

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

letters...

Newsletter Team note

After ten years as distribution manager, Dean Rawnsley has had to step down from The Heacham Newsletter team due to work and family commitments. We would like to thank him for his assistance and, not least, his kitchen floor space over that time plus doing a delivery run each month. Our best wishes to you and family for the future.



Malthouse Crescent

Dear Newsletter

Malthouse Row

I have read with interest the information regarding Malthouse Row. My husband and I moved into the cul de sac opposite The Bushel and Strike which is called Malthouse Crescent. I would be very interested if anyone could tell me of its history or has photos of this area.

Many thanks.

Ann Smith

P.S. I much enjoy the newsletter and have been reading it for the past year so feel quite at home in the village already.



Wrestlingworth

Dear Newsletter

Lousy Bush Wood

Following my conversation with Mrs Sewell, I am writing to you to see if any of your readers can help me with my research. I live in a small village called Wrestlingworth on the Bedford / Cambridge border. Within the parish we have a disused gravel pit which a number of parishioners are turning into a nature reserve. The gravel pits have belonged to the parish since the Enclosure Act of 1801. The field containing the pit was known as Lousy Bush Field. During some research I discovered that Heacham has a wood known as Lousy Bush Wood.

My question is how did two places so far apart get similar names? What is a Lousy Bush?

Hugh Williams



Heacham

Dear Newsletter

Bonfire

I arrived home from work at 6pm on 16th July to find that someone in the vicinity of Ringstead Road, Heacham, had a bonfire that engulfed much of the road.

It was one of the hottest days of the year. The bonfire had obviously been burning for some time and the smoke continued to billow suggesting the fire was still being fed.

I could not ascertain from exactly where the fire was.

Please have some common courtesy for neighbours. Surely any bonfire should be lit well into the evening. People wish to enjoy their gardens and open their windows in July without being suffocated.

Mrs J Merralls



Heacham

Dear Newsletter

Lincoln Trip

A big THANK YOU to all who came on the Lincoln Trip on 6th July supporting the Heacham Twinning Association.

We had a great day with the sun shining whilst looking around the old city with all its lovely shops.

For the stunning finale, the splendid Red Arrows put on a magnificent show directly in front of the coach as we passed the Waddington Air Show!

It was agreed that there will be a trip to the Air Show when next on - we believe in 2016! Watch this space!!

Again many thanks to all the people that came.

Sue Scott

Heacham Twinning Association



Heacham

Dear Newsletter

The Heacham Squeeze

Planning application 14/01022/FM | Erection of 166 dwellings, including construction of a new access road, landscaping works and public open space | Land South of Hunstanton, Norfolk


This has just gone on-line. Last date for objections is 14th August. Why object? Amongst other reasons, the sole access is from Hunstanton Road, Heacham. Traffic leaving the proposed development is most likely to exit the A149 at Heacham traffic lights. A Hunstanton development but both the traffic and sewage heads our way. Object to the Borough Council and, if you can, to everyone else – Parish, County and MP.

Planning application 13/01541/OM.


This is the School Road one again. Rejected by you, the Parish Council and the Borough Council, twice. Now the application is going to appeal – developers have more rights than you do. So object again, **strongly**. Details of how to object should be available before this is published by which time you will have only about 3 weeks to do so. Amongst other issues, traffic problems caused by this proposal would badly affect the School Road, Broadway, Lords Lane junction.

If both applications went through then the traffic caused by the first would meet that caused by the second – most likely at the Nourse Drive, Lynn Road junction just before the traffic lights.

Terry Parish



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mobile 07977 560955 or email support@oapc.biz



Dear Newsletter

Cheney Hill

Le Tour de Foster

I am part of a team from Foster Refrigerator, King's Lynn, who are cycling from Paris to King's Lynn in an attempt to raise money for Rudham Children's Ward at the Queen Elizabeth Hospital.



We leave Paris on Saturday 23rd August and travel over the Bank Holiday arriving back in King's Lynn on Tuesday 26th August, a distance of around 320 miles. There are 12 of us altogether and training is well underway. As a Heacham resident, I enjoy the great terrain and quiet roads in this area which make for enjoyable and safe cycling, so if you see me out and about please give me a wave or an encouraging "hello".

Our target is to raise £5000 of which we have pledges of £745 already.

Should you wish to sponsor me please contact me on 07793 470906. Should you wish to donate directly you can visit www.justgiving.com/Foster-Refrigerator/

Thank you.

Dean Rawnsley



Dear Newsletter

Heacham

We welcome and appreciate our new HEACHAM POST OFFICE

Thank you Sally and all involved for all your hard work for our wonderful village to keep our outstanding Post Office.

We are so privileged to have the BEST in the County for all our needs, willingness to help and all the brilliant STAFF.

EVERY SUCCESS to you.

Eileen and Malcolm White

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News & Events in the Community...



**Heacham in Bloom
Garden Party
& BBQ**
Saturday 23rd August
Robin Hill, Heacham,
(opposite Heacham Manor Golf)

Please come and show your support and meet the team who put the colour into Heacham.



4.00pm to 7.00pm
Stalls, Raffle, Tombola
& Entertainment



£2.00 entrance

Which includes Tea, Coffee and Cake.



£4.00 BBQ
(Limited Tickets so book early)
01485 579313 / 01485 572142
Come to both for £5.00



Bring your own drink.

All proceeds go to making Heacham more colourful.



Heacham

Dear Newsletter

Heacham in Bloom

What a wonderful sight that greets you as you arrive at the village. The poppy and the Cross at the Heacham sign.

Then, as you pass through the village High Street, the bikes opposite Wallis, then right down to the beaches, you are reminded of the fallen of both wars.

A wonderful tribute in this the 100th anniversary of the start of World War One.

Well done to you all.

Jackie & George Brown



News from Michelle's Fitness in Heacham

Zumba is in Heacham Scout Hut every Tuesday 7.00 – 8.00pm. We have lots of ladies attending and it's really good fun!

Chillates is a great class on Wednesdays 7.30 – 8.30pm. This is also held in the Scout Hut in Heacham.

More classes starting soon. Please call for more information. All classes are £4 per person with a loyalty card system to earn free classes!

For more information, call Michelle – 579074 / 07585 002124 – or just come along.



**Fridhem Rest Home
Station Road**

Dear Newsletter

Fridhem 'bike' ride

Can I, through your publication, give a big "Thank You" to all those who helped with the ride event at Fridhem Rest Home in June.

With the use of an exercise bike (donated by L.A. Fitness) in the lounge, we completed the 1347 kilometres, that is 850 miles in old money, by our target date of Monday 23rd June. This was due to a great effort by staff members and, here at Fridhem, Jo and Steph deserve special mention along with friends, family and members of the public who came and did some mileage for us. A big "Thank you" also goes out to all those who kindly sponsored us. It is wonderful that our village has such a good community spirit. Thanks to everyone's effort we raised £900 which will go towards the residents' entertainment fund enabling us to enrich their lives during the autumn years.

Again, Thank You All.

**Marie Rawnsley
Activities Co-ordinator
Fridhem Rest Home**

HEACHAM SPORTS & SOCIAL CLUB

Charity Prize Bingo

Heacham Public Hall
Sunday 24th August 2014

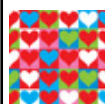


Doors open 2.30pm
Eyes down 3.30pm

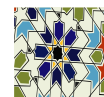


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HUNSTANTON



Heacham & Criteuil-la-Magdeleine
Twinning Association



SATURDAY 30th AUGUST 2014

7.00 p.m. for 7.30 p.m. start

THE OLD FRIENDS' HALL

Sunnyside off Caley Street, Heacham

Teams of 4 Tickets £2.50 per person

For details and tickets please telephone

01485 579465 or 01485 570274

or email: twinclub@hotmail.co.uk

Individuals welcome to make up teams

Bring your own drinks and glasses

Raffle

Large Developments - News Update Planning Application 14/01022/FM- 166 New Homes

A planning application has been submitted by Hopkins Homes for 166 homes by Redgate Hill, Hunstanton. The only vehicular access in and out of the new estate will be onto Hunstanton Road in Heacham. This proposal if passed will significantly impact the Redgate Hill junction onto the A149 and increase the levels of traffic on Hunstanton Road leading to the Village. Have your say at www.west-norfolk.gov.uk/Planning by 14 August. Full plans are available from the Parish Council Office.

Planning Appeal
14/00036/REF –

Broadlands Housing
An appeal has been lodged against KL&WN Borough Council's refusal of the application for outline permission for the construction of a care home, housing with care facilities and 70 new homes. New allotments, associated landscaping, SUDS ponds and associated works including an electricity substation and a pumping station are also proposed. Access off School Road. At the time of going to press the details of the appeal were still being validated, but it is expected that the consultation period, which last for 5 weeks will start in early August. Comments about the application must be made directly to the Planning Inspectorate



PALM BEACH HOLIDAY PARK

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

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



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

Free Wifi is available to individual caravans

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

BRAND NEW CENTRALLY HEATED AND DOUBLE GLAZED CARAVAN HOLIDAY HOMES

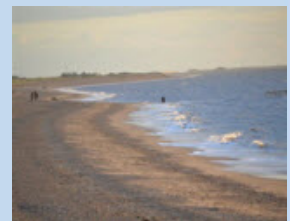
FROM ONLY £20,900.00!!!

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

Please enquire at the Palm Beach office

or call **01485 570565**





CHURCHES TOGETHER IN HEACHAM

The New Girl at St Mary's Church !

I am delighted to be writing this piece for the Heacham Newsletter and wish to begin by saying a huge THANK YOU for the welcome my family and I have received since we have moved to Heacham. We are loving being part of this friendly and busy village, and look forward to being part of you for many years to come.

For my first sermons here I have been using words from the Bible, Ecclesiastics chapter 3 verses 1-14, the well-known passage which talks of there being a time for everything. Here is part of what I said:



I suspect many of you have many different feelings and thoughts about me being appointed as your priest in charge, about what the future may hold for this church, community and village, about what 'the vicar will change', about having a woman as your vicar!

I am certain that God has called me to be here with you in Heacham. I don't know why, I don't know what he wants me to do, I don't know how long he wants me here, but I do know he has called. You prayed, we prayed, and God has sent me. There may be more gifted, more talented, more godly people who could have been your Priest in charge, but God has called me, with my gifts, my experience, my faults and my frailties.... he called me to work and worship with you, with all your gifts and experience, faults and frailties.

We are beginning our season or time for working and worshipping together. As the reading from Ecclesiastes implies, there will be good times and hard times, times when we will laugh together, and times when we cry, times when we agree with each other and times when we don't, times when things go well and times when they go badly... times of great joy and times of great pain, there will be times when I/you get things right and times when we get things wrong.

I am completely delighted to be here with you, I am excited about what God has in store for us, I am thrilled that he called me to serve him, you in the church and the wider community here, I am realistic about how hard and how good it will be at times, but also secure in knowing that whatever happens, God is with us.

With my prayers and best wishes for August and beyond.

Veronica Wilson
Priest in charge of Heacham

PARISH REGISTERS

Baptism

22.06.14 Evie Sara Hammond, daughter of Edward Hammond and Samantha Green

Wedding

12/07/14 Paul Darlow and Allishia Wells

Faithful Departed (Church Linked Funerals)

28.05.14	Edith Preece	90
17.06.14	Daphne Owen	73
24.06.14	Bob Shambrook	79
14.07.14	Tony Bailey	59

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

METHODIST CHURCH Sunday Services

10.30am Morning Worship

Preachers:

3rd August	- Flower Festival – Songs of Praise
10th August	- Irene Garrard
17th August	- Rev'd David Howarth
	Holy Communion
24th August	- Roger Pauley
31st August	- Elizabeth MacLeod

Midweek Holy Communion Service

There will not be a midweek Communion Service in August.

Regular Activities at the Methodist Church

MONDAY: Indoor Bowls - 7pm weekly

TUESDAY: Ladies' Fellowship:

This will not take place in August

Hands and Needles Club:

7.30pm on 5th and 19th August

WEDNESDAY: "Posh Tea" 3.30pm on 20th August

THURSDAY: Social Evening 7.15pm on 14th August

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.

FLOWER FESTIVAL: 1st - 3rd AUGUST

This edition of the Heacham Newsletter is published in the middle of our Flower Festival. So, hoping you read this in time, you are invited on Saturday 2nd August from 10.00am-5.00pm, and on Sunday 3rd August from 2.30pm-4.30pm. On the morning of Sunday 3rd August, a "Songs of Praise" service will be held at 10.30am. Refreshments will be available, including light lunches, on the Saturday.

POSH TEA

The Flower Festival at the beginning of the month means we can only run one Posh Tea in August. This will be on Wednesday 20th August at 3.30pm. Come and give this new summer venture a try! It's an old fashioned tea with sandwiches, home made cake, and tea brewed in a pot, served in china cups.

FOR YOUR DIARY

The welcoming service for our new Minister, Rev. Stephen Oliver into the **West Norfolk Circuit of the Methodist Church**, will be on Saturday 6th September at 3.00pm at Snettisham Methodist. You are cordially invited to attend.

