other civic treasures including the King John sword and King John charter, at the Regalia Rooms, King's Lynn Town Hall. Whilst at the Town Hall, it's worth visiting the Tales of the Old Gaol House exhibitions, where people can find out more about the town's history – be prepared for tales of wealth, murder and witchcraft! The Regalia Rooms and Tales of the Old Gaol House are open Wednesday–Saturday 10am– 4.00pm. It is free to view the regalia collection, but there is a small charge to enter the Tales of the Old Gaol House museum.

These are exciting times for the town hall. The borough council is awaiting the outcome of a bid for funding from the Heritage Lottery Fund. If the bid is successful, it could enable a £2.6 million enhancement project to begin. The aim of the ambitious project is to open up the magnificent town hall complex to a wider audience. For more details about the proposals please see: www.west-norfolk.gov.uk.

For more information about the King's Lynn Town Hall please visit: www.kingslynn townhall.com



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SATURDAY 9AM-5PM SUNDAY 10AM-4PM
WWW.WALSINGHAMFARMSSHOP.CO.UK

Brancaster Camera Club

Tuesday, 8th April 2014

'Joy & Mike's Prints'

Joy Hancock FRPS, MPAGB & Mike Hancock DPAGB
A return visit by these excellent, well known local photographers

Monday, 14th April 2014

4-way battle hosted by Wisbech Camera Club

Tuesday, 29th April 2014

Print discussion with King's Lynn C.C.

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.

Community Cinema

**On Saturday 26th April
Cinema in Syderstone**

Presents

Philomena (12A)

From the director of 'The Queen' and likely to be a similar mega-hit. Judi Dench as the Irish woman searching for the son taken from her when a baby and assisted by Steve Coogan's journalist. Funny, beautifully done on all levels. Everyone will want to see this film even if they see it in the cinema before we can get it.

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

Anmer Village Social Club Film Night

Friday 11th April 2014 at 8.00pm

'PHILOMENA'

Starring Judi Dench & Steve Coogan
Based on the incredible true story

Doors open 7.30pm

Tickets on sale at the door - £3.00

Further details tel: 01485 579465 or
email: films@anmerclub.co.uk

ThinkingWISP



ThinkingWISP has expanded – fast, local, broadband.

Thanks to new masts, ThinkingWISP is now able to provide fast, local broadband across 90% of Norfolk.

ThinkingWISP is a partnership between local charity Norfolk RCC, buying group Anglia Farmers and local business InTouch Systems, to help homes and business deal with the issue of slow broadband.

Two new masts have extended coverage of high-speed, rural broadband across West Norfolk and into Cambridgeshire, allowing more homes and businesses in the area to benefit from fast broadband. Now covering the majority of Norfolk, ThinkingWISP is a solution available today with satisfied users across Norfolk and North Suffolk.

The system uses wireless technology to transmit an internet connection, which is picked up by customers using a small aerial. As it is a wireless system, homes and businesses can benefit even if location means that current internet speeds are very slow. A BT line is also not required, giving a further opportunity to save line rental costs.

The service offers speeds from 3 to 10Mbps and those are not 'up to' speeds, but actual speeds which will be received, backed by a 30 day money back guarantee.

For more information call 01603 558001 or visit www.thinkingwisp.co.uk



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www.scrappycatcrafts.co.uk | 01485 298017

Scrappy Cat Crafts are pleased to announce their move to larger premises.

From 1st March they have been trading from 5 Old Church Rd., Snettisham, just across the road from their existing shop in Lynn Rd.

The business has now been running for nearly four years and has a loyal band of regular customers and visitors from further afield. We hope they will benefit from the larger, brighter area in which to browse and access our much extended range of art materials and craft products.

The move also provide far more space and comfort for our popular art and card making classes, allowing us to accommodate more class members. If you are interested please ring 01485 298017.

Scrappy Cat Crafts also run very successful web, facebook and ebay shop businesses as well as the Snettisham shop, and is constantly looking to add additional lines to satisfy the needs of the ever growing band of crafters, and the local art community.

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7.30 for 8.00 pm

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Pat - 01362 693245 or Christine - 01485 572767

or email info@astrofund.org.uk

Light refreshments during the interval

In aid of Macmillan Cancer Support & Astro Brain Tumour Fund



Thursday 24th April – 7.30pm

The West Norfolk members' group invites you to:

An illustrated talk by Simon Harrap

Harrap's Wild Flowers

Venue: Hunstanton Methodist Church Hall, Austin Street

Cost: £2.00 members / £2.50 visitors



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DO YOU HAVE INCOME FROM PROPERTY?

PART II: FURNISHED HOLIDAY LETS

By Kathryn Gigg Chartered Accountants, Hunstanton

Furnished Holiday Lets (FHLs) inhabit a unique position in UK Tax legislation. Their tax treatment floats between that of an investment (like their buy-to-let cousins) and a fully-fledged business (like a high street shop, for example). This is because they exhibit many of the features of both, and this can be used to advantage by the well-advised owner.

Firstly, it is important to be aware of how a property can qualify for treatment as an FHL. The property needs to be fully furnished, be situated in the UK or the European Economic Area and fulfil the qualifying requirements of being **available for letting at least 210 days a year, actually let out for at least 105 days** and not let for periods of 'longer term occupation' (a let for more than 31 days) for more than 155 days during the year. The intention of these criteria is to only give the more generous treatment to properties that are genuinely being let as a holiday let on a commercial basis. Prior to 6 April 2012, the availability and actual letting requirements were less onerous, 140 and 70 days respectively, and HMRC became concerned that some properties were qualifying for the beneficial tax treatment where the emphasis was on family use, rather than for third party letting.

