



THE HEACHAM NEWSLETTER

May 2026

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Picture by Kerry Long

Deadline for the next edition is 12 noon, Tuesday 19th May 2026

YARD SALE

HEACHAM

**9-2
24TH MAY 2026**

For more information, visit bit.ly/HYS2026 or email heachamyardsale@gmail.com

THE HEACHAM NEWSLETTER c/o Heacham Parish Council, Old Friends Hall, Sunnyside, Heacham, PE31 7DU

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THE HEACHAM NEWSLETTER is published THE FIRST SATURDAY of the MONTH

A voluntary non-profit publication

Heacham Girl Guides



After so many wonderful years with our Heacham Guide Unit, Girlguiding has given us more memories than we could possibly count. It has been such a privilege and joy to spend time with an inspiring group of girls - full of energy, kindness and laughter. Week after week and on camps and a sponsored walk, we shared adventures: cooking (sometimes successfully!), playing games, earning badges and supporting one another.



The girls brought enthusiasm, teamwork and growing confidence, often stepping up to lead activities themselves - and always making each other and us laugh along the way.

Sue's remarkable 35 years as a Guide Leader and her experience have been at the heart of it all. Her energy and passion for guiding have been truly infectious, and it has been a privilege to support her for a part of this on her journey.

The photographs capture just a glimpse of the fun and friendship we shared, alongside moments that remind us how special, and sometimes how very sad, these memories are, shaped by the remarkable girls who have been part of our Unit.



As we both step back, we are delighted that Harriet is taking on the role of Guide Leader, supported by Kathryn and Laura. Sue will remain involved through the Trefoil Guild, and we will both pop back from time to time.

With heartfelt thanks from Sue and Janet to all past and present Guides and very best wishes to those still to come.

Janet Hughes

ADVERT PRICES

1/8 Page £20 Per Issue
 1/4 Page £40 Per Issue
 1/2 Page £80 Per Issue

To place an advert please email us at:
theheachamnewsletter@gmail.com

HEACHAM ANNUAL PARISH MEETING 12th May at 7pm

To be held in the Old Friends Hall, Sunnyside

Dear Heacham Residents

The Local Government Act states that every parish must hold a parish meeting once a year between 1st March and 1st June and proceedings must not start before 6pm.

This year's Annual Parish Meeting will be held on 12th May starting at 7pm in The Old Friends Hall Sunnyside.

This is a chance for the Council to report on its activities over the last year. It is also hoped there will be reports from Borough, District and County Councillors.

This is a good chance for residents to meet members of the Council and bring any questions they have about the village.

The Council will also invite organisations and groups within the village to come along and talk about their activities

As the Annual Parish Meeting is not a parish council meeting, it is not conducted in the same way or governed by the same rules as a parish council meeting. Members of the public are permitted to make statements on relevant matters during the meeting. Any resolutions passed do not bind the Parish Council.

It would be great to see lots of residents and groups come together to share the things that make Heacham a great place to live.

Afterwards there will be a chance to chat and mingle over refreshments.

**Dean Rawnsley
 Chair, Heacham Parish Council**

You are warmly invited to the 2026

HEACHAM ANNUAL PARISH MEETING

TUESDAY
12 MAY 2026
 7.00PM AT THE OLD FRIENDS HALL, SUNNYSIDE
 OPEN TO ALL HEACHAM ELECTORS

- ANNUAL REPORT FROM HEACHAM PARISH COUNCIL
- UPDATES FROM LOCAL CHARITIES & GROUPS
- OPPORTUNITY TO RAISE LOCAL CONCERNS
- TALK TO COUNCILLORS AFTER THE MEETING

For more information, please contact Heacham Parish Council
 01485 572142 office@heacham-pc.gov.uk www.heacham-pc.gov.uk

Held in accordance with Local Government Act, Part III

County Council Elections 7th May Vote for Terry Parish Independent

Independent I have no political party interests and am not a former member of any. I have always been an independent and enabled the administration of the Borough Council to become Independent in 2023. Norfolk County Councillors will only exist until April 2028 when three new unitary councils commence. If elected, during those two years, I will focus on ensuring that West Norfolk keeps and receives the resources it has and needs, and, in particular, the residents of Docking Division get their fair share. Local Government Reorganisation will accelerate between now and 2028. Candidates belonging to political groups must support their party line. I only have to represent you, the people living within the Docking Division of the County Council which includes the Parishes of Snettisham, Heacham, Sedgford, Fring, Docking, Bircham, Bagthorpe with Barmer, Houghton, East Rudham and West Rudham. I am also a Parish Councillor, recognise local concerns, and will talk to and listen to all Parish Councils and the residents they represent. Terry Parish

- Address: 1, Woodside Avenue, Heacham, Norfolk, PE31 7EW
- Agent: Terry Parish, same address as above
- All election costs paid for by Terry Parish

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HEACHAM IN BLOOM



Heacham in Bloom

Timed to perfection the plough display bed came alive with colour just as visitors arrived for Easter. The daffodils are now over but we have the wallflowers to look forward to as we inch ever closer to summer.

The invitation from the RHS to provide a small display at the Sandringham Flower Show was mentioned in the last Newsletter. We are very grateful that Borough Councillor Terry Parish approved a grant to cover the costs of providing plants for the display. After the show the plants will be relocated to the display beds at Heacham North and South Beach.

May is the month when we wait for the bedding plants with great anticipation, knowing that it is all hands-on-deck when they arrive. For 2026 the main colours will be bright orange with touches of yellow. Hopefully by the end of this month most of the new plants will be in position.

The Committee is taking part in the Heacham Yard Sale on 24th of May. Keep an eye on our Facebook page: Heacham in Bloom for the goodies up for sale a bit nearer the time.

The next meeting will be held on Monday 11th May at 7.00pm at the Old Friends Hall. Anyone interested in joining us will be very welcome.

**Heacham in Bloom Committee
Heachaminbloom@btinternet.com**



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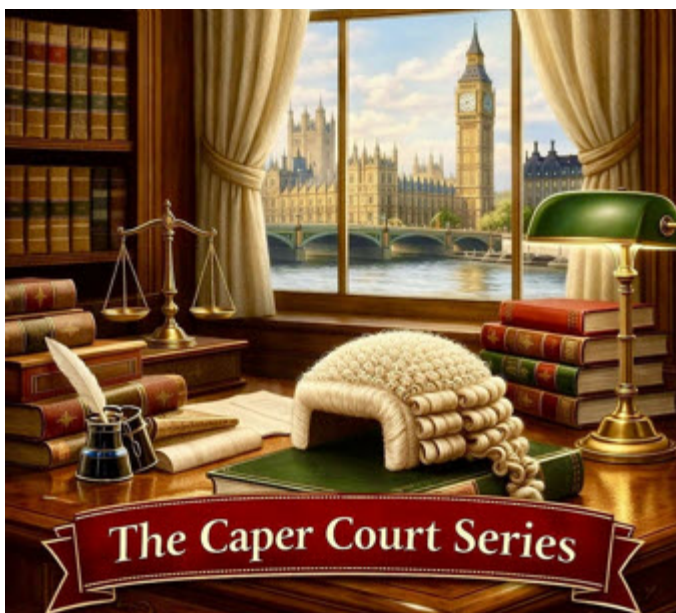


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WHAT'S HAPPENING – MAY 2026

RECOMMENDED READING

The Caper Court series is a little gem written by the late Caro Fraser who was a commercial and maritime lawyer prior to her first published book. The series depicts what goes on behind the elegant doors of Caper Court, an elite barrister's chambers in London, spanning 1993 – 2020.



WHAT ELSE?

DISPLAY - CURIOUS CURIOSITIES

A rather intriguing display, collated by Eric Rhodes. Don't miss this opportunity to spot a local curiosity and take the "Did you know that was there?" challenge. Only available until the end of May. Free entry during Opening Hours.

Community Tech Session: Monday 11th May - free one-to-one help with all things digital with Janie, our Community Tech Coach – sessions fill up quickly and need to be pre-booked.

Parish Council Surgery: Saturday 16th May 10.30-12.00 noon. Have a local issue? Come along and ask your Parish Councillor.

Community Assistance: Anne Sipple from the British Red Cross/Trussell Partnership: Wednesday 27th May 10.00-12.00 noon. If you can't make the drop in, you can contact Ann directly.

Heachamites Recollections Group: future meetings at 2pm on 1st June and 6th July.

CAN YOU HELP?

Does anybody have a copy of "The Rolfe Papers" by Veronica Berry or "Heacham's Older Buildings" by A E Gunther that they would be happy to donate to us?

PLEASE NOTE THE LIBRARY WILL BE CLOSED ON BANK HOLIDAY MONDAYS 4TH AND 25TH MAY.

The Library Team
 Enquiries: Tel: 07300 553769
 Email: Heachamlibrary@btinternet.com
 or Parish Office Tel: 01485 572142

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Heacham Parish Library

Curious Curiosities In Heacham

DISPLAY ON NOW

All Welcome - Free Entry

OPEN
Mon – Wed – Fri 10.00am - 4.00pm
Saturday 10.00pm – 12.00Noon

Church Hall - High Street - Heacham

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Our New Smart Water Meters and mobile signal interference!

Many of us recently sat at home watching Anglian Water engineers fitting our new bells-and-whistles water meters. As the company roll out our upgraded smart meters, a growing number of residents, including my own household, have raised concerns about these devices interfering with 4G mobile phone signals. While I've been assured by Anglian Water that such interference is unlikely, the overlap of wireless technologies in our homes are telling a different story.

Most of Anglian Water's Smart Meters do not actually use public 4G networks to send data, instead they rely on a private, long-range radio network managed by Arqiva. While they can transmit at up to 10w, which is significantly more powerful than a standard mobile phone, Anglian Water assured me last week, that the bursts of transmitting data are short and infrequent. However, I was strangely advised to reposition my wifi router at least a few metres away from the meter located on the driveway. The main issue reported being well-known 2.4GHZ clashes.

My complaint to Anglian Water about loss of 4G during 'office hours' fell on deaf ears only to be met with the reasons why the meters have been upgraded. Mainly Anglian Water have designed the new meters to maintain sustainability and accuracy, automate billing, aiming to detect leaks more efficiently. They use a secure wireless system and don't tap into our home wifi. They send hourly messages similar to text messaging to the data centre. Cases of faulty batches of equipment have already happened elsewhere, transmitting radio waves theoretically causing unintended interference.

If you are experiencing weak mobile phone signals the chances of the new Smart Meter causing interference is apparently rare but not impossible, and is capable of causing widespread negative consequences for areas like Heacham that is already a known dead-spot for poor 4G connectivity. Norfolk County Council are aware of rural and coastal areas of King's Lynn faring significantly worse than urban areas. Another excuse from Anglian Water to upgrade the previous 2G accurately functioning meters, is the 3G switch off meaning older signal masts are being phased out by early summer 2026. For any household affected, please report this to Anglian Water metering helpline on 03457 919 155. Alternatively, log in to your Anglian Water phone app to begin a live chat with their customer complaints department.if you have signal long enough not to be cut off while waiting in the queue. It is possible the village has had a faulty batch fitted to every household.

Michelle Louise Carter

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CHURCHES TOGETHER IN HEACHAM



Heacham Parish Church

Will your anchor hold in the storms of life, when the clouds unfold their wings of strife? When the strong tides lift, and the cables strain, will your anchor drift, or firm remain?

This is the 1st verse of an old hymn which has been running through my mind recently, It got me thinking what it is that anchors us in the good times and more importantly in the hard times.

For some of us our families, or our friends are what keep us stable and secure.

For others it can be the garden, or music or cooking or a hobby that we turn to when we need rooting and calming. Some it's exercise or maybe a walk on the beach, a glimpse of one of Heacham's fabulous sunsets that helps to ground us when life is tough.

Maybe it's a cuppa, a glass of wine or a beer that helps us to refocus and breathe again.

Maybe???

When life is hard, and for all of us there are plenty of hard times, it's crucial we have an anchor to secure us, why not give some thought to what your anchor is.

For Christians the anchor is Jesus, and his everlasting love for us all, as the chorus of the hymn reminds us.

We have an anchor that keeps the soul steadfast and sure while the billows roll; fastened to the Rock which cannot move, grounded firm and deep in the Saviour's love.

May you know the love of Jesus and the anchor that he provides for us all in the storms of life.

Revd Veronica Wilson - May 2026

Services at Heacham Parish Church: May 2026

3rd May - 10am: Morning Worship

10th May - 10am: Holy Communion

14th May - 7pm: Holy Communion – Ascension Day service at Heacham Methodist Church

17th May - 10am: Holy Communion

24th May - 10am: Pentecost Praise – a joint service with Heacham Methodist Church

31st May - 10am: Holy Communion

HEACHAM PARISH CHURCH online
on Heacham Parish Church You Tube channel
HEACHAM PARISH CHURCH in church
At 10am every Sunday morning
Everyone always welcome

Confirmation

The Rt Revd Dr Jane Steen (Bishop of Lynn) will be coming to Heacham Parish Church on Sunday 12th July and will be leading a confirmation service for all who would like to confirm their faith.

If you would like to know more about confirmation or are interested in being confirmed or baptised please contact Revd Veronica Wilson.

Bereavement Support Group

Meetings are on the first Thursday of each month. The next meeting is on 7th May 2026 from 10am till 12 noon, at the Pine Mall Residents Hall. For more information contact the Church Office.

Sound Bath

Friday 8th May 7-8pm at St Mary's Church Heacham, PE31 7JU. Please see details below:

SOUND BATH



Friday 8th May 7-8pm

St. Mary's Church Heacham, PE31 7JU

Fundraiser for Heacham Parish Church.

£10 Cash or Card on the door

Tea & Coffee available afterwards

Church has a stone floor.

Arrive 6.40pm for 7pm start.

Please wear plenty of layers, bring a yoga mat or recliner chair, sleeping bag or blanket, cushion.

(A warm Hot water bottle & bottled water if needed). Chairs are also available if you prefer.

Church car park (by 40 speed sign) PE31 7HH

Prebook your space now on 0795 140 2717

Chit Chat and Coffee

Everyone is welcome to this monthly coffee morning at St Mary's Church Heacham.

All ages welcome.

The next coffee morning is on 19th May 2026 from 10am – 11.30am

POPPIES FOR REMEMBRANCE

Heacham Parish Church are once again planning to have a fabulous display of creative poppies in church and outside this November. So we invite individuals and groups in the village to get creating!

