



THE HEACHAM NEWSLETTER

July 2014

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Deadline for the next edition is 12 noon, Thursday 17 July

Heacham Infant and Nursery School



SUMMER FETE

Saturday 12 July 2014
12noon – 4.00pm



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

For information please call:
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Full Details Page 15

Annual General Meeting

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

ADVERTISING: Moira Barnes ☎ 01485 570401 Adverts cost £15, £30 or £60 per month

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Kerry Long - Dean Rawnsley - Mary Sheldrick - Robby Topliss

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



Heacham

Dear Newsletter

Vintage photo of Heacham

With reference to the vintage photo of Malthouse Row that appeared in the June Newsletter, readers may be interested in the following extract which accompanied a photograph of the cottages in Malthouse Row and appeared in a copy of the Dairy News in 1992/1993:-

Malthouse Row (ex-Dormy House (1760's? – 1963))

“The last major chalk cottage structure built in Heacham intended for labourers on south farm lands, removed in 1963. Fourteen joined chalk cottages with a 2 foot carr foundation at base, set at a slight road angle: the first 6 cottages to west; later 8 with granary to east, all with later tie-rods to support a leaning front. Cottage floors two steps below later road level. Granary with cart door and upper input shutter..

Tiger Alley at rear led to Bushel & Strike Inn, then the resort of rival footballers, the Inn later moving to its present site.

The builders who removed the cottages in 1963, reported little deterioration in their structure.”

Malthouse Crescent - people living in the road in approx 1948:

Mrs Marshall, Mr Dix (son of Johnny Dix), Mr N Ben, Mr D Woods, Mr D Lee, Mr Lake, Mr C Frammingham, Mr L Hudson, Mr B Hudson.

Buildings belonged to Molly Pratt who lived in Cheney Hill at the top – house on its own on the left hand side going out of the village.

Sylvia Lee



College Drive

Dear Newsletter

Scrabble Club

Does anybody wish to play Scrabble here in Heacham?

I am trying to form a group for people who do not wish to travel to Hunstanton or Dersingham for a friendly game or two.

My telephone number is **01485 298592** or you can contact me by email: cobandpen@hotmail.com

Pam Swan

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letters...



Heacham

Dear Newsletter

Reply to Jo Jutsum's dog owner letter

I was completely stunned after reading your letter. I couldn't believe that you had publicly stated that it's not your choice to watch your dogs' bottoms and clear up their mess every single time. Surely you are aware that it is not a choice for you to make?? It's the law. If you 'choose' not to abide by the law then may be you shouldn't keep dogs.

I agree with you that freedom is priceless but, although your dogs are lucky enough to have that freedom, dog owners like yourself take it away from others. I have lived in this village my whole life and I am no longer able to enjoy our beautiful beach and local woods because of the amount of dogs that are allowed to roam free.

You say that they don't harm anyone, but maybe you should consider how a walker with a dog phobia would feel upon seeing you and your dogs approaching them, or maybe someone with an allergy to dogs, or even the people that just don't want to be licked, pounced on or generally bothered by other people's animals when they are out. That's a large amount of people and I'm sure you'll agree that they deserve their freedom too. It doesn't matter that your dog 'won't hurt anyone', 'just wants to say hello', 'likes children', 'is just being friendly' etc etc, Not everyone likes your dogs as much as you.

I was also disturbed that you would expect somebody other than the owner to clear up dog mess; why on earth should they? I think you should take responsibility for your animals or give them to somebody who can.

Name and address supplied




High Street

Dear Newsletter


SALE IN AID OF THE LEPROSY MISSION

A big THANK YOU to everyone who helped to make the sale at the end of May such a success. We achieved £1350. WOW! Isn't that amazing?!

Mari Brewster



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Dear Newsletter

Daphne

Today (17th June) we said a farewell to life of this lovely lady. I had the pleasure of working alongside her as Heacham post-ladies for 12 years or more? (Without one cross word, between us). She was hard working, loved her family, loved her garden, loved her dogs, loved the garden birds, never had a bad word to say about anyone. She was fit, as in walking/biking everywhere, ate 3 square meals a day, never drank or swore, yet here we sat at her funeral? They say there is a God up there but this does make me think, even more so, that all that preaching/praying is nonsense!! Why put such a super person as her, through an untimely ill death? Leaving her young family devastated.



To the newer Heacham folk, this is Daphne Owen. She was a post lady for 17½ years for our village and, to the older villagers, I am sure you can remember Daphne biking (yes, Posties were allowed to bike, in our postie days!!) on her rounds, wearing what she called 'her head square!', with pockets full of Bonio's for the dogs that were barking at the gates to greet her and a pop-in check-up to see if the frail and elderly were OK.

As soon as we knew that we were going to have Martha, our puppy, she was calling in with a stone hot water bottle, a ticking clock - "these will stop her pining for her mum" she said, "if you put these in her bed at night". She certainly knew her stuff about dogs.




Although she was very quiet and reserved, I could talk her into doing out-going things. We entered many a Heacham Carnival. I have chosen this photo - what a giggle - Royal Fe-Males as Lady Diana and Fergie (circa 1989?). The other photo is of (how many of Heacham folk remember) Daphne, in her Royal Mail Uniform (Daphne on the left). I have chosen these 2 photos out of the albums upon albums we had taken together, through our Royal Mail days. "Here's to Daphne - Sleep tight - What a super Human Being " - luv Janice" xx

Janice Curtis

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Dear Newsletter

Lindsay Bird's Skydive

At last I'm able to give you a final update on Lindsay and Philip's Skydive.

As you know the original skydive date was fixed for 25th October 2013 but, due to weather conditions, this had to be cancelled. Lindsay and a friend of mine, Philip Bridges, were going to do this jump in aid of Changing Faces but managed to rearrange a new date for this to happen. The date was fixed for 10th April 2014 in the hope of better weather.

April soon came around and at last the weather was quite good. We travelled down to Hinton and within an hour of arriving, both Lindsay and Philip were briefed on what would take place and of the safety precautions that would be in place.

About a half hour later they were toggged up with their gear and proceeded to the airplane for the jump. The skies had already started to cloud over and there were thoughts that this might be cancelled again but this time they were in luck.

I can't imagine for one minute how they were both feeling about the upcoming event but, as you may well understand, for me being her father my nerves had started to kick in too. The plane took off and it must have taken about twenty minutes for the light aircraft to reach 13.000 feet before I started to see people coming through the clouds. Apparently there were around ten



others who were doing a skydive too, although these were not fundraisers for charity. Eventually, it was pointed out to me by one of the airfield officials that my daughter and Philip would be the last two to do the jump. Within a few minutes they were both coming down and I watched with

nervous anticipation to know that they were both safe.

Lindsay was absolutely thrilled by the whole experience and hopes that maybe one day she will be able to have another go at skydiving as she thoroughly enjoyed every minute.

It has taken several weeks for them to gather all of the other sponsorships in but I'm pleased to be able to inform you at last that a total of £1,444 has been raised for Changing Faces.

If there are any of you out there who would like to take part in any further events like Skydiving, Abseiling, The London Marathon etc., please get in touch with Sophie Erskine, Public Fundraising Officer of Changing Faces on 0207 391 9279 mentioning David Bird.



Thanks to each and everyone of you so much for your kindness in supporting Lindsay, Philip and the charity. We are so grateful to you all for having done this.

David Bird

The Drift



Dear Newsletter

Fridhem Rest Home

Please could I use The Heacham Newsletter to publicly thank all those staff past and present who have cared for my mother Mrs Edith Preece (Eddie) in Fridhem Rest Home over the last five years of her stay there.

This gratitude extends to all staff, including those who have kept her room so cosy, clean and tidy; laundry staff for her presentation and continued enjoyment of her clothes; and those who have maintained her surroundings, the decor and gardens. Also, the cooks who knew exactly my mum's preferences and who went out of their way to create individual meals in her last illness.

My heartfelt gratitude goes out to all the carers who looked after her with humour, technical skill and ultimately with tenderness. Thank you also to the entertainment staff who have helped to create a full programme of fun outings which I have such happy memories of sharing with Mum in her early years in Fridhem. Mum also enjoyed the other stimulating activities, such as the visiting entertainers and particularly the fortnightly watercolour painting sessions.

Excellence in care doesn't just happen. Thank you particularly to Helen and Angela for your steadfast, caring leadership and making it happen.

May I ask your readership to keep supporting this special place in their innovative fundraising now and in the future?

Thank you.

Sue Lake



Dear Newsletter

Dog Fouling – Reply to Jo Jutsum

Thank you for your views, but I am afraid you seem to have missed the point of my letter.

It was not aimed at those who can or can't, but those who WON'T take responsibility for their pets - the small minority that spoils it for the majority.

Regarding your thoughts on the elderly members of the community, in the years I have been coming to Heacham they, more than any other group, have been the most diligent and responsible toward their pets. I have never seen an elderly or infirm person ignore or leave any pet mess. It is the younger, more able bodied FEW that refuse the offered bag, swear at any request to be more responsible, and I am certain it will be them who complain if this gorgeous village goes the way of Hunstanton and many other coastal locations who restrict access to our pets.

Loved the 'bottom watching', but I wait for mine to 'poo', then let them run wild, knowing I have done my best, and you are right, I have no authority, but as I spend more than half my time here, pay my taxes, and suffer the consequences of those few, be they visitors or locals, I feel strongly that the thoughtless FEW don't spoil it in the long term for the vast majority.

I am also sorry for your son's experience.

Steve (Concerned dog owner)

Editor's Note: This matter has now been fully aired and no further correspondence will be published.



Church Farm Road

Dear Newsletter

Heacham's New Pavilion

I was fortunate enough to accompany the Wives Group on a tour of some of the historical buildings in the centre of the village on Monday evening. I was certainly kept on my toes by their knowledge and stories.

I was more than pleased to see that history does not stand still in Heacham. The Wives Group has been very supportive of the pavilion build. Just count how many bricks bear their name. They have also donated money for internal furnishing.

Janice Campbell was therefore very pleased to give them a very dedicated tour of the wonderful pavilions of which the village must be very proud.

It was clear to see that all users are treating the facilities with great respect – thank you caretaker.

The Club Charity is aware of how much hard work has taken place over seven years.

A little more work needs to be done to complete the rebirth of the cricket pavilion.

Then proper opening ceremonies will be staged to remember and thank all of those people who have helped in any way.

“A wonderful set up”. These are the words of a representative of the Football Foundation, “Probably the best in the whole of the Eastern Region”.

**C D Mackay
Member of Central Committee**



Heacham

Dear Newsletter

Re: Heacham Park

The idea behind the Heacham Park is excellent. We need our own ‘lung’. However, the wish to label it with the name of an American Chieftain’s daughter brings ridicule on the village. I have never met anyone outside the village who believes in the myth that she came to Norfolk.

Some non-believers have promised a donation but reluctantly because of the name. More might respond to an appeal if her name was not used in the title.

What is wrong with “Heacham Park” they say.

John Rolfe, who married her, gained fame and fortune by growing tobacco in Virginia and ‘shipping’ it to Britain in great quantities. He used a milder variety than the native Virginian plant.

Ros

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PALM BEACH HOLIDAY PARK
WELCOMES YOU BACK FOR 2014 AND HERE'S TO ANOTHER GLORIOUS SUMMER!!!

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



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

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Please enquire at the Palm Beach office or call 01485 570565



News & Events in the Community...



TREFOIL GUILD Guiding for Adults

What is the Trefoil Guild?

The Trefoil Guild is a branch of Girlguiding and is a registered charity in its own right. However, it maintains a separate identity by having its own constitution and Council and is financially independent and administered.

Its Mission offers members the opportunity to meet with friends, develop interests, tackle new challenges, enjoy outings and holidays while supporting Guiding and Scouting and is open to men and women over the age of 18.

AIMS:

The aims of the Trefoil Guild are:

- To keep alive among its members the spirit of the Guide and Scout Promises and Laws.
- To carry that spirit into the communities in which members live and work.
- To give practical, financial and moral support to Guiding and Scouting.

Mrs Mary Harpley
10 Sunnyside Close
Heacham PE31 7DX
07813 014477

HYC

Heacham Youth Club



Needs YOU!

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

H.M.S.

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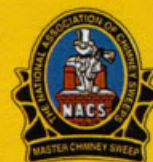
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CHURCHES TOGETHER IN HEACHAM

THE OTHER-WORLD CUP

Before I begin this piece I would like to take the opportunity to warmly welcome our new Priest-in-Charge, Veronica Wilson and her family, to Heacham. We wish them all God's blessings and assure them of our loving and prayerful support.

As I write this, World Cup fever is upon us; but not only that, the Cricket Test Matches have begun and Wimbledon is waiting in the wings! In addition, County Shows are taking place with every imaginable trophy being vied for. So Cups, Ashes, Shields, Medals and Rosettes are the coveted goals, even amongst us agriculturalists.

Wisely, our show animals are unimpressed with the prizes; their aim is to be back in the peace of their homes once more, with their "cup" overflowing with the best of grazing or whatever their "shepherds" have ready for them. We, too, have our Shepherd Lord, holding out such a one to us: a Cup overflowing with all His promises and blessings. A Cup that won't tarnish, lose its value, or have to be handed in year after year. This "Cup" is our forever home and inheritance which He is offering.