To assist those owners who have properties that previously 'qualified' but where there might be up to two non-qualifying years (perhaps because of a 'washout' Easter, or Summer, preventing the occupancy meeting the 105 day requirement) the Revenue brought in special rules. If holiday accommodation qualifies for the special 'period of grace' treatment, it will be treated by virtue of this rule as 'qualifying'.

Once the property is confirmed as being a FHL then the preferential tax treatment allows a tax deduction for capital allowances on fixtures and fittings, as well as any plant and machinery/equipment used for the 'business' including 'integral features' (specific advice on this area should be sought to ensure that your claim is maximised). Note that there are no capital allowances on the cost of the property itself or the land on which it stands.

Additionally, any profits made on a FHL business count as earnings for pension purposes.

Perhaps the most generous treatment in a rising market is for **Capital Gains Tax** (CGT) on the eventual disposal whereby **Entrepreneurs Relief** (ER) will reduce the CGT charged from 18% or 28%, to a flat 10%.

Two other taxes that should not be overlooked however, are **Inheritance Tax** (IHT) and **VAT**: following a recent Tribunal decision made in favour of HMRC in the vast majority of cases a FHL left on death will be treated as an investment property (rather than business property), and, as such, will be fully chargeable to IHT as part of the deceased's Estate.

As regards VAT, the rental income from a FHL is treated as taxable turnover for VAT purposes which means that if the owner is already registered for VAT then they must charge 20% VAT on the FHL rentals. This point quite frequently catches people out, so please do ensure that you take advice immediately if you have any concerns in this regard.

The special tax treatment, as set out above, together with the potential for higher rents when compared to a property simply let out on an Assured Shorthold Tenancy (AST), can make FHLs a very worthwhile venture particularly in popular holiday areas such as our own.

The key to success with a FHL is to obtain good, practical, professional advice at each stage of the process, certainly in advance of the initial purchase, or, eventual sale. There is, of course an annual requirement to complete a Self Assessment Tax Return and here, as with many things, early professional assistance makes sense. For example, there are specific rules about relief of losses arising from FHLs, along with averaging elections in respect of the availability threshold that can be made where you own more than one FHL.

Kate Gigg and her team at Kathryn Gigg Chartered Accountants specialise in all aspects of property tax and would be pleased to advise you whether you are a new/potential FHL investor or an existing owner who would value some professional input. As set out above there are tax planning opportunities there for the taking, but, care is required, and it is important to get good specialist advice throughout the period of ownership.

If any of these issues affect you and you are in need of further advice, please contact either Kate or her assistant Nicola Tarry FCA, who will be pleased to talk matters through with you.

Mrs K H Gigg FCA

Please contact Kathryn Gigg Chartered Accountants, Hunstanton on 01485 534800/email kate@kathryngigg.co.uk if we can assist in any way.

Caution: The information listed above is for general guidance only. You should neither act, nor refrain from action, on the basis of any such information. You should take appropriate professional advice on your particular circumstances because the application of laws and regulations will vary depending on particular circumstances and because laws and regulations undergo frequent change. Whilst 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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HEACHAM MANOR

Heacham Manor, Hunstanton Road, Heacham PE31 7JX www.heacham-manor.co.uk Ref HNL

Heacham Manor opens new golfer bar and changing rooms.

Heacham Manor are pleased to announce that the new Avocet Golf Bar is now open and providing a warm welcome for all golfers, their guests and hotel visitors. The new Avocet Golf Bar is open daily from April 5th throughout the summer serving light snacks and refreshments for golfers to relax after playing. With a number of comfy chairs and sofas and a big screen TV showing live sport, guests will be able to enjoy much more than just the golf when visiting Heacham Manor.

The new modern changing room facilities for gentlemen and ladies are also available 7 days a week for members and guests alike.

The Avocet Golfer Bar is set in the Avocet Barn. This is also the venue for the Mulberry Retreat which offers a wide range of beauty treatments, deep tissue massages along with alternative therapies providing holistic experiences for ladies and gentlemen.

The golf course at Heacham Manor is maturing well. Since the appointment of Trevor Dennis as Head Green keeper last September, the condition and attention to detail has been superb with the greens gaining a reputation as some of the best in the area. Heacham Manor's membership season runs from 1st May 2014 to 30th April 2015 with full membership from £626. However anyone joining early will receive April included for free. Heacham Manor also offers a discounted rate for playing four balls and twilight golf.

Heacham Manor Hotel offers superb golf breaks from just £84 per person and the North West Norfolk Golf Tour offers two nights dinner, bed and breakfast with golf at Heacham Manor Hunstanton and King's Lynn Golf Courses. Contact Heacham Manor on 01485 536 030 or www.heacham-manor.co.uk for more information.

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New online directory and information centre for older people

Older people living in West Norfolk will be able to 'ask LILY' for information about a host of services, activities and information when the new LILY (Living Independently in Later Years) online directory launches this week.

The new directory which can be found at www.asklily.org.uk has been compiled by the Borough Council of King's Lynn & West Norfolk on behalf of the West Norfolk Partnership. It contains over 900 entries covering social activities, health, transport, money matters and more, and is designed to be a one-stop-shop for anyone looking for information for the over 65s living in West Norfolk.