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



8.00am Holy Communion (BCP)
 10.00am 3rd Morning Worship
 10th All Age Worship
 17th Morning Worship
 24th Morning Worship
 31st Morning Worship
 10.30am Morning Worship at the Junior School
 (Holy Communion on 17th August)
 6.00pm **NO Evening Services in August**

August Services at Nursing/Residential Homes

Tues 5th August 2.30pm Rebecca Court
 Mon 11th " 11.00am Holy Communion at Millbridge
 Wed 20th " 2.30pm Summerville
 Fri 22nd " 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

Snettisham

Christian

Fellowship



Christ centred
Bible teaching
Gospel led

10:45 every Sunday morning
Memorial Hall Old Church Road Snettisham

www.scfonline.org.uk



Hunstanton Catholic Parish

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

We are still collecting for the Food Banks in Hunstanton and King's Lynn which provide help to those in very real need in the local area. There is a collection point at both churches.

We also have a 'Fair Trade' stall in the church meeting room at St Cecilia's after Mass on the first Sunday of each month. Please give this your full support.



There was a small get together at St Cecilia's for a visit from Fr James Fyfe, our former Parish Priest. Fr James is now known as Dom Robert and is a member of the Benedictine community at Downside Abbey near Bath. It was very nice to see him again and looking

so well. A parish outing to visit Fr Henry's former parish at Gorleston was also on the social calendar for July. It was a great opportunity to meet some of Fr Henry's former parishioners and



to take part in a Mass at his former church. It was a very good day, despite the weather.

Our usual annual barbecue in the grounds of the parish church will be held at lunch time this year. It is hoped that the earlier time will be more convenient and hopefully the weather will be kind. Why not come along on Saturday 9th August, and join in the feast. Please join us for this lovely social event. Tickets will be on sale shortly at both churches.

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

Everyone, whether Catholic or not, is welcome to all of our services and social occasions. We have refreshments after the 11am Mass every Sunday and after 10.15am Mass every Wednesday. There are also refreshments after the 9am Mass on the first Sunday of the month at Dersingham. Please come along, you will be most welcome. Our daily Masses are usually held at St Theresa's Convent, 27 Sandringham Road, Hunstanton, but will be in the church during the summer months instead, except on Wednesday when it is usually at 10.15am at St Cecilia's, Dersingham. These are subject to change so please check for dates and times on Church notice boards, website or phone. Sunday Masses are 9am at Dersingham and 11am at Hunstanton.

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

Website: www.hunstantoncatholicparish.org
Email: parish@hunstantoncatholicparish.org

**HEACHAM GROUP PRACTICE
2014 FLU CAMPAIGN.**

This year's flu campaign will be held during the months of October and November at Heacham and Snettisham.



Appointments for the clinics will be available a month in advance.

Book in September for October flu appointments
Book in October for November appointments

When booking your appointment can we ask you to call **01485 572769 AFTER 11.00 a.m.** to avoid the busiest time of day.

To qualify for a Flu Vaccination you will need to fall into the following category:

**YOU ARE OVER 65, OR SUFFER FROM:-
ASTHMA/BREATHING PROBLEMS,
CYSTIC FIBROSIS, HEART DISEASE,
DIABETES, KIDNEY DISEASE
WEAK IMMUNE SYSTEM, LIVER DISEASE,
NEUROLOGICAL DISEASE
CARERS WHO LOOK AFTER PHYSICALLY
DISABLED, OR A DEPENDANT PERSON,
PREGNANT.**

For Children who qualify for flu jab and as a reminder to parents if you are unable to bring your child on the day, but another family member attends on your behalf, we will require written consent from you to enable our staff to proceed with the flu jab.

Thank You



BOOKS • INFORMATION • TELEPHONE • NEWS • INTERNET

Visit the Library to find your perfect summer read. There is also a clearance table so you can pick up a bargain to take away on holiday. The free online courses are held on a Tuesday morning or afternoon. The courses are aimed at helping you to use the internet to search for information, shop, compare prices and emailing. Three free sessions of one and half hours in small learning groups are available. Please ring 01485 572142 to book your free place or to have a chat about what "Learn my Way" entails.

Heacham Library Opening Hours

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

MACMILLAN COFFEE MORNING



Friday 5th September 2014
9.30am to 11.30am



at Neville Court, Neville Road, Heacham

Tombola Bric-a-brac Hand-made cards

Cake Stall Books

Please come and help us to raise funds to help others

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Station Road, Heacham. Tel: 01485 570345

Up to 8 handpulls serving our own & guest beers

Lunch Served from Noon, Dinner from 6PM Except Sunday Evenings & Mondays

**August Bank Holiday Beer Fest
Fri 22nd - Mon 25th
Real Ale & Cider * Live Music**

**Saturday 2nd August
The Steam Rally Returns to the Fox
With Live Jazz Music from 4pm**

August Live Music (8.30 unless stated)

Sun 3rd @1.30pm - Hell Fire Jazz Club Band

Tue 5th - DNA

Fri 8th - Reckless Jivin

Tue 12th - John's Blues Crew

Fri 15th - Workhorse

Sat 16th - Mark Wilkinson's Jass Quartet

Sun 17th - The Offshore Rivers

Tue 19th - Back Pages

Fri 22nd - Hush

Sun 24th - The Hillbilly Cats

Fri 29th - Jam Session with DNA

Wed 3rd September from 7.00 pm Classic cars at the Fox

Quiz Night - Every Thursday 9pm Please check our Facebook page or boards for updates



Follow us on Facebook @ foxandhoundsheacham

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



Classic Car Rally at the Fox

The event was a spur of the moment do, put together by Graham. He spoke to Mark at the Fox and suggested on using the Fox Brewery as



a base and Mark agreed, so a few phone calls to friends and it was away. As a first time event it was a surprise to all that they had 19 cars appear like magic. It goes to show that all car enthusiasts will jump at

the chance to show off their babies and the chance of a beer or two does help.

It was such a good turn out that it was decided to appoint a judge to decide on a winner. The car chosen was the Riley making the owner, Keith's, day.



When asked what he thought of Clementine winning he said he would have chosen the open top Zodiac.



My favourite was the little Red Austin Seven (Poppy).

Graham will be arranging another rally so if you are interested please give him a call on 01485 570259 or drop into Station Road Garage, Heacham, to see him.

**FRIDHEM
SUMMER VICTORIAN FETE**

Saturday 2nd August 2014 at 2pm

Raffle Tombola Cake Stall
Bottle Stall Children's Stalls Games
Candy Floss Toffee Apples

Come and join in the fun at
Fridhem Rest home
79, Station Rd, Heacham

ANNUAL SALE
In aid of
TOP KIDS in BELARUS
and the N.S.P.C.C.

Thursday 11th, Friday 12th, and Saturday 13th September
10am to 4pm

At the Church Hall, High Street, Heacham

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good second-hand items for sale

Donations of goods and cash gratefully received

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

So does the song really remain the same?

For Led Zeppelin fans, it was the Holy Grail – all the band’s studio albums not only remastered by no less than Zep’s founder, guitarist and producer Jimmy Page, but ... get this ... each with a bonus disc of previously unissued material from the vaults!



Remastered – but are they deluxe? Led Zeppelin, from left, John Bonham, Robert Plant, Jimmy Page and John Paul Jones

New Zep stuff we haven’t heard before! How great is that? Answer: when you’re talking about the greatest rock band ever to walk the earth, potentially very great indeed!

Ah, but would that potential be fulfilled? Was the extra stuff actually any good – or was there a very good reason it had remained unreleased for 45 years? And did the new remasters really make it worth buying the original albums all over again?

This deluxe reissue campaign kicked off with the first three albums – the imaginatively-titled Led Zeppelin and Led Zeppelin II (both originally from 1969) and Led Zeppelin III (1970).

So do the remasters sound any better?

I fear we’re in emperor’s new clothes territory, here. If Jimmy Page himself has remastered them, then they’ve got to be better, right? But if you’re not a serious audiophile, with expensive equipment to match, or have a recording engineer’s ears, can you REALLY tell? (and if you do have a recording engineer’s ears, can you just give them back?!).

To put this to the test, I put the opening track of each of the three albums on my iPod, remaster first, then original, bunged the headphones on, and whacked up the volume.

Hey – Good Times Bad Times sounds crisper and clearer! Oh, wait a minute ... that’s the ordinary version, not the remaster! Blast! But does the guitar have more crunch on the remaster ... or am I just willing it to have?

With Whole Lotta Love, I found myself leaping for the volume control when the guitar solo came on ... just because I love the guitar solo. I did that on both versions, actually. I flicked back to the beginning and listened carefully when the bass rumbled in ... and oh dear, I think I preferred the old version there, too.

Well what about The Immigrant Song? Whacking the volume up really loud now, until I could almost see the Viking hordes in my living room, I marvelled anew at how Bonzo’s crashing cymbals sounded like a longship surging through the waves, and Percy’s banshee wail sounded like rape and pillage was imminent. Which it generally was. But could I tell which version I preferred? No I could not.

Well I kind of thought I preferred the remaster this time, but I really wasn’t sure. Valhalla I am coming ... to buy a hearing aid.

Crikes alive. Maybe I should just keep both versions, eh?

All right, then – so what about those bonus discs ...

Because their debut album was recorded in just 36 hours, an extra disc’s worth of unused material was always looking a tad hopeful. So instead we get live tracks from a performance at the Paris Olympia later that year – in fact just before the release of Led Zeppelin II, and featuring two tracks from that album.

And what a wild beast of a concert this is! The band don’t so much perform as unleash themselves on the unsuspecting audience. Robert Plant’s animal roar at the start of Good Times Bad Times goes on so long the band give up and go straight into Communication Breakdown instead. Communication Breakneck, more like!

John Paul Jones’ inventive bass and John Bonham’s thunder of drums are rock solid beneath the bedlam, allowing Plant and Page to make mayhem over the top. It’s thrilling stuff. And you can hear more of the words too, which is nice!

This primal attack continues with an intense and impassioned I Can’t Quit You Baby, leaving you frankly exhausted after the first two songs – and we’re only 11 minutes in. Then Heartbreaker is followed by two Page showpieces, Dazed And Confused, and the acoustic White Summer/Black Mountain Side (which, in truth, goes on a bit).

You Shook Me gives way to a nine-minute Moby Dick (I think you have to like drum solos – fortunately I do), before a blistering How Many More Times finishes it all off – and you too, quite possibly.

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THIS MONTHS ENTERTAINMENT.

Aug 2nd - Pat Martin

Aug 9th - Mikki Johns

Aug 16th - Dave Ryka Howard

Aug 23rd - Bank Holiday Motown

Night with Cory Lewis

Aug 24th - Elvis Night with Ian Coulson

Aug 30th - Kenny Bernard singing his
old time favourite Big Party Woman

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FAMILIES WELCOME

OK, maybe sometimes these longer live versions outstay their welcome a bit, but at other times they're really exciting. And they give a wonderful glimpse of how powerful the band were, even early on. Well worth having.

The bonus discs for the second and third albums are interesting – even fascinating, at times – but a good deal less thrilling, it has to be said.

Of the eight tracks that supplement Led Zeppelin II, half are “rough mix with vocal” versions of album tracks. Whole Lotta Love, for instance, has basic guitar only, without the solo, only a rough vocal, and the famous middle bit with all the funny noises is seriously underdeveloped. Hmmm. Other rough mixes ... don't sound so wildly different from the finished versions, really.

And three other tracks are backing tracks only – so Thank You just sounds like a lot of church organ, Living Loving Maid a curiously naked set of guitar riffs, and drum solo Moby Dick a positively bizarre intro and outro ... without the drum solo in the middle! (don't say “Good!”).

Fascinating glimpses into the studio process, yes. Essential? We-e-ell, not really.

Then there's a brand new track – yay! – an instrumental, called La La. Er, right. Actually, it's not bad, in an oddly Sixties pop kind of way – but that's as close as we get to actual “new” material.

And it's a similar story on Led Zeppelin III's bonus disc. There are rough/alternate/not-really-substantially-different mixes of The Immigrant Song, Celebration Day, Gallows Pole, and That's The Way.



It's all gone dark in here ... the bonus disc version turns the classic Led Zeppelin III flywheel-design cover from white to black

There are three backing tracks without the vocals. Friends, I have to say, sounds wonderfully spooky. Bathroom Sound is just an early version of Out On The Tiles with, yes, no vocals. And Jennings Farm Blues is actually an electric version of Bron-Y-Aur Stomp – an oddity, sure, but nowhere near as good as the classic acoustic version.

Much more worthwhile is a completely different take of Since I've Been Loving You, with different lead guitar and vocals – this is seriously terrific.

And that leaves us with a medley-cum-studio-jam of two old blues standards, Key To The Highway/Trouble In Mind. Which is, er, OK.

So, I'm afraid, my advice would be to check out or download all of the concert tracks from the first bonus disc ... and just La La from the second, and Since I've Been Loving You from the third. Unless you're insufferably curious ... or a Zep addict like me!

By the time the band made their next three albums – Led Zeppelin IV, Houses Of The Holy, and Physical Graffiti – they were beginning to stockpile songs more. So I'm hopeful that the bonus discs of the next three deluxe remasters will prove a lot more interesting. An alternate Stairway To Heaven, anyone? A different version of Kashmir? Or will The Song, truly, Remain The Same?

Well, I'm hopeful. Mind, I was hopeful England might have done a deal better than getting knocked out of the World Cup after just the two games ...

