



THE HEACHAM NEWSLETTER

May 2014

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Heacham Beach Clean Up. Organised by Marks and Spencer with Marine Conservation Society



Full details page 20

Deadline for the next edition is 12 noon, Thursday 22nd May

*Heacham
Spring Art Show
3-4 May 2014
10am - 4.00pm
Showcase of Local Artists' Work
Refreshments
Old Friends Hall, Sunnyside
Heacham*

ANNUAL SALE

In aid of
THE LEPROSY MISSION

On Thursday 29th and Friday 30th May, 10am to 4pm
and Saturday 31st May, 9am to 11.30am

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

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THE HEACHAM NEWSLETTER is published THE FIRST SATURDAY of the MONTH



Heacham

Dear Newsletter

Old photograph

I was recently asked to restore an interesting old photograph and I thought it might be of interest to your readers. It was a painstaking process removing the many tears, creases and various damaged and faded areas, but a rewarding one.

The owners of the photograph believe it was taken well over sixty years ago and it shows many of the children of the village of Heacham. Initially we thought it was taken at South Beach but others later suggested locations included the First School or the sports field. It was fascinating to look at the varied expressions on the faces in the crowd. By the look of them there was something highly amusing and entertaining taking place. Many of the girls have ribbons in their hair and there are a pair of twins in the bottom right, just above the embossed legend "RAY'S HEACHAM". We began to wonder how many of these faces would be recognised by villagers today and whether anybody might even remember when and where the picture was taken.

Stuart Aylmer



Staithe Road

Dear Newsletter

Rats!

Today (17 April) I saw a rat crossing the road at the bottom of Cheney Hill.

Fortunately, a passing van driver was accurate enough to run it over and kill it, but I trust the idiots who feed the chickens will now be aware of the consequences of their actions.

Paul Cobb



Heacham

Dear Newsletter

More large scale development

Hopkins Homes, the developer intending to build several hundred homes on land south of Hunstanton, off Hunstanton Road just before the A149, intend to submit their planning application immediately after 12th May.

This proposed development is likely to have a very significant impact on traffic into and out of Heacham particularly around the junction close to Tesco. The development will also close the gap between Heacham and Hunstanton.

Objections should be made to the Borough Council after the application has been submitted. Look out for it.

Terry Parish

letters...



Heacham

Dear Newsletter

Dog Fouling

I am a summer visitor to this glorious village. As a dog owner I agree with the sentiments of the Chairman of the Parish Council - Heacham's beauty is marred by irresponsible dog owners. Note I don't say dogs..... it's their owners' duty to keep the roads and beaches clean of their pets mess.

I spend most of my dog walking on North beach and the area around Jubilee Road.. As far as I can tell, the irresponsible dog owners (who in my opinion don't deserve to own such beautiful creatures) fall into three categories.

The 'Let my dog run wild - what I don't see does not matter' group, who readily let their dogs roam the sand dunes. Strange - these are mostly 'Barbour boot and jacket' owners with large dogs, who seem to be beautifully groomed, healthy and obviously loved.

The 'It's dirty, I'm not getting involved' group who keep their dogs under control, but seem too embarrassed to clean up their dogs mess in public, and the 'Nothing to do with me' group, who simply ignore the issue, dragging their pets away from the scene.

I have challenged a number of people, offering bags, and am met with abuse, indifference and occasionally with an apology that it was not noticed. Perhaps we should draw a parallel - parents have no issue with their children's 'accidents' in public, clearing them up, so why not their pets?

Nappy sacks are cheap, hygienic and easy to use, readily kept in a pocket, and large enough to keep any mess from your skin - simply put your hand in the bag, reverse it and pick up the mess, return it right way, tie it off and dispose in one of the many dog bins. These sacks are also strong...they can be tied and safely kept in a pocket until a bin is reached.

There is no excuse for dog fouling. If you see it, offer a bag, or challenge, loudly. If these owners ignore their responsibility, embarrass them publicly - don't let this lovely village be spoilt.

From a concerned dog owner
(name & address supplied)

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



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Blatchford Way

Dear Newsletter

Baby Vests Knitters

I would like to say a very big thank you to all the ladies of Heacham and beyond who have knitted all the wonderful vests for the ('fish & chip') babies of Africa. The colours of these little vests have been quite magnificent. Please keep knitting, they are so wanted.

I must also say a big thank you to Karen and Lawrence from the newsagents shop in the High Street where you have left the vests for me to collect. They have both been great.

We have a lady coming to give us a talk about the 'fish & chip' babies at our Trefoil Guild meeting, but she cannot come until 5th June. You will all be very welcome to come along and have a cup of tea with us, so jot it down on your calendars. I will put in a reminder nearer the time. I would very much like to meet some of you.

Once again many many thanks.

Shirley Milborn

PS: If you would like to join a group of knitters, 'Hands & Needles' club is held at the Methodist Church in Station Road, on alternate Tuesdays from 7.30-9.00pm. Refreshments. See the Church page for dates in this Newsletter.



Folgate Road

Dear Newsletter

New Jennings Store

For anyone who hasn't walked down South Beach Road, Heacham, lately, we now have this super new shop. It has everything you need: groceries, cleaning products, sweets and lollipops, calor gas, newspapers, Off Licence, beach balls, sun cream, potting plants, DVD hire and the list goes on.

Well done to Mick, Theresa and Kevin Jennings. The opening weekend was due Easter weekend but through their hard work and determination, the store was opened 4 weeks earlier. Opening seven days a week too! What a bonus!!

We are so lucky to have this right on our doorstep. We wish the Jennings family good luck with their new premises and hope Heachamites (and holiday folk) will support them.

Thank you.

Janice and Dave Curtis



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“Heacham Park”

A public meeting attended by over 60 people was held on the evening of Wednesday 16th April to discuss Heacham Park which is being marketed for sale at the asking price of £550,000. Heacham Park is the remaining parklands associated with the former Heacham Hall home of the historic Rolfe family.

The purpose of the meeting was to ascertain whether there is enough interest from villagers in purchasing the land for the benefit of the village, decide whether the acquisition would be an asset to the village and to consider some possible ways to raise the purchase price.

The land, 19.7 Hectares in total, is to be sold either in one whole or three lots, one of these lots being the fishing lake which is believed to be currently financially viable. The lake is Pocahontas Lake named for the North American Indian princess who married John Rolfe of Heacham 400 years ago this year.

Terry Parish who organised the meeting, opened with a presentation of photographs of the park, information regarding the size of each parcel of land and draft questions to be taken forward.

The consensus of the meeting was that the park should be obtained for the village and that the support of the Parish Council would be sought to help take this forward. It was suggested that a group of volunteers do more research and information gathering; including the possibility of applying for grants and investigating future management responsibilities with a view to preparing a case to be presented at the Annual Parish meeting held a week later. This groups intention is to then meet again and determine how best to proceed.

Up-dated after the Annual Parish Meeting, 24th April:

Mr J Groom, representing the Steering Group, asked the Parish Council for their support with the Steering Groups desire that the Park be purchased by the village for the benefit of the village. Mr Groom also asked the Parish Council, should the Park purchase go ahead, whether they would be available to provide assistance or advice to ensure that the Park remains as a Park for all time.

In reply Mr Peter Colvin, Chairman of the Parish Council stated that the Parish Council would offer advice if requested and that this issue will be discussed at the next Parish Council Meeting.

A number of other suggestions were made, including; a Parish Councillor be invited to address the next Steering Group Meeting and contacting the Norfolk Rural Community Council who may be able to offer some advice in this matter.

After the meeting, leaflets were handed out by members of the Steering Group, canvassing resident’s opinion and support of this venture.

THN



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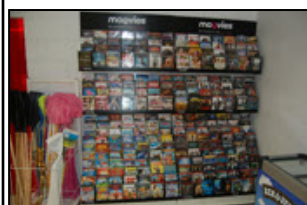
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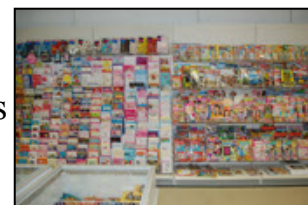
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Cash Back



News & Events in the Community...

Old Friends Hall

On publication day of this fine periodical, the second Annual Art Exhibition will be in full swing at the Old Friends Hall, Sunnyside. The committee hopes that all who attend enjoy the weekend. Whilst organising this year's event we were approached by members of our community concerning the possibility of holding a Photographic Exhibition. At a recent meeting, it was agreed that if there was sufficient interest such an event could be held on a Saturday early in September. As with the Art Show, there would be no charge for either exhibiting or attending the event. To aid in our work we would be very grateful if those who would like to take part make contact with us by either telephoning the number below or by contacting the Parish Office. Similarly, if there are other events that people would like to see in the Hall please let us know.

Roger Drinkwater (Tel 01485 571659)

On behalf of the Old Friends Hall Committee

FRIDHEM BINGO

Monday 19th May 2014

Eyes down 7.00 pm

Tea, Coffee & Biscuits

Come and join us

Fridhem Rest Home

79 Station Road, Heacham



Heacham in Bloom Coffee Morning

Saturday 7th June

9.30am to 12.30 pm

Church Hall High Street

Demonstration on planting hanging baskets

By Michael of Rolveroak Nursery

Baskets and Plants for sale

£1.50 entry which includes
Tea/Coffee and biscuits

also
Tombola, Raffle
and Books



Can we just say a huge thank you to Graham for his very kind donation to Heacham in Bloom whilst we were weeding down North Beach

From all at Heacham in Bloom



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

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or call 01485 570565





CHURCHES TOGETHER IN HEACHAM

Greetings from The Manse.

At the end of the sermon the minister told the congregation that Jesus had called him to another church. The congregation then sang heartily "What a friend we have in Jesus!" I say this a little tongue in cheek as this will be my last article for the newsletter. I have greatly enjoyed writing newsletter articles for various publications over the 13 years I have ministered in this area. To avoid withdrawal symptoms I might begin writing in future under an assumed name! These little articles have been important to me as they have allowed me to think thoughts in the company of many people I haven't known personally. The newsletter has given me the privilege of sharing with many more people than on a Sunday the search for the precious and important things; life, meaning, experience, goodness, love, peace, well no end of things, that we connect with what we try to understand when we speak about God and the things of God. I have found stories to do this better than almost anything. I am always on the lookout for them, that's the preacher in me but also the listener as stories speak to me. Stories have always had the potential to reveal the things we are looking for but without necessarily meaning to look, if you see what I mean. They just grab and we are not quite the same after. And no story has more truth to tell, or power to transform than the good news of God's grace in the life and death and resurrection of Jesus his son.

Once there was a man who had grown weary of life. Tired to death. So one day he decided to leave his own home town, his ancestral village, to search for the perfect Magical City where all would be different, new, full, and rewarding. So he left. On his journey he found himself in a forest. He settled down for the night, took out his sack, and had a bite to eat. Before he turned in for sleep, he was careful to take off his shoes and point them to the new direction toward which he was going. Unknown to him however, a jokester came during the night while he slept and turned his shoes around. When the man awoke the next morning he carefully stepped into his shoes and continued on to the Magical City. After a few days, he came to the Magical City. Not quite as large as he imagined it, however. In fact, it looked somewhat familiar. He found a familiar street, knocked at a familiar door, met a familiar family there and lived happily ever after.

We are always looking elsewhere for God, in the magical city in the sky, or anywhere else for that matter. But those who seek will find God right where God has put and planted, finding the God who transforms death into life. We might also be surprised to discover, as St. Augustine put it so beautifully; "I would not have found you O Lord had you not been looking for me." When we turn to the New Testament it is no surprise to us to find that Jesus uses stories and word pictures to help us search for and find God. However, it may be a surprise to people that Jesus is also the means whereby God seeks to find us.