Knitted and crocheted poppies will be attached to netting to create a spectacular display. Other poppies large and small, made in any way and from any material are very welcome too. Patterns will be available at the back of church.

Please drop them off in church anytime before 18th October.

Prayer Tree

We have a prayer tree in church on which you can write a name or situation that you want to pray for, and you would like the church to pray for, by writing and hanging it on the tree. God hears your prayer, and we will pray for you. If you cannot get to church and would like a name added, contact the church office.

Morning Prayer

Monday, Wednesday and Friday 9am on Zoom

Everyone is welcome (Zoom link available from the church office).

We pray for all who live and work in our village community, for our shops and businesses, our schools, residential homes, surgery, amenities, etc.

If you would like us to pray for you specifically, or someone or a situation on your heart, please contact the church office.

Church Open

During the summer months Heacham Parish Church is open from 10am to 4pm. Everyone is welcome to come in and enjoy this beautiful church, to light a candle, to pause or pray.

CHURCH CONTACTS:

St Mary's Church:

Revd Veronica Wilson

(01485) 570697

email: vicar@heachamparishchurch.org.uk

St Mary's Church Office:

Garry Langham - usually open Tuesdays 9am–12noon,

Wednesdays 2-5pm Fridays 9am -1pm.

(01485) 572539

email: office@heachamparishchurch.org.uk

Churchwardens:

Liz Dormer-Ainge: (01485) 571662

email: lizabeth.a.da@gmail.com

Chris Wright: 07525 175361

email: chris.edward.wright@gmail.com

Methodist Church:

Revd Dr Richman Ncube (01485) 570232

HEACHAM METHODIST CHURCH

Station Road, Heacham



Minister: Revd Dr Richman Ncube
(Tel: 01485 570232)

May 2026**We extend a warm welcome to all****Sunday Morning Services: 10.30am unless otherwise stated****3rd May:** Rev Richman Ncube – Holy Communion**10th May:** Rev Jackie Goddard**17th May:** Local arrangement**24th May:** Marianne Baguley**31st May:** Joint Service with St Mary's church, to be held at St Mary's at 10.00am**Midweek Communion**

10.30am 2nd Wednesday of the month.

Bible Study

10.30am 4th Thursday of the month.

Open Church

Heacham no longer hold an open Church. However, if you would like to speak to the Minister he can be contacted on 01485 570232.

Church Lunch Group

12 – 2.00pm Friday 15th May

Please join us for a light lunch of sandwiches or a jacket potato with a choice of fillings. Contact Marianne 07880 364326.

Fellowship Meeting

Tuesday 26th May - 2.30pm.

Coffee Morning

Saturday 16th May 10.00am – 12.00pm.

Crafty Crowd

10.00am Friday 8th May (2nd Friday of the month).

Do you enjoy craft? Would you like to meet new people? Why not come and join us. Bring your own craft. Refreshments served Contact Marianne 07880 364326.

Again – ALL are welcome to join us. For further information, please contact Marianne Baguley (07880 364326) Senior Steward.

Charities we are supporting this year are:

Embrace, Children's Charity providing support to child victims of crime

Mission Aviation Fellowship, who provide medical assistance to remote communities

Action for Children.

We think of all our friends whose absence we notice on Sunday mornings – prayerfully - along with members of our community, especially those feeling unwell or isolated.

“May the Lord bless you and keep you; may his face shine upon you, and be gracious to you; and give you peace.”

Numbers 6:24:26**Hunstanton Catholic Parish**

Our very popular Strawberry Fayre will again this year be celebrated at St Cecilia's, Dersingham on Saturday 13th June. All the usual goodies and stalls will be available, so put it in your diary so that you don't miss out on this joyous celebration.

There will also be a Sacrament of the Sick service on 16th May at St Cecilia's. Anyone who would like to go and needs transport, please speak to a member of either the steering group or SVP group. See the weekly bulletins for more information.

The 'Why be Lonely Club' is going from strength to strength and the next gathering at St Cecilia's, is on Friday 1st May, which will be the first anniversary of the club.

The Pope's prayer intention for May 26: That everyone might have food. We pray that everyone, from large producers to small consumers, be committed to avoid wasting food, and to ensure that everyone has access to quality food.

There is a group who meet on the last Friday of the month for Spiritual Formation. This could be about a specific Saint or Synodal discussions, prayers or anything that people want to suggest. All are welcome, refreshments are available, just look in the weekly bulletins for dates and times. For example, 'Growing in Faith Together', a parish wide programme on the Eucharist, for Lent and Eastertide, based on "This is my body" by Benedictine Priest Ian Petit. Consisting of seven sessions on Fridays at 2.30-4pm which started on 20th February and ends 22nd May. For those with internet access, links can be emailed for each session.

"Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead"

1 Peter 1:3

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

www.hopeevangelical.org

Each session stands alone so you don't need to have attended or watched previous ones, so join us anytime. For more information contact Paul Mulligan on paul.mulligan4@hotmail.com

Rosary prayer meetings are at St Cecilia's every Monday from 2pm and there is also a Mothers Prayers group which meet at 2.30pm Monday fortnightly at OLSE. Please note that you do not have to be a mother to attend the meetings.

If you would like to be on the distribution list for the weekly bulletins straight to your inbox, please send your email address to hunstantonparish@rcdea.org.uk Also, if you are a new parishioner, there is a form in both church porches to fill in your details to welcome you to the parish. Feel free to ask if you can't see them.

For Parish news including Mass times and prayer requests, please see the Parish News page on our website. For information about live streamed Masses in the Diocese and related matters, see the Links page of our website at www.hunstantoncatholicparish.org.uk

The Sunday Masses are at 9am at Mountbatten Road, Dersingham, and 11am at OLSE Sandringham Road, Hunstanton. Daily Masses are at 10am at Hunstanton on Monday, Tuesday, Thursday, and Fridays and 10.15am at Dersingham on Wednesdays.

Website: www.hunstantoncatholicparish.org.uk

Email: hunstantonparish@rcdea.org.uk

The Parish telephone number is 01485 534675.

If you require a Priest urgently, please telephone V. Rev Canon Peter Rollings on 01553 772220 or email: parishpriest763@gmail.com

Heacham Pétanque Club: Exciting Times Ahead!

Now that Spring is firmly here, the Heacham Pétanque Club is gearing up for a fantastic season. We have several updates to share as we return to the terrain for the summer months.

New Facilities and Sincere Thanks

We are thrilled to announce essential upgrades to our facilities, made possible by the incredible generosity of our community:

· **New Club Shed:** A huge thank you to the **Heacham Youth and Community Trust** for donating and installing our brand-new shed. This is a vital asset for the club and its members.

· **Professional Scoreboards:** We have taken delivery of four superb new scoreboards, kindly made and donated by Tony Bellas. These will hang on the permanent hooks already in place and will be put to excellent use during both friendly play and league competitions.

· **Ground Improvements:** We are currently paving the areas beneath our new picnic tables, which were kindly donated by Heacham Club. This will ensure easier maintenance and a tidier site for everyone to enjoy.

Come and Try Pétanque - Everyone Welcome!

Whether you are a seasoned player or have never held a boule, we warmly invite you to join us this May. Pétanque is a very sociable game, accessible to all ages and fitness levels. To help you get started, we are running training sessions and two open days.

Training Sessions: An Introduction to Pétanque

A series of training days with a member from one of the teams that play in the West Norfolk Pétanque league. All equipment will be provided or bring your own.

· **Dates:** 1st, 8th, 15th, and 22nd May

· **Time:** 10:00am – 12:00pm

· **Cost:** £2 for non-members; Free for club members.

Just turn up!

Open Days: Discover the Game

· **Dates:** 24th & 31st May

· **Time:** From 10:00am

· **Cost:** Completely free for everyone - come and find out why this is such a great game.

Membership & Casual Play

Getting involved is easy. You can take out a membership or pay-as-you-go at the Heacham Club bar.

· **Annual Membership:** Just £5 for subscribing members of Heacham Club. **This covers all club activities for the entire season.**

· **Casual Play:** Only £2 per session - perfect for those who want to play occasionally.

Get Involved

The Heacham Pétanque Club is a friendly, inclusive group, and new members are always welcome. Whether you want to play competitively or just enjoy a chat and a casual game, there is a place for you here.

Find Us Online: For the latest news and announcements, search "Heacham Petanque" on Facebook.

We look forward to seeing you on the terrain!

Paul Rawlinson



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Sallywags Parent, Baby & Toddler Group

So lovely Spring has sprung! This season the children's creations have included these cute and colourful chocolate Easter Nests (thanks Sky and Vicky supervising this one!) And some lovely tulip inspired paintings!



Also many thanks indeed to the kind anonymous donor of funds to provide new and replacement play resources for our children to enjoy exploring!

Sallywags -Scout Hut - Sunnyside-Heacham
Lots of play every Wednesday!
Term time mornings 9.30-11.00

Lots for you and your little ones to explore - from paint to puzzles - books to bricks - swings & slides on garden days and much more!

There are snacks for the little ones and cuppas for the big ones! Pop along for a play!

We ask £3.00 a family, if that feels okay, if that doesn't feel okay then please just come along anyway, we'd love to see you.

Looking forward to meeting you and your little ones.

Jo
 07395 077622
 jow116987@gmail.com



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VILLAGE CINEMA
 at Dersingham Village Centre
 Announces a Special Presentation on
Saturday May 9th at 7pm

THE AUDIENCE
 The film of the National Theatre Production



Returning to cinemas for the first time in over a decade, **Helen Mirren** plays Queen Elizabeth II who met with her 12 prime ministers, from Winston Churchill to David Cameron, in a private weekly meeting, known as The Audience. Through these private audiences, we see glimpses of the woman behind the crown and witness the moments that shaped a monarch.

Entry £10 Under 16s £5
Licensed Bar

 Dersingham Village Cinema is managed by Dersingham Village Centre Association Charity No 1178462 

Heacham Youth and Community Trust presents

Star of Heacham Awards



Nominate Our Local Stars!

Do you know someone who makes a difference in our community?

- A dedicated volunteer
- A local hero
- An inspiring young person

Nominate them today!

✉ Send an email to:
 ✉ starofheacham@gmail.com • Drop a paper nomination into the HYCT Charity Shop

Include:
 • Nominee's Name
 • Reason for Nomination

Let's celebrate the amazing people of Heacham!
Deadline: May 31st

**Heacham Youth & Community Trust proudly presents:
 Star of Heacham Awards
 Nominations now Open!**

Do you know someone who makes a real difference in our community? Someone who makes a difference, supports others, volunteers their time, or simply helps make Heacham a better place to live? A dedicated volunteer, a local hero, or inspiring young person?

Top three stars will be awarded at this year's awards ceremony. Send nominations to: starofheacham@gmail.com Or pop your nominations into Heacham Charity Shop.

Please include the nominee's name and reason for nomination.

Deadline: 31st May 2026.

**Becca Whybrow
 Heacham Youth & Community Trust**

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Borough Council News Heacham Ward which includes Sedgeford and Fring



At the time of writing, shortly after Easter, little of great significance has emerged from the depths of the Borough Council since the April edition.

Turning to local matters, Anglian Water has been juggling statistics and now finds it has capacity to cope with some new developments. It is no longer objecting to the current Docking application. I provided the comment below to the EDP:

‘The change in heart, by Anglian Water, over this particular application appears, to me, to be smoke and mirrors and a massaging of data to achieve a requested outcome.

The Dry Weather Flow, DWP, through Heacham Water Recycling Centre (nice change of name, sewage plant to most) exceeds the Environmental permitted volume too frequently. This is why AW maintained that there is a lack of capacity at the works to accommodate new developments coming forward. They now say that if they effectively rub out extreme year on year variations by looking at a three-year average, the plant suddenly has capacity. So, in order to guarantee that no pollution enters the Wash, we have to rely on average rainfall and not too much extra load.’

I believe that the treatment works needs to cope with the worst scenario to avoid pollution incidents and heavy rainfall is becoming more common.

I do note that AW refers to available capacity for ‘the proposed development’. It remains to be seen what they do as more developments come forward and add to the loading of the treatment works.

Heacham car park fees have been bad news for over a year. A resident, Nicky Bailey, started a petition and negotiated a concession, one hour’s free parking for residents. Nine months down the line and it looks like that has been won as, under some pressure, a statement from the BC to the EDP said the concession would be honoured. At the time of writing, how the concession will operate is still to be revealed. Meanwhile, fees have gone up again.

The concession, very welcome as it is, still leaves charges far too high at the beaches of Heacham where there are few facilities. I still hope to have the winter ‘free’ parking reinstated and the high cost of residents’ annual passes reduced (they increased from £58.10 to £121.69 in April 2025). A report on fees is coming forward from the Borough to myself and Heacham Parish Council and I will respond to that accordingly.

I have been promised that the Borough will carry out work in the narrow strip of woodland off Jubilee Road, Heacham. There is a lot of fly tipped rubbish and some damage to trees. Can people refrain from being a nuisance in this, or any other area, and allow the great majority to enjoy the environment they live in and profit from any improvements which, in this case, will prove costly.

I have had some success in getting road gutters swept if I name the offending road and, sometimes, provide photographs. There seems to be no current practice of sweeping all gutters. Please tell me if your road needs doing and I will come and take a picture.

Full Council, before Easter, adopted the new Property Disposal Policy. I reiterated the importance of not disposing of assets valuable to local communities and ensuring that community representatives were involved in decisions. This was first raised by the Regeneration and Development Panel (R&D), which I chair, and is part of the new policy.

In a later meeting, R&D noted reports on the intention to operate High St Rental Auctions within King’s Lynn – an attempt to get empty commercial properties used. This part of

a bigger effort to tackle the 2179 empty residential properties across West Norfolk.

An update on the Guildhall renewal demonstrated that it is on track and on budget (albeit a large one) and due to open in 2028, just as the Borough Council ceases to exist. A report on the likely Customs House refurbishment looked very promising but is partially secret at the moment due to legal considerations, and a post-implementation review of Styleman Court in Hunstanton was fascinating but currently not public for all sorts of reasons.

Sedgeford is awaiting movement on development at the former School site and I hope NCC’s shock at losing its single unitary dream doesn’t affect that. Fring has its defibrillator at last; it is within the telephone box (disused) opposite the entrance to the Fring Estate holiday accommodation site. There are no dog poo bins in Fring and this has raised some local concerns. They are normally provided by Parish Councils and Fring has not got one so I have asked if there is a way around the ‘problem’. I tried to get interest in forming a Fring Parish Council several years ago but it wasn’t picked up and I will look at that again.