• **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 at Night

A shorter article this time. Not that the sky is any smaller but earthly demands have arisen.

So, August – conjunctions, meteors and, perhaps, a comet (or perhaps not).

You will remember that a conjunction is when two heavenly bodies appear close to each other in the sky. If you can find a NE horizon at 5am on the 2nd and 3rd, then you may see Mercury and Jupiter close to the horizon and west of the sun (take care). Venus will be well above them and to the east. Mercury is, of course, relatively close to the sun and Jupiter currently very far beyond it. They are only close as seen from your viewpoint on the Earth.

Messenger, the NASA Mercury orbiter, has now completed well over 3000 orbits of Mercury amassing huge amounts of data about it. It will be allowed to impact the surface about March next year when the mission will end.

Between the 16th and 18th August, again NE and at 5am, Jupiter and Venus appear close together. They are also just below a star cluster, the Beehive Cluster, Messier 44. You may be able to pick this out with binoculars. Take care to avoid the rising sun.

On 23rd August, same time and place, Venus and Jupiter are a little further apart and the crescent moon pops into the picture too. M44 is close to Jupiter.

An evening conjunction! From the middle of the month at around 9pm look SSW and find, quite low down, red/orange Mars and pale yellow Saturn. Try and follow them through the month – they will get lower. From the 25th they are very close together. On the 31st the crescent moon joins in and Saturn will

appear to be almost touching the top point of the crescent. Mars will be just below the moon and to the west of it.

Cassini, the NASA / ESA (European Space Agency) Saturn orbiter, has just completed 10 years at Saturn, 17 years in space. The technology it uses was designed about 30 years ago and it has never failed. The mission will be terminated towards the end of 2017 when the power source fails. Latest discovery: the ocean inside Titan (largest moon)(they are only close as seen from your viewpoint on the Earth) is likely to be as salty as the Dead Sea; the concentrated brine likely contains salts of potassium too.

Meteors – the Perseids are back. Look throughout the month but the peak is on the 13th at 1am. This year a bright moon will spoil the show but bright meteors should still be visible. I have just looked up last year's 'Heacham at Night' and see that I saw 38 Perseids then, but it was dark and clear. I have seen well over a 100 in a good year so have a go.

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There are also at least 5 other, smaller, meteor showers this month right from the first through to September. The moon sets before the Alpha Capricornids peak on the 1st /2nd and the Kappa Cygnids should give a show on the 18th.

A comet – C/2014 E2 Jacques - likely visible through binoculars or a small telescope all month except when the moon is bright. It is circumpolar which means it is always above the horizon and will get higher in the sky as the month progresses in a vertical line rising straight up from the NE. At the beginning of the month it is just to the west of the bright star Capella. It then climbs and is just below the first star of the W constellation

Cassiopeia on the 21th. Follow it straight up on subsequent nights.

Those of you with good binoculars or a small telescope can look for Uranus which is a good object at the end of the month. South about 40 degrees up and blue/green. Early hours for the best view. Stellarium will help you locate it.

A further 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 have been available from the end of June – contact me or turn up on the night.

I hope you see some meteors.

Terry Parish



A Night to Remember

The Fox Brewery holds many events throughout the year and on Friday the 4th July (very fitting with it being American Independence Day) they had something special. Two groups over from California USA. It's not the first tour of England but their first visit to Heacham. When asked on their thoughts of what they had seen and done so far they said they are filled with only good thoughts.

The first group was an Irish American trio Marty O'Reilly and The Old Soul Orchestra. They rocked the house with their music and singing. Guitar, violin, base and a very large cello which sent the beat throughout the pub.



When you thought it could not get better the second group came on. Five American girls called the Rainbow Girls. The name was appropriate as they put a whole lot of colour into the night. There was one girl who they referred to as the baby of the group who played the drums but once she had sticks in her hand there was nothing small about her sound. All girls played many instruments, guitar mouth organ, banjo, keyboard, scrubbing board, violin and much more and the singing was as good as their playing.



It was a packed house and the weather was great too which was just as well because many were outside, otherwise it would have been shoulder to shoulder had it been raining.

Come eleven o'clock they had to stop playing to the disappointment of the crowd, there were chants of more, more, I believe it was for the music.

They left the next day to travel to Suffolk where they were playing at a festival and then onto Nottingham to continue with their tour

If you see that they are playing, it is well worth the visit.



PARKINSON'S UK The Great North Run (1/2 Marathon)

Sunday 7th September 2014

Terry Clay will be running for PARKINSON'S UK and needs your help to raise funds for Parkinson's Nurses. This year, Parkinson's UK have secured

matched funding so every £1 raised will be doubled! So please give generously by sponsoring Terry for his 9th time running in the GNR. So far he has raised almost £12,000 for this deserving charity.

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The Kitchen Gardener

August – late summer. Strawberries, another use for all those courgettes, and when the going got tough the Women's Land Army and the Women's Timber Corps got going.

The strawberry crop is finished and the scent combinations from the kitchen compost bucket no longer offer up a garlic, strawberry and banana skin mixture. Exotic and not unpleasing in a strange way.

Strawberries will grow in the same bed for three years, four at a pinch but then cropping, fruit size and plant health diminish so they are best dug up and a new bed planted on fresh ground. The advice is that ground that has grown potatoes in the last few years is best avoided to prevent infection from Verticillium wilt.

I prefer a summer crop so won't bother with the alpines (birds, dawn raids, none for me) nor the perpetuals as they fruit summer and autumn, by which time I like to eat more seasonal fruit.

My strawberry bed is due for a replant now. The Cambridge Favourite and the Cambridge Late Pine have given a good first and second year crop but the Late Pine gave a light crop of very small fruit this year. Had they not I would have chanced a fourth year.

The new bed has been dug over with plenty of compost incorporated. My soil is very chalky so I'll rake in a generous dressing of Growmore just before planting. If I had enough room and a mix of plants I'm keen on, I'd peg runners and plant a new row each year – effectively moving the bed forward a row per year. The plants I used last time were frozen stock, maybe coincidence but I've never known strawberries put out such huge amounts of runners. I was removing them once a week even through the winter months.

The hunt is on for new plants. Cambridge Favourite taste like the strawberries of my childhood but I read that Hapil are better on light soil in dry conditions. Royal Sovereign are gorgeous and the only strawberry I've grown for one year only. Out of twelve plants I got two pounds of fruit. The plants fell prey to every disease and mould that the wise heads warned about. My impetuous optimism dashed.

I'll aim to get the new plants in during early to mid autumn to get a crop next year, and I'll put them in eighteen inches apart, rows two and a half feet apart with the base of the crown at soil level. They will be given a good drink at least once a week while they establish.

The courgettes have been producing very well and with such plenty, time to pull out a recipe that makes a nice lunch or light supper.

Blanch for two minutes or lightly fry 2lb small firm sliced courgettes then drain and cool. Beat together 4 eggs and ¼ pint of milk, season and stir in 5oz grated or crumbled cheese of your choice. A strong cheddar would be good. Butter a 2 pint gratin dish and layer the courgettes with lightly cooked streaky bacon or leftover ham, cold sliced sausage or some such. Pour over the egg mixture and sprinkle the top with 2oz grated cheese. Bake in an oven pre-heated to 180C Gas4 for 40–45 mins until set and browned on top.

A generous salad dressed with a shallot vinaigrette together with crusty bread or a potato salad are nice additions to the table.

I suppose this is a quiche without the pastry which is probably for the best as even small firm courgettes give out a bit of liquid as they cook.

I've been learning about the Women's Land Army (WLA) and the Women's Timber Corps (WTC) and was surprised to read the WLA started way back during WW1 with 23,000 enrolments in 1918. In March 1940 it was estimated that there was a deficit of 130,000 regular and seasonal workers on the land due to men going off to war. Step up thousands of women whose reasons for joining the WLA and the WTC were as varied as the women themselves.

Reading their first hand accounts of work and working conditions, lack of rations, pain and laughter. leaves me proud of the spine and resourcefulness of our female forbears.

A lot of them were town girls, sometimes living in hostels sometimes billeted on the farm or with the older farm workers, often having to prove themselves to counter the farmers and the old farm hands resistance to females doing the work of young men. Many had worked only in shops or offices prior to joining; some hadn't worked before at all.

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They laboured hard from pre-dawn (when milking) to dusk and late into the evening in double summertime, with little or no mechanisation. Many of them remember constant hunger, hedging, ditching, ploughing with horses, hand milking herds of cows, muck spreading with horse and cart – muck forked onto the cart from the heap and forked off again over the fields. Harvesting with horse and wagon, pitchforks and old fashioned reapers – not a combine in sight. Depending on the location of postings, there was a risk of bombs or sneak raiders peppering outlying villages with bullets and also the risk of jettisoned bombs from enemy bombers as they limped home.

One woman said her favourite job was setting out tomato plants in the warm greenhouse, between which she buried old carrots. Each morning she had to pull up the carrots and cut out the wireworm and then re-bury the carrots. This was to keep the wireworm off the tomatoes. Another woman (very fresh from minimal training) didn't fare so well with the tomatoes – she was told to de-bud the side shoots and mistakenly stripped off all the leaves!

This month I shall sow the last of the outdoor lettuce, spring cabbages and some parsley for picking over the winter. I shall be squashing the eggs of the cabbage butterflies on the backs of the brassica leaves. The gauge of my nets keeps some of the butterflies off, but not all. Some is better than none though. While they are nice and hot and busy I'll turn the compost heaps to let in some more air and hopefully produce the finished compost sooner.

All a walk in the park compared to the work of the WLA and the WTC. My admiration for them is boundless.

Hilary Dellar-Lane



News from Rollason Stage School

Professionals of today teaching the stars of tomorrow!

We have had a busy few weeks with successful performances at Hunstanton Carnival and Snettisham Fete. Next is Heacham Carnival the pupils cannot wait - they really enjoy the displays we are invited to do. We will be having an exam session before Christmas – the children are working very hard towards their exams.

We will also have a show in the Autumn term. Rollason Stage School offers private lessons, exams competitions and shows which are optional. The children train hard whilst having fun, keeping fit and meeting new friends.

We also teach adult fitness classes in Heacham Scout Hut. Tuesdays Zumba 7 til 8pm and Chillates 7.30 til 8.30pm. Both £4 per person.

There's no better time to join us! Places are limited so book a place today!

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

Happy Dancing!

Michelle Rollason ABTDA

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Heacham In Bloom

The visit from the Anglia In Bloom judges appeared to go very well, all the results will be announced on 9th September. The Team has fingers crossed that it has once again achieved the Gold standard. Thank you to all of you

who met and spoke to the Judges about your support of Heacham In Bloom on the judging tour. Although Judging is over, the Team will be out watering, deadheading and weeding.

The Best Blooming Caravan Competition was judged in early July and the Team is pleased to announce the results are as follows:



1st PRIZE:
Malcolm and Valerie
Nicholson – Pioneer



2nd PRIZE:
Jan Taylor – Longacres



3rd PRIZE:
Ken and Margaret Muir – Pioneer.



The Winning Caravan Park was Palm Beach (top), with Long Acres coming 2nd (right) and Seashore Park 3rd (bottom).

Heacham In Bloom
heachaminbloom@btinternet.com



Heacham Beach Party

This year's party was held at Heacham South Beach on Sunday 6th July. As with every outdoor event, the British weather always makes things interesting but the rain, as forecast, cleared at 1.00pm and the afternoon got warmer and warmer. The party had a pirate theme and party goers were entertained by the Pirate Wizard doing magic and creating deadly pirate swords from balloons. Mik Richardson, a favourite of previous Beach Parties, helped children and adults alike to create graffiti type T-shirts. There was also, for those brave enough, a Walk the Plank challenge and that well known piratical version of welly wanging, Parrot Wanging. For the Captain Hook type of party goer there were skull and cross bone tattoos, but fairy tattoos were also available for those who were more Tinkerbell than Blackbeard. Jillian Carr painted a brilliant pirate couple photo booth,



no dressing up required. Andy Groom, the DJ, kept the party going with music and quizzes. The event, organised by the Community Activities Committee of the Parish Council, wouldn't have gone ahead without support from Jennings Shop, who provided the food and drink, Hunstanton & District Ladies Circle who helped pay for the entertainment, Mr and Mrs Stafford for the loan of their BBQ and Ed Hammond for hauling the equipment on to the Beach with his tractor.



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1st Heacham Cubs

The rest of the summer term was busy but, unfortunately, the weather beat us on one evening :). On Thursday 19th June we took the Cubs for a session of Water Polo with Jennifer Savage from 'Swim with Jennifer'. They had a good evening and so did the parents cheering them on.

On the 10th July we were supposed to go to Sandringham for an evening of games and compass/orienteering work but the weather beat us and we had to meet at the hut instead.

During this month the Cubs also completed their Athlete's badge.

Aaron Guy was awarded his Silver Award, the last one for this year. Well Done to all the Cubs who have received their awards this year.

On Sunday 13th July Cubs, together with the Scouts, went to the SHARP Dig at Sedgford for a good day of digging and learning. We were greeted by Sarah the Saxon lady and Louie the Viking. After a quick safety talk we were taken around the two sites and had a talk about Trench One which revealed a house and some animal bones. The second Trench they had a talk on the oven which was unearthed and the fact that they could say that the building it was housed in had been in a fire at one point.