I am not only due to move on this summer but because of ill health the Methodist Church has allowed me to retire early. From September the Rev Stephen Oliver will be the Methodist minister for this area. I wish Stephen a happy and fruitful ministry and that he and his family enjoy life in beautiful North West Norfolk. My wife and I plan to stay in the area and I will hopefully have more time to enjoy more stories that tell us how much we are all loved by God.

With every blessing,

Rev Kim Nally (Methodist Minister)

PARISH REGISTERS

Wedding

05.04.14 Jonathan Frammingham and
Mariana Constant Mandelli

Faithful Departed (Church Linked Funerals)

07.02.14	Joyce Lilian White	85
27.02.14	Thomas William Bilby	91

"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:

4th May	- Phillip Batstone
11th May	- Rev'd Chris Bishop with Holy Communion
18th May	- Rev'd Dale Gingrich
25th May	- Irene Garrard

Midweek Holy Communion Service: This is held on the second Wednesday of each month. The May Service will be on 14th at 10.30am. 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 13th and 27th May

Hands and Needles Club

7.30pm on 13th and 27th May

THURSDAY: Social Evening at 7.15pm on 8th May

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 - just turn up.

The Parish Church of St. Mary:

Sunday Services in May 2014

8.00am Holy Communion (BCP)

10.00am 4th Morning Worship

11th Holy Communion

18th Morning Worship

25th Morning Worship

10.30am Morning Worship at the Junior School
(Holy Communion on 18th May)

6.00pm 4th, 11th, 18th and 25th May:

Evening Worship

May Services at Nursing/Residential Homes

Tues 6th May 2.30pm Rebecca Court

Mon 12th " 11.00am Holy Communion at Millbridge

Wed 21st " 2.30pm Summerville

Fri 23rd " 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 The Rev'd Andrew Maguire 01553 828998
/ Mike Careless 570363.

St Mary's Church John Whitbread 579326

St Mary's Church Office * 572539

email: heacham.church@googlemail.com

Next Messy Church
Saturday 31st May
St Mary's Church 10.00-12.00

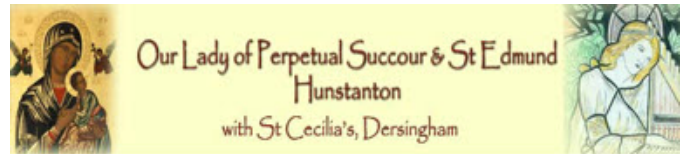


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Hunstanton Catholic Parish

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

At Bishop Alan's request, our Lenten Alms donations this year will be divided between the St Francis Leprosy Project and the Norfolk Hospice Tapping House. The Hospice is soon to move to a new purpose built facility in Hillington.

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.

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

On Saturday 14th June we will have our very popular Strawberry Fair at St Cecilia's, Dersingham. There will be a bric-a-brac stall, tombola, raffle and refreshments.

All details of our social occasions are on church notice boards and bulletins, as well as on the parish website.

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

Our daily Masses are held at St Theresa's Convent, 27 Sandringham Road, Hunstanton, except on Wednesday when it is usually at 10.15am at St Cecilia's, Dersingham. Please check for dates and times on Church notice boards, website or phone. Sunday Masses are 9.00am at Dersingham and 11.00am at Hunstanton.

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

Website: www.hunstantoncatholicparish.org

Email: parish@hunstantoncatholicparish.org





THE POCAHONTAS PLAYERS

Drama Group

THEATRE NIGHTS featuring Willie Wonka

Well, rehearsals are really stepping up now. We still have lots to do, i.e. backdrops to design, sets to build, props to build, costumes to make, and a few lines here and there to learn. It's a busy time for The Pocahontas Players indeed.



Have you got your theatre tickets yet? They are on sale - £7.00 adults and £5 for children 12 and under. There will also be five very special 'Golden Tickets' in this production. We wonder if Charlie will win one of them?

Show dates are:-

Friday 13th June - 7.30pm

Saturday 14th June - (Matinee) 2.00pm

Saturday 14th June - 7.30pm

(Tickets available from: Janice 01485 570402 and Jim 01485 571267).

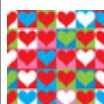
Venue - Heacham Public Hall, Station Road.

Please also look out for our War Time sing-a-long show on July 26th at 7.30pm and possibly a Matinee 2.00pm on the same day. Tickets will be £10 each but ALL profits will go to 'Scotty's Little Soldiers' and 'The Far East Prisoner of War Association'. (Ticket sales through the above numbers)

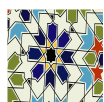
Thank you very much for your support from the very busy:

Heacham Pocahontas Players Drama Group

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18th JUNE 2014 – REOPEN 1PM 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.

Sally Faulkner
Post Office Manager



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**1 Free tea, coffee or post mix soft drink per meal, valid until May 31st 2014. Advert required.*

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To view all our latest events, menus & prices please view www.searles.co.uk/food-and-drink/the-fountain-restaurant
creating happiness for all ages *Free Curry night drinks includes choice of: a pint of beer or lager, 125ml glass of wine, a soft post mix drink or fruit juice. part of SEARLES LEISURE GROUP



The Kitchen Gardener

May - late spring. Sister Santa and the lemon tree and a helpful hairdresser. There's a big difference from week to week at this time of the year and an enormous one between early and late spring.

It's a time of eager anticipation for the first of the new crops - lighter fare after starchy winter comforts. Yet I always find the end of the crop tastes best. I wonder if it's because small young veg haven't developed. Large beetroot and carrots are sweeter and fuller flavoured in my experimental blind tastings and the last rather tired and malnourished tomatoes off the vine are gorgeous. The last runner beans definitely taste the best.

I think a devil may care attitude creeps in towards the end of the crop, it may not get looked after so well, less water would intensify flavour. Left with the taste memory of the last morsel, I mourn the end of the crop knowing there's a few months to wait before we meet again.

Sometimes something I read stays with me for ages - years. Those words are blessings, like little jewels I take them out of their box to admire or look them over again perhaps from a different angle. I remember a history book that said our impression of the mediaeval diet is of monotony, the writer argued that it is we who face monotony by demanding the same food all year round.

Cooking in the mediaeval period would have been strongly seasonal and regional, featuring the use of local native herbs, plants and beasts together with pickled, potted, smoked and dried foods. Later on meats were flavoured with the food the animal ate - mountain mutton with wild thyme, marsh mutton with laver, moorland mutton with rowan jelly and midlands

mutton with redcurrant jelly from the orchards where they grazed. Sheep lambing in valley pastures where mint grew probably gave rise to the custom of mint sauce with lamb.

Last autumn I was making a redcurrant, orange and mint sauce with the last of the mint and heartily tired of the struggle with an inadequate zester - like vacuum cleaners, I've never found one that I can use without a good whinge - I put a citrus zester on my Christmas wish list.

Upshot - Santa sister gave me a Microplane, a double surprise as I'd forgotten my hissy fit/wish list episode and I know they cost a king's ransom. Roughly the size of a 12 inch ruler and all blade, it's all efficiency too. It even zests a squishy Clementine leaving the skin beneath intact. The mint sauce is made with the zest of an orange, chopped fresh mint and around 4 tablespoons of redcurrant jelly. I often add some raspberry vinegar and/or orange juice. Keep tasting to get the sauce that pleases you. Lasts for ages in the fridge.

On a roll now with the citrus thing, with my birthday money from same kind sister I ordered some lemon scented leaf geraniums - now must explore how to make use of them - and a lemon tree, something I said I'd never do. Always had the impression lemon trees are a bit difficult to grow. Research would suggest I wasn't far wrong. The special food is ordered, growing space carefully selected, gravel filled tray ready, butler booked to iron its newspaper and poach its kippers in the mornings.

The rhubarb is doing very well this year and I'm employing a trick learned from my hairdresser. I pick the generous crop of tender sticks that are spare to requirements, slice, bag and freeze them. At this point we diverge, she uses the bags of fruit year round for her favourite pud - rhubarb crumble.

When the strawberries are abundant there's much less rhubarb about and it's coarser by then, still lovely but not quite so refined. I take the tender sweet early rhubarb out of the freezer and cook it gently, strawberries are dropped into the just cooked rhubarb and the pan is brought back almost to the simmer, removed from the heat and the lid is put on. Once cool the strawberries are just at the point of collapse and the flavours are combining well.

This method produces a very good quality summer fruit compote, the texture is velvety and the flavours complement each other. I freeze portions and use them with cakes, pavlova and all things pudding for a taste of the garden's summer sunshine at dour times. This is a good way to freeze strawberries - they never fail to disappoint when in their simple frozen state.

My May sowings will include sweetcorn, April and May maturing cauli, beans French and runner, second crop of

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beetroot and peas, parsnip and leeks. The celery sown last month will be pricked out as soon as it's large enough to handle. I've found it pays dividends to keep celery growing on without check. I grow the self blanching Victoria F1 - not bitter, it's nutty and full flavoured but seed that's difficult to find.

Celery was originally a marsh plant and it needs moisture retentive soil and a grower prepared to water generously. Once you've dug a head and seen the root system you'll understand why it's so thirsty. It is planted out, well hardened, at the six leaf stage in early June. If late autumn is reasonably kind I am usually eating the last in early December.

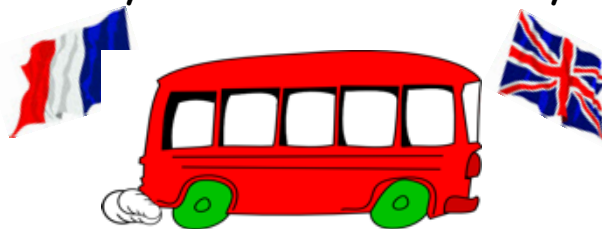
Now is the time for a rummage and a clear out in the deep freeze to make space for the next lot of goodies. There's a couple of game birds that will be cooked by a very old method. They will be laid on a bed of any seasonal vegetables from the garden and store, a couple of bay leaves and a clove, stock, salt and sprigs of sage, rosemary and thyme laid on top. Very slowly bring to boiling point then to a gentle - water barely moving - simmer for several hours. In centuries gone by this was eaten cold for breakfast with brown bread or toast. I like to cool the birds in the stock then remove, debone and shred the meat into ramekins. The stock is strained and reduced, tasted for seasoning then poured over the shredded meat and cooled. The stock usually sets giving pots of tender shredded meat in a very flavoursome light jelly. I love this served at room temperature on hot floury potatoes with some English mustard on the side, or on a thick chunky vegetable soup with crutons, pickled beetroot and some chopped shallot.

The recipe is titled 'Autumn Partridge Pot. A Norfolk dish for tough old birds'.

Hilary Dellar-Lane

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

The sounds of silence

I'm a Liverpool fan (I know, just don't say it, all right?) (whatever it was, just don't say it!), and I was reading one of these likes-and-dislikes questionnaires about our goalkeeper, Simon Mignolet.

When asked what his favourite music was, he said he couldn't really answer, because he didn't have any – he never listened to music.

Woah! Hold it right there! You ... what??! (hey! I said just don't say it! I mean, I know he's Belgian and everything, but all the same ...).

I just couldn't get my head round this. And not just because I've been obsessed by music, ever since I was knee-high to a 45. Seriously – can you imagine it? A world without music? Not being bothered if you never heard a great song, a beautiful melody, or an exciting tune ever again?

I can't imagine what it would be like to be deprived of the music I love. Admittedly I've crammed so much of it into my head over the years that I suppose I could fall back on my mental jukebox – but it's hardly the same. You need to HEAR it. FEEL it. Be MOVED by it.

(Mignolet, incidentally, when pushed for an answer, opted to choose the Liverpool fans' anthem, You'll Never Walk Alone. Good choice – football connotations aside, it's a Rodgers and Hammerstein song after all, originally from the 1945 musical, Carousel, and recorded by everyone from Frank Sinatra to Elvis Presley and Barbra Streisand, among the more obvious candidates).