At the last Census, 23% of West Norfolk's population was over 65, with 27% of these people living alone. Estimates suggest that these figures are set to rise. Second home ownership, the rural nature of the borough and a trend for people to retire to West Norfolk from other areas, mean many older people can find themselves without vital community or family networks. LILY brings together a range of information for older people and those who support them, in one place, making it easy for people to find the contacts and information they need.

Cllr Elizabeth Nockolds, Cabinet Member for Health and Wellbeing explained: "We want to help older people to live independently in their own homes and to get the most out of living in West Norfolk. Often the services, advice or activities that people need are out there, but getting the correct information relies upon asking the right person, so we're encouraging anyone who wants to know about services for older people to ask LILY. Whether you're looking for information about healthcare, where to find a handy person or local clubs and social activities, LILY should be able to give you what you need to make the first contact."

Hazel Fredericks, Chair of the Older Persons' Forum, which has tested out the new directory, said: "West Norfolk Older Persons' Forum is really pleased to support the launch of the LILY website because it provides a wealth of information to help older people in their daily lives, in so many ways".

Joanne Mawson, who has been compiling the directory, explained that the directory is still a work in progress that the team will continue to develop in the coming months. She said: "There's a lot going on in the area for older people and it has been quite a task pulling together the information. I'd like to thank everyone who has helped and would encourage anyone who runs community services or activities for older people to check that they are listed in the directory and if they are not, to get in touch with us by calling 01553 616653 or emailing: asklily@west-norfolk.gov.uk"

"We're hoping that by asking LILY people will find the answers to their questions, but anyone who can't find the specific information they're looking for can contact us and we will try to fill in the gaps in the future."

As well as being designed for older people to use for themselves, the online directory is also aimed at anyone who supports older people, including professionals, families or carers.

Information is organised under clear categories making it easy to navigate and the online directory includes a search facility and an option to create personalised short-lists of relevant

material.

The online directory is designed to give convenient access for all. However, people who do not have easy access to the internet will be able to call the Borough Council information centre on 01553 616200 and an advisor will navigate the directory on their behalf.



The directory is part of a wider programme of work which seeks to improve older people's quality of life. Known as Prevention First, the programme aims to help prevent acute problems by tackling low-level issues before they escalate.

For more information, visit: www.asklily.org.uk

The picture shows Hazel Fredericks and Cllr Elizabeth Nockolds using the directory.

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Events at Hunstanton Library

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

Under 5s rhymetime at Hunstanton Library:

Wednesdays 2nd April and 21st May 2:00-2:30pm. Monthly on the third Wednesday of each month (term time only).

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

Scrabble Club:

Every Wednesday from 10.00am – 12:00 noon. Come along and enjoy a game of scrabble. Refreshments provided

Spring Storytime

Thursday 10th April 10.30-11.30am

Come along for some seasonal stories and activities with staff from the Hunstanton Children's Centre. Children must be accompanied by an adult.

Members of the Hunstanton Community Choir

will be performing at Hunstanton Library

Saturday 12th April 11.00-11.30am

Come along and listen to some favourite songs, plus a chance to find out more about the choir and how you can get involved! No need to book, just pop in!

RSPB walk from Hunstanton Library

Tuesday 15th April 11.00am-12.30pm

Join the RSPB team at Hunstanton Library for a walk on the local beach and explore the wonderful wildlife that make this their home. Participate in the children's wildlife bingo throughout the walk, see how many species you can see and learn about these amazing creatures. Children must be accompanied by an adult. Booking essential.

World Book Day Coffee Morning

Wednesday 23rd April 10.30am-12.00noon

Why not come along to Hunstanton Library on World Book Day and see lots of our recommended reads, plus tell us about some of your own! No need to book, just pop in to share some good reads with others!

A history of Tapping House and its work

Thursday 24th April 2.00-3.00pm

A talk by Richard Shaw, Chief Executive of Tapping House. Booking essential. Tickets are free but donations to Tapping House welcome.

Miss Savidge moves her House

Thursday 1st May 2.00-3.00pm

From Ware, Hertfordshire to Wells-Next-the-Sea in Norfolk. Forced by a demolition order to dismantle her beloved medieval house, May Savidge spent the rest of her life rebuilding it. Booking essential. Tickets £3.

Pilates morning at Hunstanton Library

Friday 2nd May 11.30am-2.00pm

Pop along anytime between 11.30am and 2pm to find about more about Pilates and how it could benefit you. No need to book, just pop in.

The Story of Hunstanton Pier from 1868 to 2867

Thursday 8th May 2.00-3.00pm

A talk by John Maiden, Chairman of the Hunstanton Heritage Centre Trustees. Free event but donations to the Heritage Centre welcome. Booking essential.

Learn to love your Sewing Machine

Thursday 15th May 1.30-3.00pm

Dressmaker Imogen Crowson will be demonstrating how to maintain your sewing machine, how to take accurate measurements of your body and how to choose correct pattern sizes and fabrics. Booking essential.



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Rotary Matters

Hunstanton & District Rotary Club

Come and support Rotary!

