



# THE HEACHAM NEWSLETTER

## June 2014

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**Deadline for the next edition is 12 noon, Thursday 19th June**



### Heacham in Bloom Coffee Morning



Saturday 7th June 9.30am to 12.30 pm  
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**Save a Life**

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

**Wednesday 11<sup>th</sup> June 2014 at the Public Hall,  
Station Road. 1.15pm - 3.30pm and 5pm - 7pm.**

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

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

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

If you'd like to get in touch, you can find our address on the front cover. Alternatively, you can e-mail us at [theheachamnewsletter@yahoo.co.uk](mailto:theheachamnewsletter@yahoo.co.uk)



Station Road

Dear Newsletter

**Concern for the Concerned Dog Owner**

I found your letter rather amusing but rather disturbing at the same time. Yes, dog fouling is a nuisance and unpleasant. I own two large dogs and am a resident of this gorgeous village. I was trying to work out which category I fitted in with your psychological analysis of dog owners and I think I fit in the "Let my dog run wild" category but, alas, I don't have a Barbour jacket or posh wellies. I'll add them to my Christmas list. One of the many reasons I moved to this village was that there was an element of freedom. My children and dogs can play on the beaches and in the nearby woods without harming anyone or damaging anything. Freedom is priceless!

I always pick up when my dogs messes if I see it, but I don't spend all day watching my dogs' bottoms when there are views and fun to be had with my family and friends. If you prefer to watch your dog's bottom and keep it close to you, then that is your choice. It's not mine.

The fact that you feel you need to teach people how to use a poo bag, I find rather offensive. My son was told off by an elderly person for our dog fouling and was given a bag to pick it up. The mess that he picked up was dry and from a small dog. If our dogs produced mess that small, I'd be seeking medical advice from a vet for bowel constrictions etc. However, being a polite lad he picked it up.

Now "concerned dog owner", I feel you've missed a big point here. Being a summer visitor to our village, you may not realise that many of the residents here are older. Many of them own dogs for company and a reason to get them up and out every day. What are they supposed to do if they have a bad back, hip problems or heart issues, etc? Not walk their dog, just in case it fouls? So the dog suffers, the person suffers? Instead of shouting and upsetting people, might I suggest you take a kinder approach? Why not calmly point out that the dog has fouled (if you are 100% sure that their dog that did the crime) and ask them if they need a bag. If you can see that they aren't capable of picking it up or if they've wandered off from the scene, then just pick it up. Poo is poo, it might not be your dog's mess but it is our village and, as you rightly say, it is unpleasant. If you see a mess on the path, or somewhere where it is going to be an issue, is it too much to just pick it up? Us dog owners should work together rather than shout and cause a nuisance and upset people. Shaming someone for this is not acceptable. You are not in any authority to make someone do anything and you could be putting your own personal safety at risk. Why not try a peaceful and calm approach? You're a visitor, please don't upset the locals when there is most likely to be a reason that they've not picked it up.

**Jo Jutsum**

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Gymkhana Way

Dear Newsletter

**Heacham Park**

I read with interest the possibility of the purchase of above. That leaves me to wonder why we don't have bus shelters in this village?

**S Dennett**

\*\*\*\*\*

# letters...



Heacham

Dear Newsletter

**Spring Art Show**

During May Day holiday weekend, Heacham held a Spring Art Show, showcasing local Artists' work, in the Old Friends Hall. The paintings were absolutely brilliant! Portraits (of the young and old), Still life, Wild Life, Flowers, Fields, Skies, Weather, Sunsets, The Sea, Boats, Beach huts, Buildings . . . . . What talent we have around us.

Congratulations to Tracey Swann and team for a well organised display, all numbered and named. Coffee/Tea and biscuits were laid on, where we sat and chatted to many Heachamites and local villagers, coming in and out. We were greeted with a small sheet of paper, to write down our personal 'Best in Show' painting. This was very difficult because of such a high standard all round but I had to go for number 89. When I first saw this, I honestly thought it was a 'photograph' - Well done Jo Jutsum. 'Hare Fight'. What talent!!

Thank you to all who showed their amazing art and thank you to the organisers - brilliant two days! Now, what's that number for Art classes . . . . .

**Janice Curtis**

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



**Fridhem Rest Home  
Station Road**

Dear Newsletter

**Blue Beard Barbers**

I would just like to say how impressed I was when I visited Blue Beard's Barbers on the High Street; the premises were simple but very clean, it is in the centre of the village and the appointments system seems to be working really well. I think this facility, coupled with an excellent standard of haircutting, is a great asset to the village.

**Mike Brittlebank**

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**Fenway**

Dear Newsletter

**Appeal for Car Boot Items**

It is now my usual time to appeal for Car Boot Items; Paperback Books and any odd balls of wool, as the Crochet Blankets are always needed.

Our latest buy for the Hospital is Baby Cribs (Ten Thousand Pounds). So thank you all the supporters of my stall.

**Phyllis Sanderson  
01485 570643**

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**Heacham**

Dear Newsletter

**Patricia Jean Williamson**

On behalf of my family I wish to thank everyone who attended Pat's funeral. Especially Mick and the staff from Jennings Store and the nursing staff from the C.O.P.D. unit at the Queen Elizabeth Hospital. Thank you also to Penny Sutton who conducted the service and Witton Funeral Directors.

It gave myself and my family great comfort to see so many people liked and cared about Pat.

Thank you so much for your kindness and respect for Pat and my family.

**Nev Williamson**

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**7000km Motorcycle Expedition for  
Macmillan Cancer**

Chris Harris left Heacham on 21 May on his 7000km Motorcycle Expedition to the Arctic Circle supporting Macmillan Cancer. You can find out more on his blog:  
<http://dash4dosh.wordpress.com>

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**Heacham**

Dear Newsletter

**Heacham Co-op**

In response to the article regarding the new manager at the East of England Co-op Heacham, as a frequent user of the shop I can say that there has definitely been an improvement with the new layout of the shelves, and new items that are now readily available, especially items "locally" sourced. However, I would query that, especially the Local Baker bit.

We in Heacham are very blessed with a bakery in the village which is just around the corner from the Co-op. The bread is baked fresh every day as are cakes, pies etc., all at a very reasonable price; so why isn't the Co-op supporting this local business instead of going further afield to get their bread. I'm sure that the local baker would be very happy if the new manager was to contact him about supplying the shop and they would be supporting each other, which is what the community needs.

**Fran Goodwin**

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**Lodge Road**

Dear Newsletter

**Old photograph**

With regard to the unidentified photograph in the May edition of the Newsletter, I have that very photo which I was looking at only a few weeks ago while doing a 'sort out' ready to move.

I am the little girl on the front row laughing hysterically at a Punch & Judy Show, which came every year to Jennings Caravan Site in South Beach Road, Heacham. Most of the crowd would not be local people as they were holiday folk. I recognize people from Leicester, King's Lynn and Peterborough, which I and my family were from at the time. The date was 1950 and it would be July or August, even though we all appear to have coats on. Punch & Judy came every year and the photographer too. In those days Jennings Camp was an interesting array of caravans and holiday homes made from buses, even a double decker, old ice cream vans and railway carriages. Not like the cloned boxes of today.

However, the memories are wonderful and have drawn me back for my retirement days.

I hope this has been helpful.

**Patricia Nelson  
(née Hornigold)**

\*\*\*\*\*

**David G. Crown**  
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# News & Events in the Community...



## HEACHAM LIBRARY

BOOKS • INFORMATION • TELEPHONE • NEWS • INTERNET

The feature writer for June is REBECCA SHAW, she is the best selling author of sixteen novels in the series about an old English village called **TURNHAM MALPAS** and the challenges the inhabitants face in these modern times. Strong characters and fascinating plots provide a vital yet relaxing read.

Our free online courses are held on a Tuesday morning or afternoon. The courses are aimed at helping you to use the internet to search for information, shop, compare prices and emailing. Depending on experience, we offer 3 sessions of one and half hours in small learning groups. Please ring 01485 572142 to book your free place or just to have a chat about what it "Learn my Way" entails.

### Heacham Library Opening Hours

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

**FRIDHEM BINGO**

**Monday 23rd June 2014**

**Eyes down 7.00pm**

Tea, Coffee & Biscuits

**All Welcome**

Fridhem Rest Home, 79 Station Rd Heacham.

### Heacham Infant and Nursery School



#### SUMMER FETE

Saturday 12 July 2014  
12noon – 4.00pm



Stalls Bouncy castle,  
Games Children's entertainer.  
BBQ and refreshments.

For information please call:  
Heacham Infant & Nursery School  
on 01485 570357  
School Road, Heacham



### Vintage photo of Heacham

This photo has been kindly loaned to the Newsletter by Millie Hines. It shows the old cottages in Malthouse Row. Do any of our readers remember them? Is anyone able to tell us what stands on that site now?

## Residential Homes – Sponsored Walk

This group is made up of volunteers taking part in the annual walk to raise funds for the Residential Homes in Hunstanton (Norfolk Lodge), Heacham (Summerville House) and Docking (Docking House). They are from members of the staff and relatives of the residents. The 'pirates' were: Yvonne Sands, Claire Paget, Nigel Playford (Managers), Aydon Davies, Harriett Bishop, Gaye Evans, Jean Brown, Michelle Butters as Pirates and Shelley Ross as Tinkerbell, in charge of the 'crew' as Activities Co-ordinator. The walk lasted 4 hours and during this time around £300 was collected from those who were 'captured' and surrendered generously. The money will go towards the benefit of the residents at each of the Homes in providing leisure pursuits. Those taking part thank all those who made donations.

**Roland Worth**



## FRIDHEM REST HOME John O'Groats to Land's End Sponsored Cycle Event



Staff, family and friends of Fridhem Rest Home are attempting to cycle from John O'Groats to Land's End, without leaving the lounge of Fridhem.

L.A. Fitness of Kings Lynn have kindly donated a professional exercise bike to help in our effort.

We will commence our challenge on Monday 9th June at 10.am. The distance is approximately 830 miles and we hope to complete the challenge in 15-20 days.

There are two ways in which you can help us:-

- By sponsoring us which you can do at Fridhem.
- Come along and ride a few miles on the bike. The bike is available 24 hours a day during the challenge.

If you can do either or both of the above then please contact Marie or Trina at Fridhem Rest Home, 79 Station Rd, Heacham. 01485 571455

All monies raised will be going to the resident's entertainment fund.



### FRIENDS OF HEACHAM BEACHES

Meeting – Wednesday 9th July 2014  
7.30 pm

35 High Street, Heacham.

All welcome



## PALM BEACH HOLIDAY PARK

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

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



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

Free Wifi is available to individual caravans

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

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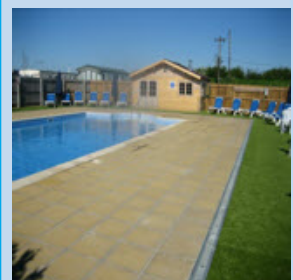
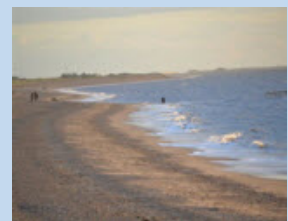
**FROM ONLY £20,900.00!!!**

Fully sited on our very generous plot with steps to main door, 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

### A Tale of Three Seasons

Our first season is a very local matter.

On Sunday 25th May there was a special Service in the Parish Church when the Bishop of King's Lynn licensed Veronica Wilson as our new Minister. A very large congregation including Ministers of other Christian Churches in the area welcomed Veronica to her new ministry among us in Heacham. Veronica, along with husband Simon and daughter Kaitlyn, have settled into the Vicarage as they join the permanent citizens of Heacham.

The beginning of a new season for St Mary's Church as Veronica leads our Ministry Team.

Rather more generally, seasons of the year have been a little peculiar lately. Thanks to a mild winter and mercifully little damage from the extremes of flood waters and high winds, everything in this area started growing early this year. Weren't the spring flowering bulbs magnificent? Now our gardens seem poised for summer.

This month sees the longest day, the true beginning of summer. This is the time when locally we begin to welcome our summer visitors, the temporary citizens of Heacham and the summer season in West Norfolk truly begins.

Our third season is worldwide. On Sunday 8th June we commemorate the birth of the Christian Church on Whitsunday or the feast of Pentecost. There were many Jews gathered in Jerusalem that day to celebrate the feast, when one man, Peter, spoke to the crowd to explain some unusual happenings which had caused a disturbance. The power and presence of the Holy Spirit was poured into those who professed faith in Jesus Christ. Not one or two people, but thousands all at one time became citizens of heaven on earth that day and became the nucleus of the Christian Church. Their God given task was to evangelise the whole world.

Sounds amazing? It was!

Come along to a Service and find out what happened.

**Penny Sutton**

**Member of the Ministry Team at St Mary's**

### PARISH REGISTERS

#### Weddings

26.04.14 Andrew James Moore and  
Sarah Elizabeth Jennings  
17.05.14 Spencer James Smith and Charlotte  
Ann Hilliard

#### Faithful Departed (Church Linked Funerals)

24.03.14	Leonard Pitkin	81
26.04.14	Patricia Jean Williamson	64
01.05.14	Peter Marsh	87

*"Blessed are those who mourn for they will be comforted".* We do extend our sympathy and condolences to all who have been bereaved. The Church prays for friends and family at the Sunday morning services around the time of the funeral.