I really don't know where my music obsession comes from, to be honest. As a kid, we never even had a record player in our house. Well, not at first, at any rate.

I vividly remember hearing, of all things, Nancy Sinatra's James Bond theme, You Only Live Twice, and wanting to buy the single – except of course there was no point, because we had nothing to play it on. It was the nearest I ever got to a deprived childhood!

Hey, I was only nine, and by the time I was about 12, my parents had given in and bought a "radiogram" (youngsters – ask your grandparents!) (and see – problem solved, without recourse to social workers).

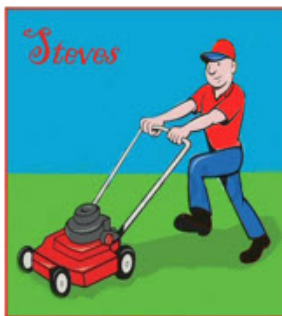
Funnily enough, I never did get round to buying that Bond song at the time – I think by then I was more into T. Rex, to be honest. And when eventually I did get it (and I mean eventually – it was about four decades later), on a Nancy Sinatra's Greatest Hits CD, somehow it just didn't seem to have the same enigmatic pull any more. Perhaps that's only to be expected.

Actually, thinking about it, my Dad was in the same boat as Mignolet – no, I don't mean he played football, between the sticks or anywhere else, and he wasn't Belgian either (although heaven only knows I must have got my love of chocolate from somewhere).

No, I mean I can't ever remember him showing much interest in music, either (hence the lack of record player, I guess). He would whistle the occasional tune (from his generation, not mine, naturally), but I can't ever recall him buying a record (no, not even after we had something to play it on).

In fact, when I pressed him once to name his favourite singer – or any singer he vaguely liked, really – I'm sure just to shut me up, he came up with Olivia Newton-John. And it seemed fairly clear that he'd only said this a) because she'd been on the telly in the past week, and b) she was pretty enough to stick in his memory!

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So how did I end up going in completely the opposite direction? I can't blame my Mum, either ... well put it like this, if you can draw a straight line from Perry Como and Frank Chacksfield to Led Zeppelin and Deep Purple, you're a better man than I.



From this



To this

As a youngster I would scour second-hand record shops (in those days they weren't an endangered species), poring over racks and racks of vinyl, which were sometimes housed with questionable quality standards – and occasionally, in the case of singles, quite shockingly, even without sleeves at all.

I was not so much in search of valuable rarities (like I would have known one if I'd found one), as just looking for stuff I liked. A mate of mine had a system – he would buy absolutely anything he liked the look of, even if he'd never heard of the band before. He'd justify this voyage of discovery ... by simply selling the album straight back to the second-hand record shop the following week.

I could never do this. Critically, for me, my lifestyle, and all the houses I was to live in, if I liked something I had to keep it ... yes, The Curse Of The Collector had struck! There was no turning back, and there hasn't been ever since.

Needless to say, this came back to bite me on the bum, not once, but twice in later years, as first we music fans felt the need to replace things on CD (excusing that by telling ourselves that the bonus tracks on reissues made it worthwhile), and then later going one step further and converting them into files on your computer (so much more accessible, you know) (no, really).

And while I have since taken the plunge and got rid of a fair amount of my CDs on eBay, the much less durable and less postally-friendly vinyl is another matter ... hidden shelves still groan and creak with the stuff.

The irony is that I still have some music trapped in my "vinyl dungeon" – that is, I've got it somewhere on single or album, but haven't managed to replicate it on CD or mp3.

I know. While all the major bases have probably now been covered, for the exceptions that have fallen through the net, it's still tragic. But one day I will sit down and start the long process of trying to transfer my vinyl to computer files, I promise.

Of course, these days you're not even expected to own your own music any more. You're expected to subscribe to something like Spotify, and listen to someone else's (admittedly huge) (but then so is mine) music library.

Not owning your own music? I really cannot get my head around that either, I'm afraid. It must be a generational thing.

But as for not even listening to music at all ... please, don't even go there!

• **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



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The Saltings Reed Cutting

Over the first weekend of March, members of the Scythe Association (SABI) came once again to Heacham from around the country to mow reed from sections of the Saltings local nature reserve. For the scythe enthusiasts it is an opportunity to get together and have a go at this traditional rural form of wetland management. For the reserve it means that we can get some targeted small areas managed which the contractor's machine could not reach.

Why is it important to cut reed in the Saltings?

Traditionally the vegetation of reedbeds, fens and marshes was harvested to provide thatching materials as well as feed and bedding for animals. These wetland habitats, like their drier-land cousins meadow and pasture, depend on cutting or grazing to maintain their condition and hold back the natural succession to scrub and eventually woodland. These man-made habitats are co-incidentally extremely valuable for wildlife, which in the past provided additional game and fishing resources to fenlanders and marshmen, and today act as safe havens for some of our most special plants, birds and animals.

Is the cut reed of any value?

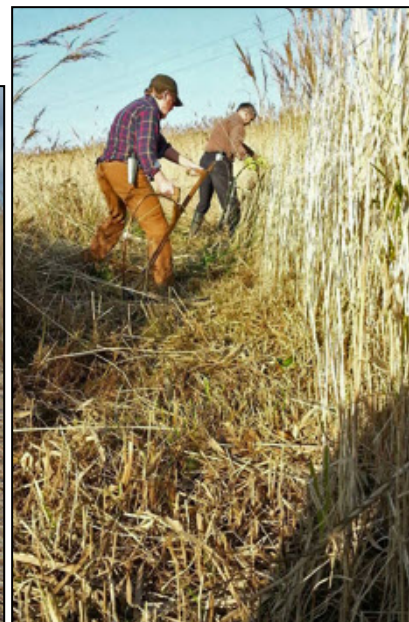
Commercial reedbeds need harvesting every 1-2 years to maintain quality. The saltings reedbed is however managed principally for wildlife, so our environmental stewardship management grant specifies that we should cut a different part of the reedbed in rotation every 5 – 7 years. The harvested material from these longer rotation stands will contain reeds of mixed age and stages of decay and will generally be of no use for thatching. Material cut from the reed bed still has to be carried off and stacked as if left it will rot to form a smothering black ooze and the habitat will suffer. Clearing the cut reed takes at least as much effort as mowing; the men's group from the church did sterling work on Saturday building a large heap at the edge of the reedbed, which will itself become a overwinter shelter for wildlife such as grass snakes.

There are however some areas which we have cut on short rotation and these have yielded modest quantities of reed suitable for small projects such as making reed panel screens and fencing. Volunteers and scythers over the weekend were able to dress bundles of reed (combing out leaf litter and debris to leave clean reed straws) to take away for home projects.

What was the outcome?

Quite a bit was achieved over the weekend with areas cleared and an opening created for possible later construction of a rudimentary bird hide (using some of the cut reed). I think all who took part enjoyed their time in good company amongst the reeds. As for the wildlife, I have already seen snipe using the reserve as a result of some areas being opened up (they don't like a continuous dense forest of reed preferring a mix of open ground and cover).

Richard Brown
Reed Workshop Coordinator



News from Michelle's Fitness in Heacham

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

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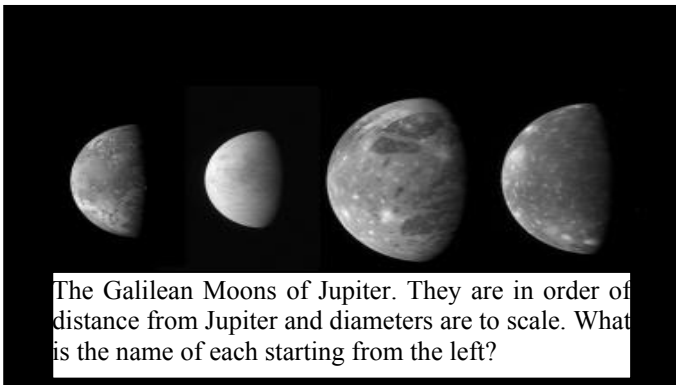


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Heacham at Night



May and light nights. Never mind, it will soon be November. Anyway, Heacham at Night Live 3 is on Friday May 23rd at The Old Friends Hall. It will start at 7.30pm with a talk about Saturn and a miscellany of other items of interest and, if the sky is clear, Saturn will be observed as will Mars, Vesta, possibly Ceres, and, hopefully, several galaxies and a double, double, star (a pair of stars which are each pairs). Observations are not likely to start properly until around 9.30pm and will go on until late, so anyone who can entertain us between the talks finishing and observations starting, will be more than welcome.

Saturn reaches opposition on the 10th May – it is closest to us and a tad brighter. It will be tilted towards Earth by about 22 degrees so its rings will be open rather than edge on. The rings are complex but easily seen is the narrow division in them which appears dark, the Cassini Division. This is named after the Italian / French astronomer Cassini who also gave his name to the Cassini-Huygens interplanetary probe which was launched in

1997 and arrived in orbit around Saturn in 2004. Huygens was a Dutch astronomer and was the name given to a probe launched from the main spacecraft and subsequently landing on Titan, a moon of Saturn, in 2005. The Cassini orbiter continues to send back vast amounts of data to this day. It also sent back images of Jupiter as it passed it on the way to Saturn.

Saturn will remain fairly low in the sky from England which will hinder viewing but it is well worth a look if you have not seen it hanging in space before. Look just south of SW about 18 degrees above the horizon. It generally looks yellowish. Good binoculars are unlikely to see the rings but steady ones should show a 'deformed' disc. Telescopes will show the rings and several moons, particularly the aptly named Titan.

Mars remains well up. In the middle of the month find it due South about 38 degrees above the horizon. It forms the upper end of a diagonal which connects the bright star Spica to a much lower Saturn towards the SW. It will be better to see it right at



the beginning of the month as it is moving away from us and will be much dimmer by the end.

I wrote about Martian meteorites last month. Well a few more might be on their way as the image above is of a very recent crater on Mars spotted by NASA's current orbiter.

During the month look out for Mercury. Remember it will be in the direction of the setting sun so be careful. At the beginning of the month it is brightest and very low in the WNW. Look just after sunset from Heacham beaches. As the month progresses Mercury dims but is moving further from the Sun so the surrounding sky is darker. On 25th May its elongation (apparent distance from the sun) is greatest. It will be around 23 degrees east of the sun and set several hours after it.

Venus is a morning star this month but is very, very, low in the sky in the East. You will have to get up before 4am and possibly go to Cromer. However, on 25th May go to Heacham beaches at 4pm and look due West. Find the thin crescent Moon (quite low down) and just a tad to the east of it is Venus. Binoculars will find it. Planets move across the sky (as the Earth turns) in the daytime as well as at night but the bright sky washes them out. A conjunction (apparent close approach) of a planet with something like our moon makes it possible to find it despite the bright sky. Daytime astronomy might appeal to some of you.

Jupiter is still very visible but best right at the start of the month as it moves lower in the sky and towards the north as the days go on. Up to about the 15th look due west at an elevation of around 32 degrees – a third of the way up the sky. Attendees of Heacham at Night Live 2 know all about Jupiter and can easily answer the question set at the beginning of this article. Looking towards Jupiter even on a hazy night, as most seem to be, you

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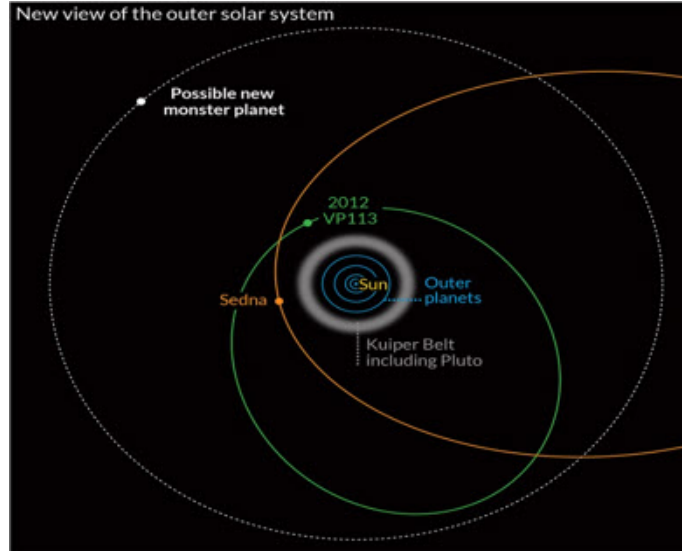
should still be able to make out several bright stars. If you think of Jupiter as the top of a wide, squashed, kite shape, then the tail will be Betelgeuse, the left corner Procyon and the right corner Capella.