So - yes! I'm talking about Heaven again and it coincides with the recent issue of a film of a real-life story entitled "Heaven Is For Real", featuring the experience of a young boy who had a near-death event while on the operating table. It is based on the book of the same title and is a gripping read or viewing. This lad had an early glimpse of the future Other-World Cup Final that will take place when our Saviour Lord returns. Are you planning to be there? There's a "Cup" waiting for each of us, and that home doesn't need a mortgage! But we need to put down a deposit for it - a deposit (or surrender) of our lives and wills to Jesus Christ who has died and conquered death, and opened the door to Heaven. If we give our lives to Him now, we keep them for ever - the alternative is too devastating a loss to face. And this "Cup Final" is one I don't want to miss!

Jenny Sparks

Member of the Ministry Team at St Mary's

THE PARISH CHURCH OF ST. MARY: Sunday Services in July 2014

8.00am		Holy Communion (BCP)
10.00am	6th	Morning Worship
	13th	Holy Communion
	20th	Morning Worship
	27th	Morning Worship
10.30am		Morning Worship at the Junior School (Holy Communion on 20th July)
6.00pm		Evening Worship

METHODIST CHURCH Sunday Services

10.30am **Morning Worship**

Preachers:

6th July	-	Tom Smith
13th July	-	Joan Houghton
20th July	-	David Clarke
27th July	-	Rev'd. David Blacklock
		Holy Communion
3rd August	-	Songs of Praise - Flower Festival

Midweek Holy Communion Service

This is held on the second Wednesday of each month. The July Service will be on Wednesday 9th at 10.30am, conducted by Rev'd Andrew Maguire, Superintendent Minister of the West Norfolk Circuit of the Methodist Church.

Regular Activities at the Methodist Church

MONDAY: Indoor Bowls - 7pm weekly

TUESDAY: Ladies' Fellowship:

2.45pm on 8th and 22nd July

Hands and Needles Club

7.30pm on 8th and 22nd July

WEDNESDAY: "Posh Tea" 3.30pm on 9th and 23rd July

FRIDAY: Indoor Bowls - 7pm weekly

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

Something New and Different

A successful start was made to our latest venture last month - old fashioned style "Posh Tea". We are hosting two more in July: on 9th and 23rd, from 3.30pm. So - go on, give it a try and enjoy an afternoon with tea brewed in a teapot and served in china cups, with scones, sandwiches and home made cakes!

ADVANCE NOTICE - Flower Festival: August 1st- 3rd

From Friday August 1st, 10.00am-5.00pm and Saturday August 2nd, 10.00am-5.00pm, and on Sunday 3rd we shall have a "Songs of Praise" / favourite hymns service at 10.30am. The Flower Festival will be in the afternoon from 2.30pm-4.30pm. Refreshments are available all day including light lunches on Friday and Saturday. Entrance is free, with donations to the British Red Cross.

July Services at Nursing/Residential Homes

Tues 1st July	2.30pm	Rebecca Court
Mon 14th "	11.00am	Holy Communion at Millbridge
Wed 18th "	2.30pm	Summerville
Fri 25th "	10.30am	Fridhem

REGULAR ACTIVITIES AT ST. MARY'S CHURCH

Looking at the above information you might think that St. Mary's is only open on Sundays, but it is a busy church with things going on throughout each week. There are Bible Study groups with people meeting in their own homes; there are Prayer Meetings; we have a Choir, and there are Music Groups; for very young children there is the Rainbow Circle Toddlers' Group; all the women are welcome at *Girls Together* and there is a Men's Group as well; everyone can belong to the Mothers' Union; there are also Coffee Mornings and various other activities. So why not find out more about St. Mary's and its regular activities - you might be surprised. The Sunday services

act as a focal point when all meet together for worship, for fellowship, for support, learning, encouragement, challenge and growing. And on Sundays there are, of course, activities for children. Also for children, usually on the last Saturday of each month, there is *MESSY CHURCH* with crafts, games, singing, Bible stories and lunch.

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

Church Contacts: (telephone code: 01485)


Methodist Church Rev'd Andrew Maguire
01553 828998 /
Mike Careless 01485 570363

St Mary's Church Rev'd Veronica Wilson 570697
St Mary's Church Office * 572539
email: heacham.church@googlegmail.com

Heacham Remembers

Next month marks the 100th anniversary of the start of World War One. This war, often said to be the war to end all wars, changed the nation. Keeping the memory of the sacrifices and hardships caused by World War One alive ensures that current and future generations appreciate that the freedom enjoyed today came at cost for our relatives in the past. It is also an opportunity to pay tribute to those who gave up so much. Heacham Remembers plans to publish stories over the coming months and the Parish Council would be grateful for your family memories and stories from both at home and on the front lines.

Heacham Parish Council – 01485 572142



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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).

The ladies' shared lunch at the end of May was a great success. There was a happy atmosphere and the talk from Revd. Julie Boyd was enjoyed by all. The raffle raised £40 for Christian Aid and £43 for CAFOD. The autumn ladies shared lunch will be on 8th November.



Other social events this month have been the very popular Strawberry Fayre at Dersingham and the Corpus Christi procession in the grounds of Oxburgh

Hall led by Bishop Alan Hopes.

Our usual annual barbecue in the grounds of the parish church will be at lunch time this year. It is hoped that the earlier time will be more convenient and the weather kinder. Why not come along on Saturday 9th August, and join in the feast. Tickets will be on sale shortly.

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

Everyone, whether Catholic or not, is welcome to all of our services and social occasions. We have refreshments after the 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

MESSY CHURCH

The next Messy Church will be Saturday 26 July – 10.00am–12.00noon at St Mary's Church, Heacham. Please come and join us! Children must be accompanied by an adult or carer. For catering, we ask you to book in advance at griffin568@btinternet.com or tel 571348 (Brian/Josephine).



Heacham Pocahontas Park Project - (HPPP)

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

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

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

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

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

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

J. Groom



Heacham Park Needs you!

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

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

This historic Park (formerly grounds to Heacham Hall) comprises 48.5 acres of woodland, grassland and a fishing lake

The asking price is £550,000.

To achieve this dream will require hard work and commitment from the residents of Heacham.

Time is running out!

If you would like to help please complete the form overleaf and return to:

Heacham Pocahontas Park Project

C/o Mr J Groom,
8 Poplar Avenue, Heacham,
King's Lynn, PE31 7EA

For updates and further information follow us on:

www.cjb996.wix.com/heacham-park

Contact Name:

Contact Address:

Telephone:

Email Address:
(if relevant)

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

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

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

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

Please note: No money is being collected at this time. The purpose of this form is to gauge the level of support for the project in the village.

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Malthouse Row

I refer to the vintage photograph of Malthouse Row which was printed in the June edition of The Newsletter.

I myself lived in one of the top two cottages in the photograph together with my mother and grandparents. Each cottage was allocated an adjoining allotment, and the outside 'privy' contained two toilets – one small and one large! At that time in a block of two cottages, lived the Hudson and Sarsby families.

Behind Malthouse Row was the notorious public house 'Tiger Alley' and it was a routine happening for extreme fighting to break out there on Saturday evenings. The Landlord of the Pub at that time was a Mr Ponfret. He eventually moved out and moved into the 'Bushel & Strike', at which he erected a tall brick wall around the pub and initially concreted a line of broken glass along its top to deter any would be intruders!

A small shop situated at that time at the rear of Tiger Alley was run by the Skoyles family.

When our family moved out of Malthouse Row into the open land known as The Drove, eventually properties were constructed into Lords Lane and Broadway.

Malthouse Row was eventually knocked down and, in its place, Mr Rudd constructed the Abattoir and also a well stocked retail shop. When the Abattoir closed its doors and it too was demolished, we now have Benstead Close.

Millie Hines

Vintage Photo of Heacham

One of our readers, Fred Rudd, in response to the photo published last month of the cottages in Malthouse Row, has provided us with another photo showing these cottages; 14 in total (also known as Tiger Alley) being demolished in the late 1950's.



Another photo has been taken recently from approximately the same position showing what stands in their place today; the roof and chimney (hidden by a tree in the recent photo) of the Bushel & Strike

Public House, being the focal point in the background.

Mr Rudd has also provided us with information that states the building which houses the Bushel & Strike Pub was used as a Beerhouse and called 'The Bushel & Strike Granary

Warehouse' at the date of a Deed of Indenture in 1867.

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Charity Cricket Match

The 6th annual charity cricket match between Heacham Cricket Club and 'The Veterans' will take place on Sunday July 20th 2014 at the Heacham Sports Field. Gates will open at 12.00 noon; the cricket match, for the Philip and Ernie Cup, will commence at 1.00pm.

Events on the day include a barbeque, hot and cold drinks, a bouncy castle, home-made savouries and cakes, excellent raffle prizes, a well-stocked tombola plus other attractions. All proceeds will be shared equally between Macmillan Cancer Support and Heacham Cricket Club. Everyone is welcome to what has proven to be an enjoyable day for all over the last 5 years.

If you would like to know more, contribute, or play for 'The Veterans' for all or just part of the game (£5.00 match fee applies), please contact:

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

When California Dreamin' became a reality

It's amazing to think that The Mamas And The Papas' chart career lasted just two years – from 1966 to 1967. Because in that short time the Californian quartet recorded a string of massively popular singles, some of which would become all-time pop classics.



The Mamas And The Papas: Top, John Phillips, Denny Doherty, Michelle Phillips; bottom: Cass Elliot

Their songs were characterised by peerless harmony and melody. But not only that, in band leader John Phillips they had a singer, songwriter and arranger with a deftness of touch and inventiveness to rival even Brian Wilson of The Beach Boys. Think of The Mamas And The Papas and the first person to come to mind is probably the larger-than-life, exuberant and joyful Cass Elliot, possessor of a wonderful powerhouse of a voice. But that's to overlook the gorgeous vocals of Denny

Doherty, whose dulcet tones would be the envy of any harmony group.

Even Michelle Phillips – who by her own admission, if somewhat harshly, felt she didn't have that much of a voice – was capable of sprinkling magic onto a song. The archetypal tall, willowly Californian blonde, and a model before she met and married John Phillips, her breathy, yearning, semi-spoken introduction to Dedicated To The One I Love has been described as one of the most memorable intros in Sixties pop.

In fact Michelle has said that part of the band's secret was that the relative weakness of her voice caused the much more powerful Cass to rein in her own vocals a little, creating a much more rounded sound.

Despite their career taking off in California, and the group becoming archetypal of the West Coast harmony sound, only Michelle was actually born there. John came from South Carolina, and Cass (born Ellen Naimoi Cohen) was from Virginia, while Denny hailed from Nova Scotia in Canada.

All had gravitated to New York's Greenwich Village folk scene, Denny and Cass coming from the oddly-named group the

Mugwumps, before they decided to try their luck in California. Eve Of Destruction hitmaker Barry McGuire introduced them to legendary record producer Lou Adler, and the rest as they say is history.

And that's a history beautifully told in one of The Mamas And The Papas' hit singles, Creeque Alley, which paints a detailed and brilliantly witty picture of the emerging pop scene of the time, and some of its key players.

"In a coffee house Sebastian sat, and after every number they passed the hat," paints a vivid picture of the struggling early days of the ultimately very successful singer-songwriter John Sebastian, before he formed The Lovin' Spoonful and had international hits with the likes of Summer In The City.

Lyrics like: "McGuinn and McGuire couldn't get no higher, but that's what they were aiming at," are obvious on one level, but on another, it's also a subtle reference to Roger McGuinn's band The Byrds' single Eight Miles High. Ah! And what's not to love about lines like: "Broke, busted, disgusted, agents can't be trusted"!

Not that Phillips' songwriting was always universally loved – even within the band itself. John admitted he didn't really know what the words to Monday, Monday were about – and all three fellow members thought the song faintly ridiculous.

Mercifully they were persuaded to record it – and it was a No 3 hit in the UK and a No 1 in the US. I don't see the problem, myself – personally I love lines like: "Monday, Monday, can't trust that day," or "Monday, Monday, how could you leave and not take me"!

Going back to the aforementioned Barry McGuire, when they first got together, The Mamas And The Papas acted as backing singers on one of his albums. They took a shine to one song, and with the simple expediency of erasing McGuire's lead vocal and replacing it with one by Denny Doherty, released it as a single. Lo and behold, California Dreamin' was their first hit!

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In fairness, John and Michelle had written the song. But no one remembers McGuire's version, do they? And that's a testament to John's skill as an arranger, and the vocal talents at his disposal within his own group.

As the song starts, Denny sings: "All the leaves are brown," and then he pauses, while the girls repeat the line, slowly and more stridently. Then Denny continues: "And the sky is grey," and again the girls follow. And so the song continues.

It's a simple but effective musical trick, contrasting the lead vocal with a kind of choral counterpoint that's so catchy it just makes you want to sing along. It's a cornerstone of The Mamas



And The P a p a s' approach to melody and arrangement that makes their songs so memorable. Memorable in a completely different way – if you knew the inside story – was their hit I Saw Her Again.

Debut album, If You Can Believe Your Eyes And Ears

On the face of it, just another love song about a new romance. In fact, it was written by John about bandmate Denny having a fling with Phillips' wife Michelle. In this context, "I saw her again last night" takes on a whole new meaning. John cheerfully admitted that seeing the song become a hit and making the embarrassed pair sing it each night on stage was his own form of revenge!

Part of the reason the band captured the public's imagination was their image, as a disparate group of four distinct individuals – rake-thin, toweringly tall and eternally be-hatted John, his quiet hippy-chick wife Michelle, beautiful and "angelic when she wants to be," good-looking Denny, the "master of the sarcastic one-liner," and the irrepressible and charming Cass, with a personality as big as her dress size.

