



THE HEACHAM NEWSLETTER

June 2026

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Picture by Kerry Long

Deadline for the next edition is 12 noon, Tuesday 16th June 2026

In support of the Parish Library

Community Coffee Morning & More

All Welcome

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**24th June 2026!
10am - 12 noon**

Old Friends Hall, Sunnyside (off Caley St), Heacham, PE31 7DU

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

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THE NEWSLETTER VOLUNTEER TEAM: Christina Brown - Michelle Carter - Jackie Davis - John Davis
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THE HEACHAM NEWSLETTER is published THE FIRST SATURDAY of the MONTH

A voluntary non-profit publication

Readers' LETTERS



Heacham

Dear Newsletter,

Jubilee Clinic Works

Some of you will have noticed work being carried out on the Jubilee Clinic on Pound Lane. This was the parish office until 2024 when the office moved to its current location on Sunnyside. The work is to upgrade the clinic and bring it into a good modern standard for future use.

One of the council's objectives is to improve the energy efficiency of the building. The initial work is being carried out by a group called Volunteer It Yourself (VIY). VIY challenges young people aged 14-24 to learn trade and employability skills by renovating local community places and spaces. This work will take about 3 weeks and is carried out free of charge to the council.

Once completed, the council will look at further improvements both to the building and the energy efficiency with a view to its future use for the village.

**Dean Rawnsley
Chair, Heacham Parish Council**

SUNDAY 2 AUGUST

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Heacham

Dear Newsletter

A Visitour Walk

I recently won a competition and the prize was a Visitour booklet tour around Heacham.

I had chosen the sunset tour and who better to join me than Christina, Heacham's Sunset Queen!



We started at the shops near the play park going along Neville Road and back onto Station Road past the West Norfolk Pub, the old station and down to North Beach.

Do you know who was the first woman to swim the Wash?



When at North Beach you can enjoy an ice cream, fish and chips, a coffee or call into the amusements for some fun.

After a break we walked along to South Beach, where daytime refreshments are also available, and then started walking back along the road over the bridge

towards Lodge Road and finishing at Brays Pit.

The booklet is packed with information about the history of the buildings and sites along the way. It's fun for all the family as children can be looking for places mentioned, so whether you live here or are a visitor there's so much to enjoy in this little gem of information.



And yes, we did see the sunset glow that evening!

There are two booklets written by Nicky Bailey from Heacham. Price £8.99. Available via DM on the Visitour page on Facebook or from By the Book, High Street, Hunstanton.

**Aleta Harrison and
Christina Brown**





Heacham in Bloom

Must be the changing climate but the bedding plants arrived in May, a few weeks earlier than planned and bursting out of their pots. So it was all hands on deck, to get as many planted out to take advantage of the mid-May rain.

If you fancy joining the HiB team for the summer as a waterer and/or dead header, we would love to hear from you.

The Committee would very much like to wish the stalwarts of Heacham High Street - Richard and John Wallis a very happy retirement. Richard and John have both been sponsoring Heacham in Bloom since 2010 and the Committee is enormously grateful for their long-term support and care of the Bikes' display.

The next meeting will be held on Monday 15th June at 7.00pm at the Old Friends Hall. Anyone interested in joining us will be very welcome.

Heacham in Bloom Committee
Heachaminbloom@btinternet.com

Queen Elizabeth II Centenary Memorial Concert

A letter has been received from Mr John Harris in which he states that, following the above concert held in Hunstanton Town Hall on 18 April, he has been able to send a cheque for £460 to the Queen Elizabeth II Commonwealth Trust.

A letter from Mr Harris with details of this concert was published in the February edition of the Newsletter.

THN



Changes at the Fox & Hounds

May I introduce myself. I am Stuart Wright, and I have been a publican for 30 years (owning a small pub company in Northants and more recently running The Bedingfeld Arms in Oxborough). I have agreed a lease to take over as the new operator of the Fox & Hounds public house in Station Road.

I am hoping to be in the venue during July and do not propose closing the pub for refurbishment, but anticipate making some changes gradually over the proceeding months.

My plan is to continue serving food (not 100% sure of the type and menu), while complementing the drinks range with some local offerings. I will be allowing improved access for families, young children and dogs, hoping to open the function room in some capacity and potentially look into the possibility of B&B accommodation.

The Fox Brewery is continuing to operate under Mark, and I hope the staff will continue on with myself to guide the Fox & Hounds into a new prosperous chapter and as a continued asset to the community of Heacham and its neighbours.

Stuart Wright

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Dear Newsletter

A E Wallis

Having been born during 1949 in The Greyhound Inn, bred in Heacham and still here, on September 1st 2023, I decided to write a book titled 'Dedicated to the Ones I Love ' . . . so that my family could read in black and white, the story of how their Mother, Grandmother and Great Grandmother, perhaps even more generations, on how her life was like. The first 20 pages depicts several Heacham High Street businesses of how they were during the early 1950s. One of those businesses was Arthur Wallis - An excerpt from the book . . .

"To the left of the Post Office was Wallis. Arthur Wallis had the shop as Wireless Sales and Repairs but later dealt with Televisions as well. A real boost to his television sales would be the selling of the little 9-inch screen televisions for the Coronation of our late Queen Elizabeth II in 1953. Arthur also was selling TVs for the very first ever televised World Cup football match.

He also sold bicycles and had Roy Gray, working as Bicycle Repair man. Plenty of Heacham folk knew where to go to get their puncture and brakes fixed on their bikes. I remember he used to mend the GPO bikes as well for the village postmen. (GPO - General Post Office)"

I have to add a PS there - we, as children, never knew Arthur Wallis, he was always 'MR' Wallis to us.

The High Street has changed beyond belief since those days but A E WALLIS still stands there, all these years later but now, as we all know 'times' do change. A special thank you for helping The Pocahontas Players out many times with Vintage Wireless and Televisions of the decade, adding the correct electrical items of the times, to the Stage-Set.

I would like to wish brothers John and Richard a very happy and healthy retirement, who have both served our village to the highest friendly standard and service.

Good luck and welcome to our village, to the new COOPER & ELMS, who I believe supplied The Pocahontas Players with their first PA System 25 years ago!

Thank you.

Janice Curtis (nee Race)

Jubilee Welfare Trust Heacham

This charitable trust based in Heacham is available to help provide financial support for the following purposes:

To provide payment for items, services or facilities to children or adults who are disabled, handicapped or with other long term health problems.

Enquiries would be considered when items, services or facilities are not readily available through existing services e.g. NHS, Social Services, Educational Authority etc.

Usually intended for residents of Heacham Parish. If you know of someone who may benefit from the Trust or wish to find out more, please enquire in writing to the Jubilee Welfare Trust Secretary, care of Heacham Parish Council, Jubilee Clinic, Pound Lane, Heacham. King's Lynn. Norfolk. PE31 7ET.



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(Formerly A.E.Wallis)

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Cooper & Elms acquires A E Wallis premises, strengthening local electrical retail provision.

Local independent electrical retailer Cooper & Elms based in Tower Street, King's Lynn, have recently completed the acquisition of the A E Wallis store, another established family run and respected electrical retailer with a strong history in North West Norfolk, upon the current owners retirement.

Cooper & Elms in purchasing the shop premises, hope to take the electrical retail business from strength to strength, by extending their business from King's Lynn to Heacham.

As fellow Members of the Euronics buying group, customers of A E Wallis will continue to receive the same trusted local store service with the added benefit of an expanded product offering when Cooper & Elms take on the premises from June 1st 2026.

The Heacham store which was established by John & Richard Wallis' father, Arthur E Wallis in 1939, will be rebranded to Cooper & Elms. There are however, no immediate changes planned to day-to-day operations, ensuring a smooth transition for customers. Wayne Martin of Appliance Care and Kev the Aerial Man who have assisted Richard for some years, will remain alongside Cooper & Elms for continuity.

"A E Wallis have built an excellent reputation for quality products and customer service. We likewise have built a strong reputation in King's Lynn and are relishing the challenge of extending our operations into Heacham and the surrounding area" said Ian Cooper, Director of Cooper & Elms.

"I am confident Cooper & Elms will deliver the same level of service and support that you have come to expect from A E Wallis for all these years. A E Wallis and Cooper & Elms, share the same customer focus and values. I am pleased that there will continue to be an electrical retail business for the people of Heacham and the surrounding area and confident that Cooper & Elms can thrive in our community" said Richard Wallis.