Next, they were given a trowel and were allowed to have a go at excavating a trench. They found lots of flint but also some bones, nails, shells, pottery, Hunstanton chalk and a very old shotgun cartridge. Everything found, however small or odd, had to be put into trays for verification later. Then it was lunch and time to play a few games in the sunshine.

After lunch, the Cubs filled in an Excavation Report with details of the Artefact found with details of where it was found, what

it could have been used for, what size it was and what it felt like, and then they had to draw it.

Next the Saxon lady. Susan, took them through Poos from the Past with three different types of poo from Romans, Vikings and Tudor. The Cubs were able to see what they ate from what was in the Poo, put it this way the Cubs loved it!!!

To finish off, Louie the Viking told the Cubs about his clothes and showed off his shield, big axe and sword. They could hold the shield but the axe and sword were too heavy and sharp for the Cubs but Chil (Sam L) had a hold and could not believe how heavy they were.

The Cubs also had a chance to look round the shop and were all given a free Frisbee each. The weather was kind, not too hot and although there were a few spots of rain nothing too heavy.

Our last evening was an Hawaiian evening with hot dogs and ice cream. The Cubs also tried Mango, Pineapple and Banana dipped in Chocolate. Cubs had a go at Limbo and guessed the name of the Turtle.

Sadly, on our last night, we had to say Goodbye to Robert Bridge, Kieran Chick, Harry Cobb, Nathaniel Linsell and Rory Sewell who left us to go to Scouts in September. Each were presented with a Certificate and a Torch.

Joel Alway received the Certificate of Achievement for the term for always being cheerful and helpful plus helping one of the new Cubs at the SHARP Dig.

We look forward to returning in September and starting a new programme.

Happy Scouting to all our Cubs and hope you all enjoy your summer holidays

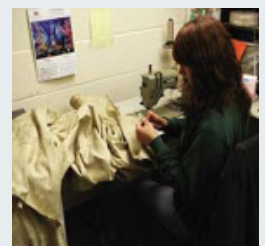
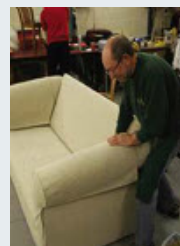
Akela (Sam C), Ziggy (Julie), Rama (Michael), Chil (Sam L) and our new young leader Hathi (Jemma)



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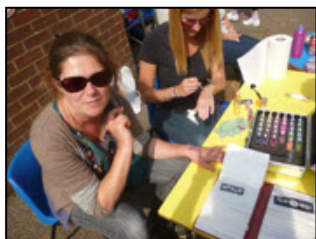
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Our summer fete on Saturday 12th July was an amazing success! We had a great variety of stalls, games, rides and shows and our families all had great fun in the sun. We raised a staggering £1120 for PTA funds.

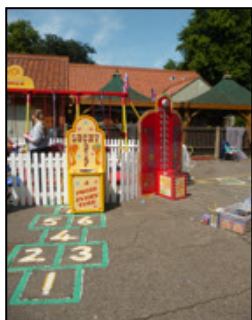


We would like to thank John-Henry Roper and Warren McShane for the fantastic rides, Gary and Maxine English for the bouncy castle, Sharon Wagg, Jason Sandle, Chris Gillings and Sarah Drew for the tasty BBQ, Mrs Clarey, Gordon, Mrs Dix and Nikki Fuller for our refreshments, Aaron Jones for his marvellous magic show, our delightful year 2 country dancers, Ed Hammond for the hay bales, Jillian Carr for

the picture board, Heacham Fire Crew, our Community Support Police Officers, the Parish Council and Steve Wagg for our tables, the lovely stall holders, and all our other helpers - Louise Jackson, Mrs Colley, Miss



Hughes, Mrs Ruddock, Adrian, Mr Little, Mrs Calderbank, Mrs Waters and family, Hollie and Stuart Ashley, Luke Enters, Mark McDonnell, Karen Fray and Tegan, Liz Heffer, Sandy Richardson, Vicky Proctor, Rachel Hollands-Richardson, Jodie, Lauren and Jack Sandle. We could not have managed it without them. We are sorry if we have missed anyone.



The last thank you goes to everyone who donated to the raffle, tombola and book stall, and especially to those who came and spent their money, and supported us on



the day. Without your support we would not have raised so much money for our school and our children. Here's looking forward to next year's fete!



**Rachael Sandle & Victoria English
Heacham Infant & Nursery School PTA**

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**By Lucy Pickup,
Smithdon High School (year 10)**



Heacham in Bloom has a very different approach to that of Hunstanton. The two areas are not rivals as they are entirely different. Heacham works on a low budget, they rely solely on donations and fundraising throughout the year.

Since 2009, Heacham has participated in Anglia in Bloom winning many awards along the way and last year winning Gold. The beautiful beds get better and brighter each year with an overall theme. This year the theme was remembering the wars and those who fought in them. Remembrance Day poppies were recycled in the flowerbeds and the poppy was a creative addition to the Heacham Sign display. In addition, the Fire Station bed used a propeller decorated with the recycled poppies from the Remembrance Day wreaths.

Heacham in Bloom enhances the village and without community spirit and a huge amount of hard work it would not be possible to keep it going. The committed workers spend multiple hours outside to make their village look beautiful. At the end of every season any flowers that can be recycled to benefit the following year's planting.

Overall, it is evident that In Bloom provides opportunities to show the love and care we have for our local communities, whether you live in a busy city, large town or a small village. So why not get your local area involved?

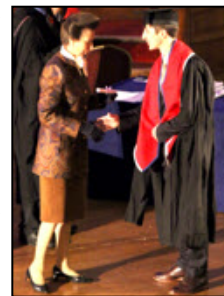


Heacham in Bloom volunteers getting down to work – photo by Lucy Pickup

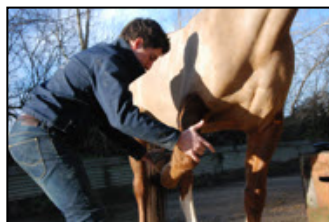
Lucy Pickup is a 15 year old, Year 10 student at Smithdon High School in Hunstanton who aspires to become a journalist as a future career choice. In Year 10 all students are asked to do a two week work experience placement in an appropriate work place setting and Lucy has done her work placement with Hunstanton On Line.

Samuel

"Samuel is a four-year master's degree graduate from the University of Bedfordshire: British School of Osteopathy (BSO). Founded in 1917, it is the oldest and largest organisation to teach osteopathy in the UK. Its patron is HRH The Princess Royal. HRH attended the BSO's Award Ceremony at Westminster's Central Hall when Samuel graduated and he was thrilled to receive his degree from her.



Samuel has been interested in osteopathy since he was 16. His ambition to work as an osteopath stems from a long term interest in health, fitness and well-being. Aged 19 he was the youngest student to be accepted on the access course offered by the BSO. Samuel has his roots in Norfolk, where he attended Wymondham College, and played rugby for the county and region. Samuel is also a qualified equine osteopath – having



completed a 10 month diploma at the Osteopathic Centre for Animals, Oxfordshire – and has inherited his family's deep love of horses. His great-great-grandfather, George Burton, was Head Coachman and Groom on two of the great north

Norfolk estates, Felbrigg and Gunton. "I'm passionate about what I do and feel privileged in being able to make a positive contribution to people's lives, particularly those members of the community who suffer from pain and immobility"

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Heacham and Hunstanton in Bloom By Stella Gooch and Lucy Pickup

2014 sees RHS Britain in Bloom celebrating its first 50 years since it was initiated in 1963 by the British Tourist Board. It is the largest horticultural project in the UK and the event inspires all our cities, towns and villages to make the best of their local environments. There are countless regional In Bloom groups such as Anglia in Bloom and then you have the towns and villages which compete within their regions.

Participation in Hunstanton in Bloom became a key part of Kings Lynn and West Norfolk Borough Council's (KL&WN Borough Council) regeneration plans for Hunstanton and the surrounding area around 2006. Since Hunstanton got involved nearby villages were inspired to take part. For the first time in the history of our local websites, we have gone on the trail of the In Bloom judging to find out up close and personal what its really all about.

Along the way we learned that Ringstead and Old Hunstanton withdrew from the competition over the years because it was felt winning awards was unnecessary. Despite this, both villages continue to be beautifully maintained and it is enjoyable to walk or drive around them both. Heacham and Hunstanton have both stayed the course and have gone from strength to strength. Both Heacham and Hunstanton have consistently improved on previous years and achieved awards and recognition for their contributions to Anglia in Bloom. So why put in all that hard work and how do these two different holiday locations achieve their fantastic results?

Lucy Pickup (on work experience with Hunstanton On Line from Smithdon High School) and I endeavoured to find out by following Anglia in Bloom judges on judging day (Brian Gardner and Bob Ollier) and talked to some of those that help make it all happen. Escorting the judges in Hunstanton were Cllr Elizabeth Watson, Chris Durham (Operations Manager Commercial Services at KL&WN Borough Council) and Pat Richardson (Vice Chair of Hunstanton In Bloom and a Henry Le Strange Community Orchard Warden).

Together we learned that KL&WN Borough Council has been the primary sponsor of Hunstanton in Bloom from the start and Hunstanton Town Council as well as local businesses regularly support their work. In addition, there are many people from throughout the town who volunteer to help including Brownies, Scouts, Councillors and local retired residents. As a result of all this support, very little fundraising is needed to support their planting/gardening projects. In fact Blossom Day (based around the Le Strange Community Orchard) is the only fundraising the Hunstanton in Bloom team actually do.

We met Adrian Withington, Orchard Warden, along with Kate Dunbar, one of the primary instigators of the Orchard, now in its third year, after the original idea was put forward by Elaine Bird of Hunstanton Town & Around. The Community Orchard - now boasting some 101 trees - has proved to be a highly successful community project and it is hoped that it will provide a harvest of all kinds of fruits (edible fruits expected in 2014) as well as become an important home for a variety of wildlife. The judges were guided around the Orchard by Adrian and Kate who explained that the trees within the Community Orchard had been chosen, sponsored and planted by local businesses, community groups, individuals and families. Indeed, Redgate Junior School and Hunstanton Infant School children had all worked hard planting over 25,000 native wildflowers including Primroses and Oxeye Daisies which will eventually spread throughout the Orchard.

Underlining the importance Hunstanton places on its role in Anglia in Bloom, live entertainment was arranged specifically for judging day and the judges dropped by to see the trumpeter at recently redeveloped Spinney plaza outside Legge's Cafe. This new open space can be hired at no cost for up and coming bands/musicians and it is hoped such entertainment will become a regular feature on our local landscape. Lucy and I certainly found it most enjoyable and relaxing listening to the sound of the trumpet whilst dining al fresco and can see it attracting many visitors for years to come.

Our two judges had a very busy day indeed, heading to Heacham immediately after lunch. On talking with the Heacham In Bloom team, Lucy and I learned that KL&WN Borough Council wanted the villages to get involved with In Bloom and approached Heacham Parish Council with some initial support to get them started in 2009. Susan Richardson, a Heacham resident felt strongly that it would be good for the village and was the first Chair of the Heacham in Bloom Committee, stepping down in 2013 with the post currently vacant. It was clear that the lack of a designated Chair was not an issue though as there is a very good team in place all working together to keep things moving forward. Sadly, after the first year of Heacham In Bloom, economic cutbacks ensured that Heacham was on its own and had to rely solely on fundraising campaigns and the generosity of donations from the public and sponsors. In addition, 100% of the work on the floral displays is carried out by volunteers with no manpower support from KL&WN Borough Council.

Heacham traditionally follows a theme for the whole village, rather than individual themed beds as seen in Hunstanton. This year's theme was focussed around the popular Remembrance Day poppy. Along the In Bloom trail in Heacham it was a sea of bright red flowers throughout. They say that necessity is the mother of invention and necessity has made the Heacham team very resourceful in recycling old blooms and this year they also recycled artificial poppies from last year's Remembrance Day wreaths to great effect.

Heacham Junior School was an unexpected surprise and reiterated the fact that all areas of a community can really get stuck in with a project like In Bloom. The school has created an eco-friendly learning environment as part of Heacham In Bloom. Over some two or three years outdoor project has developed to include:

- * A greenhouse made out of plastic lemonade bottles - this you have to see to appreciate!
- * Lots of bird feeders to encourage bird life.
- * A hide to observe the bird life from.
- * A herb garden.
- * A vegetable garden.
- * Outdoor classroom – resembles an exposed summer house – opened 2 years ago.
- * Wild garden – left that way to encourage bug life - do regular bug hunts.
- * Wild wood.

Within the wild wood you can see a number of impressive trees which have hearts attached to them clearly saying the tree has been adopted by a child or two. The children are encouraged to get really proactive with their outdoor project and get close to nature, resulting in an outstanding and hands on learning project.

During the Heacham judging a cup presentation was made to Geraldine Roseblade at Palm Beach Holiday Park on North Beach with Diane Jarrod and Nigel Buckley representing Seashore Holiday Park. Both caravan parks were awarded certificates for Best Blooming Caravan Park. Looking around we could see their awards were highly justified.