Perhaps it just couldn't last. After briefly burning so bright, the band imploded and split up. Cass went on to achieve solo success, with two big hits at the end of the Sixties, It's Getting Better, and Dream A Little Dream Of Me. Sadly, she died of a heart attack, suddenly and unexpectedly, in 1974, aged just 32. Michelle pursued a successful acting career, and after divorcing John was briefly married to actor and director Dennis Hopper.

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John continued to write and arrange, while battling the twin rock-star devils of drink and drugs, with mixed success; having written the flower-power anthem San Francisco (Be Sure To Wear Flowers In Your Hair) for Scott McKenzie, he later co-wrote the Beach Boys' classic Kokomo. He died of heart failure, aged 65, in 2001.

The Phillips' daughter, Chynna, was a singer in Nineties chart band Wilson Phillips, along with Brian Wilson's daughters Carnie and Wendy. Two of John's daughters from other marriages, Mackenzie Phillips and Bijou Phillips, are actresses. Denny – who declined Cass' offer of marriage after the group split up – forged a solo career, surprisingly without any real success. He died in 2007, aged 66.

• **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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Heacham Judo Club

On 12th June, Heacham Judo Club held their Club competition. Everyone tried their best, especially the tiny ones, for some of them it being their first taste of a competition.

Congratulations to Dylan McKenna and Shannon Tucker who won Players of the Day.

Results were as follows:-

Gold

Henry McNeil

Arnold Wilson

Leon Hawkins

Jack Raby

Astrid Hubbard

Shannon Tucker

Jake Lammas

Harry Sands

Bronze

Sonny McNeil

Henry McNeil

Dylan McKenna

Terry Wilkes-Harris

Shannon Tucker

Tyler Percy

Harry Sands

Kristina Wilkes

Georgia Rudd

Silver

Tarell Hinds

Dylan McKenna

Joseph Tucker

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Oliver Shaw

Josh Chilvers

Male Player of the Day: Dylan McKenna



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Sallywags Parent, Baby & Toddler group

A relatively short article this month primarily to say a thank you to a few people for their kind donations:-

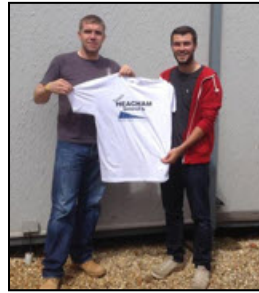
- Hunstanton Surgery for the amazing wooden castle cube and smaller activity cube - especially to Sue Richardson for thinking of us and to Melvin Peveritt for carrying it to my car.
- Win Rumens for the flower pot lady now sitting in Scallywags garden.
- Vicky for the toy walker.
- Kathryn for bringing in lots of vegetable plants for people to take home and plant in exchange for a donation to Scallywags.
- Louise for all her time in keeping Scallywags garden looking so lovely – we've already harvested our first rhubarb crop!

Our friendly and lively parent, baby and 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.

Inter Village Games

As you read this, the inter-village games will have recently passed, and as I make the final preparations for the event, I am realistic in our chances of glory in some events and, dare I say it, overall.



However, if it all goes wrong, at least we will look the part courtesy of the generosity of Wayne Proctor and Proctor Roofing in providing "Team Heacham" with t-shirts for the games.

I would also like to thank Dave Curtis for a fantastic deal and producing the t-shirts. A final thank you is necessary to all those that competed in the games and, hopefully, you had a lot of fun and

will look forward to compete again next year!

Jordan Penty

Annual General Meeting

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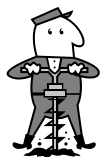
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1st Heacham Scouts



It has been a busy time for the Scouts.

We had an orienteering evening at Sandringham. The Scouts split into small groups and followed maps to find orienteering points in the forest. They then made their way back to the hut for hot chocolate and biscuits.

The following week, the Scouts practised their axe work and fire building skills at Snettisham. Those who managed to get enough wood and could build a good enough fire managed to produce some delicious sausage sandwiches.

At the beginning of the month the Scouts took part in a night hike. They started at Sandringham at 9.30pm, and hiked back to the Scout hut in Heacham, arriving at about 1.30am. After a few hours' sleep at the hut, they celebrated their achievement with a fry up, and went home to catch up on their sleep. Many thanks to Rob for his help at this event.

We also had a cooking evening at Wolferton. The Scouts dug fire pits, and chopped wood for the fires. They practised using flints to light fires (with varying degrees of success!).

The 1st Heacham Scout Group AGM was held this term. It was announced that Julz will be having to retire as Scout Leader for the Troop in the summer due to a change in his job which would not allow him to commit to regular attendances. Very happily, two Young Leaders have stepped up to take on the role of leading the Group. We are happy to welcome Seb and Nathan as our new Scout Troop leaders. It is great to see young people taking on these challenges and they have fitted right in with the

troop. Julz will be staying on as Scout Group Leader, helping look after all the sections in the Group.

Later this term we have an archaeology day at SHARP, ten pin bowling and an evening on the beach planned, so it will be a very full term for us all.

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The Hidden Opportunity

Anyone who reads this newsletter knows there is a place called Heacham Park and that there is an endeavour to purchase it for the people of Heacham. Some readers may still not appreciate what The Park is and those who do not follow local news may be completely unaware of the place or why it would be nice to own it.

The Park is a large area of pasture and trees complete with an imposing fishing lake, the beginning of which is under a 5 minute walk from the library and Tesco's. An opportunity to buy it and make it accessible to villagers exists. If this is successful most people will regret it was not done years earlier when it was also available. If the attempt fails then The Park will slip back to be a little known gem within Heacham. A Heacham already over developed and facing more pressures to build on spaces within and adjacent to it. Such pressures may, eventually, exert themselves on The Park too.

Pocahontas is a name coupled with Heacham; she is illustrated on the village sign and the lake was named after her. References to her are also within the church. Some academics are less convinced about her significance within Heacham but this is of little consequence. What matters is acquiring this parcel of land for the residents of Heacham to enjoy 'for all time'.

Please talk about it with non-readers of this newsletter, support the campaign as best you can, and make your views known to the Heacham Pocahontas Park Project (see last newsletter and posters around village), and the Parish Council.

Terry Parish

Heacham Pocahontas Park Project (HPPP)

Thank you once again to all the people who have shown support in our project to buy the park for the youth and community of tomorrow.

Please keep sending in the forms – you can download from our website, so if you have internet access, please have a look at: www.cjb996.wix.com/heacham-park or via **Heacham-on-line**.

I would also like to thank all of the committee who, I can assure you, behind the scenes are working their socks off (!) to achieve our goal, especially our secretary Chrissy Wright, who is doing more than the lion's share.

I will give you all another update at a later date. Come on Heacham, keep pegging in – we're doing alright, but we have a long way to go.

From the old Heacham Boy – Jim Groom



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MACMILLAN QUIZ NIGHT
Thursday 31 July, 8pm
Entry £2 per person | Happy Hour 7-8pm | Fish & chips £10

MACMILLAN SUMMER CRAFT FAIR
Saturday 16 August, 12-4pm

For more information on upcoming events and to view current menus and special offers, please visit www.caleyhallhotel.co.uk

OLD HUNSTANTON ROAD, OLD HUNSTANTON
NORFOLK PE36 6HH TEL 01485 533486



The Kitchen Gardener

July – mid-summer. Flea beetle blues, how to save your supper if air raids come and food memories from a Swedish sheep farmer.

I do believe I have the entire flea beetle population of Norfolk in my brassica patch. If the plants are growing away strongly they will often survive but a heavy infestation on young plants can be a serious problem. They nibble away at the leaves – first signs are tiny round holes – this weakens the plants and if they reach the central growing point, the plant will die. They will decimate a row of radishes in no time at all, and one year they destroyed three sowings of swede, at which point I had to accept it wasn't going to feature on that winter's menu.

Pyrethrum dust works to a degree but the moment it rains the beetles return. After dusting for the third time in as many (showery) days I suddenly remembered a tip I read a year or so ago. The gardener had greased some postcard sized pieces of cereal packet and wafted them over infested plants, as the beetles jumped up they stuck to the card.

I found some unused grease-bands in the shed and with an old pair of gardening gloves, set to. It was a highly effective method of entrapment; it has to be done at arms length - any closer and they hop it.

I found I was needing to do this a couple of times a day and, wondering if there was anything else I could try, consulted Doctor Google. Sorting the wheat from the chaff I had a go at hand held vacuum removal. It's a much easier way of doing the same thing as sticky paper or card and much greater numbers can be caught. I've re-sown some purple sprouting, which has suffered most, but fear the plants will go in too late to establish before winter sets in.

If you have a good method of dealing with these nasty little critters, do share - kitchengardening@yahoo.co.uk

My precious wartime cookery book really brings the era alive for me. The introduction explains it is written for a time of changed circumstances – some households may have grown a great deal with children from other families sharing meals, while others may have dwindled to adults only or even one harassed father who has to cook his own meals and then do his own washing up.

It offers recipes for nourishing sandwiches for ARP workers, cakes made without currants, puddings without sugar and emergency cooking. It hopes that with the recipes the reader can face wartime bravely and confidently, full of hope for happier days to come.

If interrupted by an air raid warning the first thing to do is to turn off the power or close the dampers of the kitchen range. Leave the oven doors closed so the meal can continue cooking.

When you return to the kitchen you can gauge if the oven needs restarting to finish off cooking. Spoiled steamed puddings are broken up with a fork, mixed with brown sugar, syrup or marmalade and re-steamed. A cake can be baked for longer if still damp and sticky.

If heavy when cut, it is recycled into a steamed pudding with pieces of cake, cocoa, milk, sugar and egg. Alternatively, it becomes a baked sultana cake pudding very similar to our familiar bread and butter pudding – effectively cake baked in an egg custard with sultanas.

In bold type the book says 'on no account throw any food away if there is any way at all of using it'.

Over the coming month I'll be staying on top of the weeding and watering. I'll be feeding the tomatoes and figs with comfrey tea, I'll be starting to summer prune the espalier fruit and any over

vigorous bush trees, and sowing the main winter carrots. I'll also be busy preserving – by various means – any spare summer produce to expand the winter larder.

I had a very interesting food memory sent to me by my Swedish pen pal along with a photocopy of the original (1959) newspaper article used by her mother and now by her.

'Three good dinners for 15 krona'.

Friday : vegetable soup and cheese sandwiches.

Saturday : meat casserole with horseradish, cooked potatoes and salads.

Sunday : marinated cold meat with green beans, tomato salad and mashed potatoes.

All this was done with a 2kg beef brisket, very slow cooked on the Friday with water, salt, peppercorns, onions and carrots. The meat is cooked until it comes away from the bone and is very tender.

Half of the bouillon is saved for the Saturday, the rest has plenty of vegetables added to make the Friday soup which is served with plenty of chopped parsley. Saturday's casserole is made with half of the meat simmered in a bechamel, with lots of finely grated horseradish added at the end of cooking. I'm fascinated by how different food cultures eat similar combinations - horseradish with beef for us and the Swedes but not the French - yet the Norman invasion gave us some new ways with food.

The rest of the cooked meat became the Sunday marinade. Cut into cubes it was marinated in a mixture of oil, dark vinegar, soy, 2 cloves of crushed garlic and 4 roughly crushed allspice corns. The meat is marinated overnight but will keep in the fridge for at least two or three days. The only way my friend has adjusted the recipe is to serve potato salad instead of mash, and to add a lot more garlic and allspice.

It's always a big hit with her family and guests so it will pass down the line, no doubt. I didn't need Sunday's dessert translated – chokoladpudding.

Hilary Dellar-Lane

Photographic Exhibition

13th September 2014

Calling all local photographers to showcase their work in the inaugural exhibition entitled

Village Life

The Old Friends Hall, Sunnyside, Heacham.

Please register your interest with the Heacham Photographic Exhibition Committee

There is no charge for entry

Heacham Parish Council, Jubilee Clinic, Pound Lane, Heacham, PE31 7ET

Tel 01485 572142



1st Heacham Cubs

We started this term by making salt crystals and then the preparations for the Cub Camp began. The Cubs drew round their hands and we put a letter on each one to spell out Heacham Cubs. These were then hung up around the archway to the entrance of our camp site at the West Norfolk Rugby Club in North Wootton. Harry Toop was invested before we went on camp.

Many thanks to Julie (Ziggy), Sam (Chil), Michael (Rama), Lindsay, Bethany, Jack, Barry, Oliver, Simon and Jemma who came up on Thursday 12th June and took all the kit up and set up the marquee and tents.



Camp started at 7.00pm on Friday 13th June with the Cubs arriving in uniform and setting up their beds and sorting their equipment. They then joined 123 Cubs and 20 Scouts and Explorers from 11 different packs from North West Norfolk for the

Grand Howl ceremony at 8.00pm. The theme of the camp was the Commonwealth Games and each pack were given a country which they were to represent - Heacham got Cyprus. The wide game played at 8.30-9.30pm involved Cubs running round in groups from one pack to another collecting different pieces of paper which were the flags of the different countries represented at camp and had to make as many flags as possible from the jigsaw type pieces. After the game Cubs played with other Cubs, either football, frisbee or just generally running around. Before bed at 11.00pm they had hot chocolate and homemade cakes (many thanks to Lindsay for some lovely cakes - I even managed to get a chocolate one, Akela). Our Cubs were asleep by 2.00am and the first Cubs on camp were up at 6.00am; although Heacham were awake they could not get up until 7.00am. Our Cubs were not allowed to get up (unless they needed the toilet) until Akela had had her first cup of tea - or she is not a happy Akela!).