Although John's retirement will see the closure of the bike shop, with the agreement and co-operation of both Moulam & Horn in Pound Lane and Mr G in Cheney Crescent, the sales of spares and the repairs of cycles will thankfully continue in Heacham.



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CHURCHES TOGETHER IN HEACHAM



Heacham Parish Church

The way we live

We are halfway through 2026! The month of June includes the longest day. Oh dear! that means they get shorter from here on. I wonder, did you notice the floral succession this spring, or the comings and goings of the migratory bird population? Or, was your attention elsewhere? They both reflect the beauty, predictability and stability of the natural world around us if only we notice them.

There is much to occupy our attention as we experience the complexities of world politics, and yet those who opt for a ‘staycation’ this year may well head for the ‘pleasure beach’ at Yarmouth or Skegness and seek out the ‘white-knuckle’ entertainment of a rollercoaster. We have a love/hate relationship with anxiety.

The modern western world is built on anxiety. Look at the faces of people scurrying to work and even more as they plod home without having solved life’s problems. Faces reflecting the puzzlement of living with the unanswerable question as to what it all means. Our world thrives on goals which we set higher and higher both for ourselves and for others so that we can worry all day or year about whether we will attain them. If we do, we set new ones, if we don’t, we regard that as failure. Is this how we are supposed to live? This is nothing new. Much of the world through much of human history has faced a similar problem. The main difference is the level at which anxiety strikes.

Jesus addressed the problem like this:- “Which of you by being anxious can add a day to your lifetime? So, if you can’t do a little thing like that, why worry about anything else? Think about the lilies and the way they grow. They don’t work hard, they don’t weave cloth; but, let me tell you, not even Solomon in all his glory was dressed up like one of them. So, if that’s how God clothes the grass in the field here today, into the fire tomorrow – how much more will he clothe you, you little-faith lot!” (Luke Ch 12 v 25 – 28 Translation by N.T. Wright.)

We know anxiety can be a killer. Stress and worry cause illness to the point where people worry about worrying! Jesus’ message goes to the heart of our situation, it is good sense for healthy living.

It says:- “Life isn’t like that. The Kingdom of God isn’t like that”.

It is also a challenge to find out what God is offering. Come to Church and find out.

Penny Sutton

Licensed Lay Minister Heacham Parish Church

Services at Heacham Parish Church: June 2026

7th June - 10am: Holy Communion
14th June - 10am: Morning Worship
21st June - 10am: Holy Communion
28th June - 10am: Morning Worship

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 4th June 2026** from 10am till 12 noon, at the Pine Mall Residents Hall. For more information contact the Church Office.

Chit Chat and Coffee

Everyone is welcome to this monthly coffee morning at Heacham Parish Church. All ages welcome.

The next coffee morning is on 16th June 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

Church Website & QR Code for the Website:
<https://heachamparishchurch.org.uk>



Methodist Church:

Revd Dr Richman Ncube (01485) 570232
email: richiemncube@gmail.com

HEACHAM METHODIST CHURCH
Station Road, Heacham



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

June 2026

We extend a warm welcome to all

Sunday Morning Services: 10.30am unless otherwise stated

7th June: Rev Dr Richman Neube – Holy Communion
14th June: Mary Cumbers
21st June: To be confirmed
28th June: Valerie Fisher

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 26th June

Please join us for a light lunch of sandwiches or soup. Contact Marianne 07880 364326.

Fellowship Meeting

Tuesday 23rd June - 2.30pm.

Coffee Morning

Saturday 20th June 10.00am – 12.00pm.

Crafty Crowd

10.00am Friday 12th June (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.

"I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him. Then you will overflow with confident hope through the power of the Holy Spirit."

Romans 15:13



hope
EVANGELICAL CHURCH

"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

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Hunstanton Catholic Parish

Our very popular Strawberry Fayre will again this year be celebrated at St Cecilia's, Dersingham, on Saturday 13th June 2pm till 4pm. Delicious strawberries, scones and all the usual goodies and stalls will be available, so don't miss out on this joyous social celebration. Proceeds from the day will go towards a community defibrillator at OLSE, Hunstanton.

On Sunday 7th June there will be the usual Corpus Christi Procession at Oxburgh Hall, starting at 3pm. Everyone is invited and welcome to join us.

The Sacrament of the Sick service on 16th May at St. Cecilia's was well attended and was followed by refreshments, sandwiches and cake. At the end of the service a special Diocesan medal was awarded to Mr Alfred Grimley, in recognition of his loyal service to support the church and priests during many years as sacristan at St Cecilia's church.





The 'Whybelonely' club is going from strength to strength. The last gathering on Friday 1st May was the first anniversary of the club. It is held on the first Friday of every month at St Cecilia's Church, Mountbatten Road, Dersingham, 2pm till 4pm. Everyone is welcome.

The Growing in Faith Together 'This is my Body' programme was very well received. The seven videos are still available to watch - the web address is:

<https://www.charisuk.com/cafe-ondemand/sacraments/this-is-my-body>

These spirituality events will be continuing; look out for more information in the weekly bulletins and on the web pages.

Our parish is considering working towards achieving the 'CAFOD Live Simply' award, which many other parishes have done or are working towards. This award is a scheme for communities to show how they have been living simply, sustainably with creation in solidarity with people living in poverty. It was inspired by Pope Francis' call for us to care for our common home and stand in solidarity with our brothers and sisters around the world. More information about this will be available in the forthcoming weeks.

The Pope's prayer intention for June 26: For the values of sports. We pray that sports be an instrument of peace, encounter, and dialogue among cultures and nations, and that they promote values such as respect, solidarity, and personal growth.

Following last year's very enjoyable International Lunch, there are plans to repeat this on 1st August. Please see the website or weekly bulletins for more details closer to the date.

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



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**Friday 19th June - 7.00-8.00pm
Summer Solstice Sound Bath at Heacham
Scout Hut, Sunnyside. PE31 7DX**

Celebrate with relaxing vibrations relaxing the mind, distressing the body and uplifting the Soul. A time for focusing on new opportunities and adventures. Bring a mat or recliner chair, blanket, cushion and wear comfortable clothes. Prebook as limited places. £10 donation. To book and for more information contact Margaret Marciniak on 07951 402717.

**Saturday 20th June - 2.00-3.30pm
- Summer Solstice
Sisterhood Drumming Circle at Heacham
Scout Hut, Sunnyside. PE31 7DX**

Please book to reserve your place as limited spaces. Pay on the day. £10 donation to Nelson's Journey Charity. Sisterhood Drumming Circle is a monthly Charity event. Please note dates do vary. Donations go to Nelson's Journey Charity for supporting Norfolk Children during Bereavement. For more information contact Margaret on 07951 402717 or tranquilitytobe@hotmail.com

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WHAT'S HAPPENING – JUNE 2026

RECOMMENDED READING

Camilla Läckberg is a well-known Swedish crime writer and screen writer. She is especially known for her series of novels set in Fällbacka, where she was born, which feature husband and wife duo - police detective Patrik Hedstrom and writer Erica Faek. Several of her books have been adapted for film and television and her plots are described as 'complex and psychologically nuanced' – see what you think?

WHAT ELSE!

DISPLAY- 'Heacham - CURIOUS CURIOSITIES'. Extended for one more month only.

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

Heachamites Recollections Group: Monday 1st June and Monday 6th July at 2.00pm.

Parish Council Surgery: Saturday 13th June 10.30-12.00 noon. Have a local issue? Come along and ask your Parish Councillor.

Community Tech Skills: Monday 15th June. Free one-to-one help with all things digital with Janie, our Community Tech Coach – just call at the Library to pre-book.

Community Assistance: Wednesday 24th June 10.00-12.00 noon - Anne Sipple from the British Red Cross/Trussell Partnership: If you can't make the drop in, you can contact Anne directly.

Printing: Just a reminder that we have a printing and photocopier facility at the Library. In most cases you can print directly from your smart phone or iPad (charges apply).

Thank you to everybody who has kindly donated a copy of A E Gunther's 'Heacham's Older Buildings'.

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

TECH SKILLS FOR LIFE

Have you got a smartphone but you're not getting the best out of it?

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Norfolk County Council

Heacham Foot Health Clinic
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 Email: gib.son@hotmail.co.uk

Borough Council News Heacham Ward which includes Sedgeford and Fring



Borough Council News Heacham Ward which includes Sedgeford and Fring.

It was the Annual Parish Meeting of Heacham on 12th May and I intended to be there but a medical problem intervened. I sent in a report but it may have been too late or you weren't present anyway. Here it is, with some corrections / additions.