We have two events planned where we will be pleased to see members of the public! All proceeds go to Rotary Charities:

1. Wednesday, 30th April, 7.30pm 'Poetry and Potpourri'

This popular event will be in St. Edmund's Church Hall, Hunstanton and we are having a two-course meal with tea/coffee, followed by a short interlude with Fallon Howe, an up and coming trumpet player, and a few popular songs accompanied by Barbara Wingrove, organist at the Church. Following this will be poetry readings led by our own poet, John Nudds. Please bring along your chosen poem(s)! It promises to be a very enjoyable evening. Tickets £12, from Phil Newell, tel: 01485 53864, email phildory@talktalk.net

2. Saturday, 3rd May, 6.30-10.30pm. Blossom Day Barn Dance on Bank Holiday weekend

Come along and dance the evening away! The dance, with a caller, will be held at Hunstanton Community Centre. There will be a Hog Roast and Bar and the evening is especially likely to appeal to families with older children. Tickets £10 obtainable from Cherry Tree Chocolate Shop, High St. Hunstanton, or Carol Bower, tel: 01485 532392.

How we have helped recently

The Club is pleased to sponsor **Fallon Howe** from Hunstanton who is planning to study music at University. She is a talented trumpet player and will be able to purchase an upgraded professional instrument suitable for advanced study and playing.

Mollie Patterson from Brancaster, is 11 years old and is a person to watch in Table Tennis circles. In the 2014 KLTA Championships she won several prizes, including the Victor Ludorum Trophy for the most successful player of the tournament. We were able to sponsor her so that she could enter the British Primary Schools International tournament in Jersey.

The photo shows Mollie with one of her trophies



The Club is helping **Hunstanton Football Club** to enable them to pay for facilities and referees' fees on home match days. The Club is one of the oldest in the area.

Our recent talks

During February we had Vicky Linton from Blossom House talking to us about the help given to families who need immediate shelter. Vicky finds the local people so helpful and willing; Blossom House relies on volunteers and is entirely self-funded. The

average stay for families is six to ten months. After this they are anxious to move on and start a new life. The volunteers find the work rewarding and the children are soon found schools suitable for their needs and are very well cared for.

At another of our lunch-time meetings, Jon Goodchild, Headmaster from Smithdon High School, thanked all our Rotarians for being so supportive of the pupils at the school and especially for the Mock Interview sessions which are so helpful to the pupils who are already thinking ahead with regard to their careers.

One can tell that the Headmaster comes over as a father figure. He has brought about a community based on respect, love and

discipline where pupils and teachers care about each other. Certainly without this kind of environment, especially the discipline, learning is not possible. Another important factor is that the teachers show encouragement to their pupils, remembering that each child (or adolescent) is different. For instance, some boys tend to be crammers while some girls are more studious! It was a pleasure and a privilege for us to hear the life story of a Headmaster.

All about Rotary

Continuing with our information telling readers all about us, this month informs readers about the history of Rotary's development.

Rotary has been in existence since 1905 when its founder, Paul Harris, a lawyer in the USA, felt isolated in the large city of Chicago. He thought that he could aim for fellowship by bringing together at regular intervals, business and professional men of different trades. These people met regularly at each others' place of business by rota, which led to the name, 'Rotary'.

Early on, each member helped the others in business, then the idea of service to the community came about and the first club, the Rotary Club of Chicago, came into existence. Its first community act was to provide public toilets in the city. Following this came clubs in San Francisco (1908), Seattle, New York and Boston, and by 1910 an Association of Rotary Clubs in America was formed. Quickly, Rotary Clubs spread to Canada (1910), then to Dublin, London and Belfast (1911). This was when a statement of Rotary's principles was made, in particular that the Rotary Club demands fair dealings, honest methods, high standards and thoughtfulness 'for one's fellow'. When Rotary began it was a 'men only' organisation; nowadays both men and women can and do become members. Our Club has several women members. Election to membership in Rotary was (and still is) an expression of confidence by the club in the member elected 'and of its goodwill towards him or her'. Membership is considered to be a privilege.

Today, Rotary is the largest service organisation of both business and professional men and women in the world. Clubs and membership have spread worldwide, with members of different races, gender, faiths and cultures. Members know that, wherever they meet other Rotarians, there will always be fellowship and a welcome. "Service above Self" is its motto. It has been said that the 24 teeth in the Rotary wheel indicate that at any hour during 24 hours at least one Rotary Club will be meeting somewhere across the world. Service and fellowship are at the heart of Rotary. Its popularity is shown by the fact that In Britain and Ireland alone there are 1810 Clubs totalling more than 51,000 members!

Phil Newell & Rene Rooth

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Award Winners!

Any business or individual delivering a top quality service will know how rewarding it is when you are recognised for your hard work and effort. Since being shortlisted for 3 categories at the 'Norfolk Care Awards' held at Dunston Hall on Thursday 13th February, Extra Hands are delighted and extremely proud to announce that we won the award for 'Motivational Leadership' as well as coming 'Highly Commended' in the 'Delivering Excellence Through Learning and Development' category and our Director Hazel Evans being 'Highly Commended' in the 'Outstanding Achievement' category.

The 'Norfolk Care Awards' are held annually to recognise and reward care providers across the county. Dennis Bacon, Chair of Norfolk Independent Care and one of 3 judges on the panel had this to say about the awards 'We seldom recognise the innovation and quality that is delivered by providers in our communities every day, from both independent and voluntary sector organisations. This event provides us with an important opportunity to demonstrate and recognise the excellent work that is being done across the county.'

Extra Hands' Managing Director Anita Walter said 'I am thrilled and honoured to accept the award on behalf of Extra Hands and to recognise the excellent commitment and dedication of all the staff of which I am very proud to lead. We are at the forefront of providing quality care within the community and this award is recognition for our continued hard work and development.'