As per usual, even though the weather forecast was for fine dry weather, it started to rain at 4.00am and was still drizzling at 8.00am. Although it did clear up and the sun tried to come out, most of the day it was overcast and it is always windy at the rugby club. Breakfast was at 8.00am with cereal and a cooked breakfast of bacon, sausages, egg and beans with bread and butter. Flag break was at 9.30am and activities started at 10.00am. The activities on offer were Archery, Shooting and Climbing Wall, then each pack had their own activity linked to their country. Heacham made streamers as Cyprus had won a medal in rhythmic gymnastics. Other packs - Australia made bookmarks, magnets and little kangaroos, Canada made Mounties and Mooses out of old fashion clothes pegs, Jamaica made flying fish mobiles, then there were the usual pin badges, rope making and flower art.

After lunch, which for the Cubs was sandwiches, crisps, cake and fruit, the Beavers came for a couple of hours to join in with the activities. When the Beavers went it was time for dinner and the Cubs had hot dogs followed by cake and custard.

At 7.00pm we had the Market Place when the packs put on carnival type games or made food like camp doughnuts and pop corn. There was giant 'Connect 4' and catapults, Heacham put on hook-a-duck, find the lolly with the black end, tin can alley and we were able to borrow two cork guns from Terrington Cub

pack and the Cubs could see how many cups they could knock down.

Camp fire was at 8.00pm for approx an hour. After that the Cubs just played with other Cubs until 10.30pm when it was getting a bit dark and they then had hot chocolate before bedtime which was at 11.00pm, Heacham were asleep by midnight and slept until 6.30am.

Cubs were up at 7.00am and breakfast was at 8.00am with the same as Saturday being on offer. Cub's Own was at 9.30am when the Cubs heard the story of Jack Cornwell, a Scout who joined the Navy at 16 during WW1 and was a gunner on HMS Chester during the Battle of Jutland. He was wounded by a shell splinter but refused to leave his post until he was relieved at the end of the battle. He later died of his wounds and was awarded the Victoria Cross posthumously at the age of 16. He was also awarded the Bronze Cross, the highest Scouting award at the time. To commemorate the courage shown by Jack, the Scout Association created "The Cornwell Scout Badge" in his memory to be given for gallantry given in adverse conditions.

At 10.30am all the Cubs played Camponoply where they all go round in teams and complete different tasks earning points along the way from 4 for trying, to 10 to completing the task fully. While the Cubs were playing Camponoply, (Jemma (Hathi) and Jack (Mang) ran our base for us. We were able to take the tents down and start tidying up between showers. Lunch was at 1.00pm and the closing ceremony was at 2.45pm with the Cubs leaving at 3.00pm.



We are proud to say one of our teams won Camponoply so Well Done to Kieran Chick, Nathaniel Linsell, Joel Alway, Samuel Witton and Harry Toop who all shared a box of sweets.

Also, a huge Well Done to Nathaniel Linsell

who won Cub of the Camp for taking a new Cub under his wing when his friend went home ill. Nathaniel moved from sleeping in the outer part of the tent to sleeping in the inner tent with all the new cubs (Kieran Chick moved as well). Nat took this Cub round the market place and made sure he was not on his own and took him down to the Campfire sharing his camp blanket with him and showing him how to do the actions of the campfire songs. They were in the same team for Camponoply and helped him understand how to play the game. Whenever one of the new Cubs was sitting on their own, Nat always moved to sit with them. He was there to help any of the new Cubs to find the toilets, show them where the big activities were and how to access the craft activities.



All the Cubs were helpful and did not always have to be asked to pick up some rubbish or go and get the water; they are a Pack to be proud of and we all are!

Last of all Thank You to Michael (Rama) and Barry who stayed all weekend. I could not have done it without you. Also to

Jemma (Hathi) and Jack (Mang) who helped out in any way they could as young leaders.

Thank You to Julie (Ziggy), Rob (More Cheese - Rob) and Simon who came up to help with the food and the craft activities so I could go off and have a wander round the camp.

Thanks to everyone who helped load up and take the equipment back to the hut - we were home by 4.30pm absolutely pooped!

Lastly, Thank You's go to Mr Signs who made us a fantastic banner for the Cubs and Joyce who made us the bunting in Cyprus colours to put round our arch.

If I have forgotten anyone, sorry but Thank You.

The rest of the term we hope to do Water Polo and have an evening at Sandringham, but more about that next month.

Happy Scouting to all our Cubs.

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

Heacham at Night



Heacham at Night Live 3, at the end of May, was a failure as far as attendance goes – only 6 of you turned up. By request it was held on a Friday as it would be late before the night could get sufficiently dark. The sky was clear and the enthusiastic few saw Saturn's rings, Jupiter's moons and a good look at Mars. They also learnt a lot about Saturn.

Financially, this meeting made a loss but the three meetings overall have broken even so the King's Lynn and District Astronomy Society, which supports these events, is still prepared to put on several more in the autumn. Each event does rely on people bringing telescopes and other equipment from King's Lynn and beyond so it would be nice to have some feedback about future attendance.

Anyway – July nights. Hopefully some of them will be clear or at least better than many in June which, at the time of writing, are overcast, cool and a bit draughty. By the end of July, nights are also beginning to darken a little earlier.

No bright planets this month as Mars is now low in the SW. On 5th July it is close to the Moon and the star Spica. Saturn will lie further south and a little higher in the sky.

Jupiter has more or less vanished in the direction of the sun but it is worth trying to spot it from Heacham beaches. On the 6th July, the date of the Heacham Beach Party, between 6pm and 8pm you will find Jupiter just to the left of the Sun at about the 10 o'clock position. Use just your eyes and shade them from the Sun with your hand. By the 24th July Jupiter's orbit will have taken it behind the Sun from our perspective. It will be at conjunction with the Sun and a straight line drawn from the

Earth through the Sun will also pass through Jupiter. On the 31st July, Jupiter will emerge from behind the Sun at about the 4 o'clock position.

In 6 months' time the Earth will be half way round the sun, from its current position, and on the same side of the Sun as Jupiter (Jupiter will have advanced just a short way in its orbit as it takes 12 Earth years to go around the Sun). January will find Jupiter low down in the east. In February and March it will once again be shining bright high in the sky and I will be reminding you about the Galilean moons.

Saturn will be low in the south all month but it will still be possible to see the rings through a telescope. On the 31st July go down to the beaches about 9pm and you will find the moon low in the west. In a line to the SSW, inclining upwards to about 20 degrees above the horizon you will find Spica, then Mars, then Saturn. Wait an hour, the moon will go below the horizon and the two planets will appear brighter in the darkening sky.

Both Venus and Mercury are pre-dawn objects in July and require a good east horizon. They are close together on the 18th. Wait until August and observing will be better for both – put the 18th August in your diary as Venus and Jupiter will appear to be almost on top of each other.

Uranus and Neptune appear in the early hours during the month and are usefully visible from about midnight towards the end of it. Uranus is in the SSE and about 15 degrees above the horizon. Good binoculars should spot the blue dot. Neptune is SE about 23 degrees up but needs a telescope. Remember these planets are a long way away, Uranus 20x as far as the Sun, Neptune 29x. It is nice to spot such distant planetary members of our solar system.

The moon is always worth looking at. Best times this month are in the first week and in the last two weeks. The moon is full on the 12th July and details get washed out by the light. However, between the 10th and the 13th the moon is close to the horizon and an optical illusion will make it look much larger than usual. Look S to ESE from about 9pm.

There is a meteor shower between 28th and 30th July – the Delta Aquarids. The moon is fading and sets early so have a look for them around midnight.

Earlier, I mentioned the Heacham Beach Party on the 6th July. Depending on what else I might have to do and on the weather, I hope to have several telescopes close to the beach (likely the car park) with appropriate filters so you can see if there are any sunspots and /or try and spot Jupiter.

A reminder - Professor Gerry Gilmore from the Institute of Astronomy, Cambridge, talks about the GAIA space mission on Friday 12th September at 7.30pm. It is at King's Lynn Academy so parking will be free. Tickets are £5 and available from the end of June – contact me.

Last night, 18th June, was clear but it was 1am before many stars could be seen. Saturn gave a good show with Titan visible as a spark beside it. A quarter Moon came up about 1.45am and washed out the sky as the chilly night turned misty. It was an opportunity to get my new mount better aligned and I also got my old telescope operational again. The dog took an interest so is still asleep at 9am whilst I complete this.

Keep looking up.

Terry Parish

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 1-2.30pm 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 6pm (OFH) Tel:Alison 07796 904311
ZUMBA 7-8pm £4 pp Tel: Michelle 07585002124 (SG)
PARISH COUNCIL MTG 3rd Tuesday monthly 7.30pm (PC)
HANDS & NEEDLES GROUP every other Tuesday 7.30 - 9.00pm Tel: Joan Careless 570363 (MC)
HEACHAM DIGITAL CAMERA CLUB meets 1st & 3rd Tuesday monthly 7.30pm Sandringham Club West Newton Email: heachamdigitalcamerclub@yahoo.co.uk or call Viv for info on 07906056019
POCAHONTAS PLAYERS Drama Group 7.30 - 9.30 pm Tel: 570402 (PH)
LIVE ENTERTAINMENT from 8.30pm at Fox & Hounds
HEACHAM BOOK CLUB 3rd Tuesday monthly Tel: Beth 570479
LINE DANCING Beginners/Improvers 6.30 - 8pm Cost £3 Contact Diane 571166 (SM)

WEDNESDAYS

CAR BOOT SALE Gates open at 7am (not before, do not turn up any earlier) £6 up to two tables £10 all others Tel: Mick Harpley 07527125574 (HSC) Sports Field

WEST NORFOLK MIND Day Centre 9.30-3 pm at 4 Poplar Ave Heacham £35 per day or £20 part of a day (personal budget holders & self-funders welcome) Tel: Joyce Armstrong 07704338775 www.westnorfolkmind.org.uk
SCALLYWAGS PLAYGROUP Term Time 9.30 - 11am £2 Tel: Clare 07816913657/Jo 07521447284 (SG)
CARPET BOWLS 10.30 - 12 noon Tel: 570776 (PH)
LINE DANCING 1.30 - 3.30pm £3 Tel: 532317 (PH)
PATIENT ADVICE & LIAISON SERVICE 2 - 4pm on 2nd & 4th Wednesdays monthly (PC)
HEACHAM LITTLE DRAGONS Korean martial arts of self defence Ages 5+ 4.30-5.30pm Tel: Ian 07806622154 (SG)
FOOTBALL Under 8&9's 4.30-5.30pm Contact Mark 07561303886 (HSC) playing fields
SENIOR TENNIS From 6pm (Thursday if wet) For details Tel: Janice 07923612187 (HSC)
TAI CHI & KUNG FU 6-7.15pm-Childrens Kung Fu 7.15-8.15pm-Adult Tai Chi 8.15-9.30pm-Adult Kung Fu Tel:Derek 01553 674779 (PRH)
LINE DANCING FOR IMPROVERS - 7 - 9pm. £3. Contact Diane 571166 (SM)
BINGO 7.30pm Neville Court Grouped Home
HEACHAM TWINNING ASSOCIATION 3rd Wednesday monthly @7.30pm New members welcome Tel: 579465.(PC)
CHILLATES 7.30-8.30pm Spaces limited Tel:579074 (SG)
WEST NORFOLK SINGERS 7.30 - 9pm For more info Tel :Heather Titcomb 01485 542960 (MC)
QUIZ NIGHT 8.45pm Prompt start New teams of up to 5 welcome £1 entry pp Cash Prize & Cash Snowball (HSC)

THURSDAYS

WEST NORFOLK MIND Day Centre (specifically for older people dementia friendly) 9.30-3pm For info see Wednesday
TABLE TENNIS CLUB 10am (PH Top Room)
ACTIVE FOR LIFE see Tuesdays entry for details
CARPET BOWLS 10.30am - 12 noon Tel: 570776 (PH)
MOTHERS' UNION 4th Thursday monthly 2pm (SM)
TREFOIL GUILD 1st Thursday monthly 2 - 4pm Tel: 07813014477 Mary Harpley (PRH)
BINGO 2.30pm at Sunnyside Close (Sheltered Housing for over 60's) Tel: 570492
1st HEACHAM BROWNIES Term Time Girls 7 - 10yrs (MC) 5.30 - 7pm Tel: Sara (Brown Owl) 517028 or 07876 564084
JUDO Beginners 6 - 7.30pm Tel: 571614 (PH)
1st HEACHAM CUBS ages 8 - 10yrs Term Time 6.45 - 8.30pm Tel: Sam 572138 (SG)
JUDO Advanced 7 - 9 pm Tel: 571614 (PH)
FLOWER CLUB 4th Thursday monthly 7.30pm Flower arranging & demonstrations Tel:Alayne Seymour570560 (SM)
RAO BUFFALOS 8pm (HSC Top Room)
QUIZ NIGHT Cash Prizes 9pm at Fox & Hounds

FRIDAYS

BEREAVEMENT SUPPORT IN HEACHAM 10am - 12 noon 3rd Friday of the month Contact Renee Smith or Barbara Fargher silverlinings@gmx.co.uk or Tel:534741 (SM)
COFFEE AFTERNOON Fridhem Rest Home Station Rd Last Friday of the month at 2pm
1st HEACHAM BEAVER SCOUTS for boys & girls aged 6 to 8 years Term time 6 - 7.15pm Tel : Barry 570767 (SG) TAI CHI & KUNG FU 6-7pm Beginners Tai Chi 7-8pm Advanced Tai Chi 8-9.30pm Adult Kung Fu Tel: Derek 01553 674779 (PRH)
CASH BINGO 7.30pm (PH)

WILDFOWLERS CLUB 1st Friday monthly 7.30pm
(HSC Top Room)