Several matters have been of interest in Heacham this year:

The development of 134 houses on land off Cheney Hill got reserved matters permission so it will go ahead. Confirmation that Marea Meadows will only ever be used as a pedestrian entrance was confirmed. Late news is that the road entrance, off Cheney Hill, will, subject to planning consent for a change of conditions, be completed soon. This is to facilitate a start on house construction. Heacham PC and myself have asked for roadworks to be preferably done during school holiday time and not, in any event, during pupil dropping off and collection times.

The sale of the land the beach huts sit on at North beach was effectively stopped by the panel I chair; questions asked at Full Council, and the effective protests of the public. Conditions for hut owners are now more favourable but long leases are still a matter to be pursued.

The high cost of car parking across the Borough is often criticised. In Heacham, parking fees rose hugely in 2025 as the concession won by me and Cllr Dark, some years before, to have lower charges than Hunstanton, was removed. In addition, the winter season relief of no charges ended. A member of the public negotiated a one-hour free parking concession for Heacham residents, and I pursued this with Cabinet Members and at Full Council. It still must be realised but it is coming. I am continuing to require the return of the previous winter season position.

Anglian Water has been playing games with planning officers. AW stated that there is insufficient capacity at Heacham Waste Water Treatment Works for any new development. Following pressure from officers, AW now state that there is some capacity following a rejigging of the numbers. I continue to maintain that there isn't and await developments to this story.

A new Borough Local Plan is in the making, and I continue as a member of the Local Plan Task Group. A 'call for sites' is a public feature of this Plan and landowners across Heacham have thrown their sites into the hat for consideration. The Heacham Neighbourhood Plan needs updating and this is about to be in hand.

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The County Council election. Well, I didn't win but thank you to all 985 who voted for me. There has been massive change across Norfolk just at the wrong time as these next two years are all about preparing to lose the County and gain 3 Unitary Councils. We are where we are and I will hold our new County Cllr to account as we move forward. Next year it is shadow unitary elections, and I will be standing for Heacham. Meanwhile, I remain one of your Borough Councillors and will continue to do my bit for Heacham, Sedgeford, and Fring.

As an aside, can I ask all who voted for Reform UK to ask about their policies on local matters. I didn't read any in the extensive leafleting.

Last word on this election. I apologise to everyone in Docking District who did not receive a campaign leaflet from me between 15th April and 22nd April which is, actually, everyone. The business I employed and paid to deliver around 6000 leaflets did not do so. They have denied this and I am taking what action I can. If you received a leaflet from me from the 25th April it will have only been within Heacham, Sedgeford, Fring, part of Docking and part of Snettisham. Those leaflets have a V2 in their corners and were delivered by me and friends.

Now for other news: Wild Ken Hill have asked for a string of conditions relating to their extensive planning permission, granted in April 2023, to be changed / lifted. Nothing too drastic, it is about phasing the proposals over an extended time period and minor changes to several buildings. It is currently difficult for any organisation to meet rising costs and a realistic timetable for development seems to make sense.

When delivering leaflets to far flung Fring, I took a walk through the new café/shop. It was very busy but service at the tables

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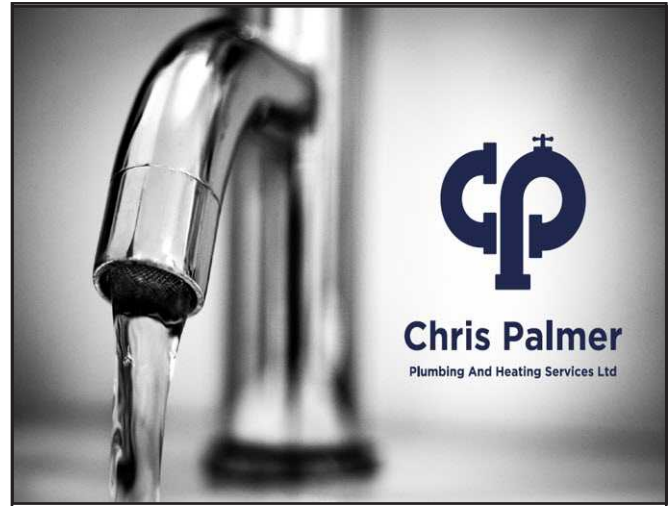
■ vitalfootcare43@gmail.com

seemed fast. I mention it because, several years ago, the proposed developments at Fring Estate were controversial and I met with residents and the owner several times. It seems that concerns were taken on board and the result is a useful one. At least, that's what recent feedback has been. Let me know if any issues remain.

The application for padel tennis courts at Heacham Manor Hotel will come before planning committee in June. The application was made in September 2025 and I read, in the Lynn News, criticism of the delay. Well, there was good reason for that – the original proposals would have had dire consequences on local residents due to noise and other disturbances. Amendments have gradually been made and batted back and forth by the agent and, primarily, Community Safety and Neighbourhood Nuisance (CSNN) the Borough Council department which tries to prevent harm to people's enjoyment of their homes.

The last statement from CSNN, made in April, is not particularly supportive of the current position. It acknowledges that, according to the applicant's commissioned report, additional noise levels will be just below the red line for noise impact but reminds everyone that the noise is able to be generated for 15 hours/day between 7am and 10pm, seven days per week." There will be noticeable audible impacts on residents". The planning committee needs to decide on hours of operation and other matters. I hope they apply some common sense, weigh up the loss of peace against commercial gain and, at the very least, provide some compromise.

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



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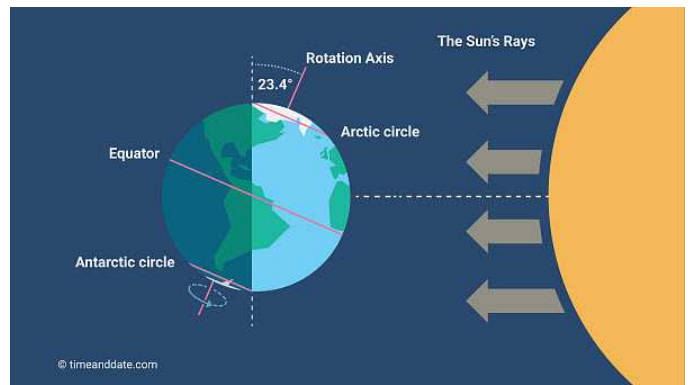
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Happy Summer Solstice. Internet

At the time of writing, mid-May, we have had some welcome rain but not enough and the temperature varies between warm in the sunshine and cold out of it with winds sometimes bitter. A month later, 21st June, is the Summer Solstice, the longest day and shortest night. Winter starts drawing in on the 22nd! And, it is Midsummer's Day on the 24th.

Light nights so I will stick with the planets. I have mentioned Venus in the last couple of months and several people have stopped and asked me, 'What is that bright thing in the sky towards the west?' Readers of my articles would have told them.



The longest day.

This month, Venus moves even higher in the sky and doesn't set until midnight. Shining in the WNW with a magnitude of minus 4.0. On the 9th, the Evening Star is in conjunction with Jupiter which is 8 times fainter but, with a magnitude of minus 1.8, still brighter than any stars.

A planetary conjunction means that the two planets appear very close in the sky. However, Venus is between us and the Sun whereas Jupiter is far away on the other side. The closest 'approach' is at 10.30pm, after the news. Better still go out at 10pm and enjoy an hour outside in the, hopefully, warm evening.

Whilst in the garden, look above Venus and a little further towards the north. You should see the star Pollux and, further over, Castor. They are the heads of the twins that form the constellation of Gemini.

Now look low to the horizon, well below Castor, and there will be a bright spark which is Mercury. To see it you may have to go down to the beaches or cliffs. It depends upon what blocks your horizon.





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Mercury is brightest on the 1st (magnitude minus 0.5) and dims to +0.6 by the 16th. On that date, the Crescent Moon is immediately above the Messenger of the Gods. Strung on a line running towards the west at 45 degrees to the horizon, you will find Jupiter and then Venus.

It shouldn't be surprising to see the planets in such a formation. They all orbit the Sun within the same plane called the Ecliptic and, as the Earth rotates, they all appear towards the east and set in the west. Draw an arc across the sky, from the (south) west horizon to the (north) east horizon, passing through prominent planets, and any other planets in view will be just above or below the line if not actually on it.

There are opportunities to find three more planets but in the early hours. Saturn rises in the NE about 2am and should be visible as it rises higher between then and dawn. A magnitude of +0.8 means it won't be obvious but, once found, it will be easy to spot. The same cannot be said for Neptune which rises a little before Saturn so is always on its right. A magnitude of +7.8 means that a telescope is needed to spot this most distant planet.