Another key point of interest in Heacham was the Alms Houses. Trustee, Stephanie Smeaton told us that the villages collected pennies circa 1895/6 and the Rolfe family donated the land to enable development of the Alms Houses to provide low cost homes for the lady spinsters of the village. Over the years the houses had fallen into disrepair but in 2009 a project was set up to renovate the houses and naturally there are no funds to maintain the gardens so they have become part of Heacham In Bloom.

Our journey alongside the Anglia In Bloom judges was a very interesting one indeed and it was very clear that the hard work put in by the town of Hunstanton and the village of Heacham has resulted in beautifully enhanced environments adding further polish to what we already know is an Area of Outstanding Beauty here in West Norfolk.

So its best of luck to Hunstanton for the Britain in Bloom judging on 4 August 2014 and fingers crossed we get more great awards to the accolades already reaped by Heacham and Hunstanton.

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Scallywags Parent, Baby and Toddler Group

Thank you to all you Scallywags, big ones and little ones, for coming along! We have thoroughly enjoyed seeing you on a Wednesday morning at the Scout Hut and hope you have had fun playing, making, singing, gardening and snacking with us!

Isobel and Georgia - we wish you happy days ahead at lovely Heacham Nursery!

We return on Wednesday 10th September from 9.30 to 11am. Please do come along when you can, we would love to see you and your little ones! We are based at the Scout Hut in Sunnyside and are fortunate to have use of great facilities including a garden and a car park. The cost is £2 per family. We have a large selection of indoor/outdoor toys to play with and the children can join in a sit down snack, craft activity and singing at every session. A big thank you to all you parents, grandparents and carers for all your help in making that happen (including Jacob's lovely grandad Bob who has been a brill Mr Fixer recently for us! Thanks Bob!)

Finally, thank you to The Heacham Infant & Nursery PTA for organising a fab summer fete. Our stall raised £68 towards new toys and books for Scallywags. Thank you to all who supported it. Louise's wonderful cake stall raised over £100 for all things Scallywags garden! Thank you for always being so generous with your time and knowledge Louise/Mrs Bloom - the garden is looking and tasting good! (Louise would like to thank all who supported her stall, Becky and Kat for their help on the day, Tracey and Olivia for donating ingredients and her bakers Liz, Flo, Kathryn, Elaine, Tory, Angela, Jo, Harry and Freddie Toop! It certainly was all very yum!)

For more Scallywags info please call Jo 07521 447284 or Clare on 07816 913657.

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HOW TO FIND US



WHAT'S ON REGULAR EVENTS

PC = Parish Council Office, Pound Lane
PH = Public Hall
NC = Neville Court

OFH = Old Friends Hall, Sunnyside
PRH = Pine Resident's Hall, Wilton Rd
SG = Scout & Guide Hut, Sunnyside

HSC = Heacham Social Club
MC = Methodist Church Hall, Station Rd
SM = St Mary's Church Hall, High Street

MONDAYS

TABLE TENNIS 9.30am Tel: Adrian 570477 (PH) Top Room
ART GROUP 10am-12noon Paint or Draw in any medium To join or for more info Tel:572247 Shirley Milborne (PRH)
SUNNYSIDE CLOSE (Sheltered Housing for over 60's)
Coffee Morning 10.30am Tel : 570492
RAINBOW CIRCLE TODDLER GROUP 1pm in school term time Tel: Pip 570812 or Karen 571837 (SM)
ZUMBA GOLD Exercise to music 1-2pm Suitable for all levels 2.15 - 3.15pm Gentle stretch & relaxation classes for all ages Tel: Suzie Povey 07900 818311 (PH)
ROLLASON STAGE SCHOOL Dance Classes 6yrs+ Ballet/tap/modern 4.15-5.15pm Junior Street 5.15-6pm Tel:579074 (PH)Top Room
2nd HEACHAM RAINBOWS Term Time Girls 5-7 years 5 - 6pm Contact Tel: Jenny 534107 (MC)
JUNIOR TENNIS COACHING 5 - 6pm 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 2nd August ‘Steam Rally’ at the Fox & Hounds with Live Jazz Music from 4pm
 ** ‘Victorian Summer Fete’ at Fridhem Rest Home 2–4pm
 Tombola Raffles Hoopla Cards Tea & home-made cakes
 ** GIG ‘Dan Austin’ at Heacham Social Club
 ** GIG ‘Pat Martin’ at Silver Sands
Sunday 3rd August Heacham Carnival Parade Starts at 2.30pm from College Road
 ** GIG ‘Hell Fire Jazz Band’ 1.30pm at the Fox & Hounds Station Rd
Tuesday 5th August GIG ‘DNA’ 8.30pm at the Fox & Hounds Station Rd
Friday 8th August GIG ‘Reckless Jivin’ 8.30pm at the Fox & Hounds Station Rd
Saturday 9th August GIG ‘Dan Austin’ at Heacham Social ** GIG ‘Mikki Johns’ at Silver Sands
Tuesday 12th August GIG ‘John’s Blues Crew’ 8.30pm at Fox & Hounds Station Rd
Friday 15th August GIG ‘Workhorse’ 8.30pm at the Fox & Hounds Station Rd
Saturday 16th August GIG ‘Dave Ryka Howard’ at Silver Sands
 ** GIG ‘Mark Wilkinson’s Jazz Quartet’ at the Fox & Hounds Station Rd
Sunday 17th August 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 ‘The Offshore Rivers’ at the Fox & Hounds
Monday 18th August ‘Bingo’ at Fridhem Rest Home Station Road Eyes down at 7pm All Welcome
Tuesday 19th August GIG ‘Back Pages’ 8.30pm at the Fox & Hounds Station Rd
Friday 22nd August GIG ‘Hush’ 8.30pm at Fox & Hounds Station Rd
Friday 22nd to Monday 25th August ‘August Bank Holiday Beer Fest’ at the Fox & Hounds Real Ale Cider & live music
Saturday 23rd August Fundraising event in aid of Help for Heroes 10am to 2pm at Pioneer Holiday Park Southbeach Road Heacham
 ** GIG ‘Mike Terry & Friends’ at Heacham Social Club
 ** GIG ‘Bank Holiday Motown Night with Cory Lewis’ at Silver Sands
Sunday 24th August 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 Prize Bingo at Heacham Public Hall Doors open 2.30pm Eyes down 3.30pm All Welcome
 ** GIG ‘The HillBilly Cats’ 8.30pm at the Fox & Hounds Station Rd
 ** GIG ‘Elvis Night with Ian Coulson’ at Silver Sands
Friday 29th August GIG ‘Jam Session with DNA’ at the Fox & Hounds Station Rd
Saturday 30th August Heacham Twinning Association ‘Quiz Night’ 7pm for 7.30pm start at The Old Friends Hall Sunnyside Teams of 4 Tickets £2.50 per person For tickets Tel: 579465 or 570274
 ** GIG ‘Rhiannon Rae’ at Heacham Social Club

** GIG ‘Kenny Bernard Singing his Old Time Big Party Woman’ at Silver Sands


Sunday 31st August 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

Wednesday 3rd September Classic Cars at the Fox & Hounds from 7pm

Friday 5th September Macmillan Coffee Morning 9.30am to 11.30am at Neville Court Tombola Bric-a-brac Cake Stall Books & Hand-Made Cards

Thursday 11th to Saturday 13th September Annual Sale in aid of Top Kids of Belarus and NSPCC 10am – 4pm at the Church Hall High St Heacham Only new, nearly-new and second-hand items for sale

Saturday 13th September Photographic Exhibition ‘Village Life’ at the Old Friends Hall Sunnyside. If you are interested in showing your work Tel: 572142

Please turn to the next page for ‘Other Events’ 

NEWSLETTER SUDOKU No. 83 Complete the puzzle so that each row, each column and each block of nine contain the numbers 1 to 9. Solution next month.

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

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

Solution to Newsletter SUDOKU No. 82

What holds water in spite of being full of holes?
 Why are pianos difficult to unlock?
 Answers on page 39

OTHER EVENTS

Saturday 2nd August 'Music on the Field' at Thornham Playing Field 2pm to late Entry £10 under 12's free

Tuesday 5th August Brancaster Camera Club 'An evening with Bob Norris EFIAP. APAGB' President of the EAF 7.30pm at Brancaster Staithe Village Hall Entrance £3 inc's refreshments For info Tel Jim Till 210013 or Wendy Callow 01553 674725

Wednesday 6th August Norfolk Wildlife Trust invite you to 'A Wildlife Fayre' 2pm-5.30pm at West Barsham Hall NR21 9NP Entry £3.50 accompanied under 12's

** 'Boats at Bayfield' at Bayfield Hall near Holt 4-8pm For more info www.rescuewoodenboats.com

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

Friday 8th to Sunday 10th August Brancaster Camera Club 'Annual Print Exhibition' Judged by Jim Hartje ARPS EFIAP DPAGB APAGB 10am – 4pm at Brancaster Staithe Village Hall

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 Second Annual Ringstead Art Exhibition 'Art in Your Eye' at Ringstead Village Hall 10am to 5pm daily Free entry and parking

Saturday 16th August Burnham Market Craft Fair 10am to 5pm Over 100 stalls plus Hog Roast & Punch & Judy

Sunday 17th August Hunstanton Rotary Club in conjunction with the RNLI 'Kite Fair – Classic Car Day - Motor Cycle Rally & Fun Dog Show' at Smithdon High School 10.30am to 6pm

Tuesday 19th August Brancaster Camera Club 'Digital Image Competition – to be arranged' 7.30pm at Brancaster Staithe Village Hall Entrance £3 inc's refreshments For info Tel Jim Till 210013 or Wendy Callow 01553 674725

Sunday 24th & Monday 25th August 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

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

Mondays

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

Tuesdays

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

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 (5th 12th & 19th August) 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 Sedgeford Village Hall Contact Sandee Tel: 01485 570485

SING FOR WELLBEING Snettisham Community Choir 10am–12noon at St Mary's Church Hall Snettisham For info Tel:Carol O'Neill on 01328838616 (Autumn Term starts 3rd Sept)

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

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

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

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

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

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

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

BURNHAM MARKET CRAFT FAIR

Burnham Market's much acclaimed Craft Fair (which is in its 39th year) will be held on Saturday 16th August 2014.



This year's craftspeople have been selected from around 200 applications and have been hand-picked for quality and variety. Traditional, local and regional crafts will be displayed alongside items by local artists, designers and

artisans on over 100 stalls in the centre of the village, on the greens, from 10.00am to 5.00pm.

Exhibitors include jewellery, plants, textiles, ceramics, cards, woodwork, pottery, basketwork, sculpture, furniture, glassware, photography, aromatherapy, metalwork and more.

Stallholders contribute 10 per cent of their takings which are distributed to local good causes.



There will be a traditional Hog Roast and Mr Poz, with his Punch and Judy Show, will entertain children throughout the day.

Ample parking is available on the Creake Road Playing Field, near the petrol station, for a small fee.

Enquiries regarding the Craft Fair 2014 to Geof Hanley on 01328 738 503 or email geof.hanley@virgin.net



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Ward Gethin Archer – Meet & Mingle Event

Thank you to everyone for joining us to 'Meet & Mingle' along with local business representatives, clients and some lovely people from the surrounding villages. We enjoyed catching up with everyone. Many thanks to local estate agents for coming along and helping to put faces to names after many years of successful working relationships.

We will be holding different events throughout the year so please remember to check our website for further details at: <http://www.wardgethinarcher.co.uk/whats-new/events/>

Pictured from left to right are Nicola Firth (Wills & Probate), Melanie Egginton (Property), Cheryl Page (Partner - Wills & Probate), Heather Howell (Secretary) and Andrea Butcher (Personal Injury Lawyer).





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Hunstanton & District Rotary Club

Rotary Matters

Following the Norton Hill Light Railway Rotary event at Hall Farm, Snettisham on Saturday and Sunday, July 26th & 27th, our next big event is the Kite Fair, Classic Car and Motor Cycle Rally and Fun Dog Show on Sunday, August 17th, 10.30am to 6.00pm at its usual site, Smithdon High School, Hunstanton. It is organised in conjunction with the R.N.L.I. Last year was our best ever and, whatever the weather, there will be plenty to occupy adults and children alike with entertainments, a 'Food Hall for all', Arts & Crafts stands, Trade stands and a R.N.L.I lifeboat on display. Weather permitting there will be a rare flypast by a Battle of Britain Dakota. More information can be obtained from Rotarian Nigel Corley, tel 01485 542043. All proceeds go to charity.

At our meeting on June 18th, it was very rewarding to see the results of the Rotary Centenary awards that our club had given to two Smithdon school boys. John Savage and Tony Spaans. Both gave remarkable presentations, with slides, about their activities.

Tony Spaans, a talented musician, enjoys giving his time to fundraising. He teaches piano (his youngest pupil is just 5 years old), takes an interest in sound engineering and belongs to a music group. He has given assistance to the disabled guests at Park House (Sandringham), and has played his keyboard for them. Tony is an Ambassador for supporting other schools and the Student



Council. Like John Savage, he has raised funds for many charities, including East Anglian Air Ambulance. He is hoping to study physiotherapy and work in the NHS.

John Savage, who first joined the Beavers when he was 5 years old, joined the Scouts aged 13, and now aged 17 years old, has worked his way up to Sergeant with the Air Force Cadets. His achievements for fundraising include a sky dive, raising £400.