April 1st, 2028 is when we all get looked after by a new Unitary Authority and there will be no more second guessing of whether it is the Borough or County at fault (or to be congratulated). The good news is that West Norfolk will be one of 3 unitary councils across Norfolk so there will still be good scope for local action and it will not be too hard to see and speak to people. This was the preferred option of the Borough Council and almost all other District Councils. NCC wanted one unitary to rule them all and, in the confusion, bind them.

Terry Parish
Borough Councillor for Heacham Ward
which includes Sedgeford and Fring

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Heacham at Night

by Terry Parish

A sign that summer is coming is the emergence of the Summer Triangle, an asterism or pattern of stars well liked by Patrick Moore. The three stars are Vega, Deneb and Altair. Vega is clearly visible towards the ENE as it is the third brightest star in our sky, whilst Deneb is closer to the NE horizon and much dimmer. Altair will be just emerging in the east and completes the triangle from about mid-May.



Just as true in late May though Altair will be lower.
Internet

Vega is just 25 light years distant and was the first star to be photographed (1850) and the first to have its spectrum recorded (1872). It is a blue white, hot and younger star than our Sun, rotating very rapidly and surrounded by a huge disc of gas which may be forming planets. It was the pole star in 12000 BC and will become it again in 14000 AD.

Deneb is a blue super giant at a distance somewhere between 1,400 and 2,600 light years and is one of the brightest stars known, much brighter than Vega, it's the distance that dims it. It will be the pole star in 9800 AD.

Deneb is on the tail of the Swan, whilst a very pretty double star, Albireo is its eye. Use a small telescope to see them.
Internet



The planets to see at night are as last month. Venus is even brighter with a magnitude of minus 3.9 and sets later as the month passes, close to midnight by the end. Look towards the WNW, towards the sunset but after the Sun has dipped below the horizon.

Between the 18th and 20th, find the Crescent Moon from 10pm. On the 18th, Venus is close to it and Jupiter well above and to the left. Over the following nights the Moon will appear closer to Jupiter. The gas giant is bright with a magnitude of minus 1.9. by the end of the month, the gap between Venus and Jupiter will lessen and they will get closest in June.

Remember that appearing close in the sky doesn't mean they are physically close. Venus is between us and the Sun and about



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143 million miles away whilst Jupiter is on the far side of the Sun, 440 million miles distant. Never the twain shall meet.

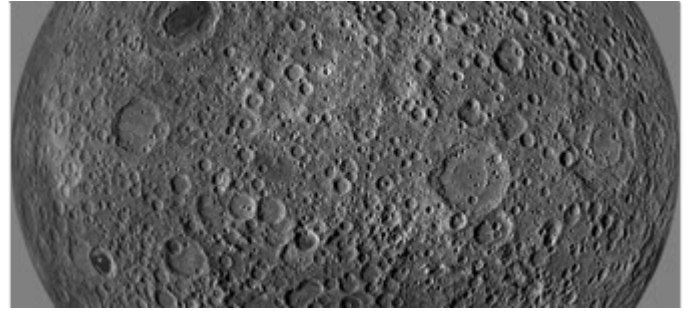
On the 31st, at 10pm, get down to Heacham beaches or Hunstanton cliffs and, if you are lucky, rising above the WNW horizon will be the spark of Mercury. Jupiter and Venus will be obvious, draw a line through them to the horizon and 2/3 down should be that glint of light which is easy to see once you have seen it. Once you know where to look, binoculars are useful but do not use them before the Sun is below the horizon.

There is another planet to spot, but in the morning, Saturn. The ringed planet pops up in the east just before sunrise, 4.30am, on the 30th. If you have a flat horizon then Mars will appear on it at the same time in the ENE. So, planets don't vanish, they just come around again, and again and again, forever as far as we are concerned.

Meteors: The maximum of the Eta Aquariids is on the 6th but we are not well placed to observe them and they will be most abundant just before dawn. Try looking out before midnight on the 5th, before the Moon rises, and you might see some.

There are two Full Moons in May, one on the 1st, the other on the 31st. The latter will be described as a Blue Moon, as, 'once in a'. Two in one month happens every 2-3 years.

Moon reminds me of Artemis which I haven't commented on. As a follower of Mercury, Gemini and Apollo (all NASA space programmes leading up to the first moon landings) in my younger days, I have not been overwhelmed by descriptions of seeing Earth as a little blue ball etc, or of seeing the far side of the Moon for the first time. The 'blue and white ball' description goes back to 1968 when William Anders said it whilst orbiting the Moon in Apollo 8 and the 'Blue Marble' photo was taken from Apollo 17 in 1972.

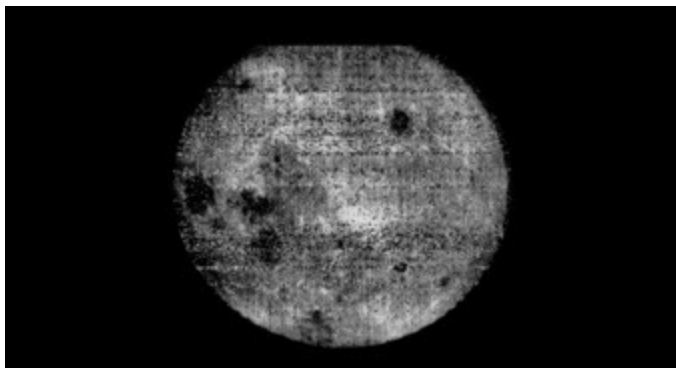


A Lunar Reconnaissance Orbiter image of the far side. Internet

Apollo 8 orbited the Moon 10 times in December 1968 without landing and its three crew members saw the far side of the Moon every time as did astronauts in every other successful Apollo mission. Consequently, the recent statements, often written or heard, that humans have seen the far side of the Moon with unaided eyes for the first time, are misleading.



Earthrise from Apollo 8 in 1968. Internet



Far side of Moon from Luna 3 1959. Internet

Images of the far side were first captured by Russia's Luna 3 orbiter in 1959 and were revealed by Patrick Moore on Sky at Night. The best close-up images are from NASA's Lunar Reconnaissance Orbiter launched in in 2009 and still active.

Artemis 2 did not orbit the Moon, it swung around it and was further from the far side than Apollo command craft were. Consequently, the Artemis crew saw the whole far side rather than a having a closer look of the area flown over. They could also see Earth beyond the Moon which was impossible for the Apollo crew as they were too close to the Moon's surface. Seeing the whole Moon between themselves and the Sun also allowed Artemis to experience a solar eclipse.

So, the Artemis crew did see and experience new things but history should not be put to one side. Having said all that, Artemis is a very welcome return to human space exploration, pity it took 50 years.

Mark the advent of summer by finding the triangle, admire the sight of two bright planets and a Crescent Moon, and wake up early to glory in the Rings of Saturn.

TERRY WILLET

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Shopping in Heacham

We are very fortunate to now have 6 food stores spread across Heacham giving us all plenty of choice with cheerful, friendly and helpful staff members.

6.30am-9pm - Jennings who provide a variety of useful products as well as food and Redgate bakery products.

6am-11pm - Tesco who provide all the everyday necessities

8am-10pm - Lidl is a large supermarket with a variety of changing products as well as the staples.

9am-5pm - Farm Shop at Norfolk Lavender with lots of tasty treats plus a butcher.

8am-8pm - Convenience Store plus the new Post Office providing Post Office services 7 days a week.

7am-10pm - Heacham Nisa Stores with a good range of Co-op products plus packed butcher meats and Krusty loaf bakery products.

In addition to the food stores we have the A.E.Wallis store owned by Richard and John who continue to offer excellent customer service replacing our broken white goods in record time plus they keep us all fit with a great selection of bikes

Moulam and Horn who have everything we need for our pets, animals, gardens and allotments. They also deliver coal/wood to keep us all warm in winter. The staff are very knowledgeable and always happy to answer my many questions about vegetable growing !

For medicinal supplies we have Boots the Chemist who also offer a range of services to support the health service such as free blood pressure checks.

There are varied opening times so if you are leaving early or arriving home late there will be somewhere open !

Let's keep them all busy !

Aleta Harrison



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The Pocahontas Players
Presents

PAR for the COURSE

Heacham Public Hall
Station Rd.
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Friday 5th 7.30pm
Saturday 6th 2.00pm
and 7.30pm
June 2026



A Play written by Janice Curtis

A Comedy Force

Centred around the early 1990's. Neighbours, The Smiths, Sally and David. Next door are the Gooderstones, Gordon and Daphne. Gordon being the typical golfer, loves to talk golf. Daphne is the bored wife, out for anything exciting, BUT they employ a 'daily' the nosy Lily Parker who doesn't miss a trick. Will Daphne get away with her games ?

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Lecturer:
Louise Schofield



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PAR for the COURSE' production.

The Heacham Pocahontas Players Drama Group are presenting 'Par for the Course' next month - June 5th/6th. A Comedy Farce Drama.

I wrote 'Par for the Course' script during 1989/1990 and it was performed by the Pocahontas Players in 2001.

The group's committee thought it would be good for the group to present this again but by bringing it up to date with all LED stage lights, full cast wearing individual head sets microphones, printed backdrops and with raised tiered seating for the audiences – none of which they had 25 years ago.

The only thing that has not changed is the script, which, thinking back, I cannot believe I wrote this script in long hand with pen, on an A4 sheet paper pad. Only to persuade my daughter Jemma to type it as I had no idea how to use a computer in those days. Many parts of the script are written as we would 'talk' and 'act' in that era, which has not been altered at all. It does make one wonder 'How WE have changed in the last 25 years!'

It has been very exciting putting the 80s/90s costumes together. Bright colours, big hair, lots of huge gold accessories, bringing this era, instantly to the stage.

The story revolves around the Smiths, Sally and David, with daughters Jess and Louise and their neighbours, the Gooderstones, Daphne and Gordon with university son Richard. The Smith's have a rather energetic young at heart Nanny Joy

living with them. The Gooderstones employ the nosey Lily as their 'daily.'

For details of dates – times - ticket sales, please see the advertising poster within this Newsletter.

We hope to see you all there.

**Janice
Admin for The Pocahontas Players**

**Come and join us at
THE HEACHAM NEWSLETTER TEAM**

We are looking for a new volunteer to join our friendly team.

We need someone to take charge of the distribution of the monthly Newsletter (except January). This will require someone to receive delivery of the Newsletters from the Printers and then distribute them to the various pick-up points in and around Heacham. The lifting of boxes of Newsletters (approx. 50 per box) will be involved.

Being able to use a computer would be helpful.

If you think you could help us with this and would like to join the Newsletter team, we would love to hear from you. Please contact us by sending an email to theheachamnewsletter@gmail.com

We look forward to hearing from you.

THN



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HEACHAM F.C.



The Club currently runs 3 teams and they are as follows:-

1ST TEAM (playing in The Thurlow Nunn Premier Division).

At the time of going to press the team sits 4 points above the relegation line thanks to picking up 4 points from 3 very hard away games. With one final home game to play, it is all in our own hands, win and we will have Thurlow Nunn Premier football again next season. A full round up of the season will appear in the next issue.

Recent results have been as follows (all league):-

away v Dereham Town - drew 1-1

home v Harleston Town - lost 0-2

home v Mulbarton Wanderers - lost 1-5 (Mulbarton crowned Champions)

away v Woodbridge Town - won 3-0

away v Kirkley & Pakefield - lost 0-4

away v Ipswich Wanderers - drew 0-0

Final league fixture for the season:-

Saturday 18th April home v Walsham Le Willows k.o. 3pm

RESERVE TEAM (playing in The Fosters Solicitors Anglian Combination Div 3 North).

Despite a couple recent defeats the team sits in 5th position in the league after picking up 7 points from the last 3 games. With 3 home games still to come there is an outside chance that the team might be able to improve on 5th position. A full round up of the season will appear in the next issue.

The recent results being (all league):-

away v Gayton United - lost 0-2

home v Swaffham Town Res - lost 2-6

away v Aylsham Res - won 4-0

home v Holt United Res - won 2-0

home v Feltwell United - drew 4-4

Final league fixtures for the season:-

Tuesday 14th April home v KLSC k.o. 7.30pm

Saturday 18th April away v Briston k.o.2.15pm

Saturday 2nd May home v AFC Lynn k.o.2.15pm

Monday 4th May home v UEA Res k.o. 12noon

U18s TEAM (playing in The Thurlow Nunn Youth Football League – West Division).

With just one league game to play, the team are looking to end the season with a 4th consecutive win. A full round up of the season will appear in the next issue.

The recent results being (all league):-

Whittlesey Athletic U18 away won 5-2

Spalding United Youth U18 Yellow home won 1-0

March Town United U18 home won 2-1

Final league fixture for the season :-

Thursday 16th April home v Wisbech St Mary U18 k.o. 7.45pm.

AWARDS NIGHT

This will be held in the hall (next to the Social Club) on Saturday 9th May. Doors open at 7.00 and awards will commence at 7.45 and then followed by disco until 11.30. All supporters are welcome.

Note: Cash bar.

****URGENT** - Volunteers still Wanted**

We are still looking for help on match days for this season. If you can spare a few hours a week we would love to hear from you. You'll find it's a great friendly atmosphere and we would love you to join the "Heacham Family". If you are interested then please contact Michael Parish on 07707556474 or email him: mlparish980@gmail.com



SNETTISHAM GARDENING CLUB

RHS Affiliated Club

Our May meeting is on Wednesday 27th when we will be welcoming Fay Jones to talk about Conifers in the Garden.

Our June meeting is on 24th when Dr. Ian Bedford will be advising on companion planting for a Balanced Garden.

Meetings begin at 7.30pm in the Memorial Hall, Old Church Road. As always visitors and guests are welcome to join us at our meetings at a cost of £2.00 for the first visit and £10.00 for full membership which also gives discount at Ward's Nurseries and Moulam & Horn.

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Saturday: 8:00am - 12:30pm

Sunday: Closed

Sponsorship / Advertising

The Football Club can offer various forms of sponsorship including player sponsorship, match day and advertising (programme and boards). If you are interested in getting involved with the Club for next season, then please contact the club for further information of the packages available by email:- hfcadmin@btinternet.com

Pin Badges

The official Heacham FC pin badge (£3 each) and the Anglian Combination Premier Champions 2021/22 pin badge (now reduced to £2 each) can be purchased on match days but they are also available from behind the bar at The Heacham Sports & Social Club.