### **METHODIST CHURCH Sunday Services**

10.30am **Morning Worship**

#### **Preachers:**

1st June	- Dudley Pickston
8th June	- Rev'd John Belfield
15th June	- Rev'd Pam Bayliss
	Holy Communion
22nd June	- Elizabeth Batstone
29th June	- Church Fellowship Service

#### **Midweek Holy Communion Service**

This is held on the second Wednesday of each month. The June Service will be on the 11th at 10.30am, conducted by Rev'd Catherine Dixon. All who love the Lord are welcome to attend and receive Holy Communion.

#### **Regular Activities at the Methodist Church**

MONDAY: Indoor Bowls - 7pm weekly

TUESDAY: Ladies' Fellowship:

2.45pm on 10th and 24th June

Hands and Needles Club

7.30pm on 10th and 24th June

FRIDAY: Indoor Bowls - 7pm weekly

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

#### **Something New and Different**

From 11th June we are starting something new: a "Midweek Afternoon Tea" – brewed in a tea pot and served in a china cup, with sandwiches and home made cakes – an old fashioned style "Posh Tea" for all. This will be every Wednesday afternoon at 3.30pm during the summer and will replace the Saturday monthly coffee morning held in previous years. So go on, give it a try – and it's suitable for both men and women. Start coming on Wednesday 11th June at 3.30pm.

#### **Rev'd Veronica Wilson**

The Stewards and members of Heacham Methodist Church would like to welcome Rev'd Veronica Wilson as the new Priest In Charge at St. Mary's, and look forward to sharing in worship and working together to expand Christianity in Heacham.

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

#### **Sunday Services in June 2014**

8.00am	Holy Communion (BCP)
10.00am	1st Holy Communion
	8th Holy Communion
	15th Morning Worship
	22nd Morning Worship
	29th Morning Worship
10.30am	Morning Worship at the Junior School (Holy Communion on 15th June)
6.00pm	1st, 8th, 15th, 22nd, Evening Worship 29th, Holy Communion

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

Tues 3rd June	2.30pm	Rebecca Court
Mon 9th	"	11.00am Holy Communion at Millbridge
Wed 18th	"	2.30pm Summerville
Fri 27th	"	10.30am Fridhem

## REGULAR ACTIVITIES AT ST. MARY'S CHURCH

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

For further details about any of the above activities, telephone the contact number\* below:

Church Contacts: (telephone code: 01485)

Methodist Church            Rev'd Andrew Maguire  
  01553 828998 /  
  Mike Careless 01485 570363  
St Mary's Church            Rev'd Veronica Wilson 570697  
St Mary's Church Office            \* 572539  
email: heacham.church@googlemail.com

## Norfolk Church Celebrates Triple Anniversaries...

2014 marks several landmarks for Heacham Church:

### 'Festival of Poppies'

To start with, from 10.00am on Friday 20th June we shall be hosting a weekend of commemoration events of the beginning of World War 1 with our 'Festival of Poppies'. In addition to floral displays, we shall be recreating a Great War trench in the front porch, while inside the church we hope to recreate the atmosphere of 1914, complete with photographs, larger tableaux, 1914 artefacts and memorabilia, contemporary refreshments, with 1914 music hall songs and even a street organ! Our Heacham historian, Andrew England, who is currently writing a book on the 1914 Men of Heacham, will be giving an illustrated talk on the evening of Friday 20th at 7.00pm, repeated on Sunday 22nd at 1.30pm. It is also hoped to include the reading of poetry through the sessions. The church will be open 10.00am to 5.00pm Friday, Saturday and Sunday (normal services at 8am and 10am) and donations will go to the British Legion.

### 'A Festal Flourish'

The second anniversary (as part of that weekend) sees the noted organist and choir director Trevor Hughes, who has travelled extensively in Europe and the USA, giving an organ concert entitled 'A Festal Flourish' - a programme of organ and piano music commemorating the centenary of the outbreak of World War 1. He will be joined by his wife, the talented clarinetist Gillian Hughes, to present music by Elgar, Parry, Stanford, Bach, Mozart, Karg-Elert, Jongen and others. This concert is one of only three currently listed in Norfolk (the other two later this year are at Blakeney and Norwich Cathedral) as taking part in the international recital challenge, arranged by the Royal College of Organists in celebration of the RCO's 150th Anniversary, seeing organists from across the world playing at 150 celebratory recitals. This is at Heacham Church on Saturday 21st June at 7.30pm. (£7.50 including refreshments – proceeds to RCO).

## Organ Centenary



And thirdly, 2014 is the centenary of the commissioning of the large three-manual pipe organ - although it is believed that this was not completed until 1919 because of WW1. Although initially for a church in London, it was ultimately moved to Heacham and over the last twenty years has been rebuilt with many additions. It is a fine, flexible instrument, capable of responding to changes in liturgical patterns. Trevor Hughes' concert is part of several ongoing musical events throughout the year, designed not only to show the versatility of the instrument, but also to appreciate the gift of Church music. Further events are an all-day workshop with the King's Lynn Festival Chorus on October 18th, and a concert by the West Norfolk Singers on Saturday 8th November.

Heacham in the Great War

Let's Not Forget

An Illustrated Talk  
by  
**Andrew England,**  
our 'local' Historian,  
on aspects of Heacham  
in the Great War, including  
those men who lost their  
lives and the home front'  
1914 - 1918  
at St Mary's Church, Heacham

Friday 20th June 7.00pm  
and repeated  
on  
Sunday 22nd June  
at 1.30pm.

The next Messy Church will be on Saturday 28th June At St Mary's church, Heacham

10.00-12.00 St Mary's church

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

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





## Hunstanton Catholic Parish

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

We are still collecting for the Food Banks in Hunstanton and King's Lynn which provide help to those in very real need in the local area. Items such as tinned food, baby food, pasta sauces, UHT milk, cereals and tea bags and instant coffee will all be gratefully received. Please check dates on all produce. There is a box for donations in both church porches.

One of our parishioners, Eric Rhodes, very generously did a sponsored walk along the Norfolk Coastal Path to raise funds for our parish Church Restoration and Development fund. It took him 7 hours and he raised in excess of £500. That was a very good start for the fund which is needed for emergency repairs and future maintenance and development of the parish church of Our Lady and St Edmund, Hunstanton. Eric would like to thank all supporters.



On Saturday 14th June we will have our very popular Strawberry Fair at St Cecilia's, Dersingham. As well as the delicious strawberries and scones, there will be various stalls including a bric-a-brac stall, tombola, raffle and refreshments. Please come along and

support this lovely social occasion. Watch for our parish social events during the year which will be advertised on the website and in the weekly bulletins.

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



Our daily Masses are usually held at St Theresa's Convent, 27 Sandringham Road, Hunstanton, but will be in the church during the summer months instead, except on Wednesday when it is usually at 10.15am at St Cecilia's, Dersingham. These are subject to change so please check for dates and times on Church notice boards, website or phone. Sunday Masses are 9am at Dersingham and 11am at Hunstanton.

The Parish office telephone number is 01485 534675. You can contact the Parish Priest, Fr Peter Rollings on 01553 772220.

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

**Email:** [parish@hunstantoncatholicparish.org](mailto:parish@hunstantoncatholicparish.org)

UNION CHURCH  
Sandringham Road, Hunstanton  
(Opposite the Library)

# Summer Fair

**SATURDAY  
5 JULY  
10.00am - 1.30pm**

**Morning Coffee and Tea  
Light Lunches  
Variety of stalls including  
gifts, cakes, sweets,  
plants, kitchen, books,  
pre-loved clothes and  
quiz**

**Hunstanton Concert Band**

**Heacham Club Charity**  
Car Boot Sale

Every Wednesday


Gates open 7am (not before)

Pitches: up to 2 tables £6, 2 or more £10

Location: Sports Field,  
Station Road, Heacham

Contact 07527125574 for more details

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



# HYC

## Heacham Youth Club



### Needs YOU!

We are looking to expand our happy band of Volunteers to help supervise and run our weekly Saturday night sessions. You would usually do 2, 2 hour sessions per term on dates to suit you working alongside existing, experienced volunteers. No experience is necessary and all appropriate training is provided. If you fancy spending a few hours with a fantastic group of teenagers (who cheat at table tennis) please pop along to one of our sessions at the Church Hall, Saturdays 7.00-9.00pm during term time or call Tracey on 07833 307 856

# Kathryn Gigg

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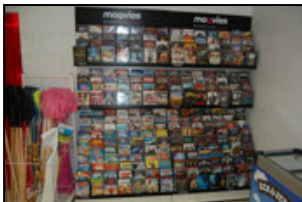
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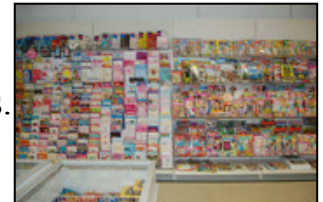
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## THE SONG REMAINS THE SAME

### Monthly musings on music by Frank Edmonds

*Not bad for two lads from Salford!*

Think of the great bands of the Sixties, and it's The Beatles and the Stones, maybe the Beach Boys, The Who or The Kinks, or any other personal favourites you might want to champion. But why aren't The Hollies ever considered in the same breath?



*The Hollies: Bobby Elliott on drums, with, from left, Eric Haydock, Allan Clarke, Graham Nash and Tony Hicks*

Somehow they've never been taken quite as seriously as the rest – and this seems a shame, as they recorded a string of catchy, clever and melodic songs, well worthy of any of their more esteemed contemporaries.

Their tally includes no less than 15 Top Ten hits in the Sixties, not to mention an all-time pop classic in the Seventies (The Air That I Breathe), and if you include a reissue in the Eighties, two No 1s.

Some things seem to happen for a reason, and so it was that when new boy Harold (later Allan) Clarke joined a primary school in Salford, Manchester, the only empty seat in class was next to Graham Nash. The two became fast friends, and when they joined the school choir, they realised they could harmonise effortlessly and beautifully.

When their heroes, the Everley Brothers, played Manchester, the two lads determined not only to see them, but to meet them. And they did – even though it meant waiting on the steps of their hotel until one in the morning, and then walking home in the pouring rain.

But the fact that the Everleys had not only bothered to stop and talk to them, but also encouraged them in their singing, gave them all the incentive they needed to follow their dreams (and it made Nash vow that if he became successful, he too would never ignore a fan).

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The boys formed a singing duo, and then a band – the Fourtones (naturally there were five of them). When this band morphed into a new line-up, they needed a new name. Their then-drummer's dad was an undertaker, so The Deadbeats was suggested.

"Nah, we're more fun than that," Clarke said. They decided instead to name themselves after their other musical hero, Buddy Holly – and The Hollies were born.

You'd do well to remember The Hollies' first chart hit, (Ain't That) Just Like Me, which scraped in at No 25 in the middle of 1963. Or the follow-up, a cover of The Coasters' Searchin'. More memorable, but still less characteristic of what was to follow, was their cover of Stay, the Maurice Williams And The Zodiacs song, a No 8 hit.

But in early 1964 came the first real Hollies classic, the effervescent Just One Look (a No 2), followed by the irresistible Here I Go Again (No 4). A solid run of chart success would now stay with them for the rest of the Sixties.

The band's line-up settled on a rhythm section of bassist Eric Haydock, and lively and rocking drummer Bobby Elliot. But perhaps the other key member after Nash and Clarke was their talented and inventive guitarist, Tony Hicks.

Hicks brought many things to the band, not least a fine voice, expanding the core Nash-Clarke vocal sound to three-part harmonies – listen to the glorious way three voices bounce off each other in the "round and round and round and round" chorus of On A Carousel.

As a guitarist, he was vastly underrated – witness the wonderful Byrds-like jingle-jangle intro to Look Through Any Window, or the ingenious way he gets a balalaika sound from a banjo in the ode to a mesmerising belly dancer, Stop Stop Stop.

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His other talent was an uncanny knack of finding great songs to record, by touring the publishing houses and spotting which new songs could be given a Hollies makeover to become a hit.

Of course, sometimes this happened by accident. As a favour to their manager, Clarke and Nash agreed to visit a friend who kept pestering him about her 15-year-old son who wrote songs.

Expecting little, the singers' jaws dropped when the boy picked up his acoustic guitar and sang: "Bus stop, wet day, she's there, I say, please share my umbrella ...". They knew straight away Bus Stop was a hit. But he then trotted out Look Through Any Window, which they also gratefully took. But they had to pass on No Milk Today – it had already been promised to Herman's Hermits!

The boy – who also went on to write For Your Love and Heart Full Of Soul for The Yardbirds – was Graham Gouldman, later a co-founder of 10cc.

The Hollies first setback came at the end of 1965 with the release of Beatles cover If I Needed Someone – after seven straight Top Ten hits, it only made No 20. This was immediately rectified with their next release, I Can't Let Go. With its soaring harmonies, chugging rhythm and ringing guitar, it was surely one of the most joyous pieces of Sixties powerpop – and was a No 2 smash.

It was the first of another five consecutive Top Five hits, the last being Carrie-Anne – actually something of a love song to Marianne Faithfull, although the band weren't brave enough to use her name. But what clever lyrics: "When we were at school our games were simple / I played the janitor, you played the monitor / Then you played with older boys and prefects / What's the attraction in what they're doing." What indeed!

But a schism was appearing in the band. In America, Nash's head had been turned by the more serious, introspective singer-songwriters – he was falling for Canadian songstress Joni Mitchell, and had been introduced, by Cass Elliot of The Mamas



And The Papas, to ex-Byrd David Crosby, and former Buffalo Springfield guitarist Stephen Stills. The rest of The Hollies, however, were still rooted in simple, fun, English pop.

When the band recorded Nash's more serious song, King Midas In Reverse, it was a relative flop – and this was seen as a vote of no confidence in Nash's new direction. Their next single, Jennifer Eccles, was deliberately as simple as they come – and it was a huge hit. The writing was on the wall.