Taken by Cassini, Saturn orbiting spacecraft, 2013. Earth can be seen through the rings if you look on line. NASA / JPL-Caltech / Space Science Institute

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From about the 15th, Mars is back, rising in the NE about 3am. It will have the rising Sun following it so do not use optical instruments as, in your keenness to spot the red planet, you may take a look too long. If it is clear on the 29th, Mars will be found just below the Pleiades star cluster.

I went to a talk about Saturn's rings when they are seen edge on and was surprised to hear they are not of uniform thickness – average of about 10metres – but vary due to the influence of moonlets within them. There are several rings separated by gaps swept clear by moons embedded within the rings. There is also a ring outside of the main system and inclined at 27 degrees to it. This is the Phoebe ring originating from debris from the moon of that name.

Though we call Saturn “the ringed planet”, it would be more accurate to call it, “the planet with visible rings.” Uranus and Neptune both have rings and so does Jupiter. Their rings are less extensive and made up of dark, dusty, material so space probes detected them first. Saturn's rings are made of highly reflective icy particles so can be seen, through telescopes, from Earth.

Snippets: The total number of confirmed exoplanets (planets orbiting other stars) now exceeds 6,000 and there are over 10,000 more candidates. Most of these, if confirmed, will be Jupiter sized and orbiting close to their stars. The common method of detection is looking for a blip in a star's light output as it is eclipsed by the ‘planet’ which means large planets are easier to find.

In our Solar System, a small icy body within the Kuiper Belt (a doughnut shaped ring around the Sun beginning beyond Neptune) has been found to have a very, very, thin atmosphere. This has surprised scientists as it is considered too small to hold on to any gases. It is about 300 miles in diameter, one seventh the size of our Moon. It is assumed that either a comet crashed into it relatively recently, releasing gases, or there are cryovolcanic eruptions as seen on Pluto. Its elliptical orbit moves this icy body 34 to 44 astronomical units away from the Sun. Do the maths, multiply the numbers by 93 to get the distances in millions of miles.

Below is an image of Plutino 612533 2002 XV93 taken by the Hubble orbiting space telescope in 2005 though first discovered by the Palomar telescope in 2003. It is about 3,720,000,000 miles away. (3 billion, 720 million).

Look out for that conjunction of Venus and Jupiter, look forward to winter, and give a thought to that icy block, far, far, away.

Terry Parish

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13

HEACHAM F.C.



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

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

The Magpies are staying up!!! In front of a big crowd (191) the team stormed to a magnificent win on the last home game of the season to maintain their status for next season in The Thurlow Nunn Premier Division, finishing in 15th position. There certainly has been a big improvement since Mark Hunter took over and the future looks bright for next season.

Final result of the season:-

home v Walsham Le Willows - won 5-3

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

The team finished the season in fine form with 3 consecutive wins, scoring 13 goals in the process and conceding just the 1. This consolidated their position of finishing the season in 5th position (just one win away from securing a top three finish). After promotion the previous season the team can be very proud of the season overall.

Final results of the season:-

home v KLSC - lost 1-2

away v Briston - won 4-1

home v AFC Lynn - won 4-0

home v UEA Res - won 5-0

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

Unfortunately, the team was unable to finish the season with 4 straight wins, losing the last game by the odd goal. The team

finished with a record of 6 wins, 2 draws and 10 losses in a league containing some very good teams (St Ives Town, March Town United and Ely City to name just a few). However, many of these players have stepped up and played in the reserves. Also the 1st team can boast a number of players who have come through from the U18 side, so therefore it currently looks very bright for many more players to represent Heacham FC 1st team in the future.

Final result of the season:-

home v Wisbech St Mary U18 - lost 2-3.

AWARDS/PRESENTATION NIGHT

These were held in Heacham Village Hall on Saturday 9th May and here is the full list of all our winners:-

U18s Team

Manager's Player of the Year – Jaden Poore

Players' Player of the Year – Wilfred Pooley

Top Goalscorer – Jaden Poore

Supporters' Player of the Year – Tyler Pooley

Double G Clothing Player of the Year – Stephen Larman.

Reserve Team

Manager's Player of the Year – Ryan Mellor

Players' Player of the Year – George Rawlings

Top Goalscorer – Alfred Buhlemann

Supporters' Player of the Year – George Rawlings

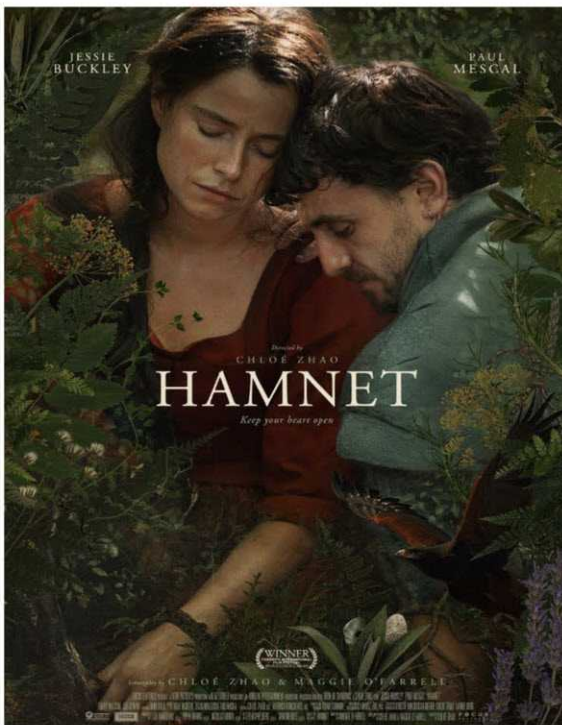
Double G Clothing Player of the Year – George Rawlings.

1st Team

“Harry Hornsby Cup” (Players' Player of the Year) – Tommy Hunt & Tom Harwood

Top Goalscorer – Toby Hilliard

“Nigel Askew Cup” (Manager's Player of the Year) – Tom Harwood



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“Dusty Miller Shield” (Supporters’ Player of the Year) – George Hutton
Double G Clothing Player of the Year – Jake Poore.

Club Awards

“David Page Cup” (Clubman of the Year) – Gordon Chilvers
“Chris Lewis Cup” (Club Young Player of the Year) – Harvey Easton.

Sponsorship / Advertising

The Football Club can offer various forms of sponsorship including player sponsorship, match day and advertising (programme and boards). A full list of the sponsorship packages is available and 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).

May winners:-

1st prize £50 - The winner, who wishes to remain anonymous, donated the prize back to the Supporters Club.
2nd prize £25 - No.39 Samuel Love.
The next draw will be on the 1st June.

Supporters Club News

Membership for this season 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

The results are in and our winners are as follows:-

1st Prize £175 - John Abbott with 292 goals
2nd Prize £85 - Maureen Cooper with 290 goals
3rd Prize £40 - Joseph Bailey with 286 goals
Last Place £10 - David Nash with 169 goals

(which he kindly donated back to the Supporters Club).

The full list of group placings can be found on the Heacham FC Supporters Club Facebook page.

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.

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Left: Gordon Chilvers being presented with the David Page Cup, the Clubman of the year award by HFC Honorary President David Page.

Right: Jaden Poore (L) being presented with one of his two U18's team awards (Managers Player & top goal scorer) by U18's Manager Matt Pooley.



Photos: Phill Gwilliam

Right: George Rawlings (centre) being presented & congratulated by Reserve team Manager, Matt Pooley (L) & Reserves Captain, Ryan Mellor. George won three reserve team awards, Players Player, Supporters Player & Double G Player of the season.



Left: Tom Harwood (L) being presented with the Nigel Askew Cup (Managers Player of the year) by Sarah Askew along with First team Manager Mark Hunter. Tom was also a joint winner of the Players Player award, the Harry Hornsby Cup, along with first team Vice Captain Tommy Hunt.



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- 6th August - Summer Flower Arrangement
- 3rd September - Autumn Basket

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SNETTISHAM GARDENING CLUB

RHS Affiliated Club

Our June meeting is on Wednesday 24th when we will be welcoming Dr. Ian Bedford who many of our members will recall has previously given us some very interesting talks. This time he will be telling us about Companion Planting for a Balanced Garden.