SATURDAYS

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

HEACHAM DIARY

Saturday 5th July GIG 'Dan Austin' at Heacham Social Club
** GIG 'Carol-Anne' at Silver Sands

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

** GIG 'Hell Fire Jazz Band' 1.30pm at Fox & Hounds Station
Rd

** Heacham Beach Party with a Pirate theme 4 - 7pm at South
Beach BBQ Music Activities Party passes are £3 For more
info Tel: 572142

Tuesday 8th July GIG 'Keno Kings' 8.30pm at Fox & Hounds
Station Rd

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

Saturday 12th July Heacham Infant & Nursery School
Summer Fete 12-4pm Stalls Bouncy Castle Games BBQ
& Refreshments For more info Tel: 570357

** GIG 'Niel Patrick' at Silver Sands

Tuesday 15th July GIG 'Betty Swallow' 8.30pm at Fox &
Hounds Station Rd

Friday 18th July GIG 'Hillbilly Cats' 8.30pm at Fox &
Hounds Station Rd

Saturday 19th July GIG 'T.B.C.' at Silver Sands

** GIG 'Ed & Laura' at Heacham Social Club

Sunday 20th July CAR BOOT SALE Heacham Social Club
Sports Field Gates open at 7am (not before, do not turn up any
earlier) £6 up to two tables £10 all others Tel: 570776

** CHARITY CRICKET MATCH Heacham Veterans v
Heacham Cricket Club 1pm at Heacham Social Club Sports
Field Gates open 12noon BBQ Bouncy Castle Refreshments
etc. For more info Tel: Andy 572873 or Sean 579433

Tuesday 22nd July GIG 'Phil Selby & The Shunters' 8.30pm
at Fox & Hounds Station Rd

Thursday 24th to Sunday 27th July '14th Annual Beer Fest'
at the Fox & Hounds Fantastic Food Real Ales Ciders
BBQ Music All entertainment in the Marquee

Thursday 24th July GIG 'Offshore Rivers' 8.30pm at the Fox
& Hounds

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

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

** Pocahontas Players presents 'The Commemoration Show'
All proceeds to Scotty's Little Soldiers & The Far East
Prisoners Of War Assoc. 2pm & 7.30pm at Heacham Public
Hall Tickets £10 from Janice 570402 or Jim 571267

** GIG 'Crossing The Tracks' 8.30pm at Fox & Hounds
Station Rd

** GIG 'Matt Pierce' at Silver Sands

** GIG 'Karaoke' at Heacham Social Club


Sunday 27th July CAR BOOT SALE Heacham Social Club
Sports Field Gates open at 7am (not before, do not turn up any
earlier) £6 up to two tables £10 all others Tel: 570776

** GIG 'Mark Wilkinson's Jazz Quartet' 1.30pm at Fox &
Hounds Station Rd

Sunday 3rd August Heacham Carnival To register your float
pick up a form; which includes the route & timings at the Parish
Office

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

Saturday 13th September Photographic Exhibition
'Village Life' at the Old Friends Hall Sunnyside. If you
are interested in showing your work Tel: 572142 There is no
charge for entering

Please turn to the next page for 'Other Events' 

NEWSLETTER SUDOKU No. 82

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

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

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

Solution to
Newsletter
SUDOKU
No. 81

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**DOORS, FLOORS, SKIRTING,
SHELVING, BOOKCASES, GATES,
DECKING ETC.**



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OTHER EVENTS

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

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

Monday 7th July Hunstanton Community Choir will be performing at the Re-dedication of the Snettisham War Memorial Time t.b.c.

Tuesday 8th July Brancaster Camera Club 'Weather & What?' Images by Ann Miles 7.30pm at Brancaster Staithe Village Hall Entrance £3 inc's refreshments For info Tel Jim Till 210013 or Wendy Callow 01553 674725

Thursday 10th to Sunday 13th July Hunstanton Drama Festival at the Princess Theatre – times t.b.a.

Saturday 19th July Cinema in Syderstone presents 'The Book Thief' 7.30pm at Amy Robsart Village Hall Tickets in advance £3.50 Tel 578588 or 578171 or email cinema@syderstone.com

Tuesday 22nd July Brancaster Camera Club Set Print Competition 'Along the coast' judged by Sam Bean LRPS 7.30pm at Brancaster Staithe Village Hall Entrance £3 inc's refreshments For info Tel Jim Till 210013 or Wendy Callow 01553 674725

Saturday 26th July to Sunday 3rd August 'Jack Cox' Exhibition at Stiffkey Visitors Centre 'The life and work of the Wells fisherman who would have been 100 this year' For opening days & times www.rescuewoodenboats.com

Sunday 27th July Open Day at R.A.F. Bircham Newton Heritage Centre 11am – 5pm Admission & Parking free More info at www.rafbnmp.org.uk

** Hunstanton Community Choir In Concert at The Chalk Pit Ringstead

Wednesday 6th August 'Boats at Bayfield' at Bayfield Hall near Holt 4-8pm For more info www.rescuewoodenboats.com

Saturday 9th August GIG 'The Banned' at Blakeney Harbour Rooms For more info www.rescuewoodenboats.com

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

Friday 15th to Friday 22nd August 2nd Annual Ringstead Art Exhibition 'Art in Your Eye' at Ringstead Village Hall For details Tel:525136 or email brian.woodford@talk21.com

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

Mondays

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

Tuesdays

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

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

THORNHAM VILLAGE KIDS CLUB for 6 weeks w.e.f 15th July ages 0-8yrs 10am-12.30pm For info or to pre-register email Wendelien at: wb@ianbellinger.co.uk

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

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

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

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

Wednesdays

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

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

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

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

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

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

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

YOUTH 45 GROUP meet at Ringstead Village Hall 7pm-8 pm for ages 7-14 Cost is £1 per evening and the contact is Mr T Large 11 Holme Road Ringstead Tel: 01485 525480

FIRE CADETS at Hunstanton Fire Station 7-9 pm Boys & Girls 13yrs+ Come along for a fun and interesting evening learning about all aspects of fire safety Tel : 07919 492294

WEST NORFOLK TAI CHI CHUAN – weekly local Tai Chi classes www.west-norfolk-tai-chi.com for information.

Thursdays

ROLLASON STAGE SCHOOL Musical Theatre class All ages 4.30 – 5.30pm at Hunstanton Town Hall Basement For info Tel: 579074

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

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

Fridays

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

HUNSTANTON TANG SOO DO CLUB Korean martial arts of self defence mixed club all ages 6.30 - 8.30pm at Smithdon High School Hunstanton For info Tel: Ian 07806 622154

Saturdays

CHRISTIAN YOUTH GROUP 3rd Sat monthly 10am-12 noon ages 10-14 Cost £1 at Dersingham Church Hall More info from Karen Creedy 07717231096

ROLLASON STAGE SCHOOL with Lucy Rose Musical Theatre Group 11am Street dance under 12's 12noon Drama Group with Ann McKimm 1pm Musical Theatre 2pm at Hunstanton Town Hall Basement For information re attendance Tel: 579074

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

around and about...

Community Cinema

On Saturday 19th July
Cinema in Syderstone

Presents

The Book Thief (12A)

A wartime story told from 'the other side'. Set in a small town in Germany where the war and Nazism are facts of life over which the ordinary people have no control. A young foster child discovers the meaning of life through her obsession with books and reading (including ones rescued from Nazi bonfires). Emily Watson and Geoffrey Rush play the parents.

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

Brancaster Camera Club

Tuesday 8th July 2014

We have a real treat planned for this evening when we welcome back Ann Miles to show us her images 'Weather & What?'. Ann is a very well-known and talented photographer and this should be an excellent evening.

Tuesday 22nd July 2014

Club set print competition 'Along the coast' judged by Sam Bean LRPS. Sam is a wonderful photographer with an interest in marine life and the coast. We are looking forward to her comments on our work.

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.



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Summer holiday events for adults at Hunstanton Library

For further information about any of these events, or to book your place where necessary, please contact the library on 01485 532280.

Scrabble Club

Every Wednesday from 10.00am–12.00noon. Come along and enjoy a game of scrabble! Refreshments provided for a small donation.

Hunstanton Library Family History Group

First Tuesday of the month 2.00 – 4.00pm
5th August, 2nd September.

Would you like help tracing your family tree or, alternatively, would you like to help others find out about their ancestors? The Hunstanton Library family history group meets at the library on the first Tuesday of the month from 2pm - 4pm. Why not come along and share your experiences, ideas and tips for searching for your ancestors. The library provides free access to the Ancestry database.

Knit and Natter at Hunstanton Library with the Norfolk Knitters

Meets on the second Thursday of the month 10.30am – 12.30pm
10th July, 14th August & 11th September.

Come along and knit for charity or if you're a beginner we'll help get you started. All welcome. If you're just visiting Hunstanton come along too! Refreshments provided for a small donation.

Learn to Love Your Sewing Machine

Thursday 10th July
1.30 – 3.00pm

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

BOOKING ESSENTIAL. Refreshments provided for small donation.

Card Making group

Hunstanton Library runs a card making group every two weeks, on alternating Monday and Friday afternoons. Ask at the library for further information. Refreshments provided for a small donation.

Summer holiday events for children and families at Hunstanton Library



For further information about any of these events, or to book your place where necessary, please contact the library on 01485 532280.

Mythical Maze Summer Reading Challenge at your local library

You'll be a-mazed at what's going down at your local library this summer. It's Mythical Maze, Summer Reading Challenge 2014!

You're going to love finding your way round the Mythical Maze. As you read, you'll meet some larger than life characters from myths and legends. Keep track of it all on your fold-up poster and complete the maze with stickers from the library.....

www.mythical-maze.org.uk

Look out too for the Munglers Quest Top Trumps cards to collect and swap with family and friends.

Children can choose any books they like: fact books, stories, joke books or picture books. Audio books and e-books count as well, so long as they borrow them from a library.

Look out for more details in the library, including special Mythical Maze themed events. For library opening times visit: www.norfolk.gov.uk/libraries

Start the Mythical Maze Adventure at Hunstanton Library!

Saturday 26th July 10.30am -12.00 noon.

Come along and join in this year's reading challenge!

Lots of stories and activities! All children must be accompanied by an adult.

Holiday storytime:

Thursday 31st July 10.30 -11.30am

Come along for some stories and activities with staff from the Hunstanton Children's Centre.

All children must be accompanied by an adult

Holiday storytime

Thursday 14th August 10.30 -11.30am

Come along for some stories and activities with staff from the Hunstanton Children's Centre.

All children must be accompanied by an adult.

Mad Monstrous Myths activities at Hunstanton Library!

Thursday 21st August 1.30 – 2.30pm

Come along and join us for lots of quizzes and activities for this year's reading challenge!

The activities will be suitable for children aged 8+ (but younger family members can come along too).

All children must be accompanied by an adult.

Mythical Maze Celebration!

Saturday 6th September 11.00 – 11.30am

Come along and collect your medal for completing this year's reading challenge from our special guests!

BOOKING ESSENTIAL.

All children must be accompanied by an adult.

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Hunstanton Community Choir

Back for the start of their summer term, the Hunstanton Community Choir is raring to go. It's a great time to join if you're considering something

new, or simply enjoy singing. Indeed if you want to join the fun, then this is the place to be on Tuesday evenings. More new people come along every week and with the support of the more 'seasoned' members it makes learning the songs a little easier, with the harmonies being particularly pleasing!

This lively choir, led by their creative choirmaster Simon Bower, are on course to begin learning new songs for the up and coming summertime events. For this commemorative year of WW1 centenary and WW2 D Day Landings, they are getting into the spirit of remembrance by adding to their repertoire such songs as; "It's a long way to Tipperary", "Pack up your troubles" and a wonderful arrangement of "Keep the home fires burning." Don't feel deterred if this isn't your cup of tea, there are a variety of songs both old and modern that can satisfy all tastes.

The first event you will find them at will be **The Hunstanton Carnival on Sunday 29th June**. They will be performing on the Green during the afternoon - the choir always enjoy a little audience participation, so come along and join in.

On **Monday 7th July** the choir will also be performing at the **Snettisham War Memorial** for its re-dedication. This will take place during the evening and the time is to be confirmed closer to the date.

Sunday 27th July will find the choir in concert at **The Chalk Pit, Ringstead**. Come along to what is likely to be an interesting acoustic event.

The choir are gaining confidence when it comes to blasting out a tune and, although Simon's songsters have lots of fun, they also enjoy making the best possible sound they can. Along with the two hours a week they spend rehearsing, the group keep in contact through their Facebook page; Friends of Hunstanton Community Choir. Details of choir events can be found there too.

Meeting each **Tuesday** from **7.00 till 9.00 p.m.** the choir session costs **£3** (though the first week is free, so nothing to lose!). There is also a weekly raffle of £1 should you wish to join in, where there is a cash prize for one lucky winner. During a hot drink and biscuit break, there's time for introductions and finding out a little more about your fellow singers.

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Carers weekend 14th-15th June at Sainsbury's Hunstanton.

Sainsbury's supported this great cause by inviting The Stroke Association and Parkinson's UK into the Hunstanton store. The Stroke Association were at the store on Saturday and Parkinson's UK on Sunday. They were communicating with the customers about their charities. They both had lots of customers taking up the chance to find out what they had to offer in the way of help.



They also had lots of information for all to learn and gather up, i.e. leaflets phone numbers etc.