Nash presented another new song, the exhilarating Marrakesh Express – but the band weren't interested. He quit, went to America to form Crosby, Stills And Nash ... and promptly became a superstar.

The Hollies carried on without him – soon pulling another monster hit out of the bag, with He Ain't Heavy, He's My Brother, and of course The Air That I Breathe. The days of uninterrupted success may have been over, but there were still a few more tricks up their sleeves.

Speaking of which, what about Long Cool Woman In A Black Dress – more a radio hit here, but a No 2 in the US. It's captivating long guitar intro and boogie rhythm were not, as you might think, written and played by guitarist Hicks, but lead singer Clarke. When Clarke first showed him the song, Hicks made such a fist of the guitar part he said Clarke might as well play it himself. Little did he know it would be a major hit ...

The Air That I Breathe proved to be The Hollies' last big hit, although of course He Ain't Heavy was rerecorded by an all-star line-up as a Hillsborough tribute only two years ago. Proving, as they say, that while form may be temporary, class is permanent.

• Graham Nash's autobiography, Wild Tales, published last year, is a better than average rock-star read, and tells the fascinating story of his life before and after The Hollies.

• FEEDBACK: If you have any views, comments or suggestions you'd like to make about the column, feel free to contact me at: [oldlowestoftboy@gmail.com](mailto:oldlowestoftboy@gmail.com)

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## Hunstanton Community Choir

### Update & Summer Events

Following the great success of the Concert at St. Edmunds Church, the Choir enjoyed a wind-down end of season get-together in the form of a quiz night and pizza at the Town Hall. Friendly competition, good food and fun, the night was enjoyed by all (especially the winners who went away with Easter egg prizes!)

A two-week break over Easter had the Choir members itching to get back to Tuesday evening practice. Keeping in touch via their Facebook page, anyone can see through reading the comments that the group is excitedly waiting to reform and get cracking on their next venture.

This is a great time for anyone thinking about joining this friendly Choir - as they embark on a journey of new songs for the summer, no-one knows what is heading their way! Simon Bower, choirmaster, accompanist and music arranger extraordinaire, always manages to conjure up a creative blend of songs that provide the group with an evening of fun, challenge and always a feeling that the end of rehearsal has come too soon. Everyone looks forward to Tuesdays!

Events that the Choir are planning to participate in, include an appearance at the Hunstanton Carnival on Sunday 29th June so look out for programmes of events closer to the date. On Monday 7th July, members have been invited to sing at the evening Rededication of the Snettisham War Memorial, with appropriate songs to help create a nostalgic atmosphere (time to be confirmed). There will be other events happening throughout the summer, details of which will follow. Whatever you have planned whilst enjoying Hunstanton and surrounding areas, watch out for performances from the Community Choir that goes from strength to strength; you'll not be disappointed!

Choir practice takes place between 7.00-9.00pm each Tuesday. The first session is free, so you have nothing to lose but your inhibitions! There are no embarrassing auditions, simply come along and enjoy singing the songs. Just take note; the smiles become infectious when you're amongst this happy choir!

**Diane Sheldon & Liz Rogers**

### West Norfolk Mind



West Norfolk Mind's Wood Recycling Project are supplying the **wooden window boxes** for this year's King's Lynn in Bloom window box competition for a **discounted rate of £5 per box**. If you don't wish to enter the competition or do not live in King's Lynn, for the duration of the competition (now until 20th June) you can still purchase the window boxes at the discounted price of £5 or £7.50 with feet. Phone 01553 763193 to place an order or visit our project at Saunders Yard, Austin Street, King's Lynn where there are also planters, bird tables, garden furniture available at very reasonable prices.

West Norfolk Mind's furniture store (Bits & Pieces for Mind), on the same site at Saunders Yard are in desperate need of **good quality 2nd hand beds, wardrobes and white goods**. If you have pre-loved furniture or appliances that could go to a good home please call 01553 763193 to arrange for free collection.

West Norfolk Minds Gardening 4 Health allotment is in need of some wood chippings for their paths. If anyone has any to spare or knows of any trees being shredded in or around King's Lynn please phone Zena Penty 01485 572707.

**Zena Penty**  
Volunteer Co-ordinator  
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Tue 10th - Norfolk Blues Society

Fri 13th - Jessies Ghost

Tue 17th - Stone Pony

Fri 20th - Jam Session with DNA

Tue 24th - Part Time Blues Band

Fri 27th - Groove Cartel

**Music for the 1st week of July**

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

## Old Friends Hall

In early May, over the Bank Holiday weekend, the Second Annual Heacham Art Exhibition took place in the Old Friends Hall, Sunnyside. A bumper crop of talent was on show with gifted artists from our Village and its surrounds displaying their remarkable pieces of work. A greater number of visitors than the previous year enjoyed the display, with many remarking on the quality and diverse nature of the pieces on show. Our thanks go to the Art Groups (Docking, Heacham and Hunstanton) and all the individual entrants who made the show such a success. The exhibition will reappear again next year, in May 2015, and hopefully we will be able to once more showcase the abundance of talent in our midst and perhaps attract some pieces of sculpture or ceramics to widen the show's appeal even further. During this year's exhibition, attendees were asked to choose their favourite three pieces of work and rank them in order, a task many found difficult due to the quality of paintings and their varying styles, content and composition. Couples appeared to find this doubly difficult with each expressing their opinions on the taste of each other, thus possibly showing why opposites attract. However, this piece of fun did demonstrate how widely people's opinion varied, with over eighty percent of the works receiving a vote in the favourite selection. In the end, the top three pictures selected attracted very similar numbers of votes with only one person's choice separating the first and second place.

The top three voted pieces of work during the two days were:

"Hares" by Jo Jutsum (which can be seen in the foreground of the picture below)

"Beach Huts- Hunstanton" by Lynn Dymond

"Misty Morning" by Dennis Lilley



Again congratulations to them and all those who took part, we look forward to seeing you all again next year.

As mentioned previously the Old Friends Hall Committee received a request to hold a Photographic Exhibition and I am pleased to announce that this will take place on Saturday 13th September. Entrance for both exhibitors and attendees will be free and the theme of the exhibition will be "Village Life". Further details and registration forms will be available from the Parish Office or by contacting the number below.

**Roger Drinkwater (Tel 01485 571659)**

**On behalf of the Old Friends Hall Committee**

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The research also points out that conventional treatments for the condition did not always prove successful and patients said they took fewer drugs and did not need to see their doctors as often after having hypnotherapy.

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## The Kitchen Gardener

June - early summer. Our food heritage, gooseberries and a painful admission or two.

Food memories are a strong part of our family heritage. Years ago I was stuck in one of those awful French start of the winter holidays traffic queues en-route to the mountains. For 16 hours solid I daydreamed about my mum's steak and kidney pie. Very slow cooked shin of beef and kidney, left to cool overnight in the lovely gelatinous gravy from the shin's connective tissue - it must never be trimmed off prior to cooking, shin is pointless without it. Ask me how I know! Pie was made the next day. Pastry was always made with half butter and lard and held aloft with the help of a blackbird pie funnel - he had a yellow beak. I used to nibble the baked on crust and gravy before the inevitable washing up.

Mum's food memories are of old fashioned bacon butties made with (proper - no runny water) smoked back bacon, rind snipped with scissors and crisp from the grill, crusty fresh bread dipped into the grill pan to soak up the juices. Family friends recall the great treat of condensed milk sandwiches during the war. My sister remembers a noxious peppermint and chocolate cake that neither of us would eat when out visiting and being told off the one and only time in our lives for refusing to eat cake and embarrassing our mother.

I'd love to hear about your food heritage and memories. Please mail them to me anytime at [kitchengardening@yahoo.co.uk](mailto:kitchengardening@yahoo.co.uk) or write to me care of the Newsletter. It will be a real pleasure to read them.

Preserving is an important part of our food heritage too. Jams, jellies, butters, pickles, leathers and drying were vital ways to save every last bit of a fruit crop too precious to be wasted, needed too so a store could be laid down to see a household

through the fallow months. Stored in a cool, dark, dry place a good preserve will last until the new crop turns in.

The early fruit - rhubarb and gooseberry - are the first to hit my preserving pan. I usually leave the rhubarb until it has passed its youth, the mid-season crop gives a thicker and better flavoured result. My various rhubarb jams never reach firm set unless it is one made with oranges or lemons. Soft set is fine with me as long as it stores properly and tastes great.

I have to admit I dismissed the use of elderflower with gooseberries as an idea belonging to cooks who put a sauce on the plate with a paintbrush or one of those plastic dropper bottles the hairdresser used to use for streaking hair.

A couple of years ago elder (coming from the Anglo-Saxon 'aeld' meaning fire - its hollowed out stems were used to start fires) from next door was flowering rather prettily over my fence. My kind neighbour invited me to help myself so I had a go at gooseberry and elderflower jam. Elderflower gave the jam a delicate muscat flavour and it was delicious. So I was tripped up again by a preconceived idea. I then went on to try gooseberry and elderflower compote which is equally sumptuous.

The time to pick the elderflower is when it is at the stage that you'd like to see it in a vase, all lacy and lovely. Swerve the browning or unopened flower heads - you won't get the perfume. I leave just enough stem so the flower head stays intact. The gooseberries can be anything from the small green ones to the large more mature fruit. I always thin as I pick to let in more light and air and to allow the remaining fruit to get all fat and gorgeous.

The colour of the jam will depend on the maturity of the fruit and on how long it boils - green fruit gives a greener jam, mature fruit tends towards red as does green fruit boiled for a longer time.

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Top and tail 4½lb gooseberries and put into a pan with 1½pints water. Put around 20 elderflower heads into a muslin bag and add to the pan. Bring to a boil then simmer gently until the fruit is tender - you can use a potato masher to make sure it is nice and soft. Once the pulp is reduced by about a third remove the bag and squeeze all the juice into the pan. Add 6lb sugar and stir until dissolved. Boil rapidly until set. Put into sterilised warmed jars and cover. This recipe makes roughly 10 jars of jam. Slow cooking of the fruit and a short hard boil offer the best chance of success, and helps to avoid a dark jam which has lost its flavour.

The easiest test for setting is to put a small spoonful of jam on a cold plate and leave it for a minute or so. Push the outer edge of the jam puddle into the centre and if the surface of the jam wrinkles it will set. In truth I find this method more reliable than a jam thermometer. If it is homemade with love and it hasn't set, the sun will still rise tomorrow. It will still taste great, it just won't store properly as the sugar content is reduced and it's the sugar which is the preservative. Simply use it up sooner.

Some seasons the elderflowers are doing all lacy and lovely and the gooseberries are doing having a sulk. Pick the flowers and deepfreeze them. When you are ready to make the jam do not defrost, use them straight from the freezer. A trick learned from my Scandi penfriend who does the same with meadowsweet when she wants to make a liqueur from it but hasn't got the time just when it is reaching its peak.

This month I shall sow my second crop of sweetcorn, more basil and parsley. I'll keep a close eye out for black fly on the broad beans and will try to head trouble off at the pass by pinching out the growing tip the moment the minute lowermost pods appear from the flower heads.

And the skiing trip? Couldn't stay upright and so spent the entire time on my behind. Least said the better.....

Hilary Dellar-Lane

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Thank you to all of the people, in the village and further afield, who have shown support for our campaign to buy Heacham Park for the village. There are too many to respond to individually but without your support we would not be able to continue.

To date we have had 68 written letters of support; 35 offers of help with fundraising, etc; donations pledged to date £5,985. There are many more verbal offers of support and 47 “likes” on Facebook.

The word is spreading via the internet. A banner has now been posted at the Lavender junction and our printed flyers are now available in a numbers of shops, the Doctors surgery and the Parish Council office.

The support form can also be downloaded from our website, so if you have internet access please have a look at our site and print as many forms as you can to distribute to your friends. You will find us on [www.cjb996.wix.com/heacham-park](http://www.cjb996.wix.com/heacham-park) or via **Heacham Online** where Stella Gooch has added a link to our page.

Thank you, Stella for your support. Thank you also to Rod Hutchinson for printing and circulating 500 more flyers for us, and to David Curtis, for printing the sign at Heacham Lavender.

Follow us online and on the Parish notice boards for the latest updates.

J. Groom



### Heacham Park Needs you!

#### Heacham Park is for sale and is under threat of development.

A number of Heacham residents have expressed a desire for the Park to be purchased **by** the village, **for** the village, to be preserved as a green space **for all time**.

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For updates and further information follow us on:

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Contact Name:

Contact Address:

Telephone:

Email Address:   
(if relevant)

I support the residents of Heacham Village in their project to buy Heacham Park: (please tick)    Yes        No   

\*I would be willing to make a donation to the project to buy Heacham Park: (please tick)    Yes        No   

I would be willing to help with fund raising/other activities to support this project: (please tick)    Yes        No   

\*If you would like to indicate the level of donation please complete here:    £

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### 1st Heacham Cubs

During this term Cubs were busy being creative. Over two weeks they all made at least two poppies and Chil made a display unit to show them off. Each Poppy had the name of a serviceman who died in the First World War and whose name is on the Heacham War Memorial. This was then taken to St Mary's Church to be part of their Festival of Poppies on June 20th - 22nd.



Ziggy very kindly offered to make face masks with the Cubs and she brought in the vaseline, gauze and plaster. The Cubs had the top half of their face made into a mask. They were very good and didn't moan too much when the mask was peeled off. We left them to dry for a week and then the Cubs painted them. This was part of their Art badge.