There are two meteor showers due in May. However, the first, the Eta Aquariids on the 'nights' of 5th and 6th May, is very low down on the eastern horizon just before dawn. It is the remnants of Halley's Comet so is of historical interest and, when better positioned, well worth a look. The second meteor shower is a new one and might be very dramatic – the web is full of tales of what might be. It is new because it is bits of Comet 209P/LINEAR which was detected in 2004. The dust that follows the comet was ejected from it over 100 years ago and was not due to intersect with Earth but Jupiter's gravity perturbed, pulled the dust about a million miles out of the orbit it was in. Consequently the dust cloud is on track to cross the Earth's orbit on 24th May. A French chap named Jeremie Vaubaillon has predicted all this based on earlier work by a Finn, Esko Lyytinen and a NASA man, Peter Jenniskens. It may be a one off shower so get out there and try and see it – just one problem, it will be low down in the sky as the sun comes up. Interesting about Jupiter's gravity though wasn't it?

Stellarium software. There was a glitch with the library computers but it is now installed on them. I will be running a session or sessions about it and a notice saying when, should now be in the library.

New Horizons, the interplanetary space craft, which sent back some wonderful images of Jupiter, is now passing the orbit of Neptune and on course to meet Pluto in July 2015. It currently takes 4 hours for information to come back from it or a signal

from Earth to reach it. From Pluto it will travel ever outwards looking at the Solar System which exists beyond. This vast volume of space where comets emerge from has just got even more interesting. A new dwarf planet, 2012 VP113ed, has been identified. This dwarf planet is twice as far away as Pluto. The orbit of 2012 VP113ed and the movements of Sedna (another dwarf planet) and other bodies, suggest they may be influenced by a large rocky object – another planet – 10 times the mass of the Earth.



If you want to keep up with all this you must come to Heacham at Night Live 3.

Terry Parish



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Scallywags Parent, baby & Toddler group

THANK YOU! THANK YOU! THANK YOU!

To all of you lovely people who supported our Cake and Coffee Morning on Saturday 5th April, either by baking, making, buying, donating, selling, brewing, raffling.... It was a lovely morning, full of warmth, good cheer, amazing cakes, scones, quiches, sausage rolls, biscuits.... and sunshine. We made far more than we expected to – just over £300 - which means more toys, books and arts and crafts materials for our youngest villagers! So, THANK YOU!!

There are a few people we would like to thank personally – Louise Rudd for putting together the Tombola, raffle prizes, Easter Bunnies and for all her help setting up and clearing up, Katherine for the loan of tablecloths, Liz and Mike for keeping everyone well lubricated in tea, coffee and soft drinks, Rachael, Liz and Lauren for manning the raffle stall, Emma Mellor for donating her beautiful handmade Little Witches bracelets for us to sell, Alison for donating so many brilliant toys for the table top sale, the Parish Council for the loan of the trestle tables, Luke and Stuart for helping move the tables, the Hunstanton Lions for popping by to see if we needed a gazebo in case of rain, Heacham Nursery & Infant school for putting flyers in all

of the book bags, Heacham Newsletter for getting a front page advert in April's newsletter, Chrissie and Flo for helping pack up the jumble and to all of the lovely stall holders with your colourful and inspiring wares.

Our Raffle Table looked amazing and this is wholly thanks to the kindness of local businesses. Thank you for your lovely donations.

THREE CHEERS FOR...

- *Dersingham Budgens
(who donated the egg for Guess the Name of the Egg)
- *The Post Office
- *Alan Howards Butchers
- *Wallis bicycle shop
- *Moulam & Horn
- *Bliss Hairdressers
- *Station Road Garage
- *Heacham Building Supplies
- *Boots the Chemist
- *Chatterbox
- *Olivers Newsagents
- *Heacham Fish bar
- *Heacham Bakery
- *Bradfields
- *Creative Hairdressers
- *The Barber Shop
- *Eden Beauty Room



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- *Graham Woods Music Tuition
- *Usborne Books
- *Walsingham Farm Shop
- *Wallis Electricals
- *Farmer Freds
- *Norfolk Lavender Farm

It was the first time we have organised an event like this and it meant so much to see how willing you all were to support Scallywags and to feel the strength of community spirit.

Would it be too much to pop in another THANK YOU! Surely not?!

As ever with something like this which works, thanks to so many different people mucking in before, during and after the event, there is the potential for overlooking a thank you. We really hope this isn't the case. Please let us know if it is and we'll make sure that person gets an extra big thank you in the June newsletter!

Our friendly and lively parent, baby toddler group is on every Wednesday during term – time from 9.30-11.00am. The cost is £2 per family.

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






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- SOLICITORS -

FREE LEGAL ADVICE CLINIC

**7th May 2014 in Heacham
and
21st May 2014 in Terrington St Clement**

You can obtain advice regarding any legal matter
This will be a drop in clinic, no appointments necessary

The details of the legal advice clinics are as follows:


Heacham Church Hall
17 High Street, Heacham, PE31 7ER
Wednesday 7th May 2014
10am – 12pm

~~~~~


Terrington St Clement Sports Pavilion  
Churchgate Way, Terrington St Clement, PE34 4PG  
Wednesday 21<sup>st</sup> May 2014  
10am – 12pm

**FOR ALL YOUR LEGAL NEEDS**

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## Heacham Beach Clean Up

Paul Rich Manager of the Kings Lynn Marks and Spencer was joined by colleagues from Kings Lynn, Peterborough, Brotherhood and Spalding for the clean up.



They were handing out Marks and Spencer vouchers to each volunteer who was helping. Although the weather was poor there was a good turnout of over 50 people from all ages eager to do their bit. Councillor Stephanie Smeaton was also there showing her support

Marks and Spencer work alongside Marine Conservation Society around the country in helping to make our beaches more enjoyable. Paul said that it is not just about collecting rubbish, each group has a co-ordinator who writes down all items collected which then get put into categories. This information is then sent to the Marine Conservation Society who analyse all rubbish collected from all beaches to build up a bigger picture to try to find ways of preventing future waste on our beaches.



At the end of their two hour rubbish collection, they had collected a total of 184kg. This included a plastic Christmas tree, a car wheel and tyre and traffic cones. Collection last year saw a total of 97kg of waste rubbish so a large increase this year.



## FRIENDS OF HEACHAM BEACHES

Meeting – Wednesday 7th May 2014

7.30 pm

35 High Street, Heacham.

All welcome

## CAR BOOT SALES Glebe House School

Cromer Road - Hunstanton -  
PE36 6HW

Sundays 8am - 1pm

4th, 5th, 11th, 18th - May (not 25/5)

1st, 8th, 15th, 29th - June (not 22/6)

6th, 13th - July

(+ dog show)

£5 per pitch - No need to book



## TIDE TABLES FOR

### HIGH WATER AT HUNSTANTON

Heights above chart datum

| May 2014 |         |     |           |     | June 2014 |         |     |           |     |
|----------|---------|-----|-----------|-----|-----------|---------|-----|-----------|-----|
| Date     | Morning | m   | Afternoon | m   | Date      | Morning | m   | Afternoon | m   |
| 1 TH     | 07 24   | 7.3 | 19 43     | 7.3 | 1 SU      | 08 06   | 6.9 | 20 37     | 6.6 |
| 2 F      | 07 56   | 7.1 | 20 20     | 6.9 | 2 M       | 08 38   | 6.7 | 21 11     | 6.3 |
| 3 SA     | 08 26   | 6.9 | 20 55     | 6.6 | 3 TU      | 09 11   | 6.5 | 21 48     | 6.0 |
| 4 SU     | 08 56   | 6.6 | 21 31     | 6.2 | 4 W       | 09 49   | 6.1 | 22 32     | 5.7 |
| 5 M      | 09 31   | 6.2 | 22 12     | 5.7 | 5 TH      | 10 36   | 5.9 | 23 28     | 5.5 |
| 6 TU     | 10 14   | 5.9 | 23 08     | 5.4 | 6 F       | 11 38   | 5.6 |           |     |
| 7 W      | 11 17   | 5.5 |           |     | 7 SA      | 00 33   | 5.5 | 12 47     | 5.6 |
| 8 TH     | 00 25   | 5.3 | 12 39     | 5.4 | 8 SU      | 01 40   | 5.6 | 13 53     | 5.7 |
| 9 F      | 01 39   | 5.3 | 13 50     | 5.5 | 9 M       | 02 41   | 5.9 | 14 54     | 6.0 |
| 10 SA    | 02 41   | 5.6 | 14 50     | 5.9 | 10 TU     | 03 36   | 6.2 | 15 49     | 6.3 |
| 11 SU    | 03 33   | 6.0 | 15 39     | 6.2 | 11 W      | 04 25   | 6.6 | 16 42     | 6.7 |
| 12 M     | 04 17   | 6.3 | 16 25     | 6.5 | 12 TH     | 05 12   | 6.9 | 17 32     | 6.9 |
| 13 TU    | 04 58   | 6.7 | 17 10     | 6.8 | 13 F      | 05 57   | 7.2 | 18 22     | 7.2 |
| 14 W     | 05 38   | 6.9 | 17 54     | 7.1 | 14 SA     | 06 41   | 7.4 | 19 12     | 7.4 |
| 15 TH    | 06 18   | 7.2 | 18 37     | 7.2 | 15 SU     | 07 25   | 7.5 | 20 00     | 7.4 |
| 16 F     | 06 57   | 7.3 | 19 22     | 7.3 | 16 M      | 08 07   | 7.7 | 20 47     | 7.3 |
| 17 SA    | 07 37   | 7.4 | 20 04     | 7.3 | 17 TU     | 08 52   | 7.5 | 21 36     | 7.1 |
| 18 SU    | 08 16   | 7.3 | 20 49     | 7.1 | 18 W      | 09 40   | 7.2 | 22 30     | 6.7 |
| 19 M     | 08 59   | 7.2 | 21 39     | 6.7 | 19 TH     | 10 34   | 6.9 | 23 32     | 6.3 |
| 20 TU    | 09 48   | 6.8 | 22 37     | 6.3 | 20 F      | 11 37   | 6.6 |           |     |
| 21 W     | 10 46   | 6.5 | 23 52     | 6.1 | 21 SA     | 00 37   | 6.1 | 12 44     | 6.3 |
| 22 TH    | 11 58   | 6.2 |           |     | 22 SU     | 01 43   | 6.0 | 13 53     | 6.2 |
| 23 F     | 01 09   | 6.0 | 13 13     | 6.2 | 23 M      | 02 47   | 6.1 | 15 00     | 6.2 |
| 24 SA    | 02 21   | 6.1 | 14 23     | 6.3 | 24 TU     | 03 46   | 6.2 | 16 02     | 6.3 |
| 25 SU    | 03 23   | 6.3 | 15 25     | 6.6 | 25 W      | 04 37   | 6.5 | 16 57     | 6.5 |
| 26 M     | 04 17   | 6.6 | 16 22     | 6.8 | 26 TH     | 05 21   | 6.7 | 17 46     | 6.6 |
| 27 TU    | 05 04   | 6.8 | 17 14     | 6.9 | 27 F      | 06 02   | 6.8 | 18 30     | 6.7 |
| 28 W     | 05 44   | 6.9 | 18 01     | 6.9 | 28 SA     | 06 40   | 6.9 | 19 10     | 6.7 |
| 29 TH    | 06 23   | 7.1 | 18 45     | 6.9 | 29 SU     | 07 16   | 7.1 | 19 45     | 6.7 |
| 30 F     | 07 00   | 7.1 | 19 27     | 6.9 | 30 M      | 07 49   | 6.9 | 20 17     | 6.6 |
| 31 SA    | 07 35   | 7.1 | 20 03     | 6.7 |           |         |     |           |     |

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### Ann takes the reins at East of England Co-op, Heacham

Ann Kissock has been appointed as store manager for the East of England Co-op in Heacham, bringing 18 years retail experience to her new role.

Her appointment coincides with new Sunday trading hours for the store from 30th March – now open from 7 am until 10pm.

Ann, who has lived in the village of Docking since 2009, is originally from Dublin, Ireland. She moved to Great Yarmouth in 1986 where her retail career began as a sales assistant with Asda. Seven years later she took up a role with Macro as Duty Manager and latterly worked for Tesco as Compliance Manager.

Ann said: "I'm really excited to be taking on this new role. I'm supported by a dedicated team and the sense of community we all share is wonderful. My staff know so many of our customers

by name and they take the time to chat. That's so important in a local store, because for some customers our staff might be the only people they speak to that day. That personal touch is important."

At the East of England Co-op, Ann will manage a team of 20 staff, supported by Paul Robinson, assistant manager, and supervisors Sarah Faulkner and Sarah Dawson.

Like all East of England Co-op stores, the Heacham store will feature a range of Sourced Locally products. These include bread and cakes from The Krusty Loaf based in King's Lynn; sausages and ham from Broadland Hams of Little Melton, Norfolk and chocolate from Gnaw of Norwich.

John Clarke, Food Operations Controller, East of England Co-op said: "Ann brings a wealth of experience and enthusiasm to the role – supporting local food and looking to build even stronger ties with the local community. We wish her every success in her new role."



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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 1-2.pm Suitable for all levels  
2.15 - 3.15pm Gentle stretch & relaxation classes for all ages  
Tel: Suzie Povey 07900 818311 (PH)  
ROLLASON STAGE SCHOOL Dance Classes 6yrs+  
Ballet/tap/modern 4.15-5.15pm 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)  
WILD FOWLERS 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 3rd and Sunday 4th May** Heacham Spring Art Show ‘Showcase of Local Artists’ Work’ at the Old Friends Hall Sunnyside Refreshments Event enquiries Tel: 572142  
**Saturday 3rd May** GIG ‘Mark Joseph’ at Silver Sands  
**Sunday 4th May** GIG ‘Afternoon Jazz’ 1.30pm at Fox & Hounds Station Rd

\*\* GIG ‘Cory Lewis’ at Silver Sands  
**Tuesday 6th May** GIG ‘DNA’ 8.30pm at Fox & Hounds Station Rd

**Wednesday 7th May** ‘Old and New Schoolgirl Friends’ of Heacham School Coffee and a chat 10.30am at Norfolk Lavender

\*\* Friends of Heacham Beaches Meeting 7.30pm at 35 High Street Heacham All Welcome

**Friday 9th May** GIG ‘Mojo Preachers’ 8.30pm at Fox & Hounds Station Rd

**Saturday 10th May** GIG ‘Dave Ryka Howard’ at Silver Sands

**Tuesday 13th May** GIG ‘Workhorse’ 8.30pm at Fox & Hounds Station Rd

**Saturday 17th May** GIG ‘Budgie’ at Silver Sands

**Monday 19th May** ‘Bingo’ at Fridhem Rest Home Station Rd Eyes down 7pm Tea Coffee & Biscuits All welcome

**Tuesday 20th May** GIG ‘Blues Situation’ 8.30pm at Fox & Hounds Station Rd

**Thursday 22nd May** ‘Polling Day’ Election of Members of the European Parliament for the Eastern Region Voting details will be on the ‘Poll Cards’

**Friday 23rd May** ‘Heacham Night Live 3’ 7.30pm at the Old Friends Hall Sunnyside

\*\* GIG ‘Jam Session and DNA’ 8.30pm at Fox & Hounds Station Rd

**Saturday 24th to Sunday 25th May** GIG’s at Silver Sands (to be announced)

**Sunday 25th May** GIG ‘Hush’ 8.30pm at Fox & Hounds Station Rd

**Tuesday 27th May** GIG ‘Bone Idle’ 8.30pm at Fox & Hounds Station Rd

**Thursday 29th to Saturday 31st May** ‘Annual Sale in aid of the Leprosy Mission’ 10am to 4pm (Thurs & Fri) 9am to 11.30am (Sat) New, nearly new & second hand items inc. books, bric-a-brac, furniture & pictures by local artists.

**Friday 30th May** GIG ‘Offshore Rivers’ at Fox & Hounds Station Rd

**Saturday 31st May** Messy Church at St Mary’s Heacham 10am–12 noon Book in advance More details available from the church website.

\*\* GIG ‘Mark Steel’ at Silver Sands

**Sunday 1st June** GIG ‘Hell Fire Club Jazz Band’ 1.30pm at Fox & Hounds Station Rd

**Tuesday 3rd June** GIG ‘Against the Grain’ 8.30pm at Fox & Hounds Station Rd


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

\*\* GIG ‘Mark Wilkinson’s Jazz Quartet’ 8.30pm at Foz & 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 blood.co.uk

**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

**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

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

**NEWSLETTER SUDOKU No. 80**

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

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 6 |   | 3 | 9 |   |   |   |   | 8 |
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Solution to Newsletter SUDOKU No. 79

*Mr. James E. Kemp*

*B.Sc., D.O., M.R.O.*

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## OTHER EVENTS

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

**Sunday 4th & Monday 5th May** 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)

**Tuesday 13th May** Brancaster Camera Club ‘Would you like some help?’ 7.30pm at Brancaster Staithe Village Hall Entrance £3 inc’s refreshments For info Tel Jim Till 210013 or Wendy Callow 01553 674725

**Friday 16th & Saturday 17th May** The Princess Players present ‘Stepping Out’ at the Princess Theatre Hunstanton 7.30pm (Fri) 2.30pm & 7.30pm (Sat) Tickets from the box office

**Saturday 17th May** Cinema in Syderstone presents ‘Gravity’ 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)

\*\* ‘Just Jazz’ featuring Dixie Mix at Sussex Barn Burnham Market 7.30pm for 8pm Tickets £15 from Pat 01362 693245 Christine 572767 or email [info@astrofund.org.uk](mailto:info@astrofund.org.uk)

**Tuesday 20th May** Brancaster Camera Club ‘An evening with a photographer from RAF Marham’ 7.30pm at Brancaster Staithe Village Hall Entrance £3 inc’s refreshments For info Tel Jim Till 210013 or Wendy Callow 01553 674725

**Thursday 22nd May** Norfolk Wildlife Trust A talk by Nick Owens ‘Grasshoppers & Crickets of Norfolk’ 7.30pm at Hunstanton Methodist Church Hall £2 members/£2.50 visitors

**Sunday 25th & Monday 26th May** 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 31st May** St Nicholas Church Dersingham present a ‘Spring Holiday Concert’ with the Hunstanton Concert Band 7.30pm Tickets £5 (pay on the door) More info from Robert & Jackie Tel: 540363

**Friday 6th June** Anmer Village Social Club Film Night ‘Saving Mr Banks’ 8pm Tickets £3 For more info Tel 579465 or email [films@anmerclub.co.uk](mailto:films@anmerclub.co.uk)

**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.

**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 2<sup>nd</sup> Wednesday monthly 10.30am-12noon at Tapping House Snettisham

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

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

ROLLASON STAGE SCHOOL Dance Classes under 6yrs Ballet/tap/modern 4.30-5.15pm 12yrs+ Ballet & modern 5.15-6.15pm Senior street crew 6.15-7pm 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 Steve 07425 145887

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

## Snettisham Beach Footpath...

### Public Right of Way

In April 2013, Norfolk County Council (NCC) made a Definitive Map Modification Order, (DMMO) for the short section of beach footpath that runs south from the Snettisham beach car park to the RSPB reservation to be designated as a Public Right of Way. This would enable the Norfolk coastal footpath to formally link up with footpath 29 from Dersingham and enable the public to have the ease of walking access around the Norfolk coast from King's Lynn to Cromer and beyond.

The Order was made as a result of a request from Snettisham Parish Council to NCC to give public right of way status to this short section of coastal footpath that had been at one time MoD land and "mined" during WWII, swept away during the 1953 and 1978 floods and now, since 2000, covered in "Keep out" and "Private land" signs erected by Chalet / Caravan owners alongside the footpath.

The land from Footpath 29 to the Snettisham beach car park is Common Land and the beach footpath, a recognised ancient pathway that has been walked by generations of West Norfolk residents and visitors alike, is situated on top of the sea defence bank, beyond the accepted seaward land boundaries of the fixed Chalets and Caravans along the beach. While the existence of the ancient footpath had not been disputed in the past, it is not shown as a footpath on the Norfolk Definitive Map. A few of the beach property owners, who have freehold ownership over Common Rights status for their plots of land, had determined for themselves that the footpath should be private and had erected such signs. Snettisham Parish Council had the signs removed in 2003 but more were erected and, as a result of such action, the Parish Council applied to NCC for a "modification order" to have the footpath formally added to the Norfolk Definitive Map.

The Order was objected to by some of the beach property owners and, as a consequence, there is to be a Public Inquiry held in Snettisham, presided over by a Government Planning Inspector. The Planning Inspectorate has assigned 6 days for the **Public Inquiry starting on 10th June 2014** at the Memorial Hall in Snettisham. It will be for the Planning Inspector to decide whether or not to confirm the NCC's decision to make the Order for the footpath to be a Public Right of Way.

NCC will be responsible for funding the accommodation needs for the Public Inquiry and has chosen to adopt a neutral stance at the Public Inquiry and will not actively support the Parish Council's application.