Darren Burrows, Sainsbury's PR Ambassador, said that he'd had lots of customers saying that it was a good idea to get the local charities in the store to help spread the word of what they do to meet the locals. It was said by many customers that many people don't always have the

time to find out about these charities or to know where to go to find information. So this was a great opportunity to discover



more whilst out shopping. Darren and all the Sainsbury's staff hoped that this had helped people who were looking for help and information about these charities and had also highlighted these good causes.

If you need any information to do with **Stroke Association** contact telephone Gemma Smith - 01366 383875.

Meet at:-

Hunstanton Methodist Church, Austin Street, Hunstanton, PE36 6AJ

Every Tuesday at 10.30am -12.30pm.

If you need any information to do with **Parkinson's UK** you can contact them:-

Ian McKee, Branch and Volunteer Support Officer:-

0844 225 3614.

bvso.easternnorth@parkinsons.org.uk

Meeting venue

12th Kings Lynn Scout HQ, Beaulah Street, King's Lynn, PE30 4DN

Day - Third Thursday of the month.

Time - 2.30pm-4.30pm.

Music on the Field – Thornham 2014

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

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

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

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

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

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

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

For further information contact Monica on monclare@btinternet.com

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 Saturday and August 2nd 6pm 'till late'

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Jimmy Rockit!
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The Rocking Bishop... of Lynn
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Back Pages
 Pickin' an' Choosin' from the Bob Dylan Song Book

Blues Tubes
 Blues and Rockabilly

DARLING COREYS
 All female Bluegrass band from Norwich

The Festival Ensemble
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 Children under 12 go Free. Proceeds in aid of the Village Hall & Playing Field
 Info: www.thornhamvillage.co.uk
 Tel: Monica 01485 517168 or Antony 01485 512460



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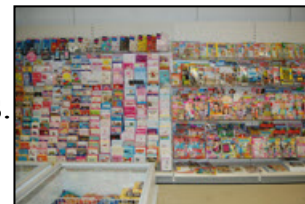
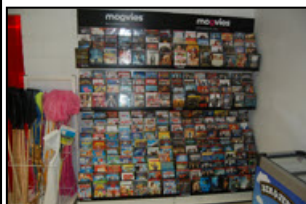
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Hunstanton & District Rotary Club

Rotary Matters

Come and support Rotary!



Hall Farm, Norton Hill, Snettisham is once again providing the thrill of riding on the Light Railway on three weekends, by courtesy of Mr. M. Schumann. Our Rotary Club members will be there on Saturday and Sunday, **July 26th and 27th 1.00 to 5.00 pm**. As well as the stunning 1 km ride through tunnel and viaducts, meadow and woodland, there are side-stalls and pony rides. There are various games, competitions, a tombola, bric-a-brac and a kiddies' roundabout. On the Saturday, the Hunstanton Concert Band will be playing and on the Sunday, there will be a Folk Fiddle player. Inner Wheel will again be providing their excellent refreshments. All money collected is going to the 'Norfolk Hospice', 'Riding for the Disabled' and 'Keeping Abreast' charities.



The Kite Fair and Classic Car Rally, with all day fun, is on **Sunday, August 17th 10.30 am to 6.00 pm**, at its usual site, Smithdon High School, Hunstanton. The event is organised by our Rotary Club in association with the R.N.L.I. Whatever the weather, as well as skilled kite flyers there will be a parade of classic cars, motor bikes, lots of Arts & Crafts stands, a R.N.L.I lifeboat on display, children's entertainments, trade stands, a fun dog show and a 'Food Hall for All' where refreshments will be available. There will be plenty of entertainment and fun and, this year - weather permitting - a rare flypast by a Battle of Britain Dakota.

For more information, event tickets and booking for trade stands, craft stall, Classic Cars or Motor Bike entries, ring the organiser, Rotarian Nigel Corley on 01485 542043. You can also order online at www.kites@hunstanton-rotary.org.uk

We are pleased to announce that **Associate Membership** is now available in the Club. It is likely to appeal to persons who want to do something for Rotary but may be very busy and limited in the amount of time they can spare. Associate members can attend any of our activities and events including Club committee meetings. These are where we discuss the running of the Club, the charities and people we will support, Community events, Vocational Services (such as the awards we give to school pupils for showing 'Service above Self' and mock interviews given to 15 yr old pupils) and International Services with Foundation (eg. disaster fund support and Rotary grants for deserving causes). Associate Membership could appeal to a person who would have great difficulty attending weekly lunchtime meetings but could

occasionally come to one of the other meetings or events that we arrange. For those with more time to spare, then full membership, of course, is encouraged. More details of associate membership, which is a new category of membership, can be obtained from one of the Rotarians listed below. Already we have several people interested in this type of membership.

As in previous years the Club was pleased to support King's Lynn Trinity Rotary Club at the Crucial Crew event. At this event hundreds of schoolchildren were given important safety lessons in potentially hazardous or difficult situations. Over the years thousands of children have gained from these talks.

Our club gives financial support to Downham Market Rotary Club to help children in Chernobyl who are still suffering from the effects of the nuclear disaster. Recently, seven lorries carrying 60 tonnes of goods arrived in Minsk. One can imagine the children's delight when these arrived!

We have now given help to twelve business entrepreneurs abroad (eg. in Malawi, Cambodia, Ecuador) enabling them to set up small businesses within, for example, farming and shop-keeping (eg. fishmonger, market stall, food shop). This is within the Rotary 'Lend with Care' scheme and we have had 100% return on all money lent over the past year.

At one of our meetings, Steve Pope gave us a talk on life in the workhouse, illustrated with pictures of Gressenhall Farm and Workhouse, Dereham. His talk made us realise how fortunate we are to live at a time when the Workhouse for poor or destitute people has been abolished. Gressenhall Farm and Workhouse, Dereham, is now a museum and well worth a visit.

We are always happy to answer questions about Rotary from members of the public. If you are interested in either full or associate membership then a 'phone call to one of the following will explain more: Club President (2014-15) Peter Atterbury, tel 534820 or Past President Phil Newell, tel 533864.

Phil Newell

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

Individual Electoral Registration (IER)

This year's annual registration exercise starts on 4th August and, for the first time, everyone will be responsible for their own registration. This is called Individual Electoral Registration (IER) and replaces the previous system which allowed one member of a household to register everyone who lived at their address.

All currently registered electors will have their name and address checked against government records. Those whose details are confirmed will automatically transfer to the IER register without having to do anything and will be notified. Anyone whose details cannot be confirmed will also be notified and asked to provide additional information in order to be registered under IER.

Households where nobody is currently registered will be sent a Household Enquiry Form (HEF). The purpose of this is to ask whether anyone in the house needs to register. If so, they will then be sent an Invitation to Register (ITR). Their details will then also be checked against government records before they can be registered.

The Electoral Registration Officer would very much appreciate householders' co-operation in making the change to IER as smooth as possible by promptly responding to any form received. **In the event that anyone in a household receives neither confirmation of automatic transfer to IER, a HEF nor an ITR, he/she will need to contact the Electoral Helpline on 01553 616773.**

This will particularly apply to young people approaching the age of 18 but could also apply to anyone who has joined a household but not yet registered.



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**East of England Co-op backs
Community Biodiversity Awards
2014**

The East of England Co-op has joined forces with the Norfolk Biodiversity Partnership (NBP) to become the main sponsor of its flagship Community Biodiversity Awards.

The Awards event, to be held in July at the Abbey Conference Centre in Norwich, recognises and celebrates the efforts of local people who are making a difference for wildlife in their local communities.

Anne Casey, NBP Co-ordinator, said: "Our Partnership is the focus for many activities to enhance and conserve Norfolk's wonderful wildlife and habitats. Through our Awards, we want to show that conservation of the natural environment is something that everyone can participate in. We are delighted to have received sponsorship from the East of England Co-op this year to help us meet the costs of our special awards evening."

There are five award categories: Group; Site; Inspiring Others; Individual and Themed (Commons, Greens and Churchyards for 2014). At the event, winners of each category will be presented with a framed certificate by Steve Scott, Area Director for the Forestry Commission in the East of England and the East Midlands.

Minnie Moll, Executive Officer for Membership, Marketing and Media, East of England Co-op said: "As a community retailer, we work hard to support the neighbourhoods, towns and villages we are part of and protecting the environment for the next generation is an important part of that.

"So we are very pleased to be able to support the Community Biodiversity Awards in 2014. The Awards help recognise the achievements of so many groups and individuals in Norfolk who are passionate about their local environment and work so hard to safe-guard and nurture it for future generations."

The Norfolk Biodiversity Partnership brings together 23 organisations including local authorities, statutory agencies and voluntary groups in pursuit of a shared vision - the conservation, enhancement and restoration of the county's biodiversity.

To find out more about the awards visit: www.norfolkdiversity.org

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Chartered Accountants, Hunstanton

1 July - Savings:

New Individual Savings Accounts (NISAs) come into force, with new limits and increased investment flexibility. The NISA annual savings limit will be £15000 and the Junior ISA limit increases to £4000. All existing ISAs become NISAs. From 1 July, NISA savings can be wholly in cash, or stocks and shares, or a mixture. Transfers can be made between stocks and shares, NISAs and cash NISAs.

5 July - Non-Resident Landlords:

Deadline for 2013/14 returns of rent paid by agents to non-resident landlords and of tax deducted by tenants from rents paid direct to non-resident landlords.

6 July - PAYE:

Deadline for employers to file Forms P11D, P9D and P11D(b) for 2013/14. This deadline is strictly enforced and penalties are generated automatically.

Deadline for employers to give copies or summaries of Forms P11D and P9D to employees.

Employers: an employer who has provided a redundancy package in 2013/14 worth more than £30,000 and which included benefits-in-kind, must report it to HMRC.

Employers: deadline for a close company to elect that all beneficial loans to a director be treated as a single loan for calculating 2013/14 benefits in kind.

Employers: deadline to file Form 42 for 2013/14, the return of reportable events in connection with unapproved share schemes.

14 July - Company Accounts:

Due date for CT61 return for quarter to 30 June 2014.

19 or 22 July - PAYE:

Due dates to pay Class 1A NICs for 2013/14. Payments by cheque should reach HMRC by 19 July; electronic payments must have cleared into the HMRC bank account by 22 July.

31 July - Income Tax:

A Self Assessment Tax Return for 2012/13 not filed online by 31 July 2014, will attract a tax-gauged penalty, the higher of £300 and 5% of the liability at 31 January 2014.

Income Tax: due date for second Self Assessment payment on account for 2013/14. Failure to make this payment will result in automatic interest charges being levied.

Tax Credits: renewal deadline to provide information to finalise 2013/14 awards and renew claims for 2014/15.

Company Accounts: private companies with 31 October 2013 year ends, should file their accounts at Companies House by this date.

Corporation Tax: company returns for accounting periods ended 31 July 2013, should reach HMRC.

1 August - Income Tax:

Deadline to pay outstanding Self Assessment Tax and Class 4 NICs for 2012/13 to avoid a second 5% penalty being levied on 2 August 2014 (the first was on 2 March 2014).

Mrs K H Gigg FCA

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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RESCUE : WOODEN : BOATS

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August 6th - 4.00 - 8.00pm

Bayfield Hall is a stunning 18th Century Country House set in its own Repton-styled park in the heart of one of the most beautiful parts of Norfolk, 2 miles from the coast (Bayfield Hall, Holt, Norfolk, NR25 7JN www.bayfieldhall.com) where Robin Combe, also Patron of Rescue Wooden Boats, is generously hosting this event in aid of the RNLi and Rescue Wooden Boats.

The highlight will be an Auction of opportunity to participate in a historic voyage to Dunkirk in May 2015.

The wooden lifeboat *Lucy Lavers* will re-make the voyage during which she rescued many troops from the Dunkirk beaches in 1940. She was the reserve lifeboat at Aldeburgh and then at Wells and Sheringham and is being restored to her original condition at Stiffkey by Rescue Wooden Boats.

In May 2015 she will set out from Wells to return in stages to Dunkirk and then make the return trip (after which she will give trips afloat in Wells).

We are auctioning **ONE PLACE** on each of the outward and return legs. You can also place bids by post before the auction on August 6th.

Other excitements during "Boats at Bayfield" are:

- A selling **exhibition of Marine paintings** by The East Anglian Society of Marine Artists who will be showing some of their recent work, particularly featuring traditional East Coast working vessels. A share of their sales will go to the RNLi Wells Shannon Lifeboat Appeal.

- **Fascinating model boats**

Inside Bayfield Hall visitors will be able to see a selection of ship and boat models, including some intricate steam driven craft.

- **Display of boats**

On the lawn there will be some new and traditional wooden boats and other examples of local boat builders' craft.

- **Maritime memorabilia**

Some items of ancient fishing and sailing gear will be available through a tombola.

- **The Auction**

Will also include other maritime trips and items.

Refreshments will be available to buy throughout the event from Yetman's Bar, Willie Weston's Sea Food Bar, Chakula's mobile deli van and Ronaldo's ice cream van.

Entry donation £5 per person including free parking and a free glass of "Nelson's Blood" in keeping with the maritime occasion.

Details of the event, the voyage and the auction on www.rescuewoodenboats.com/auction or from Wendy Pritchard 07920 760238.