On Saturday 17th May they joined 130 other Cubs from North West Norfolk at Wolferton for an Activity day. They arrived at 10am and were split into groups and went off to do Archery, Microscope, Fire Lighting/Backwood Cooking, Tracking, Crafts, Maze/Maps, Axes & Sawing, Camp Doughnuts, Grass Sledges and Bottle Rockets. They went home at 4.30pm tired after running round in the sun all day, but happy.

We had four Cubs who earned their Silver Awards and were presented with them on May 1st by Julian Geraghty, our Scout and AGSL, so well done to William Jones, William McGrath, Jack Whitmore and Harry Cobb. Also this term we invested Samuel Witton.

Our District Cub Camp is in June and we are all looking forward to a weekend of fun and activities.

Happy Scouting to all our Cubs

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

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## Heacham at Night

I missed the anniversary; Heacham at Night was 12 months old in March. Just like the planets it has kept coming around in a predictable way. I have no idea how many people read the articles. Some people are attending Heacham at Night Live because of, or despite, them and the third such meeting will have taken place at the end of May. This will be the last one until the nights draw in once again – perhaps towards the end of September. Any special events I will draw to your attention as they arise.

One such event is a chance to hear Professor Gerry Gilmore from the Institute of Astronomy, Cambridge, talk about the GAIA space mission. I have mentioned this spacecraft before because much of its construction was done in the UK and Cambridge will lead, under Professor Gilmore, the analysis of data that GAIA collects which will reveal the precise locations and movements of millions of stars within the Milky Way. The talk is on Friday 12th September at 7.30pm. It is in King's Lynn at a school lecture theatre so parking will be free. Tickets are £5 and available from the end of June. Several hundred people are expected to attend and if you are interested please contact me to book and pay for tickets.

All applicable computers in the library now have Stellarium on them but, at the time of writing, I still haven't arranged any tutorials. I will do so as soon as time permits. Keep looking for a notice in the library and, in the meantime, drag the arrow on the Stellarium screen to the left border; a vertical bar with symbols will appear; hovering over the symbols with the arrow will tell you what they do; clicking on the symbol will make it available. The bottom symbol, a ?, provides help. The top symbol allows you to set your location. Check latitude is 53 degree N, longitude is 0.5 degree E, and altitude is 9m. The symbol below lets you set time and date and is self-explanatory.

Talking of nights drawing in, this starts on 22nd June or, more precisely after 11.51am BST on the 21st June. This time and date marks the Summer Solstice when the Sun reaches its most northerly point in the sky for the year. Then it is all downhill until the 21st December.

May proved a bit of a disaster for (my) observing. Despite plenty of sunshine there was also plenty of mist and high level cloud such that the only objects often visible were one or two bright stars and Mars and Jupiter. I did get my best view of Mars ever in that I managed to discern some dark markings on its surface, but not the white flash of the northern polar cap. My observing was also confounded by a change of telescopes and mount. The telescopes are refractors, have lenses rather than a mirror, and provide a better focussed, more stable image than my older reflector. The mount is more accurate but has been beset by teething troubles which have not all, as yet, been resolved. I hope that next season's dark nights will let me capture better images for the delectation and delight of Heacham at Night Live's audiences.

Anyway, the summer sky; stay up late on a clear night and just look up. Move your eyes a little towards the east and right across the sky from south to north, you should see what looks like a very thin ghost cloud. You are looking towards the centre of our galaxy, the Milky Way. Move binoculars along it and wonder at the number of stars you can see.

Between the east and south east you should see three prominent bright stars, Vega, Deneb and Altair which make up the asterism, pattern, known as the Summer Triangle. Vega is the brightest and highest in the sky. With your back to the east, Deneb is on the left, Altair on the right. Close to and below Vega you should see a squashed diamond pattern made up of four dimmer stars (binoculars may help). This represents the body of the Lyre in Lyra. Above this pattern, a little to the north east is Epsilon Lyrae, the double double star I have mentioned before. A good binocular object for the pairing, a telescope will be needed to split the doubles. Use Stellarium to help you find where you should be looking.

The best times for planet spotting are fading this month. You had Jupiter well placed earlier in the year, Mars brilliantly placed in May and Mercury well up after sunset in late May. You can guarantee that skies will be clearer in June as there is less to see. However, at the very beginning of June, still chase Mercury after sunset; it will appear as a crescent. After the 19th, Mercury becomes a dawn object. Saturn can still be caught in the first week, 22 degree up in the south, yellowish colour – look at it as late as you can through binoculars and, though you won't see rings, you will see a 'bump' on either side and probably its largest moon Titan glinting to one side. Mars can still be seen throughout June but is fading all the time. It is close to the waxing gibbous moon on the 7th. Venus is a fairly difficult object in the dawn twilight. Look out for it on the 24th and 25th when it is

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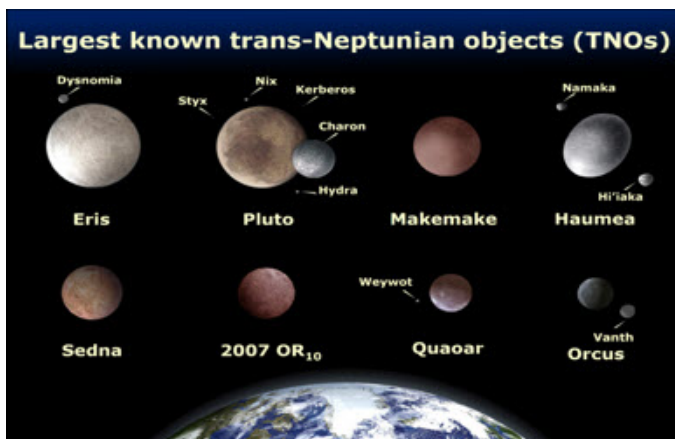
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close to the waning crescent moon. Jupiter is almost out of sight, being low down in the WNW. Go to Heacham beaches to wave good bye. On the third of June three moons of Jupiter pass in front of its striped disc. This rare triple transit of Callisto, Europa and Ganymede will be a good telescope event though difficult to observe against a bright sky. If you miss it, a similar event will happen on 24th January 2015. The next after that will be in 2032.

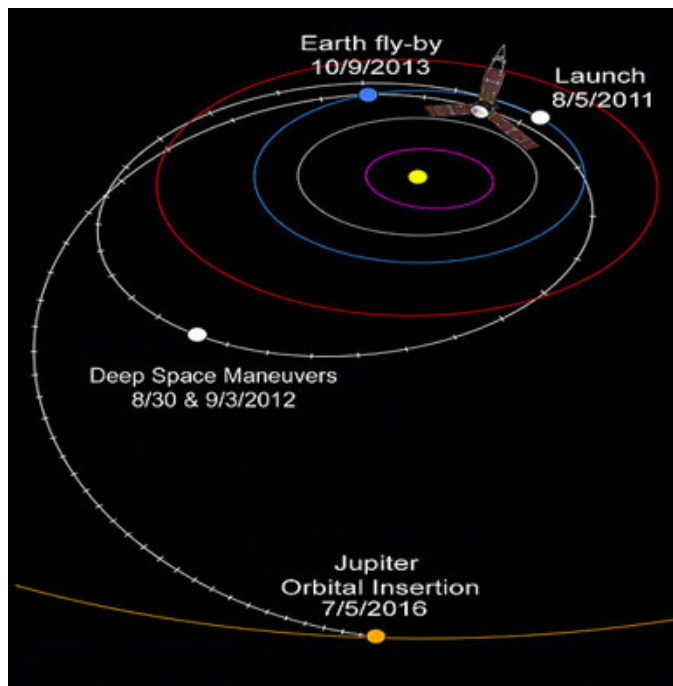
On 15th June a rather weak meteor shower peaks - the June Lyrids. There may be about 8 meteors / hour. Look straight up when it is dark and clear. At least it should be warm.

Noctilucent clouds can appear throughout June. They are eerie, very high clouds seen after sunset or before sunrise. Look NW in the evening, NE in the morning. They are reflecting light from the sun when it is well below the horizon.

The ability to predict where celestial objects will be and how they relate to each other is all based on careful observation and measurement followed by mathematical analysis which goes right back to Newton, Hooke and Halley (and no doubt others). Such work continues as discrepancies between calculation and observation lead to new discoveries such as Neptune in 1846 and Pluto in 1930. Anomalies also throw up information about how mass is distributed on planets and moons as this determines how spacecraft will behave as they are sling shot from one planet to the next, making course changes, until they reach their destination.

New Horizons is one such spacecraft and is at the orbit of Neptune now. It will reach Pluto on July 14th 2015. It was launched in January 2006 and received a gravity assisted boost from Jupiter in February 2007 and passed by at more than 50,000 mph. The timing of the launch was crucial if Pluto was to be reached before it moves even further from the sun when cooling is likely to freeze out any atmosphere. After a flyby of Pluto, New Horizons will be tasked with studying the ever growing boundary of our solar system where new dwarf planets are being discovered.

Some are shown below.



Another spacecraft, Juno, used the Earth's gravity to give it a boost 2 years after launch. It will arrive at Jupiter in 2016. The convoluted, carefully calculated, trajectory is shown below. Heacham at Night Live attendees will know that Jupiter's magnetic field and associated radiation belt can knock out electronics. Juno is going to orbit the poles in a very elongated orbit to make exposure minimal and it is also well shielded.

That's all. Roll on the ever darkening nights after June.

Terry Parish

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## Heacham Judo Club

8 Members of Heacham Judo Club travelled to Erdington in Birmingham for the AJA National Closed Championships. After a very early start at 5.15am the players gave it their all with some amazing Judo. They returned after a long day with everyone winning a medal and becoming members of the National Squad. Congratulations to all the players.



Results were as follows:

Juniors		Seniors	
Astrid Hubbard	Gold	Josh Chilvers	Silver
Joseph Tucker	Bronze	Harry Sands	Bronze
Bethany Gedge	Gold	Georgia Rudd	Silver
Shannon Tucker	Bronze	Kristina Wilkes	Silver

Shirley Tucker

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## HEACHAM POCAHONTAS PLAYERS

Drama Group

THEATRE NIGHTS featuring Willie Wonka

Hello everyone, it's the busy-busy players here. At last we have the show all sorted. Beautiful props made; back drops drawn, designed, printed and hung up; lighting and sound all under control; bright costumes made; lines learnt (well, hopefully?!!) Banner up! (Thank you Mr Alan Rudd for saving Dave the unsteady job of attaching it to the wall at such a great height!) Posters around the village (thank you to Heacham businesses for displaying them for us). Flyers delivered to 3 schools (Heacham Infant and Junior, plus Sedgeford Primary) and last, but no means least - tickets designed, printed and numbered ready for sale. Thank you to every one who helps to promote our productions. Special thanks must go to Heacham Newsletter for allowing us to advertise.

Tickets are £7 adults - £5 for children 12 years and under. Please phone Jim or Janice to reserve your tickets (see Poster within this Newsletter for full details).

For this production we see four new members - Sarah Cook, Anna Hawkins and Pam Swan enjoying their first Pocahontas

roles and helpful backstage crew member. Also, the group would like to thank Jo Jutsum for her drawings of the 3 backdrops and the Painting of the Bed and TV (all will be revealed!) We hope to see you all there to see this very colourful production.

**THE POCAHONTAS PLAYERS PRESENT**  
**THEATRE NIGHTS**  
 FEATURING **Willy Wonka**  
 Adapted by Juliet Slight  
 The Public Hall  
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 Heacham  
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 Sat. 14th June 2.00pm & 7.30pm  
 2014  
 Adults £7.00  
 Children 12 and under £5.00  
 For Tickets Phone  
 Janice - 01485 570402  
 Jim - 01485 571267

Thank you.

**The Pocahontas Players**

NB: More information in next month's Newsletter concerning July 26th War time Sketches and Sing-a-Longs, in aid of 'Scotty's Little Soldiers' and 'The Far East Prisoner of War Association'. Tickets will be £10 but you must agree - ALL - to two great charities. Tickets available from Jim and Janice.