The 2026 "50/50 Club"

We have sold 152 numbers for this year (range is from 1 to 156, with 4 numbers being unsold). The prize money for this year is as follows:-

January - November (inc) 2 cash prizes per month - £50 & £25.
For December there will be 3 cash prizes - £90, £50 & £30.
(Total prize money for the year will be £995).

April winners:-

1st prize £50 - No.137 Chris Stallebrass
2nd prize £25 - No.72 Janet Race

The next draw will be on Saturday 2nd May in the Social Club after the reserves home match v AFC Lynn.

Supporters Club News

Membership for this season has reached 246 and the facebook followers has now passed the 1,000 mark - truly brilliant.

Recent winner of the monthly draw for Supporters Club Members only with a cash prize of £15 was:-

April - Membership No.212 Bruce Pope
This was the final draw of the season.

"GOALS/GOALS/GOALS" COMPETITION

61 groups were sold and prize money will be as follows:-

1st Prize £175
2nd Prize £85
3rd Prize £40
Last Place £10

Current Leader Board (at time of going to press):-

265 - Tony Hunt
261 - Maureen Cooper
257 - John Abbott
256 - Wendy Paling-Bell
252 - Andrew Povey
251 - Joseph Bailey
243 - Clive White & Michael Parish
242 - Ed Mounteney

And at the bottom:-

166 - Alison Curtis
158 - Darren Bailey
148 - David Nash

In the event of a tie, the winner will be decided by who has the best individual highest scoring team in their group.

The winners will appear in the June issue of the Newsletter plus a full list of all participants will appear on our facebook page.

ANNOUNCEMENT UPDATE:-

Following a Supporters Club Committee meeting, I can confirm that I have reversed my decision to step away from the SC and as a result I will continue in the role of Chairman.

Also at the meeting a new member was voted onto the committee, Ollie Childerhouse, who will now take on the role of "Membership Secretary" for next season. Also next season



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Peter Salazar will take on the role of "Away Travel Coordinator", in organising the away trips on the minibus (more information to follow when we get nearer to the start of next season). Here is a reminder of the SC Committee:-

- Denis Cooper - Chairman
- Lindsay Haynes - Treasurer
- Ollie Childerhouse - Membership Secretary
- Peter Salazar - Away Travel Coordinator
- Chrissy Gwilliam
- Andy Halsey

If you require any further information on any of the matters mentioned, then please contact me on the email address shown below. You can also keep up to date with all the latest news, fixtures etc on our Facebook page:- Heacham FC Supporters Club.

"COME ON HEACHAM"

Denis Cooper
Chairman/Secretary
Heacham F C Supporters Club
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 3rd September - Autumn Basket



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 Presents on
Tuesday May 26th at 7:30pm

BLACK BAG (15)

Starring: Kate Blanchett, Michael Fassbender, Marisa Abela, Naomie Harris, Tom Burke, Peirce Brosnan

Kathryn Woodhouse, an intelligence agent, is suspected of betraying the country. Her husband, also an agent, faces the real test of being loyal to his marriage or country.



Entry £6 Under 16s £3
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Fridhem Rest Home
Station Road, Heacham

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Monday 4th May at 3pm

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 and have fun with our Disney Quiz
 Price £12 per person.

Booking required

Please call Marie on 07935 825614 to book

**DERSINGHAM METHODIST CHURCH
PE31 6HP**

FLOWER FESTIVAL

THEME: SONGS TO STIR THE MEMORY

May 21st, 22nd & 23rd

10.00am – 4.00pm

Books + Cakes + Cards
+ Gifts + Plants

Coffee + Light Refreshments + Teas

Free admission

Sunday May 24th - Songs of Praise 3.00pm

Proceeds for the Matjinge Project and Church Funds

stewardsatdersingham@gmail.com



Hunstanton and District Rotary

Hunstanton and District Rotary continue in their efforts to support local charities and good causes. The members work hard to help them and organise events to raise funds. Following on from the meal held for senior citizens in January, and a successful fundraiser at the Swimathon in conjunction with King's Lynn Priory Rotary, our President Hilary Farrell, together with Val Garner, embarked on a new venture, a Decoy Duck Race night in March.

This was held at the United Services Club with an enthusiastic crowd of over 60 people. It was a brilliant evening with the support of local business sponsors, Elite Property Improvements (UK) Ltd, Fishers of Hunstanton, Bennett Homes, Fleming Brothers, Orchid Financial Services, Paris Print and Design and one race In Memory of Denis J Greening, and we thank you all.

We were joined by members of both Holt Rotary and Fakenham Rotary who we thank for their help and assistance in being able to organise the event. At the end of the evening, we had raised over £1,500 to support Home Start Norfolk, the President's Charity and other local good causes.

Looking forward, we will be offering our voluntary services to King's Lynn Priory at their Crucial Crew event, supporting the Riding for the Disabled, the Tulips for Tapping and assisting at the Wild West Norfolk Festival. We are now fully focussed on organising our big event of the year, Burnham Market Craft Fair on Saturday 15th August, which is usually attended by over 100 stalls.

On Sunday 27th September we are holding a social outing on the Southern Belle paddle steamer moored at Horning on the Norfolk Broads, for a 4-hour trip from 3.30pm to 7.30pm, to include afternoon tea and a 3-piece jazz band. Tickets are £30 each and are available to all and can be obtained by contacting Duncan MacDonald on 07786 368618 or email DLM290652@gmail.com

It is a very important year for us as it is our 50th Anniversary. Our President Elect, Marie Jarvis, and her team are working very hard to mark this historic date, with a Gala Dinner in October and other ancillary events to be held later in the year.



As you can see, we are a very busy club consisting of volunteers from local communities helping charitable organisations and people less fortunate than ourselves. Our volunteer members are the

reason we exist, without whom we would be unable to carry out this valuable work. We always need new members who would like to put something back to their local community. If you feel you can help, please make contact for an informal chat on hunstantonrotary.info@gmail.com and we would be delighted to talk over a coffee.

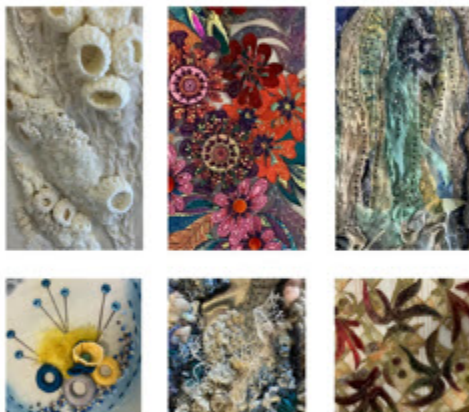
Adrian Evans

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Friday 22nd - Saturday 23rd May 2026

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**Make a Difference:
Volunteer With The
Coastal Stroke Support
and Carers Group**

**Join us - Local Community Needs You –
Volunteers needed for varied roles**

Do you have a few Tuesday mornings to spare?

We'd love your help at the Hunstanton Stroke group, a Stroke Association support group offering vital support, friendship and social activities for stroke survivors.

Whether it's serving refreshments, lending a hand with group activities or becoming a treasurer for the group your time can make a real difference and we would love to hear from you.

If you're looking to give back to your community in a truly meaningful way, the Coastal Stroke Support and Carers Group is the perfect place to start. Our group is a friendly, welcoming hub for stroke survivors and their families, offering vital support that helps people rebuild confidence, regain independence and rediscover joy after stroke. We're now seeking passionate volunteers to help us continue this life-changing work.

Our sessions are relaxed, encouraging everyone to socialise and share experiences in a comfortable, supportive setting. Whether it's art, communication or fitness groups, or simply enjoying a cup of tea and a chat, every interaction makes a positive impact. Over the past year, we've organised outings to Thursford and the local library, and hosted talks from Careline, Lily, Norfolk Ambulance Service and ASPIRE researchers. These activities not only uplift our members but also bind our community together.

Volunteers are the heart of our group. With their help, we can expand our activities, reach more people and offer even greater support. You don't need any special qualifications – just a compassionate attitude and a willingness to get involved. Whether assisting during sessions, helping organise events or simply lending a listening ear, every bit of help makes a difference.

We meet at: Hunstanton Methodist Church, Austin Street, Hunstanton, PE36 6AL every Tuesday morning from 10.30am to 12.30pm.

If you are interested in getting involved please contact Jane Larrington on 07530 074392.

You can also email us at: Emma.shears@stroke.org.uk

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Reliability Is Our Strength

WHAT'S ON REGULAR EVENTS

PC=Parish Council Office, Pound Lane
MC = Methodist Church Hall, Station Road
SM = St Mary's Church Hall, High Street

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

HSC = Heacham Social Club
PH = Public Hall
NC = Neville Court

MONDAYS

Yoga 8.30 - 9.35 Dersingham Village Centre. For info contact Jackie on 07941 468576

Heacham Table Tennis Club 9.15 - 11.15 Friendly table tennis session. tel 01485 570447 (top room PH)

Fitsteps 9.45am To book Tel:Jaime 571395 or 07765433100 or email jaimefitsteps@gmail.com

CHAT Club 2nd Monday of the month 10am – 12noon Snettisham Memorial Hall

Hunstanton Community Cafe 10am – 1pm Community Hub, Hunstanton Town Hall

Coffee, Cakes and Chat 10am - noon Anmer Social club. All welcome.

Cameo Club (Activities for over 50's) 10.30am Salvation Army, Alma Road, Snettisham

Fitness Pilates 10.45 am Contact Jaime (see Fitsteps 09.45)

Norfolk & Waveney Mind - Rest in the Community Hub 11.30am - 1.00pm - Ladies group. A mental health group focusing on women, which gives the women who attend the group a chance to talk openly in a female only environment. Neville Court Community Room, Neville Road, PE31 7SP. tel 0300 330 5488

Seated Fitness 12.00 noon Contact Jaime (see Fitsteps 09.45)

Lean & Strong Seniors 2pm Ingoldisthorpe. Contact Jaime (see Fitsteps 09.45)

Heacham Wives Group – 2nd Monday of most months 2pm at Cunningham Court Community Hall. New members always welcome.

Heachamites Recollections Group 1st Monday monthly, 2-4pm at Heacham Library. Attendance is free. (SM)

Norfolk & Waveney Mind - Rest in the Community Hub
Coffee and Craft group 2 - 3 pm. Bring your own craft projects

and enjoy a drink and a chat whilst working. Neville Court Community Room, Neville Road, PE31 7SP. tel 0300 330 5488

Monday Craft Club 2- 4pm (except Bank Holidays) Mixed hand crafts. Please telephone Carole on 01485 572263 with any enquiries. (PRH)

Snettisham Monday Sequence Tea Dance Club 2 pm to 4.30 pm.at Snettisham Memorial Hall. £3 for members, £4.00 for visitors. Please contact Chairman Richard Jessop on 07821 332090 or email richardjessop7@gmail.com for more details.

Heacham Flower Club 2.30pm every 3rd Monday January – November. For info tel Joy Waldron 07594616597 (MC)

Strength & Balance Class 4.40pm Hunstanton Conservative Club.
Fitsteps 5.15pm at Ingoldisthorpe. To book: Contact Jaime 07765433100 or jaimefitsteps@gmail.com

Lift Lean 6pm as Fitsteps above.

Football Under 14's 6-7pm Contact Jason 07867527706 (HSC) playing fields

Line Dancing 6.30– 8.30pm Hunstanton Community Centre. £5.00. Tel: Louise on 07722124941.

Fitness Pilates 6.50pm, as Fitsteps above.

Hunstanton Bridge Club 6.45pm for 7pm Online Pairs with RealBridge. See bridgeweb.com/hunstanton for details

Heacham Table Tennis Club 7pm League Matches in the Hall (PH)

Heacham In Bloom 3rd Monday Monthly 7pm (OFH)

Hunstanton Voices 7.00pm every Monday, The Way Christian Fellowship Church Hall, Downs Close, Hunstanton. First week free, no singing experience required. For more information contact johnrushmer@hotmail.com or 07742 366385

Watlington Jazz Club 7:30pm 2nd Monday of the month £5 on the door at Watlington Sports and Social Club.

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TUESDAYS

Garden Circuits 09.15 am Rudham. For info contact Jaime 07765 433100 or jaimefitsteps@gmail.com

Kundalini Yoga 9.30am at Ingoldisthorpe Village Hall. Contact Gail on 07837 761724

Snettisham Art Group 10am – 12noon at The British Legion Hall, Snettisham. Call Les on 01485 572370 for further details.

Hunstanton Indoor Market 10am - 2pm (4pm July - mid-September) at Hunstanton Town Hall.