THE POCAHONTAS PLAYERS Drama Group

The POCAHONTAS PLAYERS presents:

'THEATRE NIGHTS' featuring Willie Wonka
(adapted by Juliet Slight)

This production was chosen for our summer production to enable ALL ages of the Pocahontas Players to take part. It tells how one young lad raised from poverty to owning his own Chocolate Factory. It will be colourful. Lots of very cleverly made props. Great acting. Super singing with plenty of Pzazz!! Seeing for the first time in Heacham Public Hall's history, a Chocolate Factory upon its stage!! (A challenge to say the least)!

Dates for your diaries/calendars:

Friday 13th June 2014 – 7.30pm, with two performances on Saturday 14th June – 2.00pm and 7.30pm.

Ticket sales - phone Janice 01485 570402 or Jim 01485 571267.

LOOK OUT in next month's newsletter for news of The Pocahontas Players one-off 'War Time Memory/Sing-a-Long CHARITY Show'. •ONE•production only!

Saturday evening 26th July. All funds raised will be for 'Scotty Little Soldiers' and 'The Far East Prisoners of War Association'. (Ticket sales through the above numbers).



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The Aftermath of the Floods

A touch of Spring came to Heacham one Sunday at the beginning of March when a rare anti cyclone treated us to a gentle easterly; a warm sun shone from a clear blue sky and all was suddenly well with the world.

The ancient bank that edges Rolfe Acre, one of the churchyards at St Mary's, was carpeted with Daffodils, Snowdrops and fragrant Sweet Violets, whilst high up on one of the two giant Limes that stand by the churchyard, a Mistle Thrush proclaimed confidently to the world that spring was finally here.

I reserved judgement! March might well be wet and windy but, as TS Eliot put it:

'April is the cruellest month, breeding
Lilacs out of the dead land, mixing
Memory and desire, stirring
Dull roots with spring rain.'

As we walked home from Church there were butterflies everywhere. Small Tortoiseshells, some already in pairs, danced high in the sunlit sky and there were even a few Commas showing off their deeply incut orange brown wings: now quite common, although when I lived in Kent in the 60's, something of a rarity. And, as Sue and I lingered over the river bridge watching, mesmerized at the water dancing over the stones, a sleek yellow Brimstone fluttered past us on one of those mysterious missions that its obsessively direct flight often suggests.

This is spring as we always, to a greater or lesser extent, experience it, but such is the fragile quality of our memory that in such congenial circumstances we could easily forget the tumultuous storms, the floods, and damage of the previous 3 months. But this should not be so if only to make sure that the dreadful heartbreak of flooded homes and businesses is not repeated.

What would help most would be the ability to predict extreme weather as early as possible so as to take the necessary measures to protect the public, but this is a real problem. Weather is immensely chaotic and unpredictable, and in Britain as we are a small island group on the edge of a vast land mass looking out on to the wild and wayward Atlantic, anything can, and sometimes does, happen.

Unfortunately, attempts to make long term forecasts are often unsuccessful. In March 2012 after a long drought, the Met Office forecast that the period April to June was likely to be drier than usual. In fact it was extremely wet. Last year it forecast a drier than normal winter and therefore, it is claimed, part of the Somerset Levels was deliberately flooded to sustain water dependent wild life: a move that did not seem in the circumstances to be very wise. So, whilst the Met Office, is extremely good at predictions up to at the most, 7 days, that seems to be as far as it goes!

Weather prediction is also influenced by the debate about Man Made Global Warming. This is caused by carbon emissions such as carbon dioxide, derived from burning which, as it increases, traps more and more heat thus raising the global surface temperature. It is Global Warming which many claim is producing the sort of weather we experienced last winter and this may sound convincing until you look at the facts.

These include the comments of Professor Roger Pielke who has spent a lifetime researching extreme weather. He said to a U.S. Senate committee: 'It is misleading and just plain incorrect to claim that disasters associated with Hurricanes, Tornadoes, Floods or Droughts have increased on climate time scales either in the United States or globally.'

Then there is the evidence of history, and many examples of past weather of the most extreme kind recorded faithfully by local historians, or climatologists such as Hubert Lamb who founded the Climate Research Unit at UEA. The great value of these narratives as evidence is that they happened long before Man made Global Warming was a problem, suggesting that extreme weather has other causes.

Such events include: the gradual destruction of Shipden, Cromer's twin town, between the 16th and 18th centuries, the Great Norwich Flood of 1762 and others in 1878 and 1912, the Great Storm of 1703 reported in great detail by Daniel Defoe, the Storm of 1741 which blew down the SW tower and Steeple of St Margaret's Kings Lynn and the Great Drought of 1921 in East Anglia.

There are many other examples, and one of special local interest is the Flood at Dersingham in September 1671 during which sea walls were badly breached by ferocious winds and a high tide over a couple of dramatic days; cattle drowned, winter fodder lost, ships wrecked on the Wash and coastal roads destroyed. The story has been graphically described in detail by Elizabeth Fiddick in the Dersingham Magazine and I am grateful to her for this information.

John Bird



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News from Rollason Stage School

Professionals of today teaching the stars of tomorrow!

Where do I start?..... what a fantastic show we had on March 1st. All the children did a great job.

I was so proud of all the pupils. Lucy and myself would like to thank our pupils for the lovely flowers – it was very kind of you all.

We have now settled back into our classes ready for a busy term working towards exams, Carnivals, festivals and shows. We are really really busy!

Some of our students successfully auditioned for 'Alice in Wonderland'. They will be appearing alongside legendary magician Paul Daniels, Debbie McGee and BGT Finalist ventriloquist Steve Hewlett.