In July we do not have a meeting in the Hall - we have our Open Show on Saturday 11th July so there is still time to get an entry form from either our meetings or Stockley's Chemist. Entries should be submitted by Wednesday 8th July. We will be having an exhibit in the Garden Recycling section at the first RHS show being held at Sandringham from 22nd July. Jackie Scott is leading the team for this and will be seeking contributions.

Meetings in the Memorial Hall, Old Church Road begin at 7.30pm. 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.

For further information please call Gail on 07899 933840 or Addie on 01485 544754.



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!



Week courses (Sunday-Friday)

- Basic Excavation and Recording Techniques
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Heacham Pétanque Club

Community Spirit Shines at Heacham for Tapping House Charity Match

A sense of camaraderie and sporting spirit took over the Heacham Club Charity Pétanque Terrain on Sunday 10th May, as thirty-six players and their supporters gathered for a special tournament in aid of Tapping House Charity.

The event brought together competitors of all ages and experience levels from across the region, including members of the King's Lynn u3a, Heacham Pétanque Club, and the West Norfolk Pétanque League (WNPL). It was a wonderful display of solidarity; the day raised well in excess of £500, proving that the local pétanque community is as generous as it is competitive.

Special thanks must go to the event organiser, Tony Bellars, who gave a moving introduction regarding his own involvement with Tapping House and his motivation for supporting such a worthy cause. Recognition is also due to the WNPL committee, who managed the day like a well-oiled machine.

A Test of Skill and Adaptability

The tournament followed a "Melee" format, a dynamic style of play that challenged participants to adapt quickly. Every participant played full games, paired with a different partner for each of the three separate rounds. This ensured a lively social atmosphere while testing individual consistency and skill.

After a closely fought morning and early afternoon on the terrain, where skill and banter flowed like festival wine - some of it vintage, some of it decidedly rustic - the honours were shared amongst the local clubs:

- **Overall, Winner: Paul Coombs** (King's Lynn u3a)
- **Ladies' Winner: Denise Mole** (King's Lynn u3a)
- **Ladies' Runner-Up: Jane Hindry** (King's Lynn u3a)
- **Men's Runner-Up: Andy Lovell** (Heacham Pétanque Club)

Support On and Off the Terrain

The day was a true community effort, making excellent use of the new shed recently provided by the Heacham Youth and Community Trust. Serving as the tournament central point, it hosted a bustling raffle run by Pam Bellars and Jane Pears. Their hard work in managing a fantastic array of prizes contributed significantly to the final fundraising total.

The Heacham Club Charity hosted the day through the Pétanque Club - a great example of our local groups pulling together for a common goal.

A Premier Sporting Venue

With 12 lanes available, the Heacham terrain is arguably the largest in Norfolk. Its capacity makes it a premier destination for both regional and local events, making for a day described by many as "brilliant and thoroughly enjoyable."

After the final boules were thrown, the raffle was drawn and the prizes awarded, many participants retired to the club for a well-earned drink more banter and a traditional Sunday lunch. Beyond the scores and the money raised, the day served as a vital reminder of the power of sport to bring people together for the greater good.

As the crowds departed and the terrain finally fell still, I locked the gates, reminded of the closing lines of Walter de la Mare's poem, The Listeners:


"And how the silence surged softly backward, when the plunging hoofs were gone."

Paul Rawlinso



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The Pickwick Papers, Sedgeford Village Hall...

Saturday 18th July.

Expect lots of mischief from a cast of larger-than-life characters in this hilarious adaptation of Charles Dickens classic, performed by Gloucester based Rain or Shine Theatre Company.

This will be the third year since Sedgeford first launched its annual outdoor theatre event. Parking is free and we have a whole playing field to fill! Gates will open at 6.00pm for a 7.30pm start on Saturday 18th July.

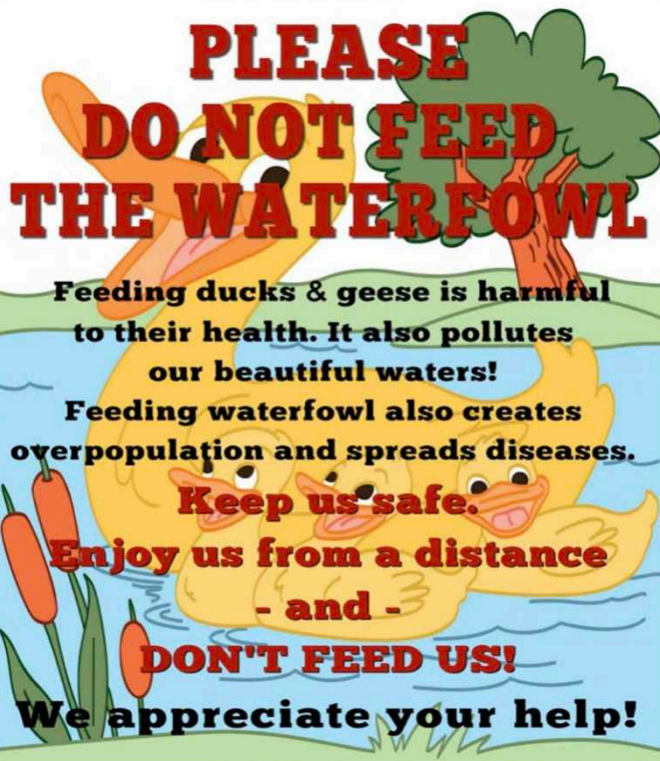
Expect fast-paced wit, multi-rolling mayhem, with mischief a-plenty from a cast of larger-than-life characters in this new and hilarious adaptation of Dickens raucous classic, The Pickwick Papers. Dickens has never been this delightfully unpredictable, taking audiences on a rollicking journey through confusing courtships, courtroom shenanigans, questionable duels and carriage rides which go badly wrong. Come prepared with your fold up chairs (and blankets!) and buckle up for an uproarious adventure with The Pickwick Society - where the only certainty is that a thoroughly good time will be had by all!

Our resident pizza experts, Bordoli Pizzas, will be on-site and open for business and also taking pre-play and interval orders. As will the Three Stallions' pop-up bar, who'll be offering a range of summer cocktails, wines, beer and soft drinks.

Reservations can be paid for online at: Barclays: (account name - Sedgeford Village), Acc. no: 40519138 - Sort code: 20:46:65 - Tickets are £18.00 adults and £8.00 children. Gates open at 6.00pm for 7.30pm start. P.S. Don't forget the fold-up chairs!

Rain or Shine Theatre Company was founded in 1997 and it has delighted audiences across the UK with professional, high-spirited performances of classic theatre.

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Hunstanton, Norfolk. PE36 5NG What 3 Words - //closed.examiner.tightrope
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Bookings: 03306 600541 - www.bit.ly/Pickwick-Sedgeford
For Tickets and Information - 01485 570097 / 07968 596949
* Grounds open 6:30pm for picnics * Please bring your own seating * www.rainorshine.co.uk *
TICKET SOURCE

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)

Seated Fitness 12.00 noon Contact Jaime (see Fitsteps 09.45)

Lean & Strong Seniors 2pm Ingoldisthorpe. Conact 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 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.

Cash Bingo 8pm United Services Club, Homefields Road, Hunstanton

TUESDAYS

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

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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

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

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

Norseman's 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

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

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

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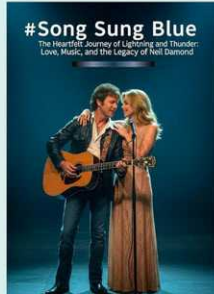
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SONG SUNG BLUE (12A)

Starring: Hugh Jackson & Kate Hudson

The true story of two down-on-their-luck performers who form a Neil Diamond tribute band, proving it's never too late to find love and follow your dreams



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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 tracryaby61@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

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 - 4.30pmevery 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 FlowYoga 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 tracyraby61@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)

Carpet 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 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

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Hunstanton United Services Club

Entertainment for June 2026

OPEN ALL DAY EVERYDAY - ALL WELCOME

TUES 2nd – GRAND PRIZE BINGO. 8pm

FRI 5th – DEWEY'S PIE NIGHT from 5.30-7.30pm followed by dancing to live music with MARK JOSEPH. You MUST book your table on 07417 401299.

SAT 6th – CECIL FARAYI Motown & Soul 8.30pm.

SUN 7th – FIND THE JOKER DRAW. Great cash prizes. £1 a ticket. Drawn at 2.30pm followed by live music with LEWIS OWEN 3.30pm. KARAOKE 8pm.

FRI 12th – QUIZ NIGHT. £50 first prize. Teams up to 4 persons. £3pp or £4 with filled roll. 8pm

SAT 13th – CAROLANN does CHER. 8.30pm. Fun night.