Mental Health and Wellbeing support drop-in sessions 10am - noon at St Faith's Community Hub, Gayton Rd, Gaywood,

Carpet Bowls 10.15 for a 10.30 start £2.50 Tel 570460(PH)

Gentle Pilates and Exercise Class (seated) 10.15am and 11.15am Dersingham Methodist Church Hall. Contact Anne on 07717333234, or email activehealthpam@gmail.com

Sweaty Mums 10,30 am Rudham. For info contact Jaime 07765 433100 or jaimefitsteps@gmail.com

Coastal Stroke & Support Group 10.30am –12.30pm at Hunstanton Methodist Church Austin St

Colour Yourself Calm 11am – 12 noon Hunstanton Library 01485 532280

Norfolk and Waveney Mind Coffee, Catchup and Crafts 11am - 12.30pm Anmer Social Club. Join us for coffee and bring projects to complete alongside others. Tel 0300 330 5488

Friendship Lunches 1st Tuesday of each month. 12.30 pm Two-course meal £7. To book call Shirley on 01485 540644 at Dersingham Village Centre

Heacham Carers Support Group meets 1st & 3rd Tuesday monthly 1-3pm at A Piece of Mind, 4 Poplar Avenue. Tea Coffee & a chat For more info Tel: 572707

Cafe for the Bereaved 2pm Fortnightly Hunstanton Library. 01485 532280 or email hunstanton.lib@norfolk.gov.uk

Walk and Talk 2pm 2nd Tuesday of the month. Hunstanton Library

Social 50/50 Dance 2-4pm at Reffley Community Centre PE30 3EQ. Tickets £4 each. 07787966000

Norfolk & Waveney Mind Mens Recovery Group 2 - 3.30pm Anmer Social Club. A chance for men to come together and chat with each other or with a mental health recovery worker. Tel 0300 330 5488

Jive Classes 2.15 - 3.45 inc tea/coffee. Contact Val 07789 957071 or info@takeitheleadance.co.uk (PH)

The Fellowship 2.45pm fourth Tuesday of the month (MC)
Garden Circuits 6.30 pm Rudham. For info contact Jaime 07765 433100 or jaimefitsteps@gmail.com

Pilates (mat) 5pm and 6.15pm Dersingham Methodist Church Hall. Contact Anne on 07717333234, or email activehealthpam@gmail.com

Norfolk & Waveney Mind After Work Social Group 5 - 6.30pm Anmer Social Club. A chance to socialise with others and /or talk to a recovery worker for mental health support. Tel 0300 330 5488

Weight Watchers 5.30pm (OFH)

Slimming World 5.30pm & 7.30pm at Hunstanton Community Centre Avenue Road Tel: Jo 07942 818059

Football Girls 6-13 YO 6-7pm, Boys U11's 7-8pm Nathan 07811 629910 £1 (HSC)Playing Fields

Norsemans Boxing Gym Jnr 6-7pm £2 and Snr 7-8pm £3 at Unit 12 Heacham Hall Ind Est. geezersales@btinternet.com

1st Heacham Guides 6.30 – 8pm Tel: Sue Theunissen 07833747059 or just come along (SG)

Fire Cadets at Hunstanton Fire Station 6.30 – 8.30 pm Boys & Girls 13yrs+ Come along for a fun and interesting evening learning about all aspects of fire safety Tel : 07919492236

Brass Band Practice 7pm Snettisham Salvation Army, Alma Road, Snettisham. Tel: 07436 425118

Parish Council Mtg 3rd Tuesday monthly 7pm (OFH)

Pocahontas Players Drama Group 7.30 – 9.30 pm Tel: 570402 (PH)

Poker Games (friendly) 7:30pm United Services Club, 11am – 12 noon Hunstanton Library

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In support of the Parish Library

Cash Bingo 7.30pm Hunstanton Conservative Club
Village Cinema last Tuesday of the month 7:30pm Dersingham Village Centre. £6 Details 01485 543195

WEDNESDAYS

Walkfit 9.00am Rudham For info contact Jaime 07765 433100 or jaimefitsteps@gmail.com

Docking Market 9am-1pm in The Ripper Hall Local Produce, Craft and Gift Stalls Tel: 576233

Sallywags Parent, Baby & Toddler Group term time 9.30 – 11 am £3 Tel: Jo 07395 077622 (SG)

Baby and Toddler Group 9.30 - 11.00 Methodist Church, Austin St, Hunstanton. £2.50. Call Val on 01485 298316 for more info.

Stability Ball 9.45am Rudham For info contact Jaime 07765 433100 or jaimefitsteps@gmail.com

British Red Cross with Trussell Drop In 10am - noon (last Wednesday of the month) at Heacham Parish Library. email annesipple@redcross.org.uk

Family History One to One 10 -11am Hunstanton Library 01485 532280

Scrabble 10am Hunstanton Conservative Club.

Seated Tai Chi 10.30 – 11.30 first and third Wednesdays of the month. Contact Allan on 07960229726 for more information. Wheelchair accessible. (PH)

The Old Schoolgirl Friends of Heacham School meet for a 'Coffee and a Chat' the last Wednesday of the month 10.30am at Norfolk Lavender Tel: 570742 or 579126

Midweek Communion 2nd Wednesday of the month 10.30am (MC)

Just a cuppa 11am Hunstanton Library 01485 532280

Walkfit 1.30pm Heacham. For info contact Jaime 07765 433100 or jaimefitsteps@gmail.com

Trefoil Guild 2 - 4pm 1st Wednesday of the month For info please ring Judith on 01485 571311. (NC)

Job Support 2 – 4pm alternate Wednesdays Hunstanton Library 01485 532280

Book Group 2pm 3rd Wednesday of the month Hunstanton Library 01485 532280

Tea Dance 2 – 4pm Snettisham Memorial Hall £5 Tel Dinky on 07787 966000

Flow 2.15pm pm Heacham. For info contact Jaime 07765 433100 or jaimefitsteps@gmail.com

Heacham Little Dragons Korean martial arts of self defence Ages 5+ 4.30-5.30pm Tel: Ian 07806622154 (SG)

Heacham Beavers boys and girls aged 6-8yrs, 5.30pm-6.45pm (term time only) call 07788 888921 (SG)

Fitsteps 6.00pm Rudham For info contact Jaime 07765 433100 or jaimefitsteps@gmail.com

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)

Kundalini Yoga 6.30pm–7.30pm at Ringstead Village Hall. Contact Gail on 07837 761724

Hatha Yoga 6.30 – 7.30pm. Ring Bridget on 07477 335155 or just come along with your own yoga mat. (OFH)

Fitness Pilates 6.45pm Rudham For info contact Jaime 07765 433100 or jaimefitsteps@gmail.com

Whist 7pm Hunstanton Conservative Club

Heavenly Honeys of Heacham 7pm 1st Wednesday of the month. For more info contact tracyraby61@gmail.com (HSC)

West Norfolk Singers 7.15 - 9.15pm For info Tel: 571315 or 07900 320612 Anne Davis www.westnorfolksingers.org.uk/ (MC)

Snettisham Gardening Club last Wednesday of the month 7:30 – 8:30pm at the Memorial Hall. For info call Gail Lees 01485 541279 or Addie Thompson 01485 544754

Men's Fellowship 3rd Wednesday of the month 7.30pm at The Salvation Army, Alma Road, Snettisham

THURSDAYS

Kundalini Yoga 9.30am at Ingoldisthorpe Village Hall. Contact Gail on 07837 761724

Pop-Up Coffee Shop 10am – 12.30 at Dersingham Village Centre. Hot & cold drinks, quiche & cake.

Coffee Morning 10am - 12noon (monthly on the 1st and 3rd Thursdays) at The Salvation Army, Alma Road, Snettisham. All welcome.

Bereavement Support In Heacham 10 am till 12 noon on the first Thursday in the month. Contact the church office 01485 572539 / email: heacham.church@gmail.com (PRH)

Dementia Cafe first Thursday of the month 10.30 - 12.30 Heacham Social Club. More info from West Norfolk Carers 01533 768155 or westnorfolkcarers.org.uk

Norfolk & Waveney Mind - Rest in the Community Hub 10am - 3pm Lunch Club Plus . For over 50s with mild to moderate physical and/or mental health diagnoses. Hot dinner and pudding provided. Activities such as dominoes, Bingo and carpet bowls. There is a charge for this group and pre-booking required. Tel 0300 330 5488. Neville Court Community Room , Neville Rd, Heacham.

Snettisham Art Group 10am – 12noon at The British Legion Hall, Snettisham. Call Les on 01485 572370 for further details.

Carpet Bowls 10.15 for a 10.30 start £2.50 Tel 570460 (PH)

Stretch and Relax Classes 10.30 – 11.15am Dersingham Village Centre. Details as on Mondays.

Oddfellows Get Together 11am, third Thursday of the month at Thaxters Coffee Shop, Dersingham. For further details please contact Alison or Jonathan on 07564 834292 or email alison.schultz@oddfellows.co.uk

Craft Club 2nd Thursday of the month, 2pm - 4pm at The Salvation Army, Alma Road, Snettisham. Bring your own project if you like.

Craft and Knit and Natter 2 – 4pm Docking Village Hall. A donation required. Call Anne Swift on 01485 518685.

Knit and Natter 2pm at Pine Residents Hall. Call Pat Toppin 01485 779208

Bingo 2pm at Sunnyside Close (Retirement Housing for 60+) Tel: 570492

50/50 Tea Dance 2 – 4pm at Hunstanton Community Centre, Avenue Rd. £4 inc refreshments. All Welcome

Tea Dance 2 - 4.30pm every week. Old time line dancing and sequence at the Public Hall. Call George 01775 670294

Hunstanton WI 4th Thursday of the month at 2:15pm Methodist Hall, Hunstanton.

Football Under 7's, 8's, 9's, 10's 4.30 - 6pm U14's 6.30 - 7pm Adults Open Match 8-9pm Contact Jason 07867527706 (HSC) playing fields

Judo 6 - 7.15pm 3 - 6 year olds; 6 - 7.15pm Beginners 6 years old and Low grade Juniors ; 7pm-9pm Higher grade Juniors and Seniors (16+). £2 per class (first one free). Call Shirley Tucker on 01485 571614 (PH)

Hunstanton Bridge Club Duplicate Bridge 6.15pm for 6.30 pm until 9.45pm approx.. All year round at Old Hunstanton Village Hall. Contact bridgehunstanton@gmail.com

Ballroom, Latin and Jive Classes at Dersingham Village Hall. 6.30 Jive, 7.30 Ballroom & Latin beginners, 8.30 beyond beginners. Contact Val on 07789 957071 or www.taketheleaddance.co.uk

1st Heacham Cubs ages 8 - 10yrs Term Time 6.45 - 8.30pm Tel: Jemma 07962 611122 (SG)

St Mary's Snettisham, Thursday Suppers - 7pm at Park Farm Visitor's Centre - a good meal, fellowship and Christian teaching - all welcome - cash donations go to the Hunstanton Food Bank

Hunstanton Army Cadets 7 - 9.30pm Hunstanton Community Centre Young people in School Year 8 Contact: Martyn Hannant - 07824184259 / 01485 576388

Slow Flow Yoga 7 - 8 pm Dersingham Village Centre. Contact Kyra on 07968 354431

Hunstanton and District Camera Club 7.30pm, first and third Thursday of the months September to May. Common Room, Orchard Close, Dersingham.

Snooker League 7.30pm Hunstanton Conservative Club

RAO Buffaloes 7.30pm (HSC Top Room)

Poker Games (league) 7:30pm United Services Club

Cash Bingo 8pm at United Services Club

Quiz Night Cash Prizes 9pm at Fox & Hounds

Wolf Folk Club 8pm fortnightly from 11th September at Flitcham Social Club. Free. Singaround of a wide variety of acoustic music. More info on their Facebook page - The Wolf Club.

FRIDAYS

Crafty Crowd second Friday of the month 10am - 12 noon at Heacham Methodist Church. Bring your own craft. For info contact Marianne on 07880 364326

Mental Health and Wellbeing support drop-in sessions (alternate Fridays starting 3rd October) 10am - noon at St Faith's Community Hub, Gayton Rd, Gaywood,

Friendship Group 10.30 am - 12 noon at Hunstanton Community Centre. Come for a cuppa & a chat & to meet new people. Linda - 07359 242337 or Stephen - 07311 251198

Wool Crafts 11 am Hunstanton Library 01485 532280

Lunch from 12noon - 2pm at United Services Club. Varied menu. To book - 07901 524778

St Mary's Snettisham, Friday Lunches - 12:30pm at Snettisham Church Hall, 100 Station Rd - a light meal, fellowship and Christian teaching - all welcome - cash donations go to the Hunstanton Food Bank

Raffle 1pm Hunstanton Conservative Club

Hunstanton Bridge Club Supervised Bridge 1.15pm for 1.30 pm until 4.45pm approx.. September to end of June at Old Hunstanton Village Hall. Contact bridgehunstanton@gmail.com

Heavenly Honeys of Heacham 2pm 1st Friday of the month. For more info contact tracryaby61@gmail.com (HSC)

Sequence Dance Group 2 - 4pm Alternate Fridays £2.50 -45 mins. Info from Elizabeth Jarred 07709 287318 or elizabethjarreddance@gmail.com (PRH)

Carpenter Bowls 2 - 4pm Sedgeford Village Hall. Mature friendly group. Taster session free. More details from 07938442790 or 07708567674.

Football 5 - 6.30pm Under 10's 'Minors' on playing fields Contact Jay 07711779415 (HSC)

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)

Norseman's Boxing Club Jnr 6-7pm £2 Snr 7-8pm £3 Unit 12 Heacham Hall Ind Est. geezersales@btinternet.com



Hunstanton United Services Club

Entertainment for May 2026

OPEN ALL DAY EVERYDAY - ALL WELCOME

Early May Bank Holiday Weekend:

FRI 1st - CECIL FARAYI Motown & Soul Man. 8.30pm.

SAT 2nd - HI DEFINITION BAND 60s onwards. 8.30pm

SUN 3rd - FIND THE JOKER DRAW. Great cash prizes. £1 a ticket. Drawn at 2.30pm followed by live music in the lounge with MISCHIEF. Great entertainment. 3.30pm.

FRI 8th - DEWEYS CURRY NIGHT from 5.30-7.30pm followed by dancing to live music in the lounge with STEVIE B You must BOOK your table on 07417 401299.

SAT 9th - CO CO Energetic performance. All eras. 8.30pm

SUN 10th - FIND THE JOKER DRAW. Great cash prizes. £1 a ticket. Drawn at 2.30pm. Followed by live music & dancing in the lounge with ARON FENDER R&R + MORE. 3.30pm.

KARAOKE with MICK COVEY. 8pm.

FRI 15th - QUIZ NIGHT. £50 first prize. Teams up to 4 persons. £3pp. 8pm.

SAT 16th - JIMMY JAMES Motown, Soul & More. 8.30pm.

SUN 17th - FIND THE JOKER DRAW. Great cash prizes. £1 a ticket. Drawn at 2.30pm followed by live music in the lounge with GLEN COOPER. Good vocals. 3.30pm.

KARAOKE with MICK COVEY. 8pm.

Late May Bank Holiday Weekend:

SAT 23rd - AFTER PARTY DUO. Great harmonies. All decades. 8.30pm.

SUN 24th - FIND THE JOKER DRAW. Great cash prizes. £1 a ticket. Drawn at 2.30pm followed by live music & dancing in the lounge with STEVIE B. 3.30pm.

DNA BAND Rock Motown & Blues. 8pm.

SAT 30th - BOHEMIAN BOYS. All eras. 8.30pm.

SUN 31st - FIND THE JOKER DRAW. Great cash prizes. £1 a ticket. Drawn at 2.30pm followed by live music & dancing in the lounge with TONI G. 60s, Elvis 3.30pm.

KARAOKE with MICK COVEY. 8pm.

EVERY SUNDAY - KARAOKE with Mick - 8pm (except 25th May).

CASH PRIZE BINGO - EVERY MONDAY & THURSDAY EVENING. EYES DOWN 8pm

POKER NIGHTS - EVERY TUESDAY FRIENDLY and THURSDAY LEAGUE 7pm

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The Club is open Monday to Saturday 10am-11pm
Sunday 11am-11pm



Meals served from Monday to Saturday 12 noon until 2.00pm.
A selection of special meals available each day.
Sundays – 2 course Roast Lunch

Events for May 2026

Sat 2nd May: Bingo
Sat 16th May: Rhiannon Rae – female vocalist

Coach Trips

Thursday 14th May - Stamford & Rutland Water
Thursday 18th June - Southwold
Thursday 2nd July - Holt & Cromer End of Pier
Summer Show

Bookings can be made at the bar but not between 12 midday & 2pm

Regular Events

The U3A Spanish class meets every second Monday morning
Yoga for U3A members on Wednesdays, Thursdays & Fridays.
The U3A Chess Group on Wednesday mornings at 10am.