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## TIDE TABLES FOR JUNE & JULY 2014

HIGH WATER AT HUNSTANTON Heights above chart datum Time Zone UT (GMT) add 1hr for BST									
June 2014					July 2014				
Date	Morning		Afternoon		Date	Morning		Afternoon	
	Time	m	Time	m		Time	m	Time	m
1 SU	08 06	6.9	20 37	6.6	1 TU	08 20	6.8	20 49	6.4
2 M	08 38	6.7	21 11	6.3	2 W	08 51	6.7	21 23	6.3
3 TU	09 11	6.5	21 48	6.0	3 TH	09 26	6.4	22 00	6.1
4 W	09 49	6.1	22 32	5.7	4 F	10 02	6.2	22 42	5.8
5 TH	10 36	5.9	23 28	5.5	5 SA	10 47	6.0	23 35	5.7
6 F	11 38	5.6			6 SU	11 44	5.7		
7 SA	00 33	5.5	12 47	5.6	7 M	00 40	5.6	12 55	5.7
8 SU	01 40	5.6	13 53	5.7	8 TU	01 52	5.7	14 11	5.8
9 M	02 41	5.9	14 54	6.0	9 W	02 58	6.0	15 19	6.2
10 TU	03 36	6.2	15 49	6.3	10 TH	03 56	6.4	16 21	6.6
11 W	04 25	6.6	16 42	6.7	11 F	04 49	6.8	17 19	6.9
12 TH	05 12	6.9	17 32	6.9	12 SA	05 39	7.3	18 13	7.3
13 FO	05 57	7.2	18 22	7.2	13 SU	06 26	7.5	19 05	7.4
14 SA	06 41	7.4	19 12	7.4	14 M	07 13	7.8	19 53	7.5
15 SU	07 25	7.5	20 00	7.4	15 TU	07 57	7.9	20 38	7.5
16 M	08 07	7.7	20 47	7.3	16 W	08 41	7.9	21 24	7.3
17 TU	08 52	7.5	21 36	7.1	17 TH	09 27	7.6	22 10	6.9
18 W	09 40	7.2	22 30	6.7	18 F	10 15	7.2	23 01	6.6
19 TH	10 34	6.9	23 32	6.3	19 SA	11 10	6.7	23 59	6.1
20 F	11 37	6.6			20 SU			12 13	6.2
21 SA	00 37	6.1	12 44	6.3	21 M	01 00	5.8	13 22	6.0
22 SU	01 43	6.0	13 53	6.2	22 TU	02 08	5.7	14 35	5.8
23 M	02 47	6.1	15 00	6.2	23 W	03 12	6.0	15 45	6.0
24 TU	03 46	6.2	16 02	6.3	24 TH	04 10	6.2	16 44	6.2
25 W	04 37	6.5	16 57	6.5	25 F	04 58	6.6	17 32	6.4
26 TH	05 21	6.7	17 46	6.6	26 SA	05 40	6.8	18 14	6.6
27 F	06 02	6.8	18 30	6.7	27 SU	06 18	6.9	18 50	6.7
28 SA	06 40	6.9	19 10	6.7	28 M	06 54	7.0	19 24	6.7
29 SU	07 16	7.1	19 45	6.7	29 TU	07 29	7.0	19 55	6.7
30 M	07 49	6.9	20 17	6.6	30 W	08 00	7.0	20 25	6.7
					31 TH	08 31	6.9	20 56	6.8

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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 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 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 3rd Monday Monthly @ 7pm (PC)  
INDOOR BOWLS CLUB 7pm (MC)  
LINE DANCING 7-9pm £3.00 Tel: 532317 (PH)  
HEACHAM WIVES GROUP - 2nd Monday of most months at 7.30pm (HSC) Top Room Contact Sue Scott Tel: 572252

### TUESDAYS

HEACHAM DAY CENTRE FOR ELDERLY 9am-3.30pm Transport may be available Tel:Mick Harpley 07527125574 (OFH)  
ACTIVE FOR LIFE exercise classes for those aged 60 and over or at risk of Osteoporosis 10-11am at Heacham Surgery Classroom Tel : Pat 298429 or Jane 571232  
CARPET BOWLS 10.30am - 12 noon Tel: 570776 (PH)  
LADIES KEEP FIT FOR OVER 50's 10.30 - 11.30am. Contact Kath Manning-Coe Tel : 01553 774343 (SM)  
CARERS SUPPORT GROUP West Norfolk Mind Tea & Chat at Piece of Mind 4 Poplar Avenue 1 - 2.30pm Tel: 572707  
LINE DANCING 1.30 - 3.30 pm Contact Diane 571166 (SM)  
WOMENS FELLOWSHIP 2.45pm Every other Tuesday (MC)  
1st HEACHAM GUIDES 5.30 - 7pm Tel: Sue Theunissen 07833747059 or just come along (MC)  
WEIGHT WATCHERS 7pm (OFH) Tel:Alison 07796 904311  
ZUMBA 7-8pm £4 pp Tel: Michelle 07585002124 (SG)  
PARISH COUNCIL MTG 3rd Tuesday monthly 7.30pm (PC)  
HANDS & NEEDLES GROUP every other Tuesday 7.30 - 9.00pm Tel: Joan Careless 570363 (MC)  
HEACHAM DIGITAL CAMERA CLUB meets 1st & 3rd Tuesday monthly 7.30pm Sandringham Club West Newton Email: 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 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 From 6pm (Thursday if wet) 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)  
CHILLATES 7.30-8.30pm Spaces limited Tel:579074 (SG)  
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)

**HEACHAM DIARY**

**Saturday 7th June** Heacham in Bloom ‘Coffee Morning and Hanging Basket Demonstration’ from 9.30am in the Church Hall High Street Heacham Raffle Tombola Books & Plants Entry £1.50 to include Tea or Coffee & Biscuits

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

\*\* GIG ‘Karaoke’ at Silver Sands

**Monday 9th June** Fridhem Rest Home’s ‘John O’Groats to Land’s End Sponsored Cycle Ride’ Starts Today at 10am The intention is to cycle 830 miles on an exercise bike Help by joining in or sponsorship More details from Marie or Trina Tel: 571455

**Tuesday 10th June** GIG ‘Norfolk Blues Society’ 8.30pm at Fox & Hounds Station Rd

**Wednesday 11th June** Blood Donation Session at Heacham Public Hall 1.15–3.30pm & 5–7pm To book an appointment Tel: 0300 1232323 or go online at [www.blood.co.uk](http://www.blood.co.uk)

**Friday 13th June** GIG ‘Jessie’s Ghost’ 8.30pm at Fox & Hounds Station Rd

**Friday 13th June & Saturday 14th June** Pocahontas Players presents ‘Theatre Nights featuring Willie Wonka’ 7.30pm (Fri) 2pm & 7.30pm (Sat) at Heacham Public Hall Tickets Adults £7 Children age 12 & under £5 Tel: Janice 570402 or Jim 571267

**Saturday 14th June** GIG ‘Kenny Bernard’ at Silver Sands

\*\* GIG ‘Karaoke’ at Heacham Social Club

**Tuesday 17th June** GIG ‘Stone Pony’ 8.30pm at Fox & Hounds Station Rd

**Friday 20th June** GIG ‘Jam Session with DNA’ 8.30pm at Fox & Hounds Station Rd

**Saturday 21st June** GIG ‘Marcia’ at Silver Sands

\*\* GIG ‘Mike Terry & Friends’ at Heacham Social Club

**Monday 23rd June** ‘Bingo’ at Fridhem Rest Home Station Rd Eyes down 7pm Tea Coffee & Biscuits All welcome

**Tuesday 24th June** GIG ‘Part Time Blues Band’ 8.30pm at Fox & Hounds Station Rd

**Friday 27th June** GIG ‘Groove Cartel’ at Fox & Hounds Station Rd

**Saturday 28th June** Messy Church at St Mary’s Heacham 10am–12 noon Book in advance Tel: Brian/Josephine 571348 or email [griffin568@btinternet.com](mailto:griffin568@btinternet.com)

\*\* GIG ‘Travis Graham’ at Silver Sands

\*\* GIG ‘Karaoke’ at Heacham Social Club

**Tuesday 1st July** GIG ‘After Hours Blues Band’ 8.30pm at Fox & Hounds Station Rd

**Friday 4th July** GIG ‘California’ 8.30pm at Fox & Hounds Station Rd

**Saturday 5th July** GIG ‘Dan Austin’ at Heacham Social Club

**Sunday 6th July** Heacham Twinning Association trip to ‘Lincoln’ Adults £13 Children £7 Departs 9am Pick-up points Station Rd (opp. Public Hall) or Lodge Rd (Bus Stop) To book Tel: Sue 572252

\*\* Heacham Beach Party 4pm at South Beach For more information Tel: 572142


\*\* GIG ‘Hell Fire Jazz Band’ 8.30pm at Fox & Hounds Station Rd

**Wednesday 9th July** Friends of Heacham Beaches Meeting at 35 High Street Heacham 7.30pm All Welcome

**Thursday 24th to Sunday 27th July** ‘Beerfest’ at Fox & Hounds Station Road

**Saturday 23rd August** Fundraising event in aid of Help for Heroes 10am to 2pm at Pioneer Holiday Park Southbeach Road Heacham

**Saturday 13th September** Photography Exhibition ‘Village Life’ 10am to 4pm at the Old Friends Hall Sunnyside If you are interested in showing your work Tel: 572142

**Please turn to the next page for ‘Other Events’** 

**NEWSLETTER SUDOKU No. 81** Complete the puzzle so that each row, each column and each block of nine contain the numbers 1 to 9. Solution next month.

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

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

Solution to  
Newsletter  
SUDOKU  
No. 80

 <p>CLARE'S CATTERY</p>	<p><b>Clare's Cattery</b> 20 Beach Road Snettisham PE31 7RA</p>
	<p>01485 540383 07887 911957 <a href="mailto:clare@clarescattery.co.uk">clare@clarescattery.co.uk</a> <a href="http://www.clarescattery.co.uk">www.clarescattery.co.uk</a></p>

*WE SPEAK MIAOW!*

## OTHER EVENTS

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

**Tuesday 10th June** Brancaster Camera Club 'Andy Langley a professional photographer will be showing his work' 7.30pm at Brancaster Staithe Village Hall Entrance £3 inc's refreshments For info Tel Jim Till 210013 or Wendy Callow 01553 674725

**Wednesday 18th June** Poetry Morning 'At the Seaside' 10.30am at Hunstanton Town Hall Basement More information from Ann McKimm Tel: 533933

**Thursday 19th June** Heacham Green Team: Meeting Noon - Parish Council Office 01485 572142

**Friday 20th June** The Boy Choristers of Ely Cathedral in Concert at St Nicholas Dersingham 7pm Tickets £10 (inc's. a glass of wine and buffet) from St Nicholas Church Tel: 544561 or James Gravens Budgens Dersingham

**Saturday 21st June** Cinema in Syderstone presents '12 Years a Slave' 7.30pm at Amy Robsart Village Hall Tickets in advance £3.50 Tel 578588 or 578171 or email [cinema@syderstone.com](mailto:cinema@syderstone.com)

**Tuesday 24th June** Brancaster Camera Club Competition 'Nature in its wildest sense' judged by Mike Stew LRPS 7.30pm at Brancaster Staithe Village Hall Entrance £3 inc's refreshments For info Tel Jim Till 210013 or Wendy Callow 01553 674725

**Friday 27th to Monday 30th June** 'Art Exhibition' at Ringstead Village Hall 10am to 5pm

**Saturday 28th to Monday 30th June** 'Flower Festival' at St Andrews Church Ringstead 10am to 4pm

**Sunday 29th June** Ringstead Open Gardens 11am to 5pm 11 gardens open Entry of £3 allows admission to all locations Attractions to include Lunches at Hillside (to book Tel: Melanie 525494) & Teas Music Raffle etc at East End Farm

\*\* Open Day at R.A.F. Bircham Newton Heritage Centre 11am - 5pm Admission & Parking free More info at [www.rafbnmp.org.uk](http://www.rafbnmp.org.uk)

**Saturday 5th July** 'Summer Fair' at the Union Church Hunstanton 10am to 1.30pm Coffee Tea & Light Lunches Various stalls to include Gifts Cakes Plants & Books

**Saturday 26th July to Sunday 2nd August** 'Jack Cox' Exhibition at Stiffkey Visitors Centre 'The life and work of the Wells fisherman who would have been 100 this year' For opening days & times [www.rescuewoodenboats.com](http://www.rescuewoodenboats.com)

**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](mailto: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) Sedgeford Primary School Ringstead Rd Sedgeford - Tel: Jane 01485 579489

### Mondays

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

### Tuesdays

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

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

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

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

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

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

### Wednesdays

DOCKING MARKET 9am - 1pm in The Ripper Hall

Local Produce Craft and Gift Stalls Tel: 518945

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

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

LYMPHOEDEMA SUPPORT GRP meets the 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 Sedgeford Primary School Ringstead Rd Sedgeford - Tel: 01485 579489

ROLLASON STAGE SCHOOL Dance Classes under 6yrs Ballet/tap/modern 4.30-5.15pm 12yrs+ Ballet & modern 5.15-6.15pm Senior street crew 6.15-7pm 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](http://www.west-norfolk-tai-chi.com) for information.

### Thursdays

ROLLASON STAGE SCHOOL Musical Theatre class All ages 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 Karen Creedy 07717231096

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 information re attendance Tel: 579074

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



# around and about...

## Massive turnout for Snettisham Right of Way

Rights of way supporters from near and far massed in great numbers – certainly 1,000 plus – on Snettisham beach to affirm the public's right to walk the one mile footpath despite opposition from some chalet owners along the beach. The sheer numbers who turned up to show they believed the beach should be open to all, was a sight to behold and will no doubt carry some considerable weight with the public enquiry panel which is being held in June 2014. The enquiry has to rule on the status of the footpath, weighing up the arguments put forward by some chalet owners who claim the footpath along the top of the sea defences has never been a public right of way, whilst countless others (including villagers and walkers from all over) claim they have been using it for years.



The sun shone on a huge crowd of people of all ages, many with dogs, as they enjoyed a comfortable stroll along the disputed footpath. Among the walkers from Snettisham were Cllr Eric Langford (Chairman), Simon Bower (Snettisham Parish Clerk), Cllr Maria Fountain and Cllr Ann Lamplugh. Also present were two County Councillors: Cllr Avril Wright and Cllr John Dobson. County Councillor John Dobson said: "It's quite clearly a huge local issue. It's a reflection of the dissatisfaction with the way the County Council has handled this issue over a number of years."

Former Snettisham Councillor, David Bocking, was delighted with the turnout. Many of those taking part expressed their views, all with a common theme: it was wrong for anyone to say the route could not be open to the public, particularly as the seabank and flood defences were paid for out of public funds.

Before the walkers commenced the return walk, Parish Clerk, Simon Bower, addressed the crowd to advise that the event had not been organised by the Council and the organisers themselves are not coming forward. Mr Bower said:

"The Council was immensely gratified that so many people chose to take part in the walk on Sunday 4th May, and to do so in such good humour. So much of the work to date has fallen on a small group dealing with legal issues and preparing a case for the public enquiry next month. It was, therefore, wonderful to see so many villagers, other locals and visitors, taking the opportunity to express their support in a practical and overwhelming way.