SUN 14th - FIND THE JOKER DRAW. Great cash prizes. £1 a ticket. Drawn at 2.30pm. Followed by live music with JOHN CARR 3.30pm. KARAOKE 8pm.

SAT 20th – MISCHIEF. Great entertainer from 8.30pm.

SUN 21st - FIND THE JOKER DRAW. Great cash prizes. £1 a ticket. Drawn at 2.30pm followed by live music from MIKE FOX 3.30pm. Excellent Saxophonist & singer. KARAOKE 8pm.

SAT 27th – LOWRIDER. Excellent show band. 8.30pm.

SUN 28th - FIND THE JOKER DRAW. Great cash prizes. £1 a ticket. Drawn at 2.30pm followed by live music with TRAVIS 3.30pm. Very good entertainer. KARAOKE 8pm.

EVERY SUNDAY - KARAOKE with Mick - 8pm

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 June 2026

Sat 6th June: Quiz Night

Sat 13th June: Mick Covey - Karaoke

Coach Trips

Thurs 18th June - Southwold

Thurs 2nd July - Holt & Cromer End of Pier Summer Show

Wed 12th Aug – Bury St Edmunds Market Day

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

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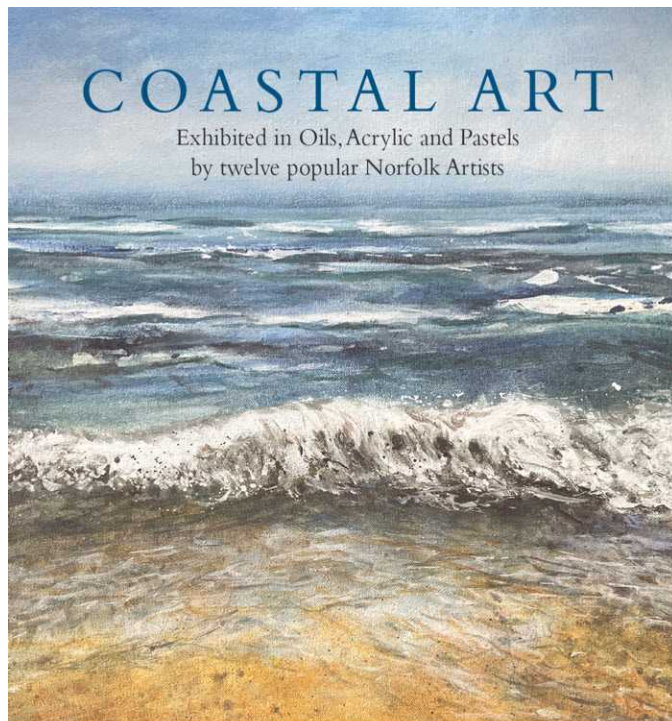
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Image: Rolling In by Liz James

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.

June

June 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 1st 7.30pm Bingo Night £6.50 book of 10 cards, £1.50 'Flyer Card, £2 'Cash Accumulator' card.

Monday 8th 10am- noon Coffee Morning . Info from lee.suckling78@outlook.com or 07899 872531

Friday 12th 7.30pm Film, 'Hamnet'. £5 on the door.

Monday 22nd 10am - noon Coffee Morning.

Friday 26th 7.30pm Quiz Night. £3/person.

Thursday 4th June 2pm The Reading Room Stanhoe, Stanhoe and Barwick WI. Maggie Anderson will give a talk about the work of Baby Basics. For more details contact stanhoenadbarwickwi@gmail.com

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'.

Monday 8th June 2pm Sedgeford Village Hall, The Arts Society Lecture: 'Temples of Sanitation' by Mike Higginbottom. www.theartssocietynwnorfolk.org.uk

Sunday 14th June 10am - 4 pm Burcham Newton Heritage Centre open day.

Sunday 14th June 3pm at Hunstanton Methodist Church there will be a service to celebrate the church's 130th Anniversary.

Monday 15h June 10am - 2.30pm at Heacham Library, free tech help sessions with Janie.

Friday 19th June 7 - 8pm at Heacham Scout Hut, a Summer Solstice Sound Bath. £10 donation. Pre-booking required. For info or to book call Margaret Marciniak on 07951 402717.

Saturday 20th June 2 - 3.30pm at Heacham Scout Hut, Summer Solstice Sisterhood Drumming Circle. Please pre-book with Margaret on 07951 402717. £10 donation for Nelson's Journey.

Sunday 21st June 10am - 3pm at RAF West Raynham SHQ (NR21 7PL) Veterans Central present 'World War two History Day'. Free . Cafe open. For more info email events@veteranscentral.co.uk

Sunday 21st June 10am - 4 pm Bircham Newton Heritage Centre open day.

Wednesday 24th June 10am – noon Heacham Library, British Red Cross in partnership with Trussell will be there to help with adult social needs.

Wednesday 24th June 10am – noon Old Friends Hall, Coffee Morning and More.

Wednesday 24th June 7.30pm Memorial Hall, Old Church Rd, Snettisham. Snettisham Gardening Club. Dr Ian Bedford will be talking about Companion Planting for a Balanced Garden. For more info call Gail on 07899 933840 or Addie on 01485 544754.

Thursday 25th June 1- 3pm at Hunstanton Town Hall, a Musical Afternoon with singer Emily Blake in aid of EAAA. £4, cash only. For info call Dinky David 07787 966000.

Saturday 27th June 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 27th June 10am - 4pm at Hunstanton Town Hall, Craft Fair. Free. Dogs welcome.

Tuesday 30th June 7.30pm at Dersingham Village Centre, a film 'Sung Song Blue'. £6 includes tea/coffee/squash, under 16s £3. Bar.

July

Saturday 4th July 2pm at Fridhem Rest Home 'Elvis is in the Building'. Tribute to Elvis with hot dogs, stalls, fun & music. £5/person which includes a hot dog. Tickets from Fridhem or Marie on 07935 825614.

Saturday 11th July Snettisham Gardening Club Open Show. There will be no meeting in the hall in July.

Sunday 12th July - Friday 7th August Sedgeford Historical and Archaeological Project will be excavating in Sedgeford. There will be week courses and day courses. See www.sharp.org.uk

Saturday 17th July 7.30pm at Sedgeford Village Hall an Open Air Summer Theatre production of 'The Pickwick Papers'. £18 adults, £8 children under 15. For tickets and info 01485 570097 / 07968 596949.

Sunday 19th July 10am - 3pm at RAF West Raynham SHQ (NR21 7PL) Veterans Central have their annual Open Day. Free . Cafe open. For more info email events@veteranscentral.co.uk

August

Sunday 2nd August Heacham Carnival! Time to think about your float. Entry forms from the Parish Council Office and Heacham Library.

SAVE THE DATE

The Pocahontas Players
Presents
PAR for the COURSE
Heacham Public Hall
Station Rd.
PE31 7HG
Friday 5th 7.30pm
Saturday 6th 2.00pm
and 7.30pm
June 2026
A Play written by Jonica 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 'dally' the nosy Lily Parker who doesn't miss a trick. Will Daphne get away with her games?
For Tickets
07340 276559
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Stalls and Tiered Seating
£10.00 per Ticket
Non Refundable

THOSE WERE THE DAYS!

The recent Artemis II mission brought to mind a Derby back garden in 1957 when my father called the rest of the family out to look at a bright dot moving across the night sky. That was Sputnik II with its canine passenger Laika on board. I automatically resorted to Google to check on that date. AI is now much reported on with some concerns being expressed but back in 1957 on holiday on a farm in Wales, my introduction to AI made me slightly squeamish and anxiety over its use was probably shared by a Fresian heifer as the man from the Milk Marketing Board pulled on an arm's length rubber glove! Now, with two teenage granddaughters, I try not to start too many sentences with "I remember when..." but life has certainly moved on. Mobile phones are their constant companions; my childhood memories include the novelty of using a phone – my grandmother's black Bakelite landline on the hall table next to her hatpins – to secretly dial TIM to hear the recorded 'Speaking Clock.' I would help in a shop, weighing out the loose sweets from the glass jars, the biscuits from tins and doing the adding up on the back of a sweet packet when customer self-service was known as shoplifting! Of course, I could go on . . . and on . . . but what about Heacham?