Mondays: Strength and Balance Class – 4.30pm
Mondays & Tuesdays: Seated Yoga 12.45-1.30pm.
New Class
Wednesdays: Scrabble 10.00am. Whist Drive
7.00pm
Fridays: Lunchtime Raffle drawn at 1.00pm
NIA (non-impact Aerobics) 12.30pm
Saturdays: 'Open the Box' draw at 1.00pm

Cash Bingo – Tuesdays and Fridays. Eyes down 7.30pm

www.hunstantonconservativeclub.co.uk

Hunstanton Tang Soo Do Club 6.30 - 8.30pm Korean martial arts of self defence mixed club all ages at Smithdon School.

Cash Bingo 7pm (PH)

Cash Bingo 7.30pm Hunstanton Conservative Club

Wildfowlers Club 1st Friday monthly 7.30pm (HSC Top Room)

Poker In The Club 1st Friday each month 7.30pm (PH)

Stepping Out Tea Dance last Friday monthly. £5 for members, £7.50 for non-members, inc refreshments at Dersingham Village Centre call Peg Hunter 07930 556675

SATURDAYS

Sandringham Royal Parkrun 8.30 for 9am. First Timers briefing at 8.45am. Start and finish on the vista near children's play area. Car parking for parkrun is free until 11:00 am. To volunteer or for further information contact: sandringham@parkrun.com

Hunstanton Promenade Parkrun 8.55 for 9am. 5km run, jog or walk. Meet at Salad Bowl Cafe, North Promenade, Hunstanton PE36 6EH email hunstantonpromenade@parkrun.com

Football U13'S 10-11.30am Contact Mike 07804927764 (HSC Sports Field)

Coffee Morning first Saturday of the month, 10am. Pine Residents Hall. £1. There is a raffle.

Storytime 11am Hunstanton Library 01485 532280

Games Session 11.30am Hunstanton Library 01485 532280

Raffle with 'Open The Box' 1pm Hunstanton Conservative Club.

Indie Arts Club 2nd Sat monthly 1-4pm at Hunstanton Town Hall Basement Entry & Membership free. Book in advance via email: bookings@wattsington.com

Sequence Dance Group 2 - 4pm Saturdays unless hall previously booked £2.50 -45 mins. Info from Elizabeth Jarred 07709 287318 or elizabethjarreddance@gmail.com (PRH)

West Norfolk Tai Chi Chuan –weekly local Tai Chi classes www.west-norfolk-tai-chi.com for information.

SUNDAYS

Sunday Masses 9am Mountbatten Rd, Dersingham and 11am Sandringham Rd, Hunstanton. Catholic Parish 01485 534675

Sunday Lunch Carvery from 12noon - 2pm at United Services Club. To book - 07901 524778

Sunday Lunch from 12noon – 2pm at Hunstanton Conservative club. Two courses £8.95, please book.

OTHER EVENTS

May

May Events at Anmer Social Club

For info see www.anmerclub.com, facebook.com/AnmerSocialClub or email enquiries@anmerclub.co.uk

Club open 30 mins before event start time.

Monday 4th 7.30pm Bingo Night £6.50 book of 10 cards, £1.50 'Flyer Card, £2 'Cash Accumulator' card.

Friday 8th club opens 7pm, Family Spring B.B.Q. £14/person payable on night but must book at farmboy24@sky.com or 07899 872351

Monday 11th 10am- noon Coffee Morning . Info from lee.suckling78@outlook.com or 07899 872531

Friday 15th 7.30pm Film, 'Song Sung Blue'. £5 on the door.

Monday 25th 10am - noon Coffee Morning.

April and May during library open hours at Heacham Library there will be a display of architectural curios in the village.

Friday 1st - Sunday 3rd May 10am - 5pm and **Monday 4th May** 10am - 4pm at Thornham Village Hall an Art Exhibition by David Lendrum and Helga Joergens. Free. Full disabled access.

Sunday 3rd May 10am - 4 pm Bircham Newton Heritage Centre open day.

Thursday 7th May 2pm The Reading Room Stanhoe, Stanhoe and Barwick WI. Simon Smith will give a talk entitled 'Owl Rescue'. For more details contact stanhoenadbarwickwi@gmail.com

Saturday 9th May 7.00pm at Dersingham Village Centre, a film 'The Audience'. £10, under 16s £5. Licensed bar.

Monday 11th May 10am - 2.30pm at Heacham Library, free tech help sessions with Janie.

Monday 11th May 2pm Sedgeford Village Hall, The Arts Society Lecture: 'Travels with a Trowel' by Louise Schofield. www.theartsocietyynwnorfolk.org.uk

Sunday 17th May 10am - 4 pm Burcham Newton Heritage Centre open day.

Thursday 21st, Friday 22nd and Saturday 23rd May 10am - 4pm at Dersingham Methodist Church, a Flower Festival plus stalls and refreshments.

Friday 22nd - Saturday 23rd May 10am - 4pm at Thornham Village Hall Textiles in Action Annual Exhibition. Free.

Saturday 23rd - Tuesday 26th May 10am - 5pm at Ringstead Village Hall, Ringstead Artists' Exhibition - A Celebration of Local Creativity. Free. For more info contact Barbara King at bek@barbaraking.co.uk

Sunday 24th May 10am - 3pm at West Raynham SHQ (NR21 7PL), 'Cold War History Day'. Guided tours of RAF West Raynham plus Hunter and Canberra cockpits open, jet engine display, Bloodhound missile display, Police dog display, Wargaming displays, small arms display, short talks and discussions, and much more. Cafe. Info from info@veteranscentral.co.uk

Tuesday 26th May 7.30pm at Dersingham Village Centre, a film 'Black Bag'. £6 includes tea/coffee/squash, under 16s £3. Bar. **Wednesday 27th May** 10am – noon Heacham Library, British Red Cross in partnership with Trussell will be there to help with adult social needs.

Wednesday 27th May 10am – noon Old Friends Hall, Coffee Morning and More.

Wednesday 29th April 7.30pm Memorial Hall, Old Church Rd, Snettisham. Snettisham Gardening Club. Michael Croot will be there with his container plants for sale and advice on preparing the plants. The visitor charge for this event will be £5. For more info call Gail on 07899 933840 or Addie on 01485 544754.

Saturday 30th May 8.45 am for 9.00 am Sandringham Royal Park. 5K Your Way – Move Charity For anyone affected by cancer, friends and healthcare professionals to come and walk, talk, run or simply have coffee and cake and be part of the lovely parkrun community. For further information email: sandringhamgroup@5kyourway.org

Saturday 30th May 10am - 4pm at Hunstanton Town Hall, Craft Fair. Free. Dogs welcome.

Sunday 31st May 10am - 4 pm Burcham Newton Heritage Centre open day.

June

Friday 5th June 7.30pm and **Saturday 6th June** 2pm and 7.30pm at Heacham Public Hall, the Pocahontas Players present 'PAR for the course'.



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The New Mill Market at Norfolk Lavender

Hello everyone

This is Christina your new roving events person with a camera! The Newsletter has kindly offered me a place on the team to cover events in Heacham that we hope would be of interest to the readers.

The new Mill Market at Norfolk Lavender took place at the end of March and, although breezy, it was a lovely morning to have a stroll around and browse what was on offer. There was a variety of goods on sale from lavender sleepmist to crystals, pooch treats and locally produced rum and gin. Quality vintage clothing, accessories, personalised leisure wear and bags, handmade cushions, felt flowers, jewellery, chopping boards, mushroom products and lamps made from recycled guitars....the list goes on from this new and well attended event showcasing the amazing talent of people from the area and the new and upcoming love of our youngsters 3D printed items including colourful dragons.

Food refreshments included a Poke bowl for a snack after browsing, a coffee stall for treats including ice cream and of course the Lavender's own treats, were on offer too.

There will be more of these markets offering choices of crafts, gifts, food and the unexpected to visit over the coming months so keep a lookout for announcements in the future and should you be interested in exhibiting then I'm sure you'd have a warm welcome.

I'll be visiting local events so please say hello if you see me.

Christina Brown



Photos taken by Christina Brown

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 Join us to discuss Heacham's treasures – people, nature, and traditions. We'll share stories, and create a village map. All residents welcome!

- Jane Scobie, local artist

Residents Invited: Building Community Resilience in Heacham

Join a group of researchers and local and regional artists in building community resilience. We'll host informal discussions and optional activities with residents, with a light lunch and refreshments. No special knowledge or experience required - just your perspective as a resident. The event, lunch, and refreshments are free for participants.

THURSDAY, 21 MAY 2026
12:00 - 15:30

Heacham Social Hall, 13 Station Rd, Heacham, PE31 7HG

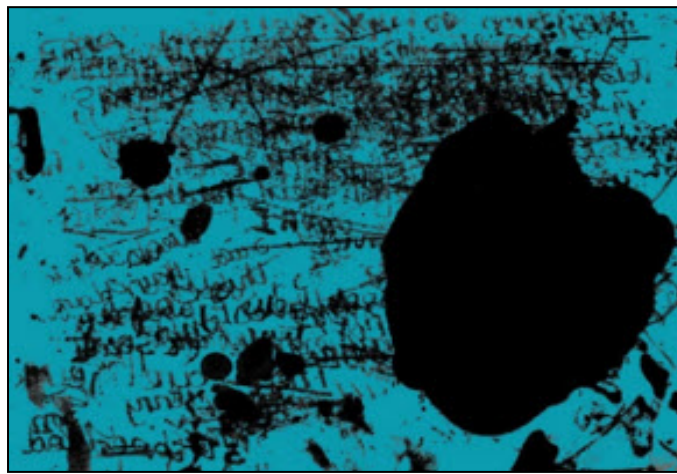
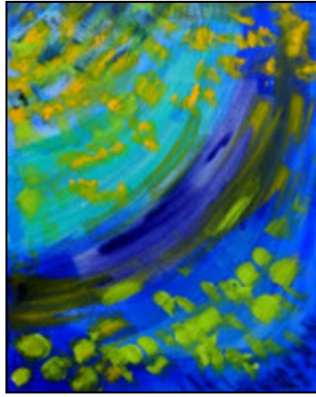


For more information or to register, scan the code or contact Dr Scott Leatham - s.leatham@uea.ac.uk

**Ringstead Artists' Exhibition –
A Celebration of Local Creativity
23rd to 26th May,
Ringstead Village Hall PE36 5JU**

From Saturday 23rd May to Tuesday 26th May, four Ringstead-based artists will be presenting a vibrant mix of abstracts, landscapes and still life as part of this year's North Norfolk Open Studios. We are Helga Joergen, Barbara King, David Lendrum and Cass Wedd. Expect a colourful display of artwork embracing the experimental, interpretive and reflective, all produced with an array of mediums including acrylic, watercolour, photography, print, collage and sculpture.



The exhibition is open from 10am to 5pm daily and throughout the exhibition the artists will be present to meet visitors and discuss their creative processes. This is a unique opportunity to engage with the artists, discuss their work, and purchase original works. Free entry, disabled access and onsite parking available.



For more information, please contact Barbara King a bek@barbaraking.co.uk



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FOR QUEEN AND COUNTRY

Holcombe Ingleby, the village squire who took over the reins from the Rolfe dynasty at the turn of the centuries (19th and 20th), kept an album of the press cuttings relating to the village – and to him - which appeared regularly in the local press in those days. He also included posters and programmes for the many productions,

concerts and activities in the new Public Hall with which he was directly involved. On one page, in striking contrast to columns of newsprint, is a watercolour painting of a soldier. Apart from the brief handwritten details there is no accompanying newspaper account or even acknowledgement of the painter. It is painted directly on a page of the album and so may have been by Ingleby but, much more likely, by his wife Jane, an accomplished watercolour artist.

So, who was ‘Monty’ Williamson? The military uniform, the year: 1900 and the place: Pretoria, provide the clues as to the end of his life. In previous articles, I attempted to discover or guess what might have been behind names and dates of High Street properties. Many will be aware that Fengate has its ‘Pretoria Cottages’ and Caley Street has ‘Ladysmith Terrace’ and ‘Mafekin Villas’ (not the usual spelling), all with 1900 shown as the date. These properties built at a time of something of a building boom in Heacham were proudly given names echoing the exploits of British troops in the Empire. All were named after battles and sieges in South Africa during what is known as the Second Boer War or more simply and possibly more accurately the South African War. In hindsight, certainly, it might be seen that Britain did not cover itself in glory in all aspects of the war including the creation of concentration camps for South African non-combatants . . . but back to Monty Williamson of Heacham.

Born in Heacham in 1877, Benjamin Montague Williamson was brought up in Malthouse Row by his father William, a shepherd and Alice, his mother, with at least five siblings before moving to Victoria Row. By the time he was thirteen he was employed like the majority of his contemporaries as an agricultural labourer. It was probably when employed by a farmer in 1894 that he incurred a fine of sixpence with 4 shillings costs for riding a horse-drawn cart without the use of reins. Earlier that year a charge against him and two other teenagers of damage to the infant school wall was withdrawn. A somewhat more serious offence as a fifteen-year-old in the previous year was met with a sentence of 14 days’ hard labour in prison, having been discovered with another in a High Street shop – after closing time.

Whether it was his idea, his parents’ or that of his employer Mr Patrick of Yew Tree Farm, he had attempted to join the Army but had been rejected as being ‘under standard.’ This did not prevent him joining the local Militia Reserve in Heacham with plenty of regular drill and the opportunity of shooting at the local rifle butts. At 5 feet and 5 inches and a chest measurement of just 35 inches he might well have looked out of place amongst today’s squaddies but he was an inch above the minimum height requirement and that was reduced as the need for more soldiers increased. Despite his earlier transgressions his conduct in the Militia was reported as ‘Good.’ As a member of 3rd Battalion Norfolk Regiment, he left the village when the war in South Africa required more men. In 1899 Monty became a part of the Special Section Militia for Service Abroad and was at the large Fermoy barracks in what is now the Republic of Ireland. From there, attached to the regular 2nd Battalion, on 25 February 1900,

he sailed on ‘Orotava’ from Queenstown (now Cobh) to Cape Town - to die at Pretoria. The circumstances are unknown but the Militia men were often put on duty in the building and maintenance of defensive blockhouses rather than offensive action. It is also a fact that disease claimed more British lives than military action in the course of the war.