Along with last year's petition, it provides unequivocal evidence that this is an issue about which many people feel very strongly. This will be of great importance at the public enquiry.

The Council is always grateful to receive offers of help; please contact the Parish Office."

Organisers of the walk had been planning the event for many months and will, no doubt, be very gratified at the level of support shown by so many. However, a public enquiry is yet another hurdle for them to negotiate.

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

**LIVING INDEPENDENTLY in LATER YEARS (LILY)**

Living Independently in Later Years (LILY) is an online directory for West Norfolk that brings together information about a wide range of activities, services, advice and guidance, primarily for the over 65s, providing an easy-to-access, easy-to-use reference and signposting guide.

LILY is arranged into ten simple-to-search categories and there are useful filters and quick links that make finding information quick and easy. Whether you're looking for a club or activity close by, perhaps you want travel or mobility advice, or maybe you need tips for managing your money ... then LILY can help. If you're concerned about staying safe, worried about having a fall, or if you're at home caring for someone ... LILY can help you to find the advice and help you may need to help make your life a little easier.

If you don't have a computer you can still access all the information in the LILY directory by calling 01553 616200 and speaking to a member of the Council's Customer Services team. An advisor will search the directory on your behalf and give you all the relevant information. If required, this information can then be sent to you, or to a relative, friend or carer, by post or email.

Organisers of regular activities, such as clubs or support groups, or community services for older people living in the region, can have details included in the LILY directory. Just email [asklily@west-norfolk.gov.uk](mailto:asklily@west-norfolk.gov.uk) or call 01553 616200 with details.

If you're over 65 and you want to know what's going on the area or if you need signposting to specialist services, simply Ask LILY at [www.asklily.org.uk](http://www.asklily.org.uk) or call 01553 616200.

The LILY directory is a West Norfolk Partnership project, led by the Borough Council of King's Lynn & West Norfolk.



**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 people to help run the group and train up as leaders. No experience is necessary, just a love of fun and outdoor activity, though previous Scout or Guide membership would be a bonus!

The troop meet on Monday evenings during school term times. There is occasionally an extra event or camp 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 to have had 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**

**1ST HEACHAM SCOUT GROUP**



The AGM of the 1<sup>st</sup> Heacham Scout Group will be at the Scout Hut, Sunnyside, on Monday 9th June at 7.30pm.

Please come along and support your Scout Group  
All are welcome.

**Julz 572890**

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01485 535321 [www.serenitynaturalhealing.co.uk](http://www.serenitynaturalhealing.co.uk)



**Unhappy with the service you or someone you know has received from the NHS?**

The NHS Complaints Advocacy service is here to help you if you are unhappy with the service you have received from the NHS, including services, care or treatment provided by a doctor, dentist, hospital, ambulance service or pharmacy.

The NHS Complaints Advocacy service is free, confidential and independent of the NHS.

In Norfolk, the NHS Complaints Advocacy service is provided by a partnership of Age UK Norfolk, Equal Lives, Norfolk RCC and POhWER. Our advocates can help you to make a complaint and support you through the NHS complaints process. This can include explaining your options and supporting you with things like writing a complaint letter, attending a complaint meeting or signposting to other organisations if appropriate. You can also make an NHS complaint on someone else's behalf.

Whilst many of us don't like complaining, the complaints process is not only a way of resolving issues you or those close to you have faced, but it is also an important way to help improve the NHS care in Norfolk.

To talk to one of our team call 0300 456 2370 or visit:

<http://www.pohwer.net/our-services/nhs-complaints-advocacy>  
for more information about the service

**WEST NORFOLK RSPCA  
REHOMING CENTRE**



**Annual Dog Walk**

**11am - 15<sup>th</sup> June 2014**

**Sandringham Country Park**

**PLEASE COME AND JOIN US!**

**Donation to enter**

**All entrants will receive a free dog goody-bag  
courtesy of the King's Lynn branch of**



**For more details ring 01553 618889 or visit our website**

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

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Saturday 14th June - England v Italy @ 11pm  
Thursday 19th June - England v Uruguay @ 8pm  
Tuesday 24th June - England v Costa Rica @ 5pm

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Tel: 01485 536030 [www.heacham-manor.co.uk](http://www.heacham-manor.co.uk)

HN

HN JUNE 14



**The Norfolk Hospice  
Norwich Open Gardens  
13th July 2014**

The Norfolk Hospice, Tapping House are one of the fortunate charities to benefit from the Bishop of Norwich's Open Gardens.

Come and join us on Sunday 13th July 2014 between 1pm and 5pm (last entrance is 4.30pm). Entrance is just £3.00 (children and wheelchair users' free entrance). All visitors will be entered into a free prize draw to win a plant kindly donated by the Bishop's Gardener. Enjoy a traditional English afternoon with cream teas, lawn games, Punch and Judy, storytelling by the Yarnsmith of Norwich and live music with The Old Wild Rovers shanty singers and Grace Carter singing opera. Our two friendly bears, Hugh and Harmony, will also be attending and will be organising a treasure hunt for the children.

We look forward to seeing you there!


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







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## Events at Hunstanton Library

### Hunstanton Library Family History Group

Would you like help tracing your family tree or, alternatively, would you like to help others find out about their ancestors? The Hunstanton Library family history group meets at the

library on the **first Tuesday of the month from 2pm - 4pm.** Why not come along and share your experiences, ideas and tips for searching for your ancestors. The library provides free access to the Ancestry database. For further information contact the library on 01485 532280.

### Scrabble Club

Wednesdays 11th, 18th and 25th June

Every Wednesday from 10.00am-12.00noon. Come along and enjoy a game of scrabble! Refreshments provided

### Under 5s rhymetime at Hunstanton Library

Wednesday 18th June 2014 - 2.00-2.30pm.

Monthly on the third Wednesday of the month (term time only) 2.00pm - 2.30pm.

18th June, 16th July, 17th September, 15th October, 19th November and 17th December.

Join us for a pre school rhymetime with staff from the Hunstanton Children's Centre. Suitable for pre school children and their parents/carers. For further information contact the Library on 01485 532280

### Tracing the history of your house

A talk by the Norfolk Record Office.

Thursday 19th June - 2.00pm

Booking essential. Free ticket available from the library or call 01485 532280.



## Hunstanton Lions Club

Hunstanton Lions were able to help more local good causes this month.

Our **Golf Tournament** took place on Friday 23rd May at Heacham Manor. Results of competition to be printed in next newsletter.

**Car boot:** The next car boot at Glebe School supporting our club is Sunday 8th June.

### 200 Club

April draw winners were Lesley Poore, C. Roberts, M Guest, Gladys May.

May draw winners were Karen Fletcher, Brian Winner, Eve Eates, Daniel Parton.

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

Jane Scott



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The Borough Council's West Norfolk Disability Forum is pleased to announce that it is seeking nominations for this year's Opportunities Awards.

The search is on for individuals or organisations in West Norfolk who have demonstrated innovation, imagination and commitment in ensuring equality of opportunity for people with disabilities in the local community, or for people who have overcome the challenges that a disability can present with determination and spirit.

Awards are to be made, but not limited to, the following categories:

- Young Carers
- Voluntary Organisations
- Service Providers
- Employers
- Achievement in Sport
- Volunteering and helping others
- Charity work

The awards ceremony will be hosted by the Borough Mayor at King's Lynn Town Hall on 2nd July 2014.

To make your nominations for the awards, either write to  
 Becky Parker  
 West Norfolk Disability Forum  
 King's Court, Chapel Street  
 King's Lynn, Norfolk, PE30 1EX  
 or email  
[disabilityforum@west-norfolk.gov.uk](mailto:disabilityforum@west-norfolk.gov.uk)

Alternatively you can download a nomination form from the Borough Council's website  
[www.west-norfolk.gov.uk](http://www.west-norfolk.gov.uk)

The deadline for nominations is 30th May 2014



## News from RESCUE : WOODEN : BOATS

We have now opened new displays (thanks to a grant from the Norfolk Coastal Partnership) at the Stiffkey Visitor Centre (off Greenway, Stiffkey NR23 1QF) showing stories of how wooden boats were used locally in whelk fishing, crab fishing, describing fishing life and communities, wooden boatbuilding and some history of the Stiffkey Military Camp.

We are recruiting even more volunteers to join our friendly team, helping welcome people to the Visitor Centre. Can you spare 3 hours a month or more? No experience needed, training given.

Work has progressed well during the winter on Dunkirk veteran lifeboat 'Lucy Lavers' so we are now making plans to take her back to Dunkirk by sea in May 2015 to mark the 75th anniversary of the evacuation of troops in 1940, calling in on the way so schools and members of the public can visit her.

There will be a land team tracking her round the coast with publicity and displays. Do let us know if you would be interested in helping with this great event.

We are now developing and testing the new education and event room (thanks to an equipment grant from FLAG - Fishing Local Action Group) and preparing for school visits from the autumn term. If anyone would like to help with visits from schools, let us know.

Summer events - some exciting dates for your diary:-

### July 26th – August 2nd

Jack Cox exhibition at Stiffkey – the life and work of the Wells fisherman and artist who would have been 100 this year.

### August 6th - 4.00-8.00pm

Event at Bayfield Hall – displays of boats, models, art and a nautical auction! More details to come

### August 9th evening

"The Banned" gig at Blakeney Harbour Rooms: Jazz and '60's music.

### August 16th

Come and see us at Burnham Market Craft Fair.

There are lots more films and photos on our website. Browse [www.rescuewoodenboats.com](http://www.rescuewoodenboats.com)

Do join as a Friend of Rescue Wooden Boats and receive regular updates and invitations.

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## Hunstanton & District Rotary Club

### Rotary Matters

Come and support Rotary!

We are delighted to report on the success of the 'Poetry & Pot-pourri' event held recently at St. Edmund's Church Hall. The evening started with Barbara Wingrove and Fallon Howe playing popular music on the piano and trumpet, followed by a fine meal provided by Marguerite Wright and her team. The poetry contributions were a mix of different types, both amusing and serious and were much enjoyed. With the help of a well-supported raffle £357 was raised, all of which will go to the Rotary Polio campaign to help the removal of the polio virus from Afghanistan, Pakistan, Nigeria and Syria. When this is achieved the world will at last be rid of this awful disease.

The Rotary Club annually presents Centenary awards to deserving students from Smithdon School. This is given to students who have contributed substantially, for example, to the welfare of others, demonstrated how they support the Rotary motto 'Service above Self' and how they give support to relevant organisations, both in and out of school. This is the tenth year when the award has been given and the Club decided this year to give three prizes. Forty students entered with the winner being Tony Spaans, second was Jack Savage and third, Imogen Woode Wallace. All were given cash prizes and the winner received a certificate. The Club has also sponsored Redgate Junior School, Smithdon School and the Firefighters Benevolent Fund.

David Pitcher gave the Club a talk about the restoration of historic buildings in King's Lynn, several of which have been lovingly restored. After joining the Council, one of his first projects was the restoration of buildings in Chapel Street which were in a poor state and needed work which took several years. The Customs House, Red Mount and South Gate have all benefited from his expertise. The South Gate used for collecting tolls, seemed especially interesting. It was rebuilt in the 1450's mainly of brick but the imposing front ashlar façade was added in 1520. The two smaller arches were constructed in the nineteenth century. More recently, the inside passage has been restored as has the first floor. It is now Grade 1 listed. We were shown an original nail, about 15 inches long which was very heavy, weighing several pounds.

The Club has a varied programme of speakers and our latest one was Paul Wood talking about Project Safe Haven. This charity is managed by the North Lynn Discovery Centre. It was strongly suggested by Norfolk Constabulary in 2008 that the town would benefit. It gives help to people who, having gone into town in the evening and for whatever reason, then become ill or distressed or in need of safe transport between the hours of 9.00pm and 3.00am. The service is run by volunteers who largely depend on donations. First Aid, support and advice is given. People may become injured, ill, have substance or alcohol abuse, have mental health or sexual health issues and, if relevant, be

referred to specialist support agencies. Above all, the charity reduces the number of unnecessary ambulance calls and attendances at hospital A & E.

### All about Rotary

We continue our series which tells readers about the various facets of Rotary. Last month we described the organisation of Rotary, which is worldwide. Organisation operates through four main levels of Rotary service – Club, Community, Vocational and International Services supported by Rotary Foundation and Youth Service.

Club Service ensures the effective functioning of the Club. Our meetings are chaired by our Club President who may ask for comments from committee chairmen. The Club Council meets monthly, followed by the Business meeting for all members. Council decisions are put to the members who are asked to approve decisions or to vote on proposals.

An important role is to look for new members. If Rotary is to continue into the future it is vital that new members are brought in to continue the valuable work that Rotarians endeavour to complete. Club Service committee members will deal with membership applications and the support of members. Another important role is that of organising programmes for meetings and inviting speakers on various subjects. The committee is responsible, too, for publicising Rotary activities and for public relations, producing magazine articles, updating the website as necessary and ensuring that communications work satisfactorily.

We are always happy to answer questions about Rotary from members of the public. It may be that your appetite has been whetted and perhaps you are interested in membership. A 'phone call to one of the following will explain more: Club President Rotarian Ben Warnes, tel 534392, Club Vice President Peter Atterbury, tel 534820 or past President Phil Newell, tel 533864.