He has helped SAFFA, Gt. Ormond Street. Lions, Help for Heroes and a few more. He has now gained a light aircraft licence and hopes to have a career with the RAF.

We had an excellent event at Heacham Manor at the end of June. We were delighted to welcome our first Associate Members, David Scotney from Hunstanton and Roger Raven and Jean Raven from Heacham. President Ben Warnes, members and guests, gave an official welcome and all three were presented with an Associate Member lapel badge.

The event was notable too for the changeover of Club President.



Rotarian Peter Atterbury (from Hunstanton) became our new Club President and Rotarian Adrian Evans (from Heacham) our new Vice President for the year 2014-15. Our President for 2013-14 has been Ben Warnes and at the event he gave tribute to the work of members which enabled nearly £21,000 to be raised for charity. He highlighted the events and activities that he felt had been particularly pleasing. In particular, he felt that the 'Lend with Care' scheme to which the Club now contributes, was particularly

successful and rewarding. He also said that the events such as mock interviews and presentation of awards to young students illustrating 'Service above Self' (Rotary's motto) were very pleasing in their success. In reply, our new President, Peter Atterbury, thanked Ben for his work during a very good year for the Club. Peter said that it was an honour to be elected President to represent the Club and he wished to continue to



develop new ways of raising our profile and earning money for charity. He hoped to see an increase in membership, both full and associate membership. During the coming year he intends to concentrate on two projects in particular, the 'Lend with Care' scheme and the Food Bank.

Further information on Rotary can be obtained from Club President Peter Atterbury, tel 01485 534820 or Rotarian Phil Newell tel 01485 533864. Club website: www.hunstanton-rotary.org.uk

The photos show

- (1) From left to right, Associate Members Jean Raven & Roger Raven, President Ben Warnes, Associate Member David Scotney
- (2) Our new Club President Peter Atterbury being presented with the chain of office by retiring President Ben Warnes
- (3) Adrian Evans who had been presented with the vice-president's ribbon of office by new President Peter Atterbury

Phil Newell & Rene Rooth



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Age UK Norfolk extends Home Support and Care Service across West Norfolk

08.05.14, Age UK Norfolk Home Support and Care – Older residents across West Norfolk can now enjoy longer periods of independence and companionship as Age UK Norfolk’s Home Support and Care service extends its network of Support Givers.

The Home Support and Care service is designed to help older residents who are still living at home with anything from household tasks to shopping and offers friendly companionship so that family members are able to spend more quality time with their loved ones and less time on chores. The Home Support and Care service, which operates as a social enterprise, was previously only available in Norwich and King’s Lynn, but has now been extended to cover the whole of Norfolk. Home Support and Care SupportGivers are available for regular or occasional visits from as little as one hour up to eight hours a day, five days a week.

Home Support and Care Manager, Josie Moore says: “As a trusted local charity Age UK Norfolk has over 65 years experience in providing services for older people across Norfolk. We are proud to help clients to live independently – giving them more opportunities to socialise and enjoy later life. We are delighted to now be able to extend our Home Support and Care service to residents throughout West Norfolk and hope that we can help to enhance the lives of the local older community.”

For more information or to book a free consultation, call 0303 3000 285. Calls are charged at standard local rates and are included in all telephone packages offering free local calls. Alternatively, visit www.homesupportandcare.com



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AUGUST 2014

31 July - Income Tax: a Self Assessment Tax Return for 2012/13 not filed online by 31 July 2014 will attract a tax-gated 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).

Corporation tax: payment of corporation tax liabilities for periods ended 31 October 2013 if not liable to pay by instalments.

2 August - Outstanding 2012/13 SA Tax Returns: now subject to a penalty of £300 or 5% of tax due, whichever is the higher, in addition to previous late filing penalties.

P46: Filing date for form P46(Car) for quarter ended 5 July 2014.

7 August - VAT: due date for VAT return and payment for 30 June 2014 quarter (electronic payment).

14 August - EC sales: monthly EC sales list if paper returns used.

19 August - Employers: 2013/14 Class 1A NIC not paid by these dates (i.e. 30 days late) will attract a 5% penalty: 19 August for payments by cheque (and 22 August for electronic payments).

PAYE/CIS: payment due for month ended 5 August 2014, if by cheque (and 22 August for electronic payments)

CIS: file monthly CIS return.

31 August - Company Accounts: private companies with 30 November 2013 year ends should file their accounts at Companies House.

VAT: Annual adjustment for VAT Partial Exemption claims for May year end.

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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Hunstanton Lions Club HUNTING LIONS

Deep in the wilds of North West Norfolk the hunt is on for lions. To be more precise, new lions (members) for the Hunstanton & District Lions Club. No qualifications or special skills are required just an enthusiasm and motivation to help those less fortunate in our community.

The Club's area includes Hunstanton, Ringstead, Old Hunstanton, Holme next the Sea, Thornham, Brancaster, Docking, Sedgeford, Heacham, Snettisham, Ingoldisthorpe, Dersingham and Sandringham. There are currently just 20 members. In the last 12 months we have donated funds to 36 worthy causes and organised two 'flagship events'; a Summer Fun Fair Day for Less Aabled Children and Senior Citizen Christmas Turkey Tinsel Lunches with over 600 people enjoying a festive feast.

- Two frequently asked questions are 'Who are the Lions and what do they do'? Full details are on the 'Lions Club International' website but in brief, Lions Clubs International (LCI) was formed in 1917 in the USA by Chicago businessman Melvin Jones who wondered what would happen if people applied their collective talents to improve their communities. Today, there are 1.35 million members world-wide with 17,000 in the British Isles and Ireland spread across 900 clubs.
- Lions Clubs help local communities in towns, villages and cities, in hospitals, schools and community centres, and in places struck by natural disasters. Each Club supports a range of events and projects in its local community within four broad categories - health, sight, youth and international. Clubs raise funds for local good causes, organise local events and directly support both individuals and groups.
- As volunteers, we are enthusiastic about making a difference and achieving extraordinary things. As people, we are ordinary men and women, who enjoy ourselves and gain satisfaction from playing a role at the heart of the community.

Hello, I am Angie, your new President of the Hunstanton & District Lions Club. It is a great honour to take on this role as the first ever 'Lady' President since the Club's foundation in 1980.

I joined the Lions in 2009 after being invited to participate in a Children In Need fund raising night. It was great fun, we collected many generous donations and I wanted to do more so signed up. Since then, I have been Chairperson of two committees, Fund Raising and Donations. This has given me a really good understanding of how the Lions work and an appreciation of the diversity and needs of our community. I have had the privilege of working with and helping some extraordinary people and extremely worthy causes. It has also been great fun!

I hope to carry on the good work of past Presidents and continue to move the Club forwards. My main objectives are to raise our profile and increase membership, particularly younger people. I am also keen to improve communication and coordination with other volunteer groups and event organisers because we can achieve so much more by working together.

If you are interested in becoming involved, the first step is to come along to one of our monthly social evenings, where you can chat informally to members in a relaxed atmosphere. Hopefully, you will like what you see and hear. The next step will be to sit in on some Business Meetings to gain a deeper insight in our projects and plans. Once you have done this you will be inducted as a member.

For more information about the Lions and how to get in contact please look at www.hunstantonlions.org.uk. You can also ask any member at an event - don't be shy; we may be Lions but we don't bite!

We look forward to meeting you.

Angie Keightley



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Nominate now for the Norfolk Safer Community Awards 2014

Has your local police officer, member of police staff or community volunteer, gone that extra mile for you? Is there something they do for your community that you would like to acknowledge?

Norfolk Constabulary is asking you to show your appreciation by voting for them in our annual Norfolk Safer Community Awards (NOSCA's).

Now entering its seventh year, the Norfolk Safer Community Awards offer people the opportunity to support the continuing efforts of the community and the Constabulary in helping to keep Norfolk a safer county to live, work and visit.

The awards combine internal recognition with local communities voting for officers they feel deserve an award for their contributions to their local community. Additionally, if people know of an exceptional individual or group who need to be thanked they are encouraged to nominate them for an award.

Chief Constable Simon Bailey believes the Norfolk Safer Community Awards help recognise excellence from police officers and members of the community.

“In these times of financial challenge when we are having to deliver a high level of service with less funding, it is pleasing to see so many people going above and beyond what is expected of them. I would urge you all to nominate and vote for those people from local communities through to police officers and police staff who, with their actions and words, have made a difference to the area we all live and work in.”

Two new categories have been added in 2014. The recipient of the Bravery Award will be chosen by the Chief Constable to recognise outstanding bravery in any walk of life. Members of the public will also be able to vote for the Norfolk ‘Police Dog of the Year’ category. Voting for this award will be carried out via Norfolk Constabulary’s Facebook page.

As before, readers of the Eastern Daily Press can choose their Community Officer of the Year who are nominated by district commanders across Norfolk. Voting forms will be available in the paper and online shortly.

The three other categories that members of the public can nominate someone for are: The John (Cecil) Mason Volunteer of the Year, Young Citizen(s) of the Year and Community Citizen(s) of the Year.

Norfolk Safer Community Awards are funded by sponsorship from commercial and community partners.

Sponsors for 2014 include:

- Eastern Daily Press – Community Police Officers of the Year
- Office for the Police and Crime Commissioner for Norfolk
- Shell UK Ltd
- Dardan Security
- Reed Specialist Recruitment
- East of England Co-operative
- Norfolk Chamber of Commerce
- Holiday Inn

Nominations can be received between 14th July and 15th August 2014. The winners and runners-up will be invited to a special awards evening taking place at Holiday Inn, Cromer Road, Norwich on Thursday 23rd October 2014.

Full information about the awards and entry criteria is available on the new NOSCA's website along with online nomination forms for all categories www.noscas.co.uk

2014 Categories are:

- 1 Student Officer of the Year
- 2 Investigator of the Year
- 3 The John (Cecil) Mason Volunteer of the Year Award
- 4 The Reach Out Award
- 5 The Excellence Award
- 6 Young Citizen(s) of the Year
- 7 Problem Solver of the Year
- 8 Community Citizen(s) of the Year
- 9 The Chief Constable’s Special Recognition Award
- 10 The Bravery Award
- 11 Community Officer of the Year
 - Police Officer (Jim Wilson Plate)
 - Police Community Support Officer (PCSO)
 - Special Constabulary Officer of the Year
- 12 Outstanding Team of the Year
- 13 Police Dog of the Year
- 14 Safer Neighbourhood Team of the Year



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Brancaster Camera Club

Tuesday, 5th August 2014

An evening with Bob Norris EFIAP.APAGB, President of the EAF.

8th, 9th & 10th August 2014

Our most important event of the year:
Our Annual Print Exhibition judged by Jim Hartje
ARPS.EFIAP.DPAGB.APAGB

This is held in Brancaster Staithe Village Hall 10am - 4 pm.

The judging will take place on Thursday 7th. A digest of this will be held at 7.30 pm that evening.

Visitors are welcome to hear the Judge's comment.

Tuesday, 19th August 2014

Digital Image Competition - to be arranged

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

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.

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Hunstanton Community Choir

During The Hunstanton Carnival on Sunday 29th June, late in the afternoon as the fabulous day's events were drawing to a close, the wind was whipping with a definite chill in the air. The choir got into the swing of their performance, voices raised with The Skye Boat Song; the wind persisted and tried to blow their passionate rendition 'over the sea to Skye', but then the clouds parted and the sun shone through and stayed with them during their turn. Gathering momentum, the choir went on to perform; English Country Garden, Va Pensiero, I Dreamed a Dream, The Ash Grove, Bridge Over Troubled Water and ended with an exhilarating



rendition of I Do Like To Be Beside The Seaside – the watching crowd enjoyed joining in with this one!

On Monday 7th July on a brilliantly sunny early evening, in the heart of Snettisham, people thronged from around this community to remember lives lost during WW1 & 2. A heart-warming event to mark the occasion of the rededication of the War memorial in the centre of the village, and brought tears to the eyes of many. Spectacularly all started by a fly-past of one of the amazing RAF Tornado jets, the emotion felt through the gestures of those who took part, the words spoken, the music played and the songs lead by the choir. What better way of rousing voices into action than by singing out one of the old wartime favourites, "Pack up your troubles"? The song held on the air and echoed throughout the village centre. Well done everyone who was there, to show respect, to remember and to share this very special occasion.

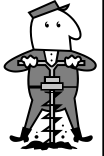
Hunstanton Community Choir continues to grow as their popularity spreads. A recent count of members has them heading towards 100! The enthusiasm of this strong singing force can be heard on Tuesday evenings by anyone passing the Town Hall between 7.00-9.00 p.m. especially on a balmy evening when the doors are held open to welcome in any passing cool breeze (as well as any passing person who gets drawn closer). Don't be surprised either if you're out near The Green and this large group of people appear and burst into song, as the choir begin to test the open space for further up and coming outdoor events.

Liz Rogers

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Coastal Stroke Support Group to receive a year's worth of support from Sainsbury's Hunstanton

- Customers were able to vote for their favourite charity to be considered
- It's the sixth year of Sainsbury's Local Charity partner scheme, which has raised over £6 million for local charities

Sainsbury's Hunstanton has announced that **Coastal Stroke Support Group from Hunstanton** will receive a year's worth of fundraising and awareness support. The Hunstanton Coastal Stroke Group who support local people, will be the new Local Charity for the Hunstanton store.