What is curious is how this ill-fated young farm labourer came to have his portrait painted and possibly by the wife of the squire. Was it from life or from a photograph which would have been quite a rare possession for his family at that time?

Monty Williamson was not the only young Heacham man to serve in South Africa, of course. Another agricultural labourer Ernest Smith who worked for Benjamin Bray at College Farm and lived in Folgate was also a member of the local Militia. He too had appeared in court – but as a witness in the sort of case that was extremely common at the time. A group of seven young men were accused of being on the land of Mr Robertson with dogs and guns after hares. Thirteen-year-old Ernest was with them and was called as a witness which might well have had consequences outside the court as one of the accused was his older brother! A magistrate recognised the potential and praised Ernest and warned the group against reprisals. Some years later he became 3088 Private Ernest William Smith of 3rd Battalion, attached to 2nd Battalion at Fermoy. He was about the same height as Monty and when he signed up for the Militia weighed 118 pounds (53 kg approximately). He would have shipped out on ‘Ortavia’ (Transport 91) from Queenstown as one of the 510 men of 3 Norfolks. Joining them were 626 men from Cheshire and 100 from Derby. He may well have had cause for thought when he realised that there were about 150 Army medics on board and possibly someone on board knew that the ship had

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capsized four years earlier when taking on coal at Tilbury before being refloated and refurbished. Ernest died at Glen which was a strategic railway crossing point over a river. Again, details are unknown; he had, when he joined the Militia in 1897 like Monty three years earlier, agreed that he was willing to be vaccinated or re-vaccinated. This probably referred to the smallpox vaccine but the war in South Africa gave the British Army a chance to test the efficiency of a brand new typhoid vaccine.

Both Monty and Ernest were part-time soldiers before they were attached to the regular Army but another Heacham soldier who was 'lost' four and a half thousand miles away was in the Royal Engineers. He was Sapper Frederick Jelly who had actually been born at Fermoy in County Cork, the site of the barracks and training ground known to the young men noted previously. This was no coincidence as his father was a serving soldier, retiring as a sergeant major after twenty one years and becoming the drill instructor of H Company, 3 Volunteer Battalion Norfolk Regiment. It would have been him that recruited Williamson and Smith and they would have become accustomed to his drill commands. He would also have been known to Holcombe Ingleby as a regular participant in musical comedy productions. Frederick Jelly had been a drummer with the Volunteers before joining the Engineers at 15 and training to be a military telegraphist; he was known locally to be an accomplished shot like his father. He left for South Africa in 1901 and was serving in this role in South Africa when he succumbed to 'enteric fever' in Charlestown in February 1902 at the age of nineteen. He was one of many thousands of victims of what we would now call typhoid.

The names of all three young men are inscribed on the Norwich memorial situated on Agricultural Hall Plain near the castle. It is dedicated to all Norfolk soldiers who died in the South African War. Smith and Williamson are listed on the brass memorial to

the men of 3 Battalion Norfolk Regiment in the north transept of Norwich Cathedral. Jelly is named on the Royal Engineers memorial arch at Chatham barracks and, closer to home, on a brass memorial erected by his parents on the north wall of St Mary's, Heacham.

There were, of course, those who left Heacham for South Africa and returned to the village. As Queen Victoria died in 1901 and the war lasted from 1899 until 1902 there were both Queen's and King's South Africa campaign medals. A celebration dinner was held in the Public Hall in October 1902 and silver-mounted horn beakers were presented to those thirteen men. They were inscribed with the recipient's name and 'Presented by the inhabitants of Heacham: South Africa, 1902'. One was for the younger brother of Frederick Jelly - sixteen-year-old Bugler Henry Jelly of the Royal Engineers who would go on to serve

in the First World War and survive it as a Warrant Officer. His father died in 1915 aged 70 at Ringstead after drilling members of the Volunteer Training Corps there.

Perhaps, walking along Caley Street or Fengate, the names of terraces will stir thoughts of 'some corner of a foreign field'.

Eric Rhodes



Photo of Jelly jun.



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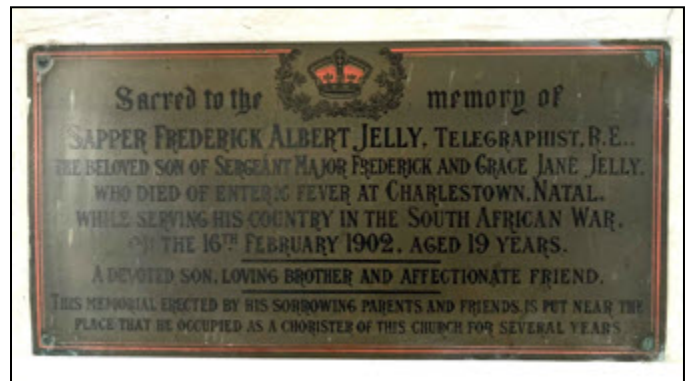
Norwich memorial to Norfolk men who died in S. Africa



Memorial to Jelly jun. In St Mary's church



Royal Engineers Memorial Arch, Chatham Barracks



Memorial to men of 3 Norfolks, Norwich Cathedral

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Sedgeford Historical and Archaeological Research Project

The excavation period is nearly here. The SHARP excavation will be back working in Sedgeford on the 12th of July until the 7th of August.

This year we have several of our courses have sold out, but we still have a few places on our other week and day courses this year!

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Seahenge Meets Maori

Making art is always an adventure. At least in my life it is. This time I was lucky enough to be part of someone else's adventure.

After driving through the Norfolk countryside - one of my loves - I arrived at a farmhouse where I met George Nuku, a Maori sculptor. I helped him prepare wood - another love - for his sculpture to be exhibited at the GroundWork Gallery in King's Lynn. I asked George to share a few words about his work:-

“Veronica Sekules of GroundWork gallery is a visionary and in Maori she is called 'Ngakaunui' – Ngakau is the name we give to the mind and the heart being connected – 'mindheart' it is seen as a complete organ to both the brain and the heart individually and they have their own names respectively. Nui means great or large. I have known, felt and experienced directly this quality of Veronica for 20 years now...

Through her mindheart, I believe that she sensed intuitively, that upon showing and informing me of the Seahenge, that I would react and relate in turn. I have spoken to other artists who have worked with her and they instantly recognised this in their relations with her also.

The Seahenge itself pierced my psyche, it seemed to reach out over time and space to make itself present – in a way that I was familiar with from my Maori upbringing.

All the elements were there, the portal, doorway consisting of a forked tree upside down – the thighs of the sacred female through which you pass to enter the enclosure, the house, the space. Passing through and under the place between her thighs that we all come from. In the Maori stories, this place is also the abode of the goddess of the underworld, of the long night, of death – in essence, the place we come from is the place we return to, we all come from her, we are her babies and we are forever to her – in life and afterwards...

The placement of the trees in the Seahenge, with the central one upside down also with the roots above, forming a receptacle in which payments were presented – to make the payments necessary to ensure the cycle, the turning, to say thank you and to ensure favour with the gods through payment and importantly – acknowledgement.

The upside down trees revealed in turn another world below, above, beside, it makes no difference this way of divining everything is the world that is strong in my veins and my role in life is to facilitate between this world and the next.

I chose to represent the Seahenge as a vast Takarangi – a type of double helix spiral, Takarangi depicts the creation of the world, the moment when light penetrates the darkness in the micro-second. Pure uncontaminated light, this process occurs every morning directly after the darkest part of the night. The dawning light of the new day, a new world, a new beginning is sacred.

Tane nui aa Rangi is the son of heaven – his parents Rangnui/Father sky & Papatuanuku/Mother earth set the context for the creation of the world. It was Tane, the oldest son who separated his parents by pushing his father up into the sky, allowing the light to enter and as mentioned, the creation of the world.

The first act Tane performed was to take the trees and plant them as pillars, to hold heaven and earth in the correct position and if the trees are all removed, the world will end. The trees in the Seahenge reminded me of this.

To me the plastic is sacred as all is sacred, as are the pieces of locally found wood in the Seahenge installation. Like us, they are all from our mother as everything in our world ultimately descends from. Like the wood/trees, the plastic itself is as ancient from it's genealogy from oil, yet so new also – between this contradiction lies a space of great discovery, the plastic is able to tell us many things if we can understand by getting closer to it – perhaps the plastic can save us...

The artwork itself is titled 'Seahenge Axis Mundi' – the world turns, the cycles continue in their turning and we perform the act of balancing between directing & being directed by the changes – I believe that the key to this balance is that we must never stop moving.

The turning aspect of the artwork evidences the binding action, we bind ourselves to each other and to everything, my Maori culture reminds me of this also as we lived in a world without nails – everything therefore was bound – canoes, houses, weapons, people everything.

The carvers would bind the stone adze blades to the wooden handles each morning, at the completion of the day they would in turn unbind them and put the adze blades 'to sleep' in a special repository for the night – then repeat the process the next morning. This binding/turning and unbinding/reversing is in itself, an activation and de-activation process.

In the ancient French this is called 'Relegare' – from ligare/ligament – to bind and confirm, to ensure a successful outcome – so in this context my art is like the Seahenge, it is religious in both it's nature and intent.



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Just as importantly, through all of this work I became bound to Veronica, Sandy Heslop who hosted me throughout and their son Jack, who worked with me entirely from initial stage to final installation. To my new and everlasting comrade in art, sculptor Esther Boehm who gave her time freely to assist Jack and I.

The artist Frances Kearney who together we co-exhibited in this exhibition titled 'Out of the Depths', together our work binds in a poetic manner beyond words. The young women of Groundwork Gallery, Mary and Lily whom I immediately threw into the breach and breathed fresh energy into the last crucial finishing tasks of both assembling and installing. Together all of us mentioned, bound ourselves together on a voyage of discovery – resulting in both the satisfaction and authority of the work is shared equally, this in turn is what we transmit on to the people...”

**Mauriora
George Nuku**

The impressive cut and carved plastic disc looks like ice but reminds me of that pure light – in contrast, the dark natural wood forms. Expressive shadows are cast through the gallery perhaps like ripples in the water at Seahenge. They connect (bind) with Frances Kearney's stunning photographs and objects.

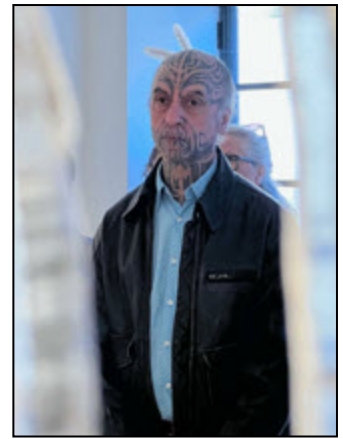
It has been a joy and privilege to take part in this project.

You can visit 'Out of the Depths, New Works: George Nuku, Frances Kearney' at GroundWork Gallery, 17 Purfleet St., King's Lynn, PE30 1ER, 11-4 Wednesday to Saturday until 6 June.

Esther Boehm - www.estherboehm.com

On behalf of the Save The Old Dairy Project team
www.savetheolddairyheacham.org

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INHERITANCE TAX: A VALUABLE EXEMPTION TO CONSIDER

By Mapus-Smith & Lemmon LLP incorporating Kathryn Gigg Chartered Accountants, Hunstanton

The current Inheritance Tax (IHT) Nil Rate Band was frozen at £325,000 back in 2009 and is due to remain fixed at that level until 2031. If it had risen fairly with inflation it would likely be in excess of £675,000 by now. Similarly, the Annual Exemption of £3,000, set in 1981, ought perhaps to be over £15,000 today.

As a result, exposure to **IHT has been gradually rising year on year**; and now with the misguided attack on farmers and family businesses resulting in the restriction of Agricultural & Business Property Reliefs from 6 April 2026, plus the inclusion of undrawn money-purchase pension funds in a chargeable Estate with effect from 6 April 2027, the IHT tax take is set to increase substantially.

Anything that can mitigate the impact of the tax that can be considered a “penalty on thrift, independence and enterprise” has therefore got to be worth considering.

One of the most important but misunderstood reliefs is that of **Gifts as “normal expenditure out of income”**. To have any chance of claiming the relief, the gift must be made: a) as part of the donor’s normal expenditure; and, b) taking one year with another it was made out of income; and, thirdly, c) that after allowing for all such gifts as part of normal expenditure the donor was left with sufficient income to maintain their usual standard of living.

As it will be your Executors who will make the claim and hence need to provide evidence of the annual level of surplus income, it is imperative to keep a detailed record of your income and expenditure (see the final page of HMRC Form IHT 403) along with any supporting papers, and also document the gifts made.

Normal means “normal for the donor and not for the average person”; and there should be a regular pattern of gifts. It is always wise to document one’s intention for the gifts to be regular from the outset.

In basic terms, evidence of one’s income for the purposes of this relief should be available from your Tax Return but it is not necessarily the same as income for Income Tax purposes (e.g. you may also have income from exempt sources such as ISAs or Premium Bond winnings). HMRC will wish to ensure that capital is not included (e.g. you might consider the 5% withdrawals that you take from your Investment Bond Policy to be regular income, but, in fact, they are truly defined as capital).

Most surprisingly however, the normal expenditure exemption is not (currently) limited to a specific monetary amount. Hence, it can be seen how valuable this relief can be as opposed to finding that your gifts are classed as Potentially Exempt Transfers, sitting on your 7 year clock before they escape the Chancellor’s clutches.

Over the next year many people will find that their potential exposure to IHT increases massively. Something that they have not had to seriously consider until now.

“Carpe diem” therefore, and plan (as well as you can, as soon as you can) to ensure that you make good use of all reliefs and exemptions available to you – “while stocks last”!