Phil Newell & Rene Rooth

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2014



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The deadline for nominations is 30th May 2014



## Community Cinema

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The true story of Solomon Northup, an educated and free black man living in New York during the 1840's who gets abducted, shipped to the south, and sold into slavery. OSCAR winner - Best Picture with UK leading actor (Chiwetel Ejiofor) and UK director Steve McQueen.

Venue: Amy Robsart Village Hall,  
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Start time: 7.30pm.

Advance Tickets £3.50

Contact 01485 578588 or 578171

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

## Brancaster Camera Club

### Tuesday, 10th June 2014

We have a change of programme for this evening & are pleased to welcome Andy Langley to the club. Andy is a professional photographer, who will be showing his work & promoting his studio where he organises events for Camera Clubs.

### Tuesday, 24th June 2014

A set digital image competition: 'Nature in its widest sense' judged by Mike Stew LRPS.

We meet in Brancaster Staithe Village Hall at 7.30 pm. Entrance is £3 to include refreshments.

Visitors are always welcome.

Contact: Jim Till on 01485 210013 or Wendy Callow on 01553 674725.



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## The Boy Choristers of Ely Cathedral in Concert

Friday 20th June, 7pm

at St Nicholas Church, Dersingham

The programme will include a performance of the much-loved pop-style cantata, Captain Noah and his Floating Zoo.

Tickets £10, to include a glass of wine and finger buffet, available from St Nicholas Church, 01485 544561 and James Gravens Budgens, Dersingham

The Clergy, PCC and worshippers at St Nicholas Church, Dersingham, feel honoured that they have been chosen to host a concert given by the Ely Cathedral Choristers.

Here, to give you some background is some information on the Cathedral Choristers.

Ely Cathedral Choir has been part of the English choral tradition since the mid-16th century and, in terms of monastic heritage, its history can be traced back considerably further to the time of King Canute.

Many of England's finest musicians started life as Cathedral choristers. This is no surprise, because professionalism is the hallmark of a cathedral choir. Today the Choir consists of some 22 boy choristers and six adult lay clerks, augmented on Sundays and Feast Days by additional singers and sometimes instrumentalists.

Alongside daily rehearsals and schedules, there is a demanding schedule of concerts, broadcasts and recordings.

The team is headed by the Organist and Director of Music, Paul Trepte, and his assistant Edmund Aldhouse. Former organists have included musicians of high repute such as Christopher Tye, Robert White, Basil Harwood, Tertius Noble and Arthur Wills.

Under the direction of Paul Trepte, Ely Cathedral Choir is much in demand for radio and television broadcasts, recordings, concerts and tours.

And, yes there are girl Choristers who have their own services in the Cathedral as well as singing with the boy Choristers and Clerks.

Jackie Harris

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For more information about Ely Cathedral Choir visit [www.elycathedral.org](http://www.elycathedral.org)



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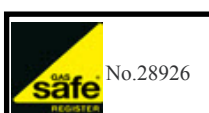
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## **Heacham in Bloom**

By the time this article goes to Press, we will have planted out all the Summer bedding and have our fingers crossed for the right amount of rain and sun to encourage bumper blooms.

A big thank you to all of our display bed sponsors this year so far: Heacham South Beach Owners' Assoc, Friends of Heacham Beaches, Heacham Indoor Bowls Club, Palm Beach Caravan Park, Silk Road 2, Heacham Youth Club, AE Wallis as well as local tradesmen Kevin Partyka, Jim Wilding and Paul Curson. We do still have a sponsorship place available at the Lavender Junction, so please get in touch if you can support us. We have also had great support from the businesses in the High Street and we will list all those



contributors next month as monies are still coming in. We have also received several personal donations throughout the year and continued support from Dave Curtis, who has made all our signs. Now is the time to be entering the **The Best Blooming Caravan and Caravan Park Competition 2014**. This competition grows bigger and better every year. Posters and entry forms have been sent to each caravan park in the village. Forms will also be available from the Parish Council office. **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 practise ideas which could improve it. Heacham Newsletter have again sponsored this Campaign and the first areas or groups to register will be given a £10.00 voucher to spend at Moulam and Horn on plants. Ideas can be as simple as troughs or planting round your street name sign. Heacham in Bloom is about our community and taking pride in making it lovely or should we say lovelier.

**Heacham In Bloom Team  
heachaminbloom@btinternet.com**

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Heacham In Bloom mourn the loss of supporter Lou Durrant. Lou, who passed away in April, was particularly supportive in the early days of Heacham In Bloom, helping out where he could and selling vegetables at our coffee mornings that he had grown on his beloved allotment.

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## The Princess Players 'Stepping Out' - Review

There were three different stage versions of 'Stepping Out' by Richard Harris before it became a musical film in 1991 starring Liza Minelli as Mavis and Julie Walters as Vera.

In the play performed by the Princess Players at the Princess Theatre, the versatile and highly talented Michele Larkin was not only director and choreographer, she also gave a thoroughly convincing performance as Mavis, a former professional chorus girl doing her utmost to teach a bunch of amateurs some tap dancing routines for a forthcoming recital.

Whereas the story line of this clever comedy concentrates on the difficulties Mavis has to overcome when faced with the personal problems of a motley but endearing crew, it is immediately apparent that she encountered no such problems in her real life directing role.

During and after the performance, it was immediately apparent that, unlike Mavis, Michele had the advantage of working with a very competent and enthusiastic cast. Kay Crome displayed all the confidence that comes with playing the part of Vera for the fourth time! Dee Pritchard adopted a very convincing northern accent in her role as Maxine, while drawing on her skills as an accomplished dancer and choreographer currently teaching tap in Snettisham. Jean Gibson, was perfect as Mrs Fraser, such was her ability to accompany the dancers on the piano and then act when the occasion demanded it.

Since joining the group in 2001, Barbara Dennis has chalked up a list of memorable performances to which the part of Dorothy can now be added. The same can be said of Elaine Verweymeren as Sylvia, revelling in the chance to deploy a broad cockney accent after being cast in previous plays as more refined ladies. Elaine must also be congratulated for the artwork and design of



the very attractive poster and programme. Lorna Hutchinson has been in amateur dramatics from her early years in Jamaica and this was not the first time she has appeared as Rose in 'Stepping Out'.

Even the younger cast members, Toni Townsend (Lynne) and Della-Marie Reed (Andy) have a list of credits to their names, including singing classical music for Toni and script writing for Della-Marie. Phil Lance as Geoffrey stood out, and not just because he was the only male performer. This play gave him the chance to show his ability as an actor as well as a dancer, which he has done for the past four years in panto at the Town Hall as a member of the Festival Players.

Once again, Princess Players' Chairman, Mick Yates, Stage Manager, Rae Steward and all the backstage team combined to put on a truly polished performance, made all the more enjoyable by the pint of draught 'Elgoods Cambridge Bitter' available at the theatre bar...

John Maiden

				 <b>JUNE 2014 SHOWS</b> <b>01485 532252</b>

## Music on the Field – Thornham 2014

Music on the Field returns bigger, better and with more on offer for all the family to Thornham's Playing Field on Saturday 2nd August after a two year absence.

No music festival can claim credibility unless it has been flooded at some point and this was the case in 2012, and 2013 saw the new village hall being constructed on-site so alternative concerts were held on the church green.

The 2014 Festival sees a wide variety of musical styles with some great new additions to the line-up as well as the return of bands enjoyed previously by local audiences. Eight bands feature with the concert opening at 2.00pm and playing till late.

Young Indie Rockers, Jimmy Rokit, feature along with Laura and the Sounds Easy Jazz trio, who wowed the audience last year on a hot summer's day on the green. Pennyless, the innovative Lincolnshire folk trio, play the venue for the third time by popular request. New additions to the bill see the Darling Coreys, an all-girl blue-grass band from Norwich, Blues Tubes give it a little Rockabilly and Back Pages singing and playing from the Bob Dylan songbook.

Among the most eagerly anticipated acts, following his success at Festival Too, is the Rockin' Bishop of Lynn. Closing the programme, as is traditional, will be the Festival Ensemble.

Alongside the music there will be a children's tent with face-painting, juggling and jokes and the play area. Every festival needs its refreshments - a Pimms bar, Beer tent with real ales, food, BBQ and refreshment tent provide these.

Practical details: Adult admission £10, under 12s free. Campervans for overnight stay only, an additional £15, conditions apply. Dogs will be admitted if kept on a lead and under control. Parking on-site free, if ground conditions permit. Toilets, including disability access, available in the award-winning hall on site with first aid post also.

For further information contact Monica on [monclare@btinternet.com](mailto:monclare@btinternet.com)



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Back Pages  
 Pickin' an' Choosin' from the Bob Dylan Song Book

Blues Tubes  
 Blues and Rockabilly

DARLING COREYS  
 All female Bluegrass band from Norwich

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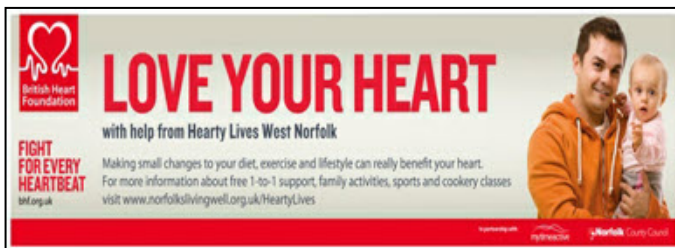
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## Hearty Lives' project to fight heart disease (Hunstanton)

A new Health Trainer project, designed to improve the heart health of men – and fight one of the county's biggest killers, has been launched in west Norfolk.

Almost one in six men in the UK die from heart disease; the 'Hearty Lives' project has been set up to try and reduce this figure by offering free one-to-one support, family activities, sports and cooking classes.

Men living in West Norfolk are being invited to take part in the project with sessions organised flexibly to suit individual schedules.

Co-ordinated locally by Norfolk County Council Public Health, Hearty Lives West Norfolk is a British Heart Foundation funded programme that hopes to reduce the risk of coronary heart disease. Hearty Lives participants are welcome to suggest any lifestyle activities that interest them which will then be considered by the group, and family members are welcome to come along too.

Dan Roper, Cabinet Member for Public Protection at Norfolk County Council said: "The Hearty Lives Project is about raising awareness of heart disease and supporting people in making healthier choices to improve the health of the heart. We want to encourage as many people as possible to take up the opportunities offered by the project."

Lucy Macleod, Interim Director of Public Health said: "Almost one in six men in the UK die from heart disease – which is a worrying statistic. However, heart disease can be prevented by making smart choices now that will pay off the rest of your life. I hope that men in Hunstanton will also get their friends and family involved in this programme as it is vital we all work together to take care of our hearts."

Richard Bird, Norfolk County Councillor for Hunstanton said: "This is a great initiative and the people from this area will really benefit from the information and support provided. I hope that with the help from this project, our community will be better equipped with the knowledge and confidence needed to fight heart disease."

Diane Card, British Heart Foundation Area Development Manager said: "British Heart Foundation are very excited to be funding this project in West Norfolk as it is targeting a key area of the community. If people can make a few small changes to their lifestyle it will make huge differences to their heart health and reduce their chances of developing coronary heart disease."

Nicola Harris, Regional Manager of MyTimeActive said: "MytimeActive is delighted to be supporting the British Heart Foundations Hearty Lives project. The West Norfolk Health Trainer delivery team are looking forward to welcoming men, and really making a difference to combating heart disease. It is our aim to achieve this through a combination of fun activities, and cooking with lots of help and support along the way."

Further information:

Sandy Thorpe is the Health Trainer dedicated to the Hunstanton area and will become a familiar face as she works with local clubs, organisations and businesses to promote this new service. As well as encouraging and setting up group activities, she will be offering free individual support sessions at the Surestart Centre, Town Library and the Oasis Leisure Centre, providing information, support and motivation for men wanting to make lifestyle changes.

For up to date session times and locations visit:

[www.norfolklivingwell.org.uk/heartylives](http://www.norfolklivingwell.org.uk/heartylives)

or contact Sandy at West Norfolk Health Trainer Service on (01553) 782629.

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## DISCOVERING EFT

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Hello! My name is Catherine and I am an EFT Master Practitioner. I would like to take you on a voyage of discovery of this fairly recent Technique called EFT or Emotional Freedom Techniques.

What is EFT you will ask, and how can it help me?

EFT is a therapy based on Acupuncture, Psychology and Kinesiology, and as such is a drug-free therapy. You might have heard it referred to as 'tapping therapy' or energy psychology.

I came upon EFT as an extension of the work I do as a Kinesiologist. And this is how it has helped me regain control of my life, and restored my peace.

For many years my life had been dictated by a phobia of birds, an addiction to cigarettes and Post Traumatic Stress due to the death of my son.

On reading about EFT and its endless possibilities and applications, I decided to have a session about my fear of birds. After one hour of working with a qualified EFT Master Practitioner, the fear left me, and I am now able to walk and enjoy nature as I have never done before.

In view of such a convincing result, I decided to use EFT to quit smoking. I had tried to stop using patches and other treatments, but nothing worked. I had one EFT session, again with a qualified EFT Master Practitioner, and at the end of it, I was unconvinced. How can this work so quickly when all else had failed? I carried on smoking, but I did not enjoy it any more. So, one day, I decided to stop, expecting to have to use patches again. But no, I stopped with no nicotine replacement needed. I was quite amazed! EFT had done its job, in spite of my scepticism! It was a wonderful feeling to be free of this addiction.

As I mentioned above, I lost my son Andrew when he was only 4 months old. I felt (and still feel) blessed that I had a daughter already, and was able to have more children.