Snettisham Parish Council will be responsible for all the costs involved in presenting the evidence and witness statements to the Planning Inspector, for the beach footpath to be confirmed as a public right of way. Members of the public can also apply to speak in support of the footpath at the Public Inquiry.

Snettisham villagers already have Common Rights that entitle them to cross the Common Land and to collect shingle, and a number will be providing evidence of frequent use of the beach footpath at the Public Inquiry.

What the Snettisham Parish Council needs is evidence from non Snettisham folk who have also walked along the beach footpath for pleasure, or work, over the years in the genuine belief it was a public footpath.

If you, or any of your relatives, friends and neighbours have frequently walked the Snettisham beach footpath unchallenged, particularly between the years 1979 to 1999, and you would wish to see the footpath confirmed as a public right of way, can you please contact your Parish Clerk or the Snettisham Parish Clerk, at 73 Lynn Road Snettisham, (tel: 543721) to see how you could help provide evidence for possible use in support of the beach footpath being declared a public footpath at the Public Inquiry.

It must be stressed that this is a **very important time** for residents of West Norfolk, as there is the chance that we could lose the beach footpath for current and future generations, as a public right of way / as an integral part of the coastal footpath and as a superb viewing platform over the Wash, through a lack of witness evidence of people walking the footpath in the past.

Parish Clerk: Snettisham Parish Council  
01485 543721



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**MAY'S LIVE MUSIC (8.30PM UNLESS STATED)**

**Sun 4th - Jazz Afternoon 1.30pm**

**Tue 6th - DNA**

**Fri 9th - Mojo Preachers**

**Tue 13th - Workhorse**

**Tue 20th - Blues Situation**

**Fri 23rd - Jam Session + DNA**

**Sun 25th - Hush**

**Tue 27th - Bone Idle**

**Fri 30th - Offshore Rivers**

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

**Sun 1st - Hell Fire Club Jazz Band 1.30pm**

**Tue 3rd - Against The Grain**

**Sat 7th - Mark Wilkinson's Jazz Quartet**

**Quiz Night - Every Thursday 9pm**

**Please check our Facebook page or boards for updates**

\*\*\*\*\*



**Follow us on Facebook @ foxandhoundsheacham**

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

## Community Cinema

On Saturday 17th May  
Cinema in Syderstone

Presents

### Gravity (12A)

BEST DIRECTOR OSCAR plus 7 other Oscars.  
Hugely acclaimed drama set in orbit around the earth as astronauts Sandra Bullock and George Clooney get into perilous difficulty. •Visually stunning with superb photography and mesmerising special effects even in a 2D version.

Venue: • Amy Robsart Village Hall,  
Syderstone PE31 8RX.  
Start time: 7.30pm.  
Advance Tickets £3.50  
Contact 01485 578588 or 578171  
Email: cinema@syderstone.com



Thursday 22nd May – 7.30pm

The West Norfolk members' group invites you to:-  
an illustrated talk by Nick Owens  
**Grasshoppers**

**& Crickets of Norfolk**

Venue: Hunstanton Methodist Church Hall, Austin Street  
Cost: £2.00 members / £2.50 visitors



CPRE Norfolk

(The Campaign to Protect  
Rural England)

**Countryside Charity seeks new Honorary Treasurer:**

Countryside charity CPRE Norfolk is seeking an Honorary Treasurer to join the Branch's Executive Committee and to play a vital role in the future of the organisation, which celebrated its 80th anniversary last year.

James Parry, CPRE Norfolk's Chairman, said, "Our current Honorary Treasurer is stepping down after five years and we are looking for someone with a strong financial background to take on the role, to ensure CPRE Norfolk stays on a sound financial footing and to enable us to continue campaigning for the benefit of the Norfolk countryside. This is an excellent opportunity for someone to play a senior role in a respected local environmental organisation, applying their accounting skills and experience to make a real difference."

Further information and a role description is available from the CPRE Norfolk website:

<http://www.cprenorfolk.org.uk/support-us/volunteer/>

or by calling the charity's Branch Manager, Katy Jones, on 01603 761660.

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## The Princess Players

'Stepping Out'

16th•May 7.30pm, 17th•May 2.30pm & 7.30pm

Princess Theatre, Hunstanton

The play is being directed by Michelle Larkin who brings a vast amount of theatrical experience to the Players. We would also like to welcome new members to this production.

This is a rollicking comedy about the attempts of some working class amateurs to overcome their inhibitions and left feet in a low-rent dance studio in North London. Mavis, a former professional chorus girl, tries her hardest to teach the bumbling amateurs some terpsichorean skills for an upcoming recital. But before the dancing begins, Mavis must mediate the minor dramas that erupt among this motley but loveable crew on their way to triumph at their recital. Liza Minnelli starred as Mavis in the popular film.

Come to see how a group of middle aged women (and one man!) cope with the vagaries of learning how to tap dance – this show is a must!

Rae Steward, Publicity Officer  
Princess Players

**THE PRINCESS PLAYERS**  
an amateur production in association with Samuel French Ltd

presents

**Stepping Out**

by **Richard Harris**

Tickets £12.00 & £10.50 (Concessions) includes 50p booking fee

Friday  
16th May 2014  
at 7.30pm  
Saturday 17th May  
Matinee 2.30pm  
& 7.30pm

**Princess Theatre, Hunstanton**  
Tickets available from [www.princestheatrehunstanton.co.uk](http://www.princestheatrehunstanton.co.uk)  
Box Office open daily Tel: 01485 532252

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

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## Events at Hunstanton Library

### Hunstanton Library Family History Group

Would you like some 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 2.00–4.00pm. Why not come along and share your experiences, ideas and tips for searching for your ancestors. The next date is Tuesday 6th May, 2.00–4.00pm. No need to book, just come along with details of who you'd like to search for. For further information please contact the Library on 01485 532280.

### Hunstanton Library card making group

Are you interested in learning how to make your own cards? Or perhaps you've had some experience of this already and would like to join a group to share ideas and materials for cardmaking. Hunstanton Library hosts a cardmaking group every two weeks, on a Monday or Friday afternoon from 1.00pm–3.00pm. To find out more about the group and when it meets, or to say you'd like to join in, please contact the Library on 01485 532280.

### The Story of Hunstanton Pier from 1868 to 2867

Thursday 8th May 2014 – 2.00-3.00pm.

A talk by John Maiden, Chairman of the Hunstanton Heritage Centre Trustees. Free event but donations to the Heritage Centre welcome. Booking essential. For further information or to book your place please pop into the Library or contact us on 01485 532280.

### Learn to Love Your Sewing Machine

Thursday 15th May 2014 – 1.30-3.00pm.

Dressmaker Imogen Crowson will be demonstrating how to maintain your sewing machine, how to take accurate measurements of your body and how to choose correct pattern sizes and fabrics. Refreshments included. Booking essential. For further information or to book your place please pop into the Library or contact us on 01485 532280.

### Under 5s rhymetime

Wednesday 21st May 2014 – 2.00-2.30pm.

Monthly on the third Wednesday of the month (term time only) 2pm - 2.30pm. 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

### Scrabble Club

Meets at the Library every Wednesday from 10.00am–12.00noon. Come along and enjoy a game of scrabble! For further information please pop into the Library or contact us on 01485 532280.

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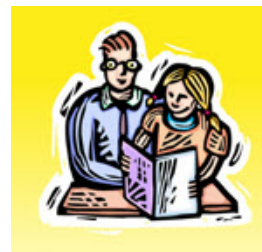
# HEACHAM LIBRARY

BOOKS • INFORMATION • TELEPHONE • NEWS • INTERNET

We always have a featured author every month and in May we will be highlighting the work of thriller writer Dennis Lehane. In addition, to Lehane, we will be extending our range of the popular author Michael Edwards with the newest addition to his "Murders in the Lake District" series.

The Library's Digital volunteers are offering assistance to help residents with "going online" training, so please register your interest, so we can book you in on our Tuesday training sessions. Please note that the Library will be closed on Bank holiday Mondays 5 and 26 May.

**Heacham Library Opening Hours**  
Monday, Wednesday, Friday - 10am-4.00pm  
Saturday - 10.am – Noon



**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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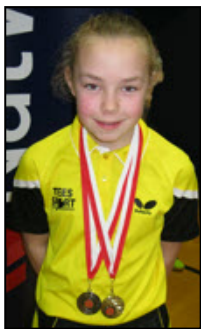


## Rotary Matters

### Hunstanton & District Rotary Club

There's still time to get your tickets for the coming Rotary event which is in aid of Rotary charities. On Bank Holiday Saturday, 3rd May, is the Blossom Day Barn Dance, 6.30-10.30pm at Hunstanton Community Centre, with Hog Roast and Bar. The event will very likely appeal to families with older children. Tickets £10 from Cherry Tree Chocolate Shop, High Street, Hunstanton, or Carol Bower, tel: 01485 532392.

Not long ago we gave a charity donation to St. Martin's Housing Trust to assist homeless men and women. Recently too, we sponsored Daniel Bullen for table tennis as he hopes to qualify for the Great Britain team at the next Paralympics. We send our best wishes to him in his quest. We have sponsored Mollie Patterson, aged 11, who had been selected to play table tennis for England in the British Primary International Championships held in Jersey. Competing countries besides England were Scotland, Wales, Ireland, Isle of Man and Guernsey. This is a prestigious international tournament and we are delighted to



report that Mollie won an individual Bronze Medal and a Team Silver Medal. Well done, Mollie! Both Daniel and Mollie are players to watch for the future!

#### *'Mollie Patterson with her two medals*

On the home front we have had an interesting talk from Mark Birks, Smithdon High School. He told us about the new Design Technology curriculum, which requires students to deliver new skills and to know new technical knowledge. It was helpful to us in Rotary to know how this aspect of students' knowledge is being updated.

Rotary President, Ben Warnes and Inner Wheel President, Margaret Swann, gave us and our partners a splendid Presidents' Night celebration in March at the Le Strange Hotel, Hunstanton. We were entertained well by young musicians from Smithdon High School and were pleased to give a donation to the School's Music Department to assist the School's students with their musical interest.

Towards the end of March, the Club Rotarians put on a Rotary Awareness meeting for guests. This too, was a most enjoyable event. Rotarian Adrian Evans provided large screen entertainment which demonstrated to our guests how Rotary in this town and District is organised and how our motto 'Service above Self' is put into operation.



*Guests and Rotarians at the Club's 'Rotary Awareness' meeting with President Ben Warnes in the foreground.*

This year, our annual 'Light Railway' event at Hall Farm, Norton Hill, Snettisham, will take place over the weekend of July 26th – 27th. The three charities which we shall be supporting will be 'Keeping Abreast' (reconstruction after cancer surgery), 'The Norfolk Hospice, Tapping House' and the 'West Norfolk Riding for the Disabled'. Make a note of the dates!

### All about Rotary

In this issue we tell you something about how Rotary is organised. The Rotary Club can be pictured as being at 'grass roots' level in the organisation which extends world-wide. Each Club has its President, elected by its members and typically he or she is President for one year. The Club organisation is composed of several committees, covering Club Service, Community Service, Vocational Service, International Service, Foundation and Youth Service. In our Club each member chooses which committee he or she would like to support and each committee has a Rotarian who is its chairman.

As we climb 'up the ladder' in Rotary organisation, Clubs are put into a Rotary District with a Rotary Governor in charge. Here, this District has 77 Clubs mainly based in Norfolk and Suffolk with some in Cambridgeshire, Essex and Hertfordshire. The organisation 'Rotary International in Britain & Ireland' (R.I.B.I. in brief) is our Headquarters and this has a President. At the top of the ladder is the World Rotary Organisation known as 'Rotary International' (R.I. in brief), based in Evanston, Illinois, USA (where Rotary began). This has the World President in charge. In practice the system works well. If we want assistance 'from above' at any time, we can always contact those in charge who are there to support Clubs and they are all unfailingly helpful. For instance, one way in which we can get help is by requesting financial support for small or large Rotary projects, an example being the provision of a medical clinic in a Third World country.

We will continue telling you all about Rotary in the next magazine. However, if you would like any further information now, contact Club President Ben Warnes, tel: 01485 534392 or Vice President Peter Atterbury Tel: 01485 534820.

**Phil Newell & Rene Rooth**

## SILVER SANDS PUBLIC HOUSE NORTH BEACH

**TAKE A STROLL DOWN THE PROMENADE  
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### Incinerator defeated

I am very pleased to say that on 7th April 2014 the incinerator was finally defeated. Stopping it was the difficult part. However, we still need to ensure Norfolk implements a sensible waste strategy. KLWIN and Farmers Campaign acted as a catalyst but the campaign's success depended on active community involvement and a core of outstanding politicians. When we asked you to write letters, thousands responded making the difference between success and failure. West Norfolk Borough Council has been exemplary by standing up to County Council pressure. Henry Bellingham led Norfolk's MPs effective lobbying on our behalf. Fortunately in 2013 many pro incinerator Councillors lost their seats. April's victory at County Hall was due to the cross party 'gang of six'. They are: UKIP leader Richard (Toby) Coke, John Dobson Conservative, Alex Kemp (now Independent), Andrew Boswell Green Party, Richard Bird Independent and Tim East LibDem. They set aside party politics to work together on our behalf. All UKIP and Green Party Councillors honoured their manifesto promises to stop the incinerator. The incinerator could be described as a 'near miss' in many ways; if it had continued regardless of the public mandate to stop it, voter participation in future elections might have collapsed. After all, why bother voting ever again, if politicians working together cannot stop the incinerator? Thankfully they did stop it, underlining just how important it is to consider your vote carefully at every election.