If you are considering making substantial gifts out of income and need detailed support to structure and maintain the records that HMRC would expect to see, please do contact Nicola Tarry FCA at Mapus-Smith & Lemmon LLP, Hunstanton office on 01485 534800 or ntarry@mapus.co.uk

Article written pre-5 April 2026

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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 we endeavour to ensure that the information contained herein is correct, neither we nor our 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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For an appointment please contact:
Mrs K H Gigg FCA or Ms N S Tarry FCA

THE OFFICE, 20 KING'S LYNN ROAD,
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Image: Rushing In by Liz James

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King's Lynn Soroptimist members organised a takeover of Sandringham Parkrun no. 224

Sandringham parkrun were pleased to welcome The Soroptimist Club of King's Lynn to Sandringham parkrun on March 7th. To celebrate International Women's Day (March 8th), King's Lynn Soroptimist members organised a Sandringham parkrun takeover. Club member and Soroptimist Regional President Kim Bramham said: "Soroptimist International clubs across the world mark International Women's Day every year, joining women to raise awareness of the importance of gender equality globally and to celebrate women's achievements. The United Nations has released the official theme for International Women's Day 2026 as 'Rights. Justice. Action. For ALL Women and Girls' - what better way for our club to celebrate than by taking action to volunteer in key parkrun roles. Parkrun and Soroptimists make a great partnership - both are volunteer-led, inclusive and supportive, working to enable all people to achieve in a safe and supportive way." Members were also available during the run to chat about Soroptimists and International Women's Day.

If you are not able to make it to the Parkrun to find out more about our work, visit Our Work to stand up for Women and Girls | Soroptimist International Great Britain and Ireland (SIGBI) | SIGBI or About our Club | SI Kings Lynn | SIGBI

International Women's Day (IWD) are celebrating 115 years 1911 – 2026 <https://www.internationalwomensday.com/>

Fittingly in first place was a lady Marie Duhig in a time of 19.31, which again gave her the highest age grade of 83.30%, and in 2nd place was Daniel Wilson in a time of 19.28. Highest age grade male was Kenny Addis with a 75.77%. With 334 finishers 178 female and 145 males with 10 unknown, there were 69 first timers to Sandringham and 18 first timers to parkrun. Milestones were achieved by Bob Carrick – 50 parkruns; it was also Bob's

50th time volunteering. Other milestones Jonathon May – 100, James Leeman -150, Sally King - 350 parkruns. With 48 participants achieving a PB, 31 ladies and only 17 men and with 5 participants in the 500 club (Jen Bates 570, Stephen Brookes 545, Sarah Byatt 530, Mick Bates 524, Ian Galloway 510) that's 2 ladies and 3 men. Well, done to all finishers whether you walked, ran or jeffed (in memory of Jeff Galloway - an American distance runner and Olympian who's run-walk-run method revolutionized the approach to running, the strategic walk breaks reduces fatigue and virtually eliminating significant running injuries - who sadly passed away February 25th 2026).

Parkrun cannot go ahead without our volunteers. Thank you to our 28 volunteers, several were from the Soroptimist. The Soroptimist ladies were sporting rather natty mimosa sprigs – Soroptimist Kate kindly made and gifted these as a thank you for volunteering. The background information (because every day is a school day, after all!): the tradition of gifting mimosa on International Women's Day began in Italy after World War II and has become a gesture of respect and solidarity, with the custom spreading worldwide, making the mimosa a symbol of admiration, empowerment and celebration for women everywhere. Mimosa flowers represent hope, optimism and renewal, while its soft yet resilient petals mirror the gentle strength that women display every day.

So, how about carrying on this tradition and gift women and girls flowers to mark International Women's Day each year?

Malcolm Senior

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Left: Club member and Soroptimist Regional President introducing the Soroptimist Club

Below: Parkrun Participants



The Easter Bunny lends helping hand at Hunstanton Promenade parkrun

An unusual volunteer took up the lighthouse marshalling position at Hunstanton Promenade parkrun on Saturday (4th April) with the Easter Bunny making a surprise visit to urge on the 203 participants in the weekly 5K run.

Our parkrun on Easter Saturday was made even better by having blue skies, some sunshine, and very little wind. Great conditions for all of those who were taking part, whether it was to run, walk or jog. And to continue with the Easter theme, chocolate eggs were offered to all those who finished the course.



We were thrilled to welcome lots of visitors, who came from all over the UK as well as from Australia, New Zealand and Germany! We feel very privileged they all chose us.

After a short time of recovery from injury, we also were thrilled to welcome 90 year old Joyce Archibold back to parkrun! What an inspirational lady.

And it was brilliant to see so many families, young and older, so many four

legged friends and so, so many smiles. The essence of parkrun right there, which can help you feel uplifted and buzzing after a morning shared with our parkrun family.

Thank you, thank you, to our great gang of volunteers. We are always looking for more volunteers. If you are interested in joining us, send us an email to hunstantonpromenade@parkrun.com You can also find us on Facebook - just enter Hunstanton parkrun.

Gordon Taylor
Run Director



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News from Hunstanton Croquet Club

April saw Hunstanton Croquet Club members excited to be back on the pristine lawns and ready for the 2026 season of competitions and social play.

As always the lawns needed some expertise and willing volunteers to set them out for play, and the clubhouse benefited from its usual spring clean and organisation of the very important refreshments area and bar. A huge thanks to everyone who helped this year.

The committee has welcomed some new members, including Rev. Dan Tansley who has taken over as Treasurer, and Janet Kendal who has kindly accepted the role of Chairperson for another season. The committee are proposing to introduce a weekly 'club evening' for 2026 and will be purchasing a card reader for use in the club house for the convenience of bar purchases and fee payments.

The 'Introduction to Croquet Course' for beginners has once again proved a huge success in preparing new members to be confident enough to take part on club afternoons and meet other new players who have decided to join the club. The 20 place course was full again this year with people keen to learn the rules, skills and tactical moves involved in the game. Wendy Shuardson commented after attending the first session "It was my first ever try at croquet and I loved it! Everyone was very welcoming and I particularly enjoyed the camaraderie of all the newbies under the watchful eyes of the excellent tutors. It really was such fun and a wonderful way to spend a couple of hours on a Monday morning. Thank you to all."

For competition results, events, news and photos please see our website or Facebook page www.hunstantoncroquetclub.co.uk

Zena Penty
Publicity Officer
hunstantoncroquetclub.co.uk




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Parish Council Notice Board

PARISH COUNCIL MEETINGS IN BRIEF

The date for the next Full Council meeting is Tuesday 19th May at 7.00pm at the Old Friends Hall. The Full Council Meeting for June will be held on Tuesday 16th at 7.00pm at the Old Friends Hall, Sunnyside.

Please see the Parish Council website, noticeboard at the Old Dairy Site, Pound Lane, on the old Parish Office window and on the notice board at the Parish Office on Sunnyside for agendas. Council Meeting minutes will be posted on the Parish Council Website shortly after each meeting (these are draft minutes until they are agreed at the next meeting). The committee meetings will take place at the Old Friends Hall. Members of the public are invited to attend committee meetings if they wish.

The Annual Parish meeting will be held on 12th May at 7pm in the Old Friends Hall.

OLD FRIENDS HALL COFFEE MORNING

The next coffee morning in the Old Friends Hall will be on Wednesday 27th May at 10am. It costs £2.50 per person for unlimited drinks, home baked cakes and a quiz. There is also a raffle. Great place to meet up with old friends and make new! Everyone is welcome!

EASTER EGG HUNT

The Parish Council held an Easter Egg Hunt for children on the 4th April which was very well attended. Everyone who came seemed to have a great time. As it was our first time holding this event, there were teething problems which will be sorted for next year.



ALLOTMENTS

We are currently without a waiting list for our allotments. Anyone wishing to go on our waiting list can contact the office on the number/email address shown below. We have full, half and quarter plots on the site, the quarter plots are a very decent size and we compare very well with prices locally. There is no water supply on site but existing allotment holders manage this well. An allotment is a huge commitment to keep it in good condition but very rewarding. It really is better and cheaper to grow your own!

VOLUNTEER

Did you know that our Councillors are volunteers and so don't get paid for what they do for the village?

If you don't have the time to commit to being a Councillor but would like to do your bit, then we have sub committees that would love to have more members to help out with tasks and events. The Committees are only once a month and meetings normally last between 1 to 2 hours on average. Natural Environment and Community Activities are most in need of help. Please enquire at the office.

Heacham Carnival Parade and Fete 2026



*** Time to start thinking about your float ***

This year's Heacham Carnival will be held on Sunday 2nd August, please make a note in your diary. More details will be provided in the following months.

Groups/charities/organisations within the village are invited to request the street collection for this year's parade.

Vehicles taking part in the parade now have to show valid MOT certificates and proof of insurance – this is now a check that we are forced to make.

Parents please keep an eye on your children's book bags for entry forms for our royal float – should be there from mid-May.

COUNCILLOR SURGERY

Our Chairman along with other Councillors held a surgery in the Library on the morning of Saturday 11th April. Thank you to those who came to see them. The next one is on Saturday 16th May 10.30 – 12 noon.

!!WANTED!!

PARISH COUNCILLORS

Would you like the opportunity to put something back into your community? Heacham Parish Council's Twelve Councillors need another five to join them to help look after the village.

You would need to be able to commit a few hours each month to attend meetings and to get involved with the work of the Council.

If you are interested, please call in at the Parish Council Office, or contact the Clerk Sue Eke on 01485 572142 for more details.

HEACHAM PARISH COUNCIL OFFICE

The office is open to the public on Monday to Thursday 10am until noon. There is someone in the office afternoons Monday to Thursday until 5pm and Friday morning to take telephone calls. It is also possible to make an appointment with the Clerk at other times. Please feel free to pop into the office when open with any enquiry you may have.

Please remember that Parish Councillors cannot respond to comments made on social media, the whole Council have to agree to a response and so if you have any questions please address them to the Council by methods shown below.

Any queries should be addressed to:

Heacham Parish Council Office
Old Friends Hall, Sunnyside, Heacham
King's Lynn Norfolk PE31 7DU

Tel 01485 572142

Email: office@heacham-pc.gov.uk
Website: www.heacham-pc.gov.uk

HELP LINES

HEACHAM GROUP PRACTICE 01485 572769

Heacham Surgery MON TO FRI 08.30 TO 18.30
Snettisham Surgery MON TO WED 8.30 TO 12.30 14.30 TO 18.30
 THURS/FRIDAY 8.30 TO 12.30 Closed p.m.

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For out of hours service, please call the NHS Helpline

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 DUTY CHEMIST NOTICE DISPLAYED ON DOOR

HEACHAM POST OFFICE, STATION RD 01553 214090

OPEN MON-SUN 08.00 - 20.00

HEACHAM PARISH COUNCIL OFFICE 572142

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www.heachamgrouppractice.org

www.heachamnewsletter.org.uk

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PINE RESIDENTS HALL, Wilton Road Pat Toppin 779208

METHODIST CHURCH HALL, Station Road Mike Careless 570363

ST MARY'S CHURCH HALL, High Street Mon - Fri 10 - 12 572539

OLD FRIENDS HALL Sunnyside 572142

HEACHAM SCOUT HUT Sunnyside 592041

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Pioneer Holiday Park - In yellow phone box adjacent S Beach

North Beach & South Beach Toilets - On exterior wall .

Available 24hrs

Tesco - Inside by the events board

Fire Station - on the front. Available 24 hrs

Methodist Church - on the front. Available 24 hrs

Palm Beach Holiday Park - half way down in the red phone box

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11:30 SCHOOL ROAD	15.55 POPLAR AVE
11:55 COLLINGWOOD CLOSE	16:15 SITKA CLOSE
12:15 FENSIDE	16:40 NORWAY CLOSE
12:35 JENNINGS CLOSE	17:00 NEVILLE ROAD
12.55 COLLEGE DRIVE	

TIDE TABLES

MAY - JUNE 2026

HIGH WATER AT HUNSTANTON									
Heights above chart datum									
Time Zone UT (GMT) add 1hr BST									
May 2026					June 26				
Date	Morning	Afternoon			Date	Morning	Afternoon		
	Time	m	Time	m		Time	m	Time	m
1 F ☐	05 59	6.8	18 08	6.9	1 M	06 34	6.7	19 00	6.4
2 SA	06 31	6.9	18 45	6.9	2 TU	07 07	6.8	19 36	6.4
3 SU	07 01	6.9	19 20	6.8	3 W	07 40	6.7	20 10	6.3
4 M	07 28	6.8	19 51	6.6	4 TH	08 11	6.6	20 46	6.1
5 TU	07 55	6.7	20 21	6.4	5 F	08 44	6.4	21 24	5.9
6 W	08 24	6.5	20 54	6.1	6 SA	09 20	6.2	22 08	5.7
7 TH	08 55	6.3	21 31	5.7	7 SU	10 04	6.0	23 00	5.6
8 F	09 32	5.9	22 19	5.4	8 M	10 58	5.9		
9 SA	10 22	5.6	23 30	5.1	9 TU	00 03	5.5	12 01	5.9
10 SU	11 35	5.4			10 W	01 10	5.6	13 08	6.1
11 M	00 58	5.2	12 58	5.5	11 TH	02 16	5.8	14 15	6.3
12 TU	02 10	5.5	14 06	5.9	12 F	03 16	6.1	15 19	6.6
13 W	03 08	5.9	15 04	6.3	13 SA	04 10	6.5	16 21	6.8
14 TH	03 57	6.3	15 55	6.7	14 SU	05 02	6.8	17 20	7.1
15 F	04 42	6.7	16 44	7.1	15 M ●	05 51	7.0	18 19	7.2
16 SA ●	05 26	7.0	17 35	7.4	16 TU	06 40	7.2	19 16	7.3
17 SU	06 10	7.2	18 26	7.5	17 W	07 27	7.3	20 09	7.2
18 M	06 53	7.3	19 17	7.5	18 TH	08 12	7.3	21 01	7.0
19 TU	07 35	7.3	20 07	7.3	19 F	08 58	7.2	21 51	6.8
20 W	08 18	7.1	20 58	7.0	20 SA	09 45	6.9	22 45	6.4
21 TH	09 04	6.9	21 55	6.5	21 SU	10 38	6.6	23 39	6.1
22 F	09 55	6.5	23 03	6.1	22 M	11 35	6.3		
23 SA	10 58	6.1			23 TU	00 33	5.8	12 35	6.0
24 SU	00 15	5.8	12 11	6.0	24 W	01 28	5.6	13 37	5.9
25 M	01 23	5.8	13 20	6.0	25 TH	02 26	5.6	14 41	5.8
26 TU	02 27	5.9	14 25	6.1	26 F	03 21	5.8	15 41	5.9
27 W	03 22	6.0	15 22	6.3	27 SA	04 10	6.0	16 35	6.0
28 TH	04 08	6.2	16 13	6.4	28 SU	04 55	6.3	17 23	6.1
29 F	04 48	6.4	17 00	6.5	29 M ☐	05 36	6.5	18 07	6.2
30 SA	05 25	6.5	17 42	6.5	30 TU	06 14	6.6	18 46	6.3
31 SU ☐	06 00	6.7	18 22	6.5					

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