The village continues to grow and attempt to develop in line with the demands of twenty-first century life as expected by its residents. Very few villagers now rely on the agricultural labour market; at the end of their working life they can still expect to live in relative comfort and, hopefully, health; a variety of forms of education and information can be found within their homes and, should they choose, there are options for travel to places near and far; necessities and luxuries can also be summoned from near and far and delivered without needing to move beyond the front door. It does seem in some ways that these advances

have also resulted in the demise of many aspects of village life once shared by the community in the past. Some of these activities and traditions, reported briefly in newspapers over the centuries, follow.

June 1913 saw bowls being played on the new green in front of the Social Club and tennis on the nearby grass courts. These had been formally opened on 31 May, having been given to the village, along with the sports field, by Charles Strachan of Heacham Hall. There would have been plenty of opportunities for competition as many local villages had a bowls club attached to a Village Institute or pub. In Heacham the 'Fox and Hounds' and 'Wheatsheaf' had bowling greens and after the First World War a club for ex-servicemen played on a green behind the 'Greyhound.' The Social Club green remains but the tennis courts – still so popular a century on from the first match - are no longer in use and the same can be said of the cricket green. Football, on the other hand, is probably more popular than in Strachan's time. Participation in this and other sports worldwide can always be enjoyed via the T.V. screens in the Social Club.

Before the Sports and Social Club, runners, walkers and cyclists were catered for with the West Norfolk Harriers. (This was not the same organisation as that of the horses and hounds of the Heacham Harriers). Mr Bray at 'The Grove' was the secretary and, in addition to regular runs, organised an annual Sports Day with a wide range of events on the Hall park in August each year from 1902 until some time after the First World War. These seem to have been, on some occasions at least, to have been allied with a Flower show and a Baby Show. It is understandable nowadays that it would prove to be extremely difficult to find anyone brave, thick-skinned or foolhardy enough to judge the latter. Was it the onset of decking, patios and brick-weave paving for the family cars that put paid to the annual shows in the Public

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Hall organised by the Heacham Gardeners' Association and Flower Club over post-war decades? There is of course a noticeable difference in the size of gardens of the cottages and houses of 'the past' and those on modern developments.



Above: West Norfolk Harriers by 'College Farmhouse' circa 1902.

The enthusiasm for competitive sports appeared to have slowly waned and a new annual event, quite novel in the country at the time, began in Heacham on August Bank Holiday Monday 1922. This was the Heacham Gymkhana which was originally linked with the Athletic Sports and Horticulture and Poultry Show Society with Charles Strachan as president. It became very popular but the great British weather took its toll one year when it was washed out and a lack of income threatened its survival. In 1931 twelve

villagers formed a Gymkhana Society committee and guaranteed the initial expenditure of £60. It went from strength to strength and a 1958 newspaper reported a crowd estimated at 1,500 and 350 cars parked outside the ring. The site now remembers those days with the names Gymkhana Way and Cross Way after the farmer who loaned the field. The Heacham Horse Show continues to cater a little more modestly for the equestrian-minded in the area. The Fête and Carnival is another August event that continues today, having started soon after the First World War, originally organised by the British Legion.

Mr Strachan's predecessor Holcombe Ingleby was responsible for the building of the Public Hall and in its opening years he was involved in frequent musical and dramatic productions and lectures. It seems as though his enthusiasm was not necessarily shared by villagers however; it was Strachan who bought out the local shareholders and gave it with the Club to the village with a board of trustees. There are those in the village who recall days before Netflix, Sky, Amazon etc and not only remember the Pilot in King's Lynn and the Capitol in Hunstanton but the film nights on Tuesdays and Fridays of the 1950s. Even more will remember dances and live bands of the sixties with Reg Stainsby supplying buses to bring people to enjoy some of the 'big names' of the time. In the 1990s, heavy metal tribute bands attracted different audiences. The Pocahontas Players have very successfully revived and continued the local dramatic tradition in more recent years.


Ingleby's delight in staging productions on stage extended to extravagant 'pageants' with a historical theme and when he moved to Sedgeford one such event certainly reintroduced May Day revelry including Maypole dancing. Along with Morris dancing, this tradition appears quite rarely in rural villages today.

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**Hunstanton
Methodist Church
at 130 Years:
A Story to Tell**

Do please come and join us as we celebrate Hunstanton Methodist Church's 130th Anniversary on **Sunday, 14 June at 3.00 pm.**

Rev Helen Hollands, the District Chair, will preach.

There will be a display and new book describing the history of the present church and the 'Tin Hut' which preceded it in 1889.

In the finest traditions of Methodism, the service will be followed by a cream tea and anniversary cake.

When I lived in Germany many of my neighbours would erect a lofty, decorated Maypole in their front gardens on April 30th – not to dance around but as an excuse for an all night party! When new houses were built in the neighbourhood, a topping-out tradition was to place a small fir tree or wreath on the roof – and drink lots of toasts to the builders, inhabitants etc!

June 20th is the longest day – and was possibly too long for some village residents if they lived close to the site of the Heacham Fair which was held annually on that date. References have been found to it before 1820 up until 1909 on different sites over the years from the Green to the ‘Wheatsheaf’ meadow and a field near the station. Heacham’s youngsters may have been more excited by the prospect of the Fair than of another annual custom on 14th February, St Valentine’s Day from about 1870, certainly to the turn of the century ‘celebrated’ not by defying the seasons with red roses flown in from Africa but by hundreds of bread rolls being distributed to children of the village. Baked in the village, they were donated by Mr Lewis of Church Farm. Around the turn of the century there was no winter fuel payment – and no central heating – but just before Christmas another charitable event was the distribution of coal to the ‘poorer homes of the village’ courtesy of the Heacham Dole Cole Trustees. In 1905, 147 homes received 2 cwt each.

Youth organisations were less likely to be reported in the press and ‘back in the day’ Sunday School would often provide the meeting place outside school hours and occasional outing or treat. Young teenagers went into service or became labourers alongside adults. It would be of interest to learn from senior residents of their memories of youth club and Scout days in the old church hall on the High Street and, of course, those groups existing today. The activities of national organisations in the

village such as the Women’s Institute, Oddfellows and British Legion were once reported upon regularly.

It must be remembered that not only do activities and organisations need to keep abreast of ‘the times’ and be aware of conflicting interests to attract participation but, more often than not, they rely on enthusiastic and hard-working volunteers to organise and facilitate. The ‘Heacham Newsletter’ is a perfect example – and one that allows most of us to stay sitting in our homes! Thank you.

Eric Rhodes

Adverts from the past:



1. Entertainment at Public Hall poster: 1901

2. WI Fete & Pageant: 'Lynn Advertiser' 6 August 1926

HEACHAM WOMEN'S INSTITUTE.
A FETE AND PAGEANT
 will be held in
HEACHAM HALL PARK
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Mrs. C. E. Strachan),
On THURSDAY, AUGUST 12th,
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Further particulars in future
announcements.

C26-6) W. R. BARTLE, Hon. Sec.

3. Heacham Gymkhana: 'Lynn Advertiser' 26 June 1945

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4. Kenny Ball at Public Hall: 'Lynn Advertiser' 23 June 1961.

SAFETY IN THE SUN

A little bit of sun is healthy and makes us feel good. However, people who lie in the sun for long periods trying to achieve the perfect tan are putting themselves in danger. Over exposure to the sun can be fatal. Here are a few tips.

HELP YOURSELF

<p>Wear a Hat</p> <p>Your head and face are extremely sensitive. When walking around in the sun always wear a hat to keep them shaded.</p> 	<p>Cover Up</p> <p>Wear a long-sleeve t-shirt to keep you cool and protect your skin from over exposure and burning.</p> 
<p>Seek Shade</p> <p>The hottest part of the day (between 11am & 2pm) is the most damaging time. Seek shade during these hours.</p> 	<p>Apply Sun Cream</p> <p>Use an SPF 15 or higher on exposed skin. Apply generously before going outside and repeat frequently while in the sun and after swimming.</p> 

THE DANGERS!

There is no such thing as a healthy tan. Suntanned skin is sun-damaged skin, which could lead to the following:

- Skin cancer • Premature ageing • Rough, blotchy skin
- Sunburn • Sunstroke

Skin cancer can be treated if caught early. If you notice anything strange, or have a mole that has changed shape, size or colour, seek medical assistance immediately.


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Tulips for Tapping

I chatted to someone the other day and they told me they rely on the Newsletter for information about what's happening as they don't use the internet at all. They know me but never see my photos, so I thought it might be an opportunity to show others a few of the Tulips for Tapping pics I took this year.