If we don't vote or don't bother looking at the candidate behind the rosette it is easy to get 'stuck with' a second rate politician. Encouraging more people to pay attention to local government politics will help protect our future; we ignore it at our peril.

Lastly, Michael de Whalley deserves special recognition for his part in starting the campaign; and Richard from Burton Environmental Consulting, for providing his vital support entirely free of charge. Thank You.

Mike Knights

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## THE NEW EMPLOYMENT ALLOWANCE: Employers – get up to £2,000 off your NICs bill

by Kathryn Gigg, Chartered Accountants, Hunstanton

At Budget 2013, the Chancellor announced the creation of a new Employment Allowance to come into effect from 6 April 2014.

**The Employment Allowance will give eligible employers a reduction of up to £2,000 in their employer Class 1 National Insurance Contributions (NICs) liability each year**, where they have employees, or directors, who earn enough to give rise to Class 1 NICs on their earnings.

All employers will have recently received a letter from David Cameron which states “[The Allowance] means £2,000 cash back on the cost of jobs, that you can choose how to spend. I hope that you will consider using it to take on more employees”.

### Am I an Eligible Employer?

Businesses, charities and Community Amateur Sport Clubs can claim the Employment Allowance. In the case of a business, this could be a company, a partnership or a self-employed individual, if they have employees whose earnings give rise to an employer Class 1 NICs liability. The Employment Allowance is not available for those who:

- Employ someone for personal, household or domestic work, such as nanny, au pair, chauffeur, gardener, care support worker;
- Already claim the allowance through a connected company or charity;
- Are a public authority; this includes local, district, town and parish councils;
- Carry out functions either wholly or mainly of a public nature (unless you have charitable status).

### How do I claim?

The letter from 10 Downing Street states “Simplicity has been the priority in designing the allowance”. **You can therefore use your own 2014/15 Payroll Software to claim your Employment Allowance. It should be as simple as ticking a box** (see your software providers instructions). Otherwise you can use HM Revenue & Customs Basic Tools.

Once made, HMRC will automatically carry your claim forward each tax year; so, at the start of each new tax year you should check that you remain an Eligible Employer.

You can check your eligibility and find more detailed guidance at <https://www.gov.uk/employment-allowance>.

If you need any assistance in running your payroll please contact either myself or my assistant Susan Fish FMAAT at Kathryn Gigg, Chartered Accountants, Hunstanton on 01485 534800/email [kate@kathryngigg.co.uk](mailto:kate@kathryngigg.co.uk).

**Mrs K H Gigg FCA**

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

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

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The Borough Council of King's Lynn and West Norfolk  
**Opportunity Awards**  
 2014



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.



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## Hunstanton Community Choir

Hunstanton Community Choir performed at St. Edmunds Church, Hunstanton on Saturday 29th March; we sang an eclectic mix of songs including folk, pop and opera. The Choir certainly rose to the occasion and performed, with heart, the songs that have become part of our lives over the past months. Indeed, having the opera flavour had the Choir members learning a little Latin and Italian too! Songs and music that at first felt daunting, became more familiar the more we practised! It's quite amazing how much can be felt from a language that's not altogether understood, and from the positive reaction to the performance, the audience felt it too!

So from Les Miserables to Abba, Faure's Requiem to Simon & Garfunkel, the enjoyment of performing and sharing these songs are some of the things that have this Choir enjoying being at the heart of the Hunstanton community. The ethos of sharing expands even further, as the profits from the Concert enabled the group to make a donation of £500 to Tapping House Hospice – a very worthwhile amount. Many thanks to all who came along and helped create an evening to remember.

To further raise awareness of local groups, members of the Choir participated in a workshop session at Hunstanton Library on Saturday 12th April, led as usual by Simon Bower, our charismatic Choirmaster and music arranger. With an element of fun never far away, Simon began with a vocal warm-up using imitation 'gorilla' sounds. Anyone using the Library that morning who were unaware of the workshop may have been initially alarmed by such monkeying around! The songs that followed were just a small taste of what can be musically achieved in a short session.

Finally, just a small mention of the Choir's social events, which are becoming increasingly popular with this friendly, fun group; parties, karaoke, quizzes, Carol concerts and generally any type of get-together. We are also planning to sing in the Bandstand this summer, as well as at other local events. You can find out even more via Facebook on our 'Friends of Hunstanton Community Choir' page.

Hunstanton Community Choir meet on Tuesday evenings from 7 to 9pm at the Town Hall. The first session is free and thereafter it costs £3 each week. Enjoying singing is basic, anything else can be learned! There are no embarrassing auditions; anyone can come along and simply blend in wherever they feel their voice fits, because in this instance there is proof that practice really does make perfect, as everyone gives their 'all' to make a great sound, ultimately this happens while enjoying the journey. Having observed the look of pleasure on Choir members' faces, there appears a satisfying blend of having fun, singing our hearts out and creating (most of the time!) a fabulous sound!





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## George and Munnelly in Spring Classic triumph

Ely City professional Andrew George and 16-handicap partner Mick Munnelly stormed to a convincing success in the Searles Leisure Group PGA in England (East) Spring Classic.

The duo recorded a stunning tally of 88 Stableford points - six more than their closest rivals - after two days of competition at Hunstanton and King's Lynn.

Daniel Barton (Waldringfield) and James Tyler (4 handicap) tied for second place, alongside Stuart Brown (Orton Meadows) and Edward Peggs (7).

The opening round, staged on the renowned links at Hunstanton, saw George and Munnelly dovetail perfectly under the foursomes format to secure 40 points.

That was good enough to share the lead going into the second day at King's Lynn where their better ball combination netted no less than 48 points.

In particular, they lit up the back nine with five birdies between them. Munnelly made a major contribution to the pair's overall points tally with birdies on two par-fives and signed off by draining a 25-footer on the final green for a net birdie.

The final results suggested a straightforward victory but George revealed a different story.

"Before we started on the first day, Mick said to me that he was not feeling very well and asked if I'd be okay to play the four ball on my own if he was too ill," explained George.

Happily, the Ely vice-captain was able to battle through the two days and savour an emphatic win before embarking on a course of antibiotics.

George added: "On the first day, we just played so sensibly and thought about every shot. Then at King's Lynn, I thought we had to get to 44 points and after nine holes we had 21. So, I said we need to push on and make some birdies and Mick played out of his skin."

It was the 15th year of Searles sponsorship of the seasonal curtain-raiser for the PGA in England (East).

Searles' managing director Paul Searle said: "It has been a brilliant two days. The weather couldn't have been better and the courses were in great condition. So we are very pleased with how the tournament has gone.

"The main reason that we do this is to promote our North West Norfolk Golf Tour. Staying at our Heacham Manor Hotel for two nights, golfers play Hunstanton, Kings Lynn and Heacham Manor over three days.

"We hope that some of the professionals and amateurs that play in the Searles Leisure Group PGA Spring Classic want to come back with societies and groups and stay with us."



Pic supplied by Tony Rushmer: *Paul Searle (Searles Leisure Group) congratulates Mick Munnelly (c) and Andrew George (r) on their convincing victory Searles PGA in England (East) Spring Classic:* (First day Stableford foursomes at Hunstanton, second day better ball at King's Lynn), leading scores: 88: A George (Ely City) and amateur M Munnelly 40 48. 82: D Barton (Waldringfield) and J Tyler 39 43; S Brown (Orton Meadows) and E Peggs 37 45. 79: R Gray (Thorndon Park) and P Millett 37 42, M Kierstenson (Penfold Park) and Ross Lear 40 39. 78: R Hurd (Essendon) and Ron Lear 36 42; 76: R Pritchard (Cretingham) and C Lewin 37 39.

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The Borough Council of King's Lynn and West Norfolk

## Opportunity Awards 2014

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.

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- 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



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**What is it?**

A new **free** Business Start up Service that has been launched by the Borough Council of King's Lynn & West Norfolk

in association with business start up support specialists, TCHC, to help people who want to become self employed or start a new business.

The service includes practical, informative workshops, covering all the points that you need to consider in becoming self employed or setting up your own business, as well as providing the opportunity to discuss your ideas and questions with an experienced business adviser.

**Who's it for?**

The service will help anyone resident in the borough of King's Lynn & West Norfolk who is thinking about becoming self employed or starting a new business make their idea a reality.

**What does it consist of?**

The programme consists of practical training workshops together with an opportunity to talk through your business ideas with an experienced, independent business adviser.

**Workshop Programme**

**Self Employment – Is it for me? Business Awareness  
Workshop Half Day**

By the end of the workshop you will have the information needed to decide if self employment or running a business would be a viable option for you together with the confidence to explore it in greater detail.

**Self Employment – Building your Business Idea Workshop  
Full Day**

This workshop will give you a comprehensive overview of the key business disciplines needed to research your business idea, assess its viability and start building the concept into a sustainable business. By the end of the workshop, you will have clarified whether your business idea is potentially viable and have the skills necessary to start your market research and financial planning.

**Planning your Business Workshop Full Day**

This workshop will focus on the purpose, contents and the **customers** of the business plan and include topics on understanding and explaining your market, resources and funding, cash flow and profit & loss forecasting, sales and marketing and the people involved in the business.

By the end of the workshop, you will have the skills and knowledge together with usable templates to develop a robust business plan suitable for raising finance and for managing your business.

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**How much does it cost?** All workshops, business viability consultations and business mentoring sessions are completely free for residents of the borough of King's Lynn & West Norfolk.

**How do I book?** To book a place on a workshop or a business viability consultation, please call TCHC on 01923 698474 or email: [courses@tchc.net](mailto:courses@tchc.net)

| Workshop                 | Date:      | Time        | Location:   |
|--------------------------|------------|-------------|-------------|
| Starting a Business      | 4th April  | 9.30 - 1 pm | Hunstanton  |
| "Is it for me"           | 22nd April | 9.30 - 1 pm | Marham      |
| Build your business idea | 28th April | 9.30 - 5 pm | King's Lynn |
|                          | 23rd June  | 9.30 - 5 pm | King's Lynn |
| Planning your business   | 19th May   | 9.30 - 5 pm | King's Lynn |

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**According to a recent survey, 38% of all adults have seriously considered becoming self employed or starting a business.**

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## News from Rollason Stage School

Professionals of today teaching the stars of tomorrow!

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

are really really busy!!

Some of our students appeared in Alice in Wonderland starring Paul Daniels, Debbie McGee and ventriloquist Steve Hewlett of 'Britain's Got Talent'. It was a fantastic show at the Princess Theatre and my pupils really enjoyed being part of this spectacular show.

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

I can say this has been a huge success and most Saturday classes are now FULL with waiting lists. Our new teaching assistant Fran has settled in well and is working hard and is proving popular with the students.

We held a cancer coffee morning on the 29th March and raised £108. I would like to thank all parents and pupils for their support. Lucy Rose, the Saturday street dance teacher, is hoping to form an elite team after Easter to compete in festivals. Lucy's crew is training really hard and I am pleased to report she has a lot of boys attending, which is great to see.

Her Saturday street crew is FULL with a waiting list in place. Our Dance Festival is on Sunday May 18th in Hunstanton's Town Hall. It's a lovely day open to the public.

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

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

MONDAY - at Heacham Public Hall top room  
4.15 til 5.15 Ballet Tap and Modern Dance 6 yrs +  
5.15 til 6.00 Junior Street Dance 6 yrs +

WEDNESDAY - at Hunstanton Town Hall Basement.  
Under 6 yrs classes: 4.30 til 5.15. (Ballet Tap and Modern.)  
Seniors: 5.15 til 6.15 Ballet Modern 12yrs and over  
6.15 - 7.00 Senior Street Crew 12yrs and over.