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Do Something Amazing Today

Save a Life

67 people attended the blood donor session at the Public Hall on 11th June and 59 units were collected. There were 4 new donors and 3 of those gave blood at the session. Thank you all. The NBS would like to apologise to donors for the late start which was caused by a vehicle breakdown. The NBS did try to contact donors ahead of their appointment and many have already re-booked for the next session which will be on Wednesday 8th October 2014. To make an appointment ring the Helpline 0300 123 23 23 or online at National Blood Service information www.blood.co.uk



A great well done to everyone who supports the lids and tops collection. The photograph shows the regular fortnightly collection before it is transported to the Matthew Project collecting points. The pupils at Heacham Infants and Nursery and Heacham Junior School are doing especially well. **A HUGE PLEA TO OUR COLLECTORS**, as we are still getting loose lids in bags, the tops need to be collected in an empty plastic bottle, milk carton or ice-cream tub. Any loose bottle tops have to be packaged up before they can be transported to the collection point. For those of you who want to start to collect there are collecting points at Heacham Library and St Mary's Church as well as both local Schools.

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HOW TO FIND US





Latest News from Wells Community Hospital.

Tea and Coffee facilities are now available at the hospital and we look forward to welcoming local people who can pop in for cup of tea and coffee and enjoy the new garden room and garden

during the hours of 9.30am to 4.30pm Monday to Friday. Hopefully, the weather will be fine but if not the conservatory is a lovely place to sit and look out onto the garden.

The hospital **Open Day** is now going to be held on Thursday 9th October when people will be able to view the facilities that we have to offer and try out some of the activities. Details to follow nearer the time.

Burnham Market craft fair is taking place this year on Saturday 16th August where we will have a stand selling our cookery books and other merchandise. Please come and visit us.

Creake Abbey Plant Lover's Day was once again a hugely successful day and raised over £3000 for the hospital. We are extremely grateful to all at Creake Abbey for their support.

The hospital would like to thank Sarah Sayer, Community Champion at Tescos, Fakenham, for supporting donations towards the dementia hub and the official garden opening and also for running a raffle in store which raised £147 for the hospital.

Recent hospital Lottery winners – Mr J Haughey, Mrs S Nice, Mrs J Turner, Mrs S Day, J Bingham, Mr B Shipp, Mrs M Garrod, Mrs E Brannagan, Mrs K Woodruff, Mrs S Sampson, Ms V Carpenter, Mr J Edwards, Mr M. G Cooper and Mr C Andrew.

We would like to hold more activities for dementia patients and would welcome any ideas and volunteers who would be interested in getting involved. Please contact Katrina Melton on 01328 711996 or email :

katrina.melton@wellshospital.org.uk

Diary Dates:

July

9th July - Alzheimer's Society Coffee and Company 10.00am

16th July - Dementia singing group 10.00am

August

13th August - Alzheimers' Society Coffee and Company 10.00 am

20th August - Dementia singing group 10.00am

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

PART III: FOREIGN MATTERS

By Kathryn Gigg, Chartered Accountants, Hunstanton.

In our previous articles we have covered the basics of tax on property income, whether from a **Furnished Holiday Let (FHL)** or a residential “**buy to let**” (often on six month **Assured Shorthold Tenancies (ASTs)**). However, with the opening up of Europe and the proliferation of cheap flights, many people now own properties outside of the UK which they let when not being used for personal holidays, or hold a portfolio of houses in a popular overseas tourist area.

There is a common misconception that, provided that no monies are brought back to the UK, foreign income or gains are not the concern of HM Revenue & Customs and do not therefore need to be declared. However, unless you are not domiciled in the UK (a legal status which defines your tax “home” and is outside of the scope of this article) then you are required to disclose your **worldwide income and gains** to the UK Tax authorities.

In practice this means that if you have income from a property that you let out which is situated outside of the UK then the income, less running expenses, needs to be declared on your UK Self Assessment Tax Return. If the property is in the **European Economic Area (EEA)** which comprises the 28 member states of the European Union plus Iceland, Liechtenstein and Norway (but does NOT include Switzerland) then, provided it would qualify as a **Furnished Holiday Let** (available for holiday let for a minimum of 210 days and actually let for at least 105 days), the more generous **Income Tax** treatment, capital allowances and favourable **Capital Gains Tax (CGT)** treatment available to UK FHLs are also available for the foreign equivalent. If situated outside of the EEA then the income is simply treated as **Property Income** and disclosed on the **Foreign pages** of the Return.

Any net income generated will be added to your other income of the tax year and UK tax applied in the normal way. Depending on the Country in question and any **Double Taxation Treaty** in place between their Government and the UK, it is usually possible to offset any foreign tax paid on the income in the host country against the equivalent UK tax so that the income is only taxed once over all.

If you are in the position of having moved abroad to live yourself, and are now letting out your UK property(ies) as a **Non Resident Landlord**, you may find that you are having **Basic Rate Tax** (at 20%) deducted at source from your rents receivable, either by your letting agent or in certain circumstances by the tenant. This can cause a significant cash flow problem and is therefore an incentive to ensure that your tax affairs are kept under review. If you take the correct advice this can be avoided.

In 2010 it was estimated that there were in the region of 55,000 FHLs owned by UK Taxpayers in the EEA but the income from a number of these was not being declared and taxed, under the Self Assessment regime. This is clearly a significant leakage of tax from the Treasury and HM Revenue and Customs are currently using a “**carrot and stick**” approach to encourage tax payers to put their tax affairs in order. The main thrust of this approach is the various “**Campaigns**” **targeting, most recently, rental income, second incomes and overseas income.**

The Campaigns share much in common, and ask the Taxpayer to make full disclosure of the various income that has not been previously declared going back up to 20 years and, in return for

this, the Taxpayer pays a significantly reduced level of penalties than would otherwise be the case if HM Revenue & Customs were to become aware of the errors as a result of receiving third party information for example or enquiry. HM Revenue & Customs may also be open to accepting a payment plan for any tax outstanding as, if the mis-declaration has gone on for a number of years, it is quite possible that funds are not available to pay the outstanding amount in a single payment. In addition, if a full declaration is made, then the acceptance by HM Revenue & Customs of the Taxpayer’s offer gives both sides certainty of their position and income can be correctly declared and tax paid into the future. It is worth noting that, typically, if there has been a history of undeclared income and this is NOT declared via a Campaign but instead discovered by HM Revenue & Customs, then the resulting tax, penalties and interest often amount to all, or even more, than the funds accumulated as a result of the non-declaration. A strong encouragement to “**come clean**” and bring one’s affairs bang up to date rather than storing up problems for yourself later, or even for your beneficiaries upon your demise.

HM Revenue & Customs have also been successful, especially in the EU, in persuading foreign tax authorities to disclose details of income that they hold from returns of Banks and letting agents in their own territories that could identify non-declaration in the UK. Behind the scenes they are undertaking a programme of **matching intelligence from all over the world** with the tax records held by HM Revenue & Customs with the resulting list of potential non-declaration being a valuable starting point for launching enquiries into UK Taxpayers’ affairs. It is very much a case of making a disclosure to HM Revenue & Customs before they come calling themselves and seeking the assistance of an experienced professional is the most sensible option.

Kate Gigg and her team at Kathryn Gigg Chartered Accountants specialise in all aspects of property tax and would be pleased to advise you whether you already have a property, whether a single property or a portfolio, or you are thinking of making such an investment and would value some professional input. As set out above, advice can also be provided if you think that you may have under-declared your income, or need to declare a capital gain on the sale of the property or wish to make a voluntary disclosure and take advantage of an HM Revenue & Customs “**Campaign**”.

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

Mrs K H Gigg FCA

Please contact Kathryn Gigg Chartered Accountants, Hunstanton on 01485 534800

Email kate@kathryngigg.co.uk if we can assist in any way.

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Sainsbury's Hunstanton raise almost £800 for their chosen charity partner - Families Against Neuroblastoma 2013-2014



Sainsbury's Hunstanton put their fundraising thinking caps on to raise almost £800 for local children's cancer charity FAN throughout their charity partnership scheme 2013-2014.

Sainsbury came to learn about FAN because they are local to the Hunstanton branch, and they had wanted to support a local charity in their charity partnership scheme.

Sainsbury's met with the founder of FAN and were touched by her story. Linza Corp of Hunstanton set up the charity when her son was diagnosed with Neuroblastoma at just 5 months old. King's Lynn born Max unfortunately relapsed and lost his battle to the cancer on 16th June 2009.

Sainsbury's were keen to work with FAN to help them continue the work they do for children suffering from Neuroblastoma childhood cancer, helping to try to save lives whilst making life better on their journey.

Neuroblastoma is an aggressive form of childhood cancer affecting around 100 children in the UK each year. It is the most common form of solid cancer found in infants and has the highest mortality rate of all childhood cancers.

FAN offer support to all affected by Neuroblastoma, by funding treatment not available on the NHS, funding research into Neuroblastoma and offering the children special treats and wishes, holidays and days out to put a smile on their faces, including the bereaved.

Spokesperson from FAN Charlotte Wright said

"We would like to say a huge thank you to all at Sainsbury Hunstanton for choosing FAN as their charity partner, and for all the hard work that has gone into fundraising on our behalf over the course of the year. We would especially like to thank the customers, as without their support this partnership would not have been possible"

"The Funds raised will go towards helping us fund vital services for the children we support. It's a great achievement and again thank you to all those involved in getting behind the partnership and helping to raise a fantastic amount"

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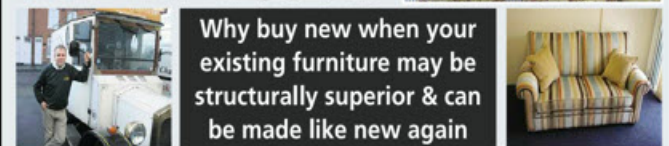
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JULY 19TH - TO BE CONFIRMED
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TIDE TABLES FOR JULY & AUGUST 2014

HIGH WATER AT HUNSTANTON Heights above chart datum Time Zone UT (GMT) add 1hr for BST									
July 2014					August 2014				
Date	Morning		Afternoon		Date	Morning		Afternoon	
	Time	m	Time	m		Time	m	Time	m
1 TU	08 20	6.8	20 49	6.4	1 F	09 00	6.8	21 29	6.4
2 W	08 51	6.7	21 23	6.3	2 SA	09 31	6.6	22 03	6.2
3 TH	09 26	6.4	22 00	6.1	3 SU	10 09	6.3	22 46	6.0
4 F	10 02	6.2	22 42	5.8	4 M	10 58	6.0	23 43	5.7
5 SA	10 47	6.0	23 35	5.7	5 TU			12 04	5.7
6 SU	11 44	5.7			6 W	01 02	5.6	13 35	5.7
7 M	00 40	5.6	12 55	5.7	7 TH	02 25	5.8	15 02	6.1
8 TU	01 52	5.7	14 11	5.8	8 F	03 33	6.3	16 11	6.4
9 W	02 58	6.0	15 19	6.2	9 SA	04 31	6.8	17 11	6.9
10 TH	03 56	6.4	16 21	6.6	10 SU	05 22	7.4	18 04	7.3
11 F	04 49	6.8	17 19	6.9	11 M	06 11	7.8	18 54	7.6
12 SA	05 39	7.3	18 13	7.3	12 TU	06 57	8.0	19 39	7.8
13 SU	06 26	7.5	19 05	7.4	13 W	07 41	8.1	20 21	7.6
14 M	07 13	7.8	19 53	7.5	14 TH	08 24	8.1	21 01	7.4
15 TU	07 57	7.9	20 38	7.5	15 F	09 07	7.8	21 42	7.0
16 W	08 41	7.9	21 24	7.3	16 SA	09 51	7.3	22 26	6.6
17 TH	09 27	7.6	22 10	6.9	17 SU	10 41	6.7	23 16	6.1
18 F	10 15	7.2	23 01	6.6	18 M	11 41	6.1		
19 SA	11 10	6.7	23 59	6.1	19 TU	00 19	5.7	12 54	5.6
20 SU			12 13	6.2	20 W	01 29	5.6	14 12	5.5
21 M	01 00	5.8	13 22	6.0	21 TH	02 39	5.7	15 24	5.7
22 TU	02 08	5.7	14 35	5.8	22 F	03 42	6.1	16 25	6.1
23 W	03 12	6.0	15 45	6.0	23 SA	04 34	6.4	17 13	6.3
24 TH	04 10	6.2	16 44	6.2	24 SU	05 16	6.8	17 52	6.6
25 F	04 58	6.6	17 32	6.4	25 M	05 54	7.0	18 25	6.8
26 SA	05 40	6.8	18 14	6.6	26 TU	06 28	7.2	18 57	6.9
27 SU	06 18	6.9	18 50	6.7	27 W	07 02	7.2	19 29	6.9
28 M	06 54	7.0	19 24	6.7	28 TH	07 35	7.2	19 59	6.9
29 TU	07 29	7.0	19 55	6.7	29 F	08 06	7.2	20 28	6.8
30 W	08 00	7.0	20 25	6.7	30 SA	08 35	6.9	20 57	6.7
31 TH	08 31	6.9	20 56	6.8	31 SU	09 05	6.8	21 30	6.4

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The COMMEMORATION SHOW

We, The Pocahontas Players, proudly presents our War time Show. This has been a challenge for the group, in more ways than one, having not acted a serious production since 1997! Although there are of course some very poignant moments in this Commemoration Show, there are certainly lots of very, very uplifting sections too. So get your singing voices in tune!

We start with a World War I sketch, written by Peter Everingham, where we see the young Norfolk lads enlisting, to fight in the trenches.

Then a very uplifting part, where the audience are invited to sing-a-long to their favourite Old Time songs - Roll out the Barrel, You are my Sunshine, Knees up Mother Brown, I've got a lovely bunch of Coconuts and many more.

The 3rd part will be a 1940s World War II sketch, written by Jimma Race, where we find the American soldiers coming into the Local Pub to chat up 'Our Girls', where we are sure you will enjoy a couple of Dame Vera Lynn's favourites! Then to end on the Traditional Military songs.