All my pupils that auditioned were successful - this was a great achievement for the pupils and school. They appear on the 10th and 11th April at the Princess Theatre.

In January 2014 we reduced the current price of Saturday classes to encourage the school to grow and to prove our commitment to make the arts more affordable.

I can say this has been a huge success and most Saturday classes are now FULL with waiting lists.

Our new teaching assistant Fran has settled in well and is working hard and is proving popular with the students.

On Saturday March 29th our cafe in the town hall basement is holding a cup cake and coffee / tea morning from 10.30 – 2.00 in aid of BREAST CANCER RECONSTRUCTION SUPPORT GROUP. It would be great if you could pop in and buy a cake for this really worthy cause. Please support us!

Lucy Rose, the Saturday street dance teacher, is hoping to form an elite team after Easter• to compete in festivals. Lucy's crew is training really hard and I am pleased to report she has a lot of boys attending which is great to see. Her Saturday street crew is FULL with a waiting list in place.

Our dance Festival is on Sunday May 18th in Hunstanton's Town Hall. It's a lovely day open to the public. More info in the next Newsletter.

Ann Mckimm. the Drama teacher's Saturday class is now FULL. A waiting list is now in place. Ann is very busy with LAMDA exams at the moment and hoping to have an exam session in the Autumn.

We have a few places left on Saturday for our 2pm musical theatre class.

We have spaces in the following classes on Mondays, Wednesdays and Thursdays:

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 – Musical Theatre class, all ages.

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

We also teach adult fitness classes in Heacham Scout Hut!!!

Tuesdays Zumba 7-8 and Chillates 7.30-8.30 - both £4 per person.

The new term started at the beginning of April 2014 so there's 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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Norfolk Libraries - Norfolk Narratives

Norfolk Library and Information Service is celebrating Norfolk: its people, places and stories, as its latest Great Big Read brings together a selection of titles with the uniting theme of Norfolk.

Launching on 12th April and running through to 19th May 2014, Norfolk Narratives will be showcasing books set in Norfolk's diverse landscapes. Libraries will be hosting talks by local authors and events that tie in with the county theme. Communities will have the chance to rediscover their local area, read collectively and share the narratives that bind us together.

Featured titles include both fiction and non-fiction so there is something for everyone. Titles are available in a range of different formats including large print, audio books, eBooks and eAudio books.

For a list of all the titles featured in Norfolk Narratives, as well as a variety of online content, please visit www.norfolk.gov.uk/libraries. This also includes links to book reviews, social media content and recommendations sent in from communities around Norfolk. A full list of events can also be found on the website.

Local events include those listed in the 'Events at Hunstanton Library' article which appears in this Newsletter.

For further information, please visit www.norfolk.gov.uk/libraries or visit your local library and speak to staff.



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Incinerator Update

This April the County Council are due to vote again whether to abandon the incinerator. Since the last vote (28th October 2013) much has changed. Last time Council officials incorrectly claimed ending the contract would bankrupt the Council. Since then emails from the Government Department responsible for Local Government, showed the threat of bankruptcy was in fact false and at least two cabinet members knew this. Instead of alerting their colleagues they kept quiet and supported the myth of 'Financial Armageddon'. Norfolk's leader has now written to try to pressure Eric Pickles into making the planning decision before the Council vote. The County officials behind the incinerator are finding it increasingly difficult to justify continuation. At £105 per tonne the 'Willows' would be the most expensive incinerator on this scale anywhere in the UK. Official figures show the UK average cost is £78 per tonne. Alternative offers could save up to £8.5M annually if used instead of the 'Willows'. Even if Norfolk had to pay a ridiculous £20-£30M penalty to abandon the contract, it is still much cheaper to get out than pay 'over the odds' for 25 years. Some authorities negotiated to minimise or avoid expensive compensation clauses. For example, when the Sherwood Forest incinerator failed to get planning permission, Nottinghamshire County Council did not have to pay any compensation; they even managed to recover £2million in legal costs. Those who 'negotiated' the 'Willows' contract 'on our behalf' have some explaining to do. Despite the failure of some councillors, Alex Kemp has stuck to her pledge to fight the incinerator. Some councillors seem to think 'crossing their fingers' is a 'good enough' effort, they would do well to follow Councillor Kemp's example; she finally left her party to continue the fight free of the party whip.

More information can be found on:

www.farmerscampaign.org and www.klwin.com.


Mike Knights Fairgreen Farms, Middleton
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Inter Village Games Update

Firstly, thank you to everyone who has got in touch with me about participating in the games. The teams are starting to shape up pretty nicely. However, there are still male and female positions to be filled within:

- Badminton (Senior Ovr16 & Junior U16- Ovr8)
- Athletics (Senior & Junior)
- Fitness Triathlon (Senior & Junior)
- Gymnasticators (U11's – Ovr8's)
- Bowls (Junior)
- Netball (Senior & Junior)
- Rounders

Information on these events can be found at www.intervillagegames.co.uk and if you are interested in competing for our village in any of these sports please do not hesitate to contact me.

jordan.penty@hotmail.co.uk
07827 441816

Jordan Penty

Heacham Social Bowls Club

The Green will open this year on Saturday 12th April.

New members are always welcome and a good way to get started is to come to the Social Club on any Wednesday afternoon when the Club Members meet for a 'roll up'.

We can supply bowls – you just need flat soled shoes.

Come along about 2pm and join in the fun.