To celebrate the announcement, a launch day will be taking place at the Hunstanton store. Representatives from Coastal Stroke Support Group will be on hand to greet customers throughout the day. The store team will also be fundraising for the new charity.

The retailer's Local Charity scheme is now in its sixth year and gives customers the chance to vote for their favourite local charity to be considered to receive a year's worth of support from their Sainsbury's store. The scheme has raised over £6 million to support local charities since 2009. Sainsbury's store, situated in Hunstanton, has had great success in supporting previous local charities.

Customers had a huge say in this year's announcement and voted in-store and online between 28th May and 8th June. The store colleagues then decided that Coastal Stroke Support Group were the best charity for them to work with to make a real difference.

Chris Bryant from Coastal Stroke Hunstanton said: "We know the success that the Local Charity partnership has brought to many charities in Hunstanton, so when we received the news we were thrilled. We hope the partnership will help raise awareness of our cause to the store's customers and will help us develop the important service we provide to the community".

Mark Lane, Store Manager at Sainsbury's said: "We've had a great response from our customers this year, both through in-store and online votes. We're delighted to have chosen a charity which touched many of our colleagues' hearts. We will now be working closely with the charity to ensure they really benefit from being our Local Charity for the next 12 months"

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JOIN SNETTISHAM COMMUNITY CHOIR AND SING FOR WELLBEING

Everyone in and around Snettisham is being encouraged to find their voice and enjoy better health by singing with their *local Community Choir*. A new 12-week term begins on 3rd September and runs on Wednesdays from 10am – 12noon at St. Mary’s church hall. People who are keen to have a go can take advantage of an anytime *free taster session* by visiting the Sing For Wellbeing website or by picking up the telephone to book a place.



Carol O’Neill, who has worked with Community singing groups for 25 years, established the Choir over four years ago and says: “I

strive to offer an alternative experience that instils confidence in us and our singing voices and I am passionate about the effects of harmony and what is possible when a group comes together to sing. Research has shown that singing is great medicine for heart & lung disease and also helps to lift depression. Pitch and vibration have a healing effect on a molecular level and can bring cells back to a state of equilibrium simply by singing songs.”

“It doesn’t matter if you don’t read music because songs are taught by ear. There are no auditions and you never have to sing on your own unless you choose to” continued Carol. “The type of music we sing varies and may include Folk, Pop, Early Music, Original Works and World Music. I am moved by the friendships that develop between the singers who become supportive of each other in the singing and in their lives.”

The course is for all age groups and those who wish to find out more or book a place should call Carol on 01328 838316 or visit her website www.singforwellbeing.co.uk



BBC CHILDREN IN NEED 2014 - 14th NOVEMBER



Hunstanton’s Princess Players are pleased to announce this year’s autumn production will be a Variety Show, in aid of the BBC Children in Appeal to be held at the Princess Theatre on 14th November commencing at 7.30pm.

The show, similar to those very memorable Children in Need fundraising shows at the Princess during the 1980’s, will not only include the very talented members of the Players but also other invited guests, many of whom were involved way back in 1986. One such couple who met that evening, have now been married over 25 years, and are now actively involved in the running of Hunstanton’s delightful Princess Theatre. Other artistes are also welcome to be auditioned to appear in the show and the Princess Players hope that the town and area will also become involved and raise money to be presented on stage in the course of the evening.

For further information contact Rae Steward on 01485 533420

SJP

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Local history and archaeology? 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 continues until Friday August 15th 2014, and visitors are very welcome from Sunday to Friday between 10am and 4pm, with an extended tour on Fridays at 3.30pm conducted by the various supervisors. All free of charge. (Please note we are closed on Saturdays)

In addition, we have lots of background to the dig and merchandise in the Information Hut and, if you are hungry or thirsty, we have refreshments available at the 'Diggers Café'.

Tuesday night lectures connected with archaeology at Sedgeford Church on 5th and 12th August. These commence at 7.30pm and usually end by 9.00pm at the latest. Bring a pew cushion to sit on if you wish. There is a £3 entry charge.

If you want to join in, there are some courses about different aspects of archaeology. See www.sharp.org for more information and application forms.

How to find us.

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

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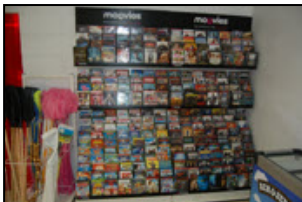
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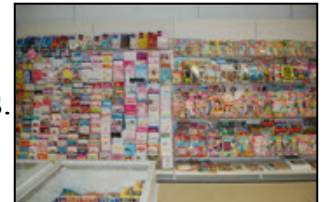
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Extra Hands have been providing high quality care in the community across Norfolk for over 20 years. During that time our team has grown steadily and we now employ more than 150 carers and 25 administration staff in the area - a skilled, friendly and dedicated workforce who really make a difference to the people that they serve.

We are currently looking for social carers to join our team so if you have been thinking about a career in the care industry or are seeking a rewarding job with flexible working hours, to include alternative weekends, please read on...

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1st August Magic of ELO THE ELECTRIC LIGHT ORCHESTRA	2nd August Magic of Queen A Kind of	Jimmy Cricket Great Value for a Tenner Comedy Show 3rd August Children in the Front	6th August Everly Brothers Tribute	August 2014 Shows Princess theatre 01485 532252
Marty MacDonald's Farm 7th, 14th, 21st & 28th August	9th August West Coast Beach Boys	14th 21st & 28th The Great British Seaside Special	ROY CHUBBY BROWN'S Who Ate All The Pies? LIVE 15th Aug	
Navi 16th Aug Navi	17th Aug The Searchers	Simon & Garfunkel Story 20th Aug	23rd Aug ELVIS A Vision of	Music on the Terrace Sun 3rd August Delta Pilots Sat 9th August Steve Moyse Sun 10th Aug Strutty Sun 17th Aug Steve Moyse Sun 24th Aug Strutty Mon 25th Aug Delta Pilots Sun 31st Aug Steve Moyse Sun 7th Sept Strutty
The Indians 24th Aug The Indians	27th Aug BABY I NEED YOUR LOVIN'	30th Aug Billy Fury Story	31st Aug BARRON KNIGHTS THE SOUNDTRACK OF OUR LIVES	

School report

Smithdon High School
Downs Road, Hunstanton, PE36 5HY



Inspection Dates

Overall effectiveness

Previous Inspection:	Requires Improvement	3
This Inspection:	Good	2
Achievement of pupils	Good	2
Quality of Teaching	Good	2
Behaviour and safety of pupils	Good	2
Leadership and management	Good	2

Inspection team

Jalil Shaikh, Lead inspector	Additional Inspector
Piers Ranger	Additional Inspector
Stephen Daniels	Additional Inspector
Claire Austin-Macrae	Additional Inspector

Mr J Goodchild
Headteacher
Smithdon High School

Answers for page 23

- A - A sponge
- B - Because the keys are inside

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HIGH WATER AT HUNSTANTON Heights above chart datum Time Zone UT (GMT) add 1hr for BST									
August 2014			September 2014						
Date	Morning		Afternoon		Date	Morning		Afternoon	
	Time	m	Time	m		Time	m	Time	m
1 F	09 00	6.8	21 29	6.4	1 M	09 41	6.6	22 09	6.2
2 SA	09 31	6.6	22 03	6.2	2 TU	10 28	6.1	23 02	5.8
3 SU	10 09	6.3	22 46	6.0	3 W	11 34	5.7		
4 M	10 58	6.0	23 43	5.7	4 TH	00 20	5.6	13 14	5.6
5 TU			12 04	5.7	5 F	01 57	5.8	14 52	6.0
6 W	01 02	5.6	13 35	5.7	6 SA	03 11	6.3	16 01	6.6
7 TH	02 25	5.8	15 02	6.1	7 SU	04 11	6.9	16 58	7.0
8 F	03 33	6.3	16 11	6.4	8 M	05 03	7.4	17 50	7.4
9 SA	04 31	6.8	17 11	6.9	9 TU	05 51	7.9	18 36	7.6
10 SU	05 22	7.4	18 04	7.3	10 W	06 37	8.1	19 19	7.8
11 M	06 11	7.8	18 54	7.6	11 TH	07 22	8.2	19 57	7.8
12 TU	06 57	8.0	19 39	7.8	12 F	08 03	8.1	20 34	7.5
13 W	07 41	8.1	20 21	7.6	13 SA	08 45	7.8	21 10	7.2
14 TH	08 24	8.1	21 01	7.4	14 SU	09 28	7.3	21 48	6.7
15 F	09 07	7.8	21 42	7.0	15 M	10 11	6.6	22 32	6.1
16 SA	09 51	7.3	22 26	6.6	16 TU	11 07	6.0	23 33	5.7
17 SU	10 41	6.7	23 16	6.1	17 W			12 23	5.5
18 M	11 41	6.1			18 TH	00 50	5.5	13 43	5.4
19 TU	00 19	5.7	12 54	5.6	19 F	02 05	5.6	14 57	5.6
20 W	01 29	5.6	14 12	5.5	20 SA	03 10	6.0	15 56	6.0
21 TH	02 39	5.7	15 24	5.7	21 SU	04 04	6.3	16 44	6.3
22 F	03 42	6.1	16 25	6.1	22 M	04 47	6.7	17 22	6.7
23 SA	04 34	6.4	17 13	6.3	23 TU	05 24	6.9	17 55	6.9
24 SU	05 16	6.8	17 52	6.6	24 W	05 59	7.2	18 26	7.0
25 M	05 54	7.0	18 25	6.8	25 TH	06 34	7.3	18 58	7.0
26 TU	06 28	7.2	18 57	6.9	26 F	07 09	7.3	19 31	7.2
27 W	07 02	7.2	19 29	6.9	27 SA	07 41	7.3	20 01	7.0
28 TH	07 35	7.2	19 59	6.9	28 SU	08 12	7.2	20 30	6.9
29 F	08 06	7.2	20 28	6.8	29 M	08 45	6.9	21 03	6.7
30 SA	08 35	6.9	20 57	6.7	30 TU	09 23	6.6	21 43	6.4
31 SU	09 05	6.8	21 30	6.4					

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H.M.S.

Domestic maintenance and repairs

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‘Strictly’ Comes to Heacham!!!

It's time to put on your dancing shoes, even if you can't dance. Heacham is about to go 'Strictly' mad this August!

If you want to get fit fast, lose those unwanted pounds and have more fun than you can believe doing it, here's some great news for you.

'Strictly Come Dancing' dance stars Natalie Lowe and Ian Waite teamed up with six time world champion swimmer Mark Foster, a former Strictly contestant and an expert in fitness and conditioning, to produce a unique dance fitness programme - 'FitSteps'.

They have combined, for the first time, the best known and most popular Latin and Ballroom dances with proven fitness techniques, to develop a dance/fitness programme that is capable of delivering fast fitness results, with a heap of fun thrown in!

Just look at what some of the lucky people who've already had the chance to try FitSteps have been saying:

- * 'It was like a dream, I really enjoyed it'
- * 'It was fab! Good and easy to follow'
- * 'YES! YES!'
- * 'Absolutely give it a go; you'll love it!!'
- * 'Do it and you feel like you're on Strictly!'
- * 'It was brilliant! Fun and fitness combined.'
- * 'A workout that doesn't feel like it, I couldn't stop smiling.'
- * 'Great fun, great music and great workout.'
- * 'It makes you feel like a star!!'

And for anyone who's thinking, 'But I can't dance' or 'I don't have anyone to dance with', there's no excuse - you don't have to be able to dance and you don't need a partner! You just have to want to get fit and have fun.

And the best news of all is that FitSteps is just about to hit Heacham.

So, if you're ready to take to the floor and FitStep your way to a new you, all you need to do is get in touch with JAIME TOOLEY, an accredited FitSteps instructor, and book yourself in.

Just email Jaime at jltooley77@gmail.com or call her on 07765433100 or 01485 571395 NOW.

Don't miss out, there's going to be a rush!

Jaime Tooley (Bliss Hair & Beauty, 2 High St, Heacham)





Latest News from Wells Community Hospital

Here at Wells Hospital we now have the most amazing garden and conservatory where tea and coffee are available and which are open to absolutely anyone who would like to pop in. It would be lovely to see more people enjoying the facilities. We are also increasing our dementia activities so that alongside the monthly Music for Memory group and the Alzheimer's Coffee and Company, which take place on the second and third Wednesdays of the month, we are also hoping to hold a weekly morning session which will include different activities. Details to follow next month.

We really want more people to attend the activities, so if you have dementia or know of someone who does please give us a call - our catchment area is vast and includes all of West and North Norfolk. There must be lots of people out there who would benefit from the opportunity to meet new people and experience an enjoyable morning in very pleasant surroundings. Please contact Katrina Melton on 01328 711996 or email katrina.melton@wellshospital.org.uk

Diary Dates:

- 6th August - Coffee and Company Morning 10.30am
 - 13th August - Alzheimer's Society Coffee and Company 10.30 am
 - 20th August - Dementia singing group 10.00 am
 - 10th September - Alzheimer's Society Coffee and Company 10.30 am
 - 24th September - Dementia singing group 10.00am
- Give as you Live works with 3,608 leading stores that have signed up to donate a commission on every online purchase to

the charity of your choice. This commission is already included in the price of what you're buying, so you can support your favourite cause at no extra cost to you. Please consider joining and nominating the hospital as your chosen charity! For more details go to www.giveasyoulive.com to register.