All this will be watched by our audience, sitting at tables and hopefully being served by The Cast! Yes, as we said at the beginning - 'A Challenge'. If you need, drinks, Raffle tickets, Programme, etc, they will be there to serve. We have never done this before but we are hoping to raise as much money as we can for our two chosen charities - 'Scotty's Little Soldiers' and 'The Far East Prisoner of War Association'

There are 2 Shows - One at 2pm and another at 7.30pm. All tickets £10 - on Saturday 26th July - Heacham Public Hall, Station Road.

For Tickets please ring - Janice 01485 570402 . . . Jim 01485 571267. (See Full Poster details within this Newsletter).

Many of the audience are dressing in either the Victorian Era or 40's war time fashions. This is of course, optional. It's going to be a show to remember!

We hope you support The Pocahontas Players, our village of Heacham, but most of all these two worthy charities. It's going to be 'GOOD'.

Thank you.

from The Pocahontas Players Drama Group

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"DIGGING UP THE PAST"

Local history and archaeology? We are still digging! This year will be the *nineteenth season* for the Sedgeford Historical and Archaeological Research Project (SHARP), the long term archaeological and historical look into the past of Sedgeford, recording the story of the village since man first came to live there.

The 'dig' season is from **Sunday 6th July to Friday 15th August 2014**, and visitors are very welcome, free of charge, from **Sunday to Friday between 10am and 4pm**. (Please note we are closed on Saturdays) with an **extended tour every Friday at 3.30pm**, conducted by the various supervisors.

During the season we have Tuesday night lectures on archaeology at Sedgeford Church, beginning on **8th July** and the last one **12th August**. These commence at 7.30pm and usually end by 9.00pm at the latest. Entry is free, donations are welcome and go to the church.

As this year is the publication date of the first major report on the dig, the talks will be relevant to both Sedgeford and SHARP since it began in 1996.

On **Sunday 27th July** we will be holding our annual **Open Day between 10am and 4pm** when additional events and activities will be available for all the family. There is a nominal charge for parking but entry to the site is free.

We are once again running our **'Dig for a Day' Course**. You can book via the website as many have done already. Cost

is approx £25 per day including lunch. There is an age limit for younger enthusiasts and they must be with an adult. For details see the website under bookings and you can also ask at the site information hut.

There are plenty of other courses, both week long and day, to attend and learn about different aspects of archaeology. Experienced digger or beginner, you are very welcome to join in. See www.sharp.org.uk for more information and application forms.

How to find us.

Coming on the B1454, which passes through Sedgeford, take the road signposted to Snettisham. The sign for 'SHARP' is on the left at the first bend and the site is at the end of the track with a car park available.

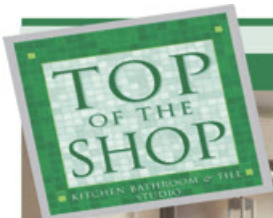
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Thornhamvillage Kids' Club

Summer 2014
6 weeks Kids' Club

Where? Thornham Village Hall,
Main Road, Thornham

Who? Children 0 – 8 years and parents
(one adult must stay with child/children from one family)

What? Arts & crafts, painting, play dough, games, books and
cricket as well as access to fabulous playground

Tea / coffee and cake for the adults
Snacks and drinks for the children

When? 15th July * 22nd July * 29th July * 5th August *
12th August * 19th August

Tuesday mornings 10:00am – 12:30pm

Cost? Per session: £3 for 1st child, siblings £2, babies free.
Pre-register for all six sessions for £15/£10.

Register now to help us ensure we have the right amount of
materials and refreshments!
Email Wendellien at: wb@ianbellinger.co.uk

If you would like to help with the set up and organisation,
please do also contact Wendellien.



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Heacham In Bloom

We hope you are all enjoying this year's flowers; we have had some lovely comments about the poppy display and we are very proud to play our part in Heacham Remembers. Thank you to everyone who supported our June coffee morning and we hope you enjoyed the hanging basket demonstrations. Thank you to all those who entered **The Best Blooming Caravan Competition**, at the time of publication we will be judging the entrants and the caravan parks. We look forward to announcing the individual winners in the August edition along with the winner of The Best Blooming Caravan Park Trophy. A further thank you to the Fox and Hounds for yet again supplying us with the first prize. We are steadily working towards the judging which takes place on **Wednesday 9 July from 1.30pm**. The Team will be very busy

on the Monday, Tuesday and Wednesday morning before judging so if anyone can help with that last minute weed or litter pick please do get in touch.

Heacham In Bloom
heachaminbloom@btinternet.com




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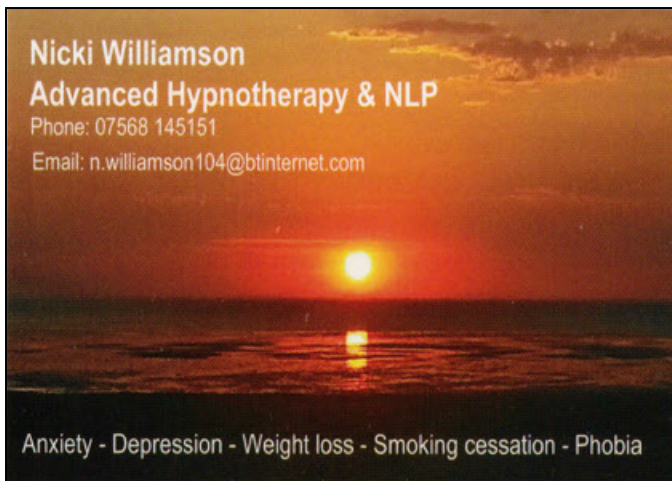


*This offer cannot be used in conjunction with any other offers/discounts!

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Anxiety - Depression - Weight loss - Smoking cessation - Phobia



HEACHAM LIBRARY

BOOKS • INFORMATION • TELEPHONE • NEWS • INTERNET

July at the library brings a perfect combination of the historical and the investigative with Rory Clements' novels set in the Elizabethan era. John Shakespeare is the investigator at the heart of this series which weaves fiction with real life, warts and all, Elizabethans. The library has a good range of military books covering both WW1 and D-Day, if recent news coverage has stimulated your interest and you want to discover more about our heroes of the past.

Things have got a little faster and colourful, thanks to the Borough Council upgrading their 3 computers. Great timing as computer use at the Library is up on the previous year, so "Nipping in to check on your Emails" has just got a bit quicker.

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



Peter Colvin, Parish Council Chairman, inspects the new computers with KL&WN Borough Council Officer Laura Dix.

Hypnosis for Weight Loss

How many times have you tried to lose weight only to give up because your heart's not in it? With so much information available on healthy eating and weight loss, most of us know what we need to do, but still struggle to actually do it. We know what we should be eating, yet we still reach for the foods we know will hinder our weight loss efforts. Why do we do that? The problem is not the food, it's the emotional connection many people have to food. People who overeat, have an emotional trigger, linked to food, so by addressing the overeating in isolation, they are merely treating the symptoms and not the cause of the problem. Removing the emotion, changes your eating pattern. Emotions are created by the subconscious mind and hypnotherapy works with the subconscious, so when the emotion is unhooked from the food, weight loss happens!

If you'd like more information on how hypnotherapy can help you achieve your weight loss goals, contact Nicki Williamson on 07568 145151.

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HEACHAM PARISH COUNCIL NOTICEBOARD

June Meetings in Brief

Boundary Changes: The Council had asked the Clerk to investigate when the boundary between Hunstanton and Heacham had changed. The Clerk reported that she had sought advice from the Norfolk Record Office and had borrowed a collection of Ordnance Survey maps to examine.

Sea Defences: The Council noted Cllr Manning's report that meetings would shortly take place to discuss how the sea defences would be maintained in the future. The Council noted with disappointment that a proportion of the funding would have to be found locally.

Annual Return: The Council reviewed the Annual Return presented by the Clerk. The Return was approved and would be sent to the Auditor Mazars before the deadline of 4 July. Notices about the accounts and electors' rights of inspection had already been posted.

Signs: The Council noted that there had been a proliferation of signs along the A149 on verges and private land. The Clerk was asked to make reports to the Borough and County Council.

Heacham In Bloom: The Council joined the Chairman in wishing the team good luck with the judging on 9 July.

Hogweed: The Council noted that further treatment had been carried out at the Saltings to eradicate the invasive plant.

Speeding: The Council gave the go ahead for a vehicle activated sign, alerting drivers to their speed, to be erected in Lamsey Lane. Norfolk County Council would carry out the work and the Parish Council would meet 50% of the cost.

FOOTPATHS

The Parish Council urges drivers not to park on the footpaths in the village. Parking on the footpath or verge can seem the best option to keep the road clear. However, footpaths must be kept unobstructed for pedestrians. Many pedestrians have pushchairs, prams or wheelchairs and having to move into the road to pass a parked car or van is not acceptable.

PUBLIC NOTICE

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

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

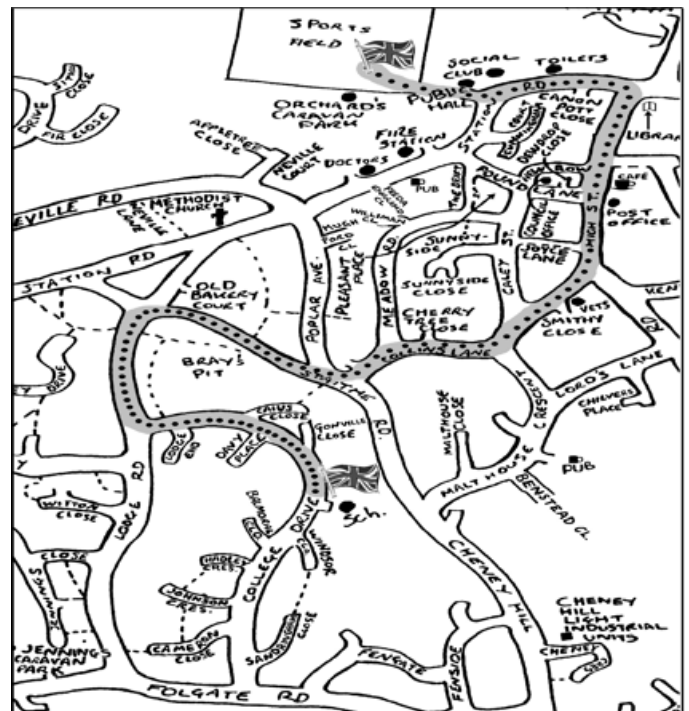
The Parish Council continues to urge residents not to feed the ducks or geese. This is particularly important to prevent mother ducks bringing ducklings off the ponds and onto the roads.

Heacham Parish Council



Heacham Carnival Parade and Fete

This year's Carnival Parade and Fete will be held on Sunday 3 August. The parade will follow the usual route, starting off from College Drive at 2.30pm. Live music will be provided by the Smokehouse Jazz Band. The float prizes will once again be donated by Jennings Caravan Park. The Lavender Queen, Amelia Hughes, and her princesses will be transported in the Lavender Queen Float provided by Norfolk Lavender. This year's Parade collection will go to the 1st Heacham Guides. Forms to register your float which includes parade timings and route are now available from the Parish Council Office, Heacham Library or call 01485 572142.



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 Dezyne T-shirt. Join us for a great family event.

Any queries should be addressed to:
Heacham Parish Council Office

Jubilee Clinic Pound Lane Heacham Norfolk
PE31 7ET

Tel/Fax 01485 572142

www.heachamparishcouncil.co.uk

Open Tuesday - Friday 10.00am-Noon

HELP LINES

HEACHAM GROUP PRACTICE **01485 572769**
HEACHAM MON TO FRI 08.30 TO 13.00 14.00 TO 18.30
SNETTISHAM MON TO WED 08.30 TO 12.30 14.30 TO 18.30
 THURS/FRIDAY 08.30 TO 12.30 Closed p.m.

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

HEACHAM & DISTRICT COMMUNITY CAR SCHEME **534777**

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 SAT 09.00 TO 17.30

Between 13.00-14.00 prescriptions and certain other products only available if the Pharmacist is in attendance
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HEACHAM PARISH COUNCIL OFFICE **572142**
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STREET LIGHT FAULT REPORT **572142**
 BOROUGH COUNCIL OFFICE **01553 616200**
 BOROUGH COUNCILLORS
 Mrs S. SMEATON **01485 572528**
 Mr C. MANNING **01485 523287**
 NORFOLK C C MICHAEL CHENERY **01328 823411**

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HUNSTANTON LIBRARY **532280**

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 WED. 10.00 TO 19.00
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HEACHAM COMMUNITY WEBSITES

www.heacham-on-line.co.uk
 E-mail admin@norfolk-on-line.co.uk

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

Service 10

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

Service 10 and 11 (Sunday)

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

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Smithdon High School Bus

Service 401

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

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xx

Main pick up points for The Heacham Newsletter.
First Saturday each month except January.

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

HEACHAM HALLS

Public Hall	570776
Pine Residents Hall, Wilton Road Mrs Crisp	579440
Methodist Church Hall, Station Road Mike Careless	570363
St Mary's Church Hall, High Street Mon, Wed, Fri 10.30 to 12.30	572539
Old Friends Hall Sunnyside Close	572142
Heacham Scout Hut	572890

HEACHAM CHALK PIT RECYCLING CENTRE

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

MOBILE LIBRARY

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COLLINGWOOD CLOSE	09.55	ROBIN HILL	10.40
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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
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GIDNEY DRIVE	14.30	FRIDHEM Rest Home **	15.00
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		COLLEGE DR	16.30
		COLLEGE DR/Gonville	16.45