Tapping House Hospice is so supportive in the care they give to patients and their families in their time of need, and I can vouch for that personally as I had bereavement counselling after my husband's death during the first Lockdown in 2020.

The tulip fields situated near Hillington this year were open for around 10 days in April and over £580,000 was raised for the care of their patients an amazing amount that shows the love and support for the hospice.

Not Tulips from Amsterdam, it's a definite yes for Tulips for Tapping.

Christina Brown



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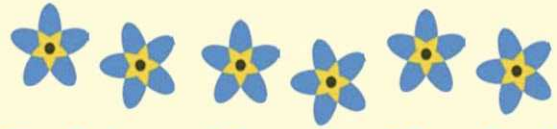
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Norton Light Railway - Snettisham

What a delight it was to see the Norton Light Railway trains in action one last time for public rides in the afternoon on Saturday 16th May.

It has been very popular over the years and it was wonderful to see so many happy smiling faces enjoying one last ride.

I spoke to Mike who has done a fantastic job all these years along with a team who gave up their weekends bringing much pleasure to so many.

It was a fitting finale raising funds for St. Mary's Church, Snettisham.

Aleta Harrison

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HOW 2025 WINTER FUEL PAYMENTS WILL BE RECOVERED: SCAM WARNING

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

Back in April HMRC began the recovery of Winter Fuel Payments (WFP) and is currently advising pensioners to be alert for scams.

Most people who were eligible to receive the 2025 WFP (and did not opt out) received it automatically last November/December.

The WFP Charge will apply (subject exceptions for those on certain benefits) where an individual's total income for 2025/26, before any allowances, exceeds £35,000.

The test is only applied to the recipient's income and not to household income. For example: Mr & Mrs Smith both received the 2025 WFP. Mr Smith's total income for 2025/26 was £22,000, and Mrs Smith's was £36,000. The WFP Charge will apply to Mrs Smith, but not to Mr Smith. He will therefore keep his WFP, but Mrs Smith will have her full WFP recovered through the tax system.

Where an individual is within Self Assessment (SA) the WFP Charge will be included and the payment recovered, through their Tax Return for 2025/26, due for submission by 31 October 2026 (if on paper) or by 31 January 2027 (online).

For online filers, HMRC intend to pre-populate the Return with the WFP Charge, but a taxpayer is responsible for checking that their Return includes the Charge. Those who file their Return on paper will need to include the Charge themselves.

If a person is not within SA, HMRC will include the 2025/26 WFP Charge in their 2026/27 PAYE Tax Code. For a typical WFP of £200, PAYE taxpayers with income above £35,000 will be paying about £17 a month extra in tax during the current tax year, 2026/27, to recover their payment.

More than 25,000 WFP scam referrals have been made to HMRC over the past 12 months, and they are warning that scammers may now use the WFP recovery process as a hook for texts, emails and 'phone calls to target this group.

Please therefore remain aware that HMRC will never contact people by text, email or 'phone to ask them to repay their WFP, or, to request bank details.

Do also remember that it is possible to opt out of receiving WFPs rather than having them recovered through the tax system and many people did this for the 2025 WFP. The Department of Work & Pensions (DWP) requires a separate opt-out for each year. To opt out of the WFP for 2026 you must contact the WFP Centre by 'phone (0800 731 0160) before 18 September 2026 or use the online opt-out form before 20 September 2026.

Unfortunately, if you opted out of receiving the 2025 WFP but now find that your 2025/26 total income was below £35,000, the deadline for opting back in had to be made by 31 March 2026. If relevant, however, it will be advisable to ensure one reviews one's annual income ahead of next tax year end in order to opt back in for the 2027 payment (if it still exists by then!).

If you require any advice on the matter of Winter Fuel Payments, please do contact Nicola Tarry FCA at Mapus-Smith & Lemmon LLP, Hunstanton office on 01485 534800 or ntarry@mapus.co.uk

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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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Annual Parish Meeting

I would like to say a warm Thank You to all those who attended the Annual Parish Meeting on Tuesday 12th May.

It was a busy meeting with lots of local groups and organisations informing those present of their achievements during the year and their plans for the coming year. It's amazing how many varied and interesting things are going on in our village.

Of course none of these would be possible without people willing to give their time to ensure these events take place. If you feel you can offer some time to any of these organisations you will be warmly received.

The list of speakers and minutes of the meeting will be on the Parish Council Website in due course - heacham-pc.gov.uk

Dean Rawsley
Chair, Heacham Parish Council

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The Arts Society North West Norfolk Art and Hygiene

We often read images of cleanliness - hands being washed, floors scrubbed, laundry beaten out and hung to dry - as quiet proof that life is in order. It is an easy symbol: care, renewal, the small rituals that keep chaos at bay. Alongside it sits another familiar story, repeated so often it begins to feel like fact, that people in “times gone by” rarely bathed and simply endured a perpetual stink. But history is not one long, grim queue of unwashed bodies. It depends on when you look, and where.

In ancient Egypt, hygiene was more than practicality - it belonged to the realm of spirit as well as skin. Early soaps and scented oils were made not just to cleanse but to protect, and perfume could be part of the preparation for entering temples. The Greeks, too, wove washing into daily life; their art preserves the scene in passing, in painted vases and murals that treat bathing as routine and ritual as one. The Romans amplified this into a public culture of water: communal bathhouses where cleanliness, leisure and social life mixed - sometimes literally - while walls around them celebrated water’s place in the empire. Later, in the Middle Ages, the story turns quieter and more complicated. In monasteries, cleanliness could be a discipline - an outward sign of inward purity - so handwashing became a familiar ritual, and herbs and fresh linen helped keep bodies cared for. Yet even here there were contradictions: some early Christian saints treated dirty skin as a kind of virtue, proof of moral superiority over bodily concerns.

Bathing comes back into view in Japan as a major social institution in the 15th to 17th centuries . What had long mattered for religious and therapeutic reasons sharpened into something more direct: becoming clean. Japanese art records the practice with confidence - often women, often bathhouses - suggesting a culture comfortable with the bath as both ordinary and communal.

At roughly the same time in Europe, bathing was far less straightforward. Warm water was argued over: did it open the pores and invite disease? Even when people wanted a full bath, the labour and fuel it demanded made it a luxury. Many settled for what was possible - sponging parts of the body or pouring water over themselves. Among the aristocracy, fine linen shirts were trusted to draw dirt from the skin, while herbs, salves and flowers did the work of masking, soothing and, when they could, cleansing. It is telling that so many painters lingered over the bath - Degas, Renoir and Vermeer among them - while soap itself is often absent. Whatever the practical reality, art repeatedly returns to bathing and ablution because it sits on the boundary between hygiene and purification. “Clean” is never only physical; it is moral, social, even political, shaped by ideas

about class, contagion and belonging. When artists elevate soap, water and scrubbing into subjects worthy of attention, they make visible a cultural ideal: inward purity, elevated status, a promise of comfort - sometimes also a means of control. And they leave us with an uncomfortable question: what, and who, is a society trying to keep clean?

Victorian Britain then pushes that question to the foreground. Cleanliness - especially in the upper and aspiring middle classes - became an obsession, amplified by new germ theories, industrial grime and a moral urgency about what a “good” life should look like. Art, advertising and interiors embraced a sanitary aesthetic: bright, orderly rooms; airy spaces; the insistence of white in clothing and décor as a symbol of spiritual, moral and physical health. In high art and in the booming world of branding - Pears soap, most famously - soap was sold not simply as a product but as civilisation itself, with cleanliness equated to wealth, purity and respectability. Influencers such as John Ruskin helped popularise the idea that a clean environment reflected a healthy conscience. And, inevitably, the contrast was sharpened: middle-class “respectability” set against the supposed dirtiness and immorality of the poor. Hygiene became a language of social class - and a tool of social control.

The Arts Society North West Norfolk will be hosting a talk by Mike Higginbottom on ‘Temples of Sanitation’ on Monday 8th June 2026 at 2pm at Sedgeford Village Hall. He explores the immense problem of sanitation in the 19th century with the burgeoning population, and looks at the contribution of Joseph Bazalgette and the extraordinary engineering and decorated buildings that were created. New members are welcome to join our friendly society. www.artssocietynwnorfolk.org.uk

Lesley Nadel



Have you always wanted to learn more about the arts?

Then start now with our next talk at Sedgeford Village Hall at 2:00pm on Monday 8th June

Temples of Sanitation

Lecturer:
Mike Higginbottom



Sanitation was an immense problem in the 19th century with the burgeoning population. We look at the contribution of Joseph