THURSDAY - at Hunstanton Town Hall Basement  
4.30 til 5.30 Musical Theatre class, all ages.

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

We also teach adult fitness classes in Heacham Scout Hut !!!  
Tuesdays Zumba 7-8 and Chillates 7.30 til 8.30, both £4 per person. The new term started at the beginning of April 2014 so there's no better time to join us! Places are limited so book a place today!!!

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

**Happy dancing!!!!**  
**Michelle Rollason ABTDA**

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## Coastal Tweetup is now West Norfolk Tweetup

Coastal Tweetup has been running for almost a year and it has become obvious that a name change is needed to better promote our corner of Norfolk, thus it has been rechristened West Norfolk Tweetup. We will have to consider a new logo to suit when time allows.

The most recent tweetup attracted a fantastic variety of different business owners gathered together at Caithness Crystal on Tuesday, 11th March 2014. Managing Director, Mark Sander, supported by Stuart McBarron and Lindsay Van Dyke, welcomed everyone warmly and generously provided tea, coffee and scones as everyone introduced themselves.

I was half an hour late in joining the group owing to a slight hiccup in school run arrangements, but time stands still for no man and things were humming by the time I arrived at Caithness Crystal in Kings Lynn. I just had time for a cup of tea with our hosts and to say hi to Liz Pendleton of @LifestylesFest and @lingoliz fame. Then we were guided to the glassblowing area where Beaver, long-experienced glassblower, was demonstrating his skill to the interested tweeters.

Caithness Crystal was a very interesting venue for a tweetup and a great opportunity for us all to better understand what Caithness Crystal can offer visitors. The cafe was a delightful space to relax and enjoy a range of refreshments and the gift shop sparkled with colourful displays of gifts for a wide range of tastes and styles. The biggest surprise of all was the range of jewellery on offer. I had never considered glass an option when it came to jewellery before but they were very lovely indeed.

A big thank you to Caithness Crystal for being such delightful hosts.

Tweetups are a great way to meet the people you tweet with on Twitter and to put faces to names. In other words they are a networking group, but it operates very informally and allows the host venue to showcase its offering. If you would like to take part just follow @WNorfolktweetup (formerly @coastaltweetup) and turn up on the advertised day and time at the venue indicated. Please pass the word around – it is an inclusive group and we welcome all business owners.

Stella Gooch



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## Brancaster Camera Club

**Tuesday, 13th May 2014**

'Would you like some help?'

If you are struggling to get an image right and need help, or just want some advice, please come along.

Club members are asked to bring their digital images for competition on 24th June - 'Natural History in its widest sense'

**Tuesday, 20th May 2014**

An evening with a photographer from RAF Marham

This promises to be an excellent evening. The Photography Unit at Marham has won 'Best Unit in RAF' for its work. They will show a wide range of images from their usual work to themes set within their club unit.

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



## Hunstanton Lions Club

Hunstanton Lions were able to help more local good causes this month. We held a Race Night at United Services Club on 28th March which proved to a great success. Thanks to all who supported this event.

On Saturday 29th March Hunstanton Lions did a bucket shake for the Marie Curie Daffodil Appeal. We raised £456.99 for this good cause. Thank you to Tesco for letting us use their store and thank you to all who donated to this appeal.

Our **Golf Tournament** takes place on Friday 23rd May at Heacham Manor. All enquiries to Gerry Desroches 07836 750296.

**Car boot:** The next car boots at Glebe School supporting our club are Sundays 4th & 18th May and 8th June.

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

Jane Scott

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## Latest news from Wells Community Hospital.

Wells Community Hospital's new sensory garden will be officially opened by Local MP and Care Minister Norman Lamb on Friday May 23rd, which is part of the national Dementia Awareness Week.

Work on the new dementia friendly garden, which also incorporates a new Garden Room conservatory entrance from the reception area, is nearing completion. Planting was carried out during April.

The hospital's dementia hub project continues to make good progress. More people than ever before are attending the monthly Alzheimer's Society's monthly Coffee and Company session (2nd Wednesday of the month). The new monthly singing group is almost at capacity. Forthcoming dates are 21st May and 18th June. All run from 10am to 12 noon. The group is led by local musician David Saunders.

Gardening and art groups are being considered. Anyone interested in helping launch these or to find out more information should contact Barry Dennis (Tel 07515 497470) or email [barry.dennis@wellshospital.org.uk](mailto:barry.dennis@wellshospital.org.uk)

Healthwatch Norfolk recently held some dementia research focus groups at the hospital. It was part of a project to find out what people with dementia and their carers think about local services.

The new carers' meeting room, to be named the Harold Moorhouse Room, is complete and was officially opened on 25th April. The Harold Moorhouse Charity have played a major part in helping fund this new facility. The Wells Carers Group, among others, will be using the new room. Anyone interested in the Wells Carers Group should contact Nita Spencer. Tel 01328 710501 or email [jnormita@aol.com](mailto:jnormita@aol.com)

We are still looking for details of local provision for activities or services for people with dementia, their families and carers. It's part of our plan to create a local directory of dementia services. It might be a small coffee group or day service run by volunteers. It might be a care home specialising in dementia. It could be a local group organising occasional fundraising activities. If you know of any then please get in touch.

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Volunteers wanted— we are still looking for volunteers to help with a whole range of things at the hospital. We are particularly keen to hear from people to help with fundraising, reception and administration, gardening, and with dementia hub projects and activities. Contact Katrina Melton on 01328 711996 or email [katrina.melton@wellshospital.org.uk](mailto:katrina.melton@wellshospital.org.uk)

Recent Hospital Lottery winners—Recent Winners: G Pinney, Mrs S Edge, Mrs S Worsley, Mrs B A Parr, Sheila Sampson, Mr Banham, Mrs S M Finch, Mrs Bridget Groves, Miss Pat Bannister, Joyce Bingham, Mrs Sheila Goldsmith and H C Honeywood.

Diary dates

May

14th May Alzheimer's Society 10am Wells Hospital Coffee and Company.

21st May Wells Hospital 10am Wells Hospital Dementia singing group.

June

11th June Alzheimer's Society 10am Wells Hospital Coffee and Company.

18th June Wells Hospital 10am Wells Hospital Dementia singing group.

**Barry Dennis**  
**CEO Wells Community Hospital Trust**  
**Mill Road, Wells-next-the-Sea, Norfolk. NR23 1RF**  
**Tel: 01328 711996**



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## Wells Community Hospital

### New cook book to help fund ground-breaking community health facility.

Wells Community Hospital has launched its own cookbook of over 160 recipes. The book sells for £10 and will help fund the vital work of the Hospital.

The recipes, contributed by supporters from across the region and beyond, have been published in a practical ring-bound format for ease of use and the book has been delightfully illustrated by local artist and designer Mary MacCarthy ([www.mary-macCarthy.co.uk](http://www.mary-macCarthy.co.uk)).

Recipe ideas range from a Failsafe Soufflé to a 17th Century German variation on roast chicken; from a mouthwatering prune and armagnac ice cream, to a dish involving pasta with vodka - plus lots of more conventional delights.

As well as all the usual sections covering starters, main courses, puds etc., the book also includes a fascinating section of Wartime Recipes - in which adventurous cooks can get a taste of how our parents and grandparents coped in other, even more austere times. Travel back in time with a Crimean War formula for storing fresh fruit (in upside down jars, two foot underground!) or sardine cigarettes from WW2.

Wells Community Hospital is a not-for-profit community hospital run as a charitable trust by local people. Its purpose is to bring a range of high quality health and social care services

to the area. Currently, the Hospital offers over 15 different outpatient clinics, including the only NHS dentist surgery for many miles around. It has recently won funding for setting up a centre of excellence for treating patients with dementia.

The Mermaid Dialysis Centre at the Hospital was set up in 2011, following tireless work to start it by Chris Geering, who died earlier this year. The Centre, named in memory of Chris's wife Helen, provides dialysis treatment to those on holiday and is one of only three clinics in the country offering this service all the year round. Its friendly and efficient service is recognised by the Care Quality Commission and is appreciated by many grateful patients and carers who have been able to enjoy a seaside holiday thanks to its first class facilities. (see [www.norfolkdialysis.com](http://www.norfolkdialysis.com) for Patient Reviews).

The cook book is dedicated to the memory of Chris and Helen.

The book will be on sale at selected outlets across the North Norfolk region from the 29th March. It is currently available at £10 a copy, post free (cheques payable to Wells Community Hospital Trust). Orders to Stephanie Worsley, St. Anthony's Cottage, 3 Marsh Lane, Burnham Norton, King's Lynn, PE31 8DS. Email: [steph.worsley@btinternet.com](mailto:steph.worsley@btinternet.com) Tel: 01328 730190.

The Community Hospital and the Mermaid Centre are important resources. They have enabled the people of Wells to add vital facilities to the other delights that make Wells a popular visitor attraction and a driver for the local economy.

The cookbook makes an ideal gift for anyone who would like to combine their love of food with support for a worthwhile local cause.

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## HEACHAM PARISH COUNCIL NOTICEBOARD

### April Meetings in Brief

**Pocahontas:** The Council discussed the Church's proposal that a Mulberry tree be planted to mark the 400th anniversary of the marriage of John Rolfe and Pocahontas. The Council considered that the Recreation Ground might be a suitable site and would identify a good location.

**Heacham Park:** The Council noted that an open meeting had been arranged by residents on 16 April to discuss the purchase of park, a number of councillors stated that they would attend.

**South Beach Earth Bank:** The Council noted that concern had been raised with the County Council about the erosion on sections of the Right of Way along the earth bank, making the stiles difficult to navigate. The County Officer had confirmed that they are looking into the issue and the Clerk reported that the problem had also been brought to the attention of the Environment Agency.

**Traffic Surveys:** The Council's traffic survey revealed higher levels of traffic using the School Road/Broadway junction than had been previously thought. The Council agreed to carry out a further survey to offer a comparison

**Millennium Wood:** The NE Committee reported that the Millennium Wood, 14 years after the first trees had been planted was developing well. Several wooden seats had been positioned to take advantage of the view of the village from the top of the pit.

**Memorial Bench:** The Council agreed upon the design for the memorial bench in Bray's Pit and the Clerk was asked to forward details with costs to the Solicitor dealing with the bequest.

### The Old Dairy Site

The Parish Council has recently entered into negotiations with a view to purchasing the Dairy in Pound Lane. This site which has been earmarked for more housing is the perfect location for the Parish Council Offices and the Library, both of which are rented at the moment. It is also the opportunity to perhaps combine with other facilities as well as providing additional parking in the High Street area. The Council are at the very early stages, but with developers interested in the site, the Council has taken the decision to acquire the property so that this rare opportunity of a central village location of this size is not lost. There is still preparatory work to be done, but if the project proves feasible then the Council hope to provide, with residents' support and input, a landmark facility to serve Heacham well into the future.



### Heacham Carnival Parade and Fete 2014

This year's Carnival Parade and Fete will be held on Sunday 3 August. The Parade will be led by the Smokehouse Jazz Band. The Parade will once again be supported by Jennings Caravan Park and Norfolk Lavender. Forms to register your float which will include parade timings and route will be available from 1 June.



### Heacham Beach Party

The Community Activities Committee are pleased to announce the return of the 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 Dezyna T-shirt. Join us for a great family event.

#### PUBLIC NOTICE

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

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

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

*Heacham Parish Council*

#### Notice of Parish Council Vacancy

There is a vacancy on Heacham Parish Council for one Parish Councillor. The vacancy will be filled by cooption rather than election. Interested parties should contact the Parish Council Office for further information or present themselves at the next Parish Council meeting which will be held at the Parish Office on Tuesday 20 May at 7.30pm

The Clerk

#### Heacham Beach Parking Passes

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

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

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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| St Mary's Church Hall, High Street Mon, Wed, Fri 10.30 to 12.30 | <b>572539</b> |
| Old Friends Hall Sunnyside Close                                | <b>572142</b> |
| Heacham Scout Hut                                               | <b>572890</b> |

#### HEACHAM CHALK PIT RECYCLING CENTRE

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| 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    |