Phone Sue: 07943 961288 or Colin: 01485 579553

or online at: www.heachambowls.co.uk



Heacham Judo Club

Congratulations to all who took part in our recent Area Grading on the 9th March. Everyone tried their best and good results were achieved from the tiny new members up to the more senior players.

Results were as follows:

Juniors:

Tarell Hinds..... Red + 1
 Sonny McNeil..... White
 Henry McNeil..... White + 1
 Matthew Spencer..... White + 2
 Toby Martin..... White + 2
 Alec Chalmers..... Yellow
 Terry Wilkes-Harris... Yellow
 Leon Hawkins..... Yellow + 1
 Jack Raby..... Orange + 1
 Tyler Percy..... Green
 Shannon Tucker..... Blue
 Courtney Cobb..... Brown

Seniors:

Bethany Gedge..... Green
 Ryan Percy..... Green

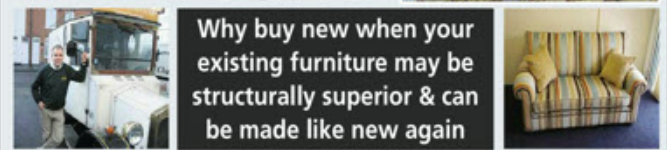
Shirley Tucker

Answers for page 22

- | | |
|------------------------|------------------|
| 1. The Seven Seas. | 4. Roundabout |
| 2. Potatoes | 5. Bedspread |
| 3. Unfinished Symphony | 6. A Square Meal |

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HEACHAM PARISH COUNCIL NOTICEBOARD

March Meetings in Brief

The Saltings: The Council thanked Mr Brown for organising a working party of hand scythers to cut reeds on the Saltings at North Beach. Thanks also went to the volunteers, especially the men's group from St Mary's Church who helped clear and stack the cut reeds.

Co-option: The Parish Council co-opted Miss Hollie Skerry on to the Council. Miss Skerry will be the youngest member to date to have served on the Council.

Pocohontas: Mr Clay reported that as 2014 was the 400th anniversary of the marriage of Pocohontas and John Rolfe, St Mary's Church had proposed to plant a Mulberry Tree in memory of the occasion and asked the Parish Council to consider a suitable public place for the tree.

Development of South Hunstanton: The Parish Council asked the Clerk to clarify the access plans to the proposed site in advance of the Borough Council's review as to whether the site should be a preferred site for development in Hunstanton.

Telecoms Mast: The Parish Council reluctantly agreed to a reduced annual rent for the telecoms mast at the Chalk Pit, but in doing so the Council felt that it had secured the continuation of revenue until 2020.

Beach Huts: The Parish Council supported the granting of planning permission to continue to site Beach Huts on North Beach. However, the Council did request that firm and prompt action was taken by the Borough Council to make sure the huts were kept in good condition.

Flood Bank: Mr Hammond said that he had been asked to raise the conditions of the stiles on the South Beach section of the flood bank right of way. The Clerk would discuss the matter with the Footpath Warden and advise the Environment Agency and brief the Council at the next meeting.

Heacham Development: The Parish Council agreed to carry out its own traffic surveys in the area of School Road. The Council considered that surveys commissioned by the developer did not properly reflect the actual traffic flows. The County Council Highways department had based their observations on the consultants' report which the Council had felt were not a true reflection of traffic movements.

Transfer of Responsibility for River Management: The Environment Agency and the Internal Drainage Board (IDB) gave a presentation about the transfer of responsibility for the Heacham River to the IDB. The IDB assured the Council that they would be working with the Norfolk Rivers' Trust to ensure that any work would be sensitive to the biodiversity of the river. The Environment Agency would retain responsibility for the sluices and culverts already under its control which form part of the coastal flood defences.

BROWN BIN SERVICE

Due to the success in the take up of the brown bin scheme, the Borough Council has declared the scheme at capacity. Residents who currently have a brown bin will not be affected. However residents who wish to join the scheme will go on to a waiting list.

ATTENTION ALL DRIVERS

Please note that the highway around the Junior School entrance at Cheney Hill is now a 20mph zone. The reduction in the speed limit is part of a Norfolk County Council initiative around schools.

HEACHAM PARKLAND

The Parish Council has received several letters in response to the letter in the March Newsletter proposing that the Council should buy the land off Hunstanton Road for the village. Several of the letters indicated that the residents would be prepared to make personal contributions towards the purchase. The land which comprises of extensive acreage, is for sale as a whole or in 3 lots, the current asking price for the total is £550,000.00. The Parish Council acknowledges the significance of the land which formed part of the Rolfe Family's estate at Heacham Hall and a large area is regarded as historic parkland. However, the purchase price, the likely costs of management and probable expectation for public access makes any decision to purchase the park a major undertaking.



SUMMER EVENTS

Heacham Beach Party

Sunday 6 July

After the past few years marking the anniversary of the Coronation and the Diamond Jubilee, the Parish Council plans to reinstate the Heacham Beach Party. The proposed date is on Sunday 6 July so please put the date in your diary and more details will follow in next month's edition of the Newsletter.

Heacham Carnival Parade and Fete

Sunday 3 August

This year's parade will be held on Sunday 3 August. If there are local groups and organisations who would like to benefit from the parade collection, please write to the Parish Council by the end of April. The selected group will have to provide collectors and apply for the appropriate licence.

~Letter about the Annual Parish Meeting~

I should like to invite you to the Annual Parish Meeting on Thursday 24 April at the Old Friends Hall, Sunnyside at 7.30pm. This is a meeting for Heacham Residents and I would very much like to encourage your participation. Many local groups use this meeting as an opportunity to report on their activities and the reports are varied and interesting. The meeting is also an opportunity for you to raise matters of interest and concern. Parish Councillors and hopefully other Ward Members will also be present and there will be an opportunity to talk to Councillors at the end of the meeting when refreshments will be served.

Yours sincerely

Peter Colvin

Chairman Annual Parish Meeting

Any queries should be addressed to:

Heacham Parish Council Office

Jubilee Clinic, Pound Lane, Heacham
Norfolk PE31 7ET

Tel/Fax 01485 572142

www.heachamparishcouncil.co.uk

Open Tuesday - Friday 10.00am-Noon

HEACHAM PARISH COUNCIL NOTICEBOARD

New Measures to Investigate Fraud

Norfolk Police have started using Action Fraud - the UK's national fraud reporting centre. The Parish Council has heard that one resident has recently had to contact them because of a very plausible attempt at telephone fraud, so it issues this warning to you all. A fraudster rang claiming to be a metropolitan police officer, stated that they had someone in custody who had used her bank card and advised her to contact her bank straight away. By not asking for bank details the caller seemed genuine, but when she made the call to her bank the criminal kept the line open at their end so she was connected back to another fraudster who pretended to be the bank. In cases like this you are asked to cancel your existing card or activate or authorise a new card by keying in your PIN number on the phone handset. The fraudster then organizes for your card to be picked up from your home by a "bank representative" or courier. In this local case, the caller did become suspicious and contacted the Police, who confirmed that the caller was not a police officer. If you are worried about any kind of fraud you can ring the Police and they will redirect you to Action Fraud where staff will receive reports, on-line or on the telephone. The reporting facility direct is available 24 hours a day, seven days a week through www.actionfraud.police.uk. Action Fraud is available on 0300 123 2040. Monday to Friday between 8am to 9pm and Saturday /Sunday between 9am to 5pm.

Brays Pit Work Days

The Parish Council would like to thank all those residents who attended the three working parties over the last 6 months.

New Bin Collection Calendars

New bin collection calendars have been distributed to West Norfolk residents. Please make sure you have received your 2014/15 bin collection calendars. The calendars provide details of collections of black (waste bins) and green (recycling) bins. Brown bin customers (garden waste collection service) will have received separate letters.

Calendars will have been distributed by collection crews and should have been tucked into the lids of bins. Alternatively, people can find their new calendars online from 1 April using the "Find My Nearest" search on the Borough Council's website: www.west-norfolk.gov.uk. Anyone who has not received their new calendar by 1 April can download a calendar from www.west-norfolk.gov.uk. People without access to the internet can call the waste and recycling helpline on 01553 776676 to request a calendar.

Heacham Beach Parking Passes

The application forms for parking season tickets are available from the Parish Council Office and Heacham Library. The form, along with supporting documentation, should then be taken to the Hunstanton Tourist Information Office. The prices remain the same as last year with discounts for Heacham residents. The passes take effect from 1 March 2014.

Heacham Resident	£31.30
OAP Resident	£23.10
Beach Hut (Resident)	£26.40

River Guardians

The Norfolk Rivers Trust want to help communities find out more about their local river and learn how they can play their part in helping to secure their rivers future. There are lots of ways you can help even if it is just a case of knowing who to report incidents to or letting us know information through photos, maps or things you have noticed about your river. If you want to get more involved then there is the opportunity to participate in wildlife monitoring, leading walks and talks or practical restoration work. They have funds to provide training and support and we are more than happy to be guided by what you want to get out of the scheme. We are reliant on future funding so we need people like you who care to carry on the good work and keep an eye on your local rivers. To find out more contact Gemma Clark the Community Involvement Officer gemma.clark@norfolk.gov.uk Mob: 07768031629

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 24 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 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

There is a vacancy on Heacham Parish Council for one Parish Councillor. The vacancy will be filled by cooption rather than election. Interested parties should contact the Parish Council Office for further information or present themselves at the next Parish Council meeting which will be held at the Parish Office on Tuesday 15 April at 7.30pm

The Clerk

HELP LINES

HEACHAM GROUP PRACTICE **01485 572769**
HEACHAM MON TO FRI 08.30 TO 13.00 14.00 TO 18.30
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 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.

XXXXXXXXXXXXXXXXXXXXXXXXXXXX

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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.

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SOUTHMOOR DRIVE	10.15	RINGSTEAD ROAD	11.00
SANDRINGHAM DRIVE	10.35	CUNNINGHAM CRT	11.25
CHENEY HILL (F/SIDE)	10.55	NEVILLE CT	11.45
WOODSIDE AVE	11.20	NEVILLE ROAD	12.15
HEACHAM INFANT SCH	11.35	PINE MALL	12.30
MILLBRIDGE Care Home	12.00	SITKA CLOSE	12.50
NOURSE DRIVE	12.25	SUNNYSIDE	14.15
POCAHONTAS WAY	13.55	MEADOW RD	14.40
BUSHEL & STRIKE	14.15	REBECCA CRT **	15.00
GIDNEY DRIVE	14.30	FRIDHEM Rest Home **	15.00
BANKSIDE	14.50	** 4 Weekly Alternative	
MARRAM Way/Norway CL	15.05	POPLAR AVE	15.25
MARRAM Way/Spruce CL	15.20	GYMKHANA WAY	15.45
MARRAM Way/Neville RD	15.35	JENNINGS CLOSE	16.10
		COLLEGE DR	16.30
		COLLEGE DR/Gonville	16.45