The highly successful Gilbert and Sullivan Evening held at the Hoste Arms in aid of Wells Community Hospital in the spring resulted in three very happy chaps spending a wonderful day at Silverstone with hospitality courtesy of Greaves Motorsport, who kindly donated the prize for the auction. Sheridan, Christian and Jordon had a fantastic day and one that they will never forget.

Once a year Granny opens her attic to raise funds for the Wells Community Hospital Trust. This year the date for Granny's Attic will be the weekend 29th/30th November to be held at the Overy Staithe Village Hall. As in previous years Granny's stall will sell donations of small and decorative antique and collectible items that have been dug out from other homes, preloved treasures that will be sold and the proceeds donated to the Hospital. So if you have any treasure that you are happy to up-cycle and pass on to a new home, Granny will be so happy to hear from you. In addition there will be other stall holders to tempt you into a little pre Christmas shopping, and there will be delicious food served during the day to warm and nourish you.

Granny is also looking for donations of handmade pieces to go on the new stall 'Made in Norfolk'.

For all donations and queries please contact Penny Chapman at penny@theartservice.co.uk or 01485 211112.

We are holding our Open Day on Thursday 9th October where we will have displays and information on all our activities and clinics at the hospital. More details to follow.

Liz Downing

Wells Community Hospital Trust

Mill Road, Wells-next-the-Sea, Norfolk. NR23 1RF

Tel: 01328 711996



The Mulberry Restaurant

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10% OFF YOUR TOTAL BILL ONLY WITH THIS VOUCHER*

2 COURSE LUNCH WITH TEA/COFFEE £11.95
Mon-Sat from 12:00pm to 2:30pm
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from 8oz to 16oz. Prices from £12.50

SEAFOOD FRIDAYS
Luxury Seafood Platter for 2 sharing £50

*10% discount on lunch, dinner & afternoon tea (excludes speciality nights), deducted off your total bill, including food and drink when taken together. This voucher must be presented upon arrival. All offers subject to availability and cannot be used in conjunction with any other offers or discounts.



HEACHAM MANOR HOTEL

Hunstanton Rd, Heacham, West Norfolk, PE31 7JX www.heacham-manor.co.uk

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HEACHAM PARISH COUNCIL NOTICEBOARD



Meetings for July in Brief

Cheney Hill: The Council noted that the Clerk had met with the PCSO to discuss residents' concerns about speeding and parking on Cheney Hill at School times. Norfolk Police would monitor the standard of parking in the new term. The School, Police and Parish Council would discuss what improvements to the School entrances might be made in the future.

Festival of poppies: The Chairman congratulated St Mary's Church on the WW1 exhibition which had been both moving and informative.

Former Dairy Site: The Council's negotiations to purchase the site were continuing, now that the likely cost of clearing the site was known. The Council planned to set up a series of drop in sessions to go over ideas for the site, subject to the satisfactory conclusion of negotiations.

Land off School Road: The Council noted that an appeal had been lodged, but not yet validated. The Council agreed to work on a response to the appeal.

East Coast Wash Management: The Council noted that there would be two meetings to discuss how the flood defences would be funded and what type of defences would be required. Drop-in sessions for residents were being organised by the Environment Agency in Hunstanton, Heacham and Snettisham to mark the start of the public consultation.

Footway Lighting: The Council approved The Lighting and Watching Committee's proposal to investigate the benefits of using LEDs for footway lighting in the village in the future.

Hot Shots Day

Heacham Wildfowlers' Assoc. will be hosting their Hot Shots day on Saturday 9th August at the Chalk Pit. Children from the ages of 8 to 18 can try their hand at Clay Pigeon shooting, under the supervision of BASC instructors. Places must be booked in advance via the Parish Council Office or at the Wildfowlers' Stall at the Fete on 3rd August. Cost of a session is £2.00.

Letter from Parish Council Chairman

Heacham is one again the focus for Developers, this time from two sides. The expected appeal has been lodged for the development off School Road. As I write, the full details of the appeal are not yet available but when they are we will have to look carefully at the Developers' grounds for appeal and make our case accordingly. Unlike the Planning Committee, who refused the application, the Planning Inspector hearing the appeal will not be familiar with Heacham. This will be the last chance that residents have to make their views known, so please make the most of the opportunity and speak up once again.

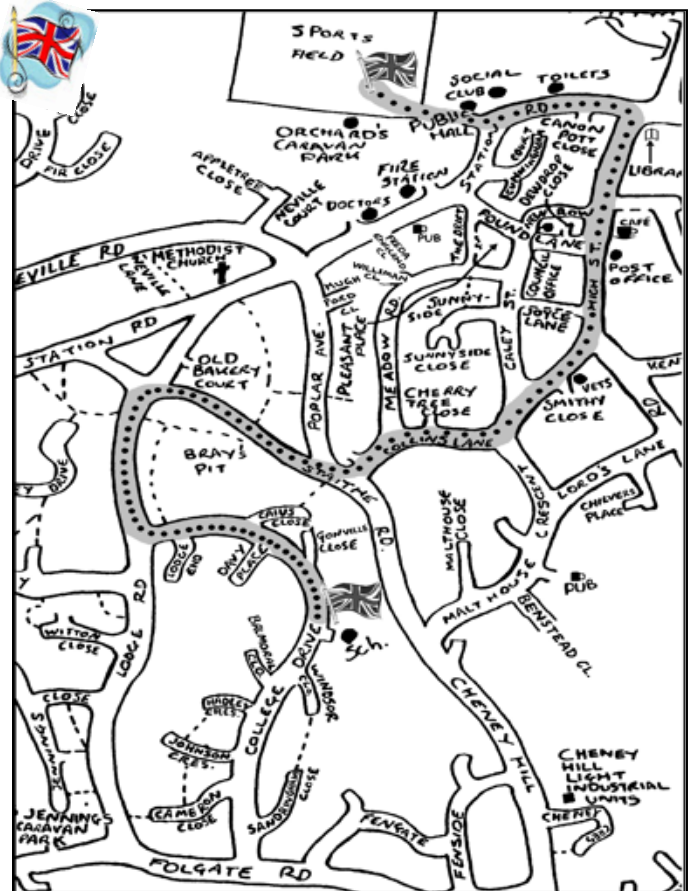
A planning application has also been submitted by Hopkins Homes to build 166 homes in Hunstanton. Although this development is on land in Hunstanton, the access to the new development would be via Hunstanton Road. The Parish Council do not feel the impact on Heacham and in particular Hunstanton Road has been properly recognised by the Developers. It looks increasingly like Hunstanton would get the houses it needs, not to mention Council Tax revenue, but Heacham would get all the traffic.

Peter Colvin

Heacham Carnival Parade & Fete

Carnival Parade and Fete day will be held on Sunday 3rd August. The parade will follow the usual route, starting off from College Drive at 2.30pm. Live music will be provided by the Smokehouse Blues 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 is shaping up to be a large event so don't miss it.

The Parade collection will go to the 1st Heacham Guides. Please note that the roads on the route will be closed from 2.15pm and will open once the parade has passed through.



Heacham Remembers

August 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 freedoms 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** would like to publish **your** family memories over the coming months. Please contact the Parish Council for further information. Any queries should be addressed to:

Heacham Parish Council Office
Jubilee Clinic Pound Lane Heacham
Norfolk
PE31 7ET
Tel/Fax 01485 572142
Open Tuesday - Friday 10.00am-Noon
www.heachamparishcouncil.co.uk



HEACHAM REMEMBERS

WW1 ROLL OF HONOUR

At the going down of the sun and in the morning,

L. Corporal W E ANDERSON
 Rifleman E G BARNARD
 Private G H BEDDINGFIELD
 Corporal H M BENSTEAD
 Private R BEVAN
 Trooper A BIRD
 Private G B G BOYCE
 Private R K BRADFIELD
 L. Corporal A V BRAY
 Private B C BRAY
 L. Corporal C W BRAY
 Private H E BRAYBROOK
 Private W E BUCK
 Sergeant A S CHAPMAN
 Private W S CHILVERS
 Private L J DENNIS
 Driver A W DIX
 Private R E EWEN
 Lieutenant L FALKNER
 Private C V FAYERS
 Private I J FOWLE
 Private E FRANKLIN

L. Corporal D GRAVER
 Private F W A GRAVER
 Private A GROOM
 Captain P S HADLEY (M.C.)
 Captain B R JACKSON
 Sgt. Major F J JELLEY
 Sergeant G JEWELL
 Corporal A H KAY
 Private W G LAWSON
 Petty Officer J B MALLET
 Private V MENGHETTI
 Private A J MINDHAM
 Sapper J MORRIS
 C.Q. Master W G RICHARDSON
 Private A J RICHES
 Private J ROYTHORNE
 Private G R RUSSELL
 Private G N SMITH
 Lieutenant A B THORNE
 L. Corporal W J VINCENT
 Private A WORTHINGTON

We will remember them.....

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

HEACHAM CHEMIST 570297
 OPENING HOURS MON TO FRI 09.00 TO 18.30
 SAT 09.00 TO 17.30

Between 13.00-14.00 prescriptions and certain other products only available if the Pharmacist is in attendance
 DUTY CHEMIST NOTICE DISPLAYED ON DOOR

HEACHAM PARISH COUNCIL OFFICE 572142

OPEN TUES TO FRI 10.00 TO 12.00
 STREET LIGHT FAULT REPORT 572142
 BOROUGH COUNCIL OFFICE 01553 616200
 BOROUGH COUNCILLORS
 Mrs S. SMEATON 01485 572528
 Mr C. MANNING 01485 523287
 NORFOLK C C MICHAEL CHENERY 01328 823411

PARISH LIBRARY 571928

OPEN MON, WED, FRI 10.00 TO 16.00 SAT 10.00 TO 12.00
HEACHAM POST OFFICE 570330

OPEN MON TO SAT 09.00 TO 17.30

EMERGENCY SERVICES

QUEEN ELIZABETH HOSPITAL 01553 613613
 NHS Helpline 111
 DENTIST **Emergency only for patients not registered with a dentist** 01553 769264
 COMMUNITY MIDWIFE (Ask for Hunstanton M/W) 01553 613613
 POLICE 101
 SAMARITANS 01553 761616
 CHILD LINE 0800 1111
 SILVER LINE 0800 4708090
 ELECTRIC 0800 7838838
 ANGLIAN WATER 0845 7145145
 GAS ESCAPE 0800 111999
 EMERGENCY 24hrs VETERINARY CLINICS 01485 570065

HUNSTANTON LIBRARY 532280

OPEN MON. TUE. and FRI 10.00 TO 17.00
 WED. 10.00 TO 19.00
 THUR and SAT 10.00 TO 13.00

HEACHAM COMMUNITY WEBSITES

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

www.heacham-village.co.uk
 E-mail enquiries@heacham-village.co.uk

www.heachamgrouppractice.org

www.heachamnewsletter.org.uk

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Norfolk Green

Service 10 and 11

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

Service 10 (Sunday)

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

Service 10

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

Service 10 and 11 (Sunday)

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

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Smithdon High School Bus

Service 401

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

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Coasthopper Service

Kings Lynn to Cromer & Fakenham Via Norfolk Lavender, Hunstanton, Holme, Thornham, Titchwell, Brancaster, Wells, Sheringham.

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All Bus Enquiries

www.norfolkgreen.co.uk or Tel: 01553 776980

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

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

HEACHAM HALLS

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

HEACHAM CHALK PIT RECYCLING CENTRE

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

MOBILE LIBRARY

ROUTE WEL 124	(Mondays)	ROUTE WEL 123	
4th/18th	August	11th	
1st/15th/29th	September	8th/22nd	
COLLINGWOOD CLOSE	09.55	ROBIN HILL	10.40
SOUTHMOOR DRIVE	10.15	RINGSTEAD ROAD	11.00
SANDRINGHAM DRIVE	10.35	CUNNINGHAM CRT	11.25
CHENEY HILL (F/SIDE)	10.55	NEVILLE CT	11.45
WOODSIDE AVE	11.20	NEVILLE ROAD	12.15
HEACHAM INFANT SCH	11.35	PINE MALL	12.30
MILLBRIDGE Care Home	12.00	SITKA CLOSE	12.50
NOURSE DRIVE	12.25	SUNNYSIDE	14.15
POCAHONTAS WAY	13.55	MEADOW RD	14.40
BUSHEL & STRIKE	14.15	REBECCA CRT	** 15.00
GIDNEY DRIVE	14.30	FRIDHEM Rest Home	** 15.00
BANKSIDE	14.50	** 4 Weekly Alternative	
MARRAM Way/Norway CL	15.05	POPLAR AVE	15.25
MARRAM Way/Spruce CL	15.20	GYMKHANA WAY	15.45
MARRAM Way/Neville RD	15.35	JENNINGS CLOSE	16.10
		COLLEGE DR	16.30
		COLLEGE DR/Gonville	16.45