However, for years I had this recurring nightmare involving a baby. As this baby was not mine, I did not make the connection with my son's death. With EFT I addressed the problem at the root of this recurring nightmare which was ruining my sleep, and my life, really. I have not had this nightmare, or any other about babies, since my EFT session.

So, in brief, EFT, with the help of a professional EFT Master Practitioner, has freed me from phobia, addiction and PTSD (Post Traumatic Stress Disorder).

EFT CAN HELP YOU TOO! ...with all of the above problems, but also if you are suffering from any of the following conditions: anxiety, stress, fears, unresolved childhood traumas, lack of self-esteem, exams and driving test, fear of public speaking and many more.

However, I would like to stress that, even though my problems were resolved using one session per problem, in most cases and for more complex and long-standing issues, several sessions are needed. EFT is NOT a one-session wonder therapy, although sometimes it can be.

For more details contact Catherine on 01485-571936

Or email me [catherine-allen@live.co.uk](mailto:catherine-allen@live.co.uk)

Or visit my website [www.onfreedomswings.co.uk](http://www.onfreedomswings.co.uk)

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**West Norfolk MIND  
Ability Counts Sessions  
at Heacham Sports field in  
June**

Heacham Club Charity has kindly provided the sports field for an hour on a Monday morning to trial some outdoor games sessions for adults of all abilities. The sessions run from 10am – 11am and are currently free to join, and to date bowling and curling have been played and thoroughly enjoyed by everyone.

Les Dedman from Ability Counts is running the sessions and working in partnership with Zena Penty, Volunteer Co-ordinator from West Norfolk Mind, who said there are many people whose main problem is that they are socially (and often rurally) isolated and then become anxious about joining in. Primarily these sessions are about taking part, socialising and learning new skills in a supportive environment which for many people is so important for building and maintaining confidence and self esteem.

There are two remaining sessions – one was held on 2nd June and the next one will be held on 9th June, after which we will decide what direction the sessions should take. There is the opportunity to include all ability tennis and/or football or to remain with the less energetic sports.

If you or anyone you know may like to join in, please meet at 10.00am on Monday 9th June at Heacham Sports Field, or give Zena Penty 01485 572707 or 07585 279215 a call to discuss further.

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HOW TO FIND US





## King's Lynn Classic Car Day

The inaugural King's Lynn Classic Car Day is set to take place on Sunday, 14 September 2014, as part of this year's Heritage Open Days.

This new event is the brainchild of Cllr Chris Crofts, who himself owns a classic 1973 Vauxhall Viva 4-door saloon.

He explained: "Hundreds of people visit the town for Heritage Open Days and I felt that by putting an additional attraction on along the waterfront that people would also head there and enjoy the environment, support the businesses in that area, and take advantage of visiting the historic buildings that surround the waterside. The quay front is perfect for lining up the classic cars for people to view."

The event is being pre-launched, to encourage owners of classic vehicles to get in touch and register their vehicle online at [www.west-norfolk.gov.uk](http://www.west-norfolk.gov.uk).

A big coup for the event, is Cooper Roller Bearings Company Limited's agreement to display 'The Cooper Car'. The car is one of only about 6 ever made which were all made at the Cooper factory in King's Lynn in the early 1900s. This is the only surviving example and is truly unique.

Cllr Crofts added: "Many people will be unaware that cars were ever made in King's Lynn. To be able to display the only surviving example at our Classic Car Day means a great deal to us, and we are confident it will attract people to the event. We are truly grateful to Cooper's for agreeing to this opportunity."

Pat Smith, Site Director at Cooper Roller Bearings Company Ltd, said: "Cooper has over 120 years of history in the town, having been continually based on the Wisbech Road site. Today the company is known throughout the world as the leader and

specialist in the design and manufacture of split bearing technologies. However, in the early days Cooper also produced Steam Diggers, Bombs, Clutches and even a few Cars!

"We are proud of our engineering heritage and long association with King's Lynn. Therefore we welcome the opportunity to participate in this event by displaying the Cooper car, and greatly look forward to joining the many classic car enthusiasts and visitors for the day."

The event will take place between 10am and 4pm on Sunday, 14 September. Anyone wishing to show their vehicle will need to complete the online exhibitor's entry form by 10 August 2014.

Alison Gifford, Chair of the King's Lynn Civic Society, which organises the Heritage Open Day, added: "The Classic Car Day is a very welcome addition to this exciting day. Heritage Open Day in King's Lynn is the biggest free heritage event of the year where we hope there will be something for everyone. Our historic buildings are our best asset and it is a wonderful day out for local people, visitors and above all families, where they can mix history with events such as the classic car day, trips on the ferry and the veteran bus and visiting working boats from the Inshore Fisheries as well as music, dancing and exhibitions. This really is an exciting addition to what is already a very popular day."

The Mayor, Cllr Barry Ayres, said: "As Mayor and a keen classic car enthusiast myself, I am absolutely delighted to be involved with this event. I am really looking forward to the day and hope that many enthusiasts like me, will come along to exhibit their vehicles."

All trade stand enquiries should be directed to [classiccar@west-norfolk.gov.uk](mailto:classiccar@west-norfolk.gov.uk)



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Pictured above Heather Howell, Melanie Egginton and Ann Whyman.

**For further information please contact:**

Heacham Office on **01485 571366**  
or email:  
[amanda.howarth@wardgethinarcher.co.uk](mailto:amanda.howarth@wardgethinarcher.co.uk)

Call us or visit our website [www.wardgethinarcher.co.uk](http://www.wardgethinarcher.co.uk)  
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## HEACHAM POST OFFICE

**CLOSED FOR REFURBISHMENT**  
**18th JUNE 2014 – RE-OPEN 1.00 PM 27th JUNE 2014**

I would like to inform all of our customers that we will be closed on the above dates for refurbishment.

Big changes are taking place for us and we have taken the decision to upgrade to a Main Post Office to enable us to continue serving our community. This is part of a major restructure within the Post Office network nationally.

The old traditional counters will be removed and 2 open plan counters will replace these with a further secure counter further back for larger transactions. We will continue to offer all of the current services and, hopefully, will be able to add to these in the future. At the same time we will be extending our ever popular range of greetings cards and stationery.

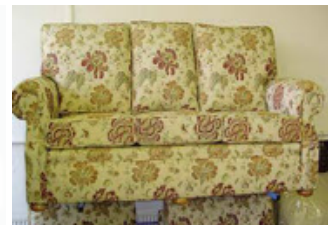
As part of the changes we will be extending our opening hours on a trial basis to include Saturday afternoons.

Please accept our sincere apologies for any inconvenience this short closure may cause you and we hope you will continue to support us in the future.

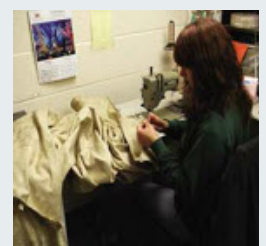
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**Bircham Windmill welcomes**



**West Norfolk Tweetup**

West Norfolk Tweetup enjoyed a very comfortable spring day for their visit to Bircham Windmill on Wednesday, 23rd April. Host Elly Chalmers and her staff made us all feel very welcome indeed and the tweeters did justice to the wonderful scones accompanied with tea and coffee before taking in the fantastic Norfolk views from the top of the windmill. The tea rooms looked great and the garden area seemed to have had some improvements to it since I was last there.

A number of tweeters had never visited Bircham Windmill before so this was a welcome opportunity for them to take in the wonders of this fantastic Norfolk family attraction including the bakery, tea room, garden and the Norfolk countryside itself.

Whilst enjoying the home-baked goodies on offer, tweeters re-connected with those they had already met and made some new connections too. Who knows where these will lead. Only time will tell ...

Tweeters who came along include Mel Hariss (@socialmonkey), Louise Wilkes (@Hands4Hounds), Rosie Hinks (@norfolkletting), Barbara Bamfield (@Glenberis), Simon Heraghty (@ECSComputers), Kevin Holland (@TheSolarShed), Mary from Knotty Leads and of course, our host, Elly Chalmers (@BirchamWindmill) and myself.

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## HEACHAM PARISH COUNCIL NOTICEBOARD

### May Meetings in Brief

**Chairman:** Mr Peter Colvin was re-appointed Parish Council Chairman and Mr Michael Williamson was re-appointed Vice-Chairman at the Parish Council's annual meeting.

**Footpath Warden:** The Council welcomed Mr Faulkner's offer to continue to act as the village footpath warden and acknowledged receipt of his annual report.

**Tree Warden:** Mr Terry Parish accepted the appointment of village Tree Warden.

**Cooption :** Mr John Moore was co-opted onto the Parish Council, filling the last vacancy on the Council.

**Church Green:** The Council agreed to replace the old bench on the Church Green. The bench had been gifted to the village in 1977. The Council would liaise with the owners of the Green and hoped that work would be completed in June.

**Heacham Park:** The Council met with the Park Steering group and offered the assistance and advice as requested.

**Cllr C Manning:** The Council congratulated Heacham Borough Councillor Colin Manning on being appointed Deputy Mayor of King's Lynn & West Norfolk.

**The Dairy Site:** The Parish Council has commissioned an additional survey on the site to review the cost of dealing with any contaminants on the site.

**Hunstanton Development:** Council members attended a meeting at the invitation of Hunstanton Town Council to hear the development proposals from Hopkins Homes. Councillors expressed concerns about the impact on Heacham if the main access was via Hunstanton Road.

**Business Rates:** The Council agreed to support a proposal by Sevenoaks Town Council that Town and Parish Councils be given a proportion of business rates to be used to aid economic development at a local level.

**Tree Survey:** The Council noted that the Clerk would organise a survey of the Council's trees in Bray's Pit and the Recreation Ground.

**Art Exhibition:** The Council noted that the Art Exhibition at the Old Friends Hall had been well supported and that funding from Norfolk County Council had helped meet the cost of creating display stands. Next year's event would be held on 4/5 May.



### Heacham Carnival Parade and Fete

This year's Carnival Parade and Fete will be held on Sunday 3 August. Live music will be provided by the Smokehouse Jazz Band. The float prizes will once again be supported by Jennings Caravan Park and Norfolk Lavender will provide the Lavender Queen float, the Queen and her attendants will be selected this month from pupils in year 6 and year 3. The Parade Collection will go to the reformed 1st Heacham Guides. Forms to register your float which will include parade timings and route are now available.

### GOOD LUCK

The Parish Council would like to wish Team Heacham, the very best of luck at the West Norfolk Village Games at the end of the month and well done to Jordan Penty for organising and coordinating this year's entry.



### Heacham Beach Party

This year's party will be held at Heacham South Beach on **Sunday 6 July** 4.00pm - 7.00pm. The party will have a Pirate theme. Party Passes will cost £3.00 to include BBQ, music, drinks and activities. Mik the Graffiti T-shirt artist will also be there to help you create a Dezyrna T-shirt. Join us for a great family event.

### SCAM AWARENESS

Key messages to follow to be Scam Aware.

- If it sounds too good to be true, it probably is.
- If you haven't bought a ticket – you can't win it.
- You shouldn't have to pay anything to get a prize.
- If in doubt, don't reply. Bin it, delete it or hang up.
- Persuasive sales patter? Just say: "No Thank You".
- Contacted out of the blue – be suspicious.
- Never give out your bank details unless you are certain you can trust the person contacting you.
- Take your time – resist pressure to make a decision straight away.
- Never send money to someone you don't know.
- Ignore adverts for jobs that ask for money in advance.

Residents may also pick up "no cold calling" stickers for their front doors or windows from the Parish Council Office and Heacham Library.

### PUBLIC NOTICE

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

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

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

*Heacham Parish Council*

Any queries should be addressed to:

**Heacham Parish Council Office**

Jubilee Clinic Pound Lane Heacham Norfolk

PE31 7ET

Tel/Fax 01485 572142

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

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## HELP LINES

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**HEACHAM** MON TO FRI 08.30 TO 13.00 14.00 TO 18.30  
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WED. 10.00 TO 19.00

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### HEACHAM COMMUNITY WEBSITES

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

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

[www.heacham-village.co.uk](http://www.heacham-village.co.uk)

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

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#### **Service 10 (Sunday)**

Via:- Heacham Lavender, Fox and Hounds and Lodge Road.  
0908 first bus to Kings Lynn, then hourly from 1054.  
0843 first bus to Hunstanton, then hourly from 101

#### **Service 10**

Via:- Hunstanton Road, Fox and Hounds and Lodge Road.  
0836 first bus to Kings Lynn, then hourly  
0815 first bus to Hunstanton, then hourly from 09.32

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

Via:- Hunstanton Road, Fox and Hounds and Lodge Road.  
1008 first bus to Kings Lynn, then hourly from 11.23  
0943 first bus to Hunstanton, then hourly from 10.48

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### **Smithdon High School Bus**

#### **Service 401**

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Hunstanton, Holme, Thornham, Titchwell, Brancaster, Wells,  
Sheringham.

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### **All Bus Enquiries**

[www.norfolkgreen.co.uk](http://www.norfolkgreen.co.uk) or Tel: 01553 776980

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

**First Saturday each month except January.**

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

### HEACHAM HALLS

Public Hall 570776

Pine Residents Hall, Wilton Road Mrs Crisp 579440

Methodist Church Hall, Station Road Mike Careless 570363

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

Old Friends Hall Sunnyside Close 572142

Heacham Scout Hut 572890

### HEACHAM CHALK PIT RECYCLING CENTRE

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

### MOBILE LIBRARY

**ROUTE WEL 124 (Mondays) ROUTE WEL 123**  
**9th/23rd June 2nd/16th/30th**

COLLINGWOOD CLOSE	09.55	ROBIN HILL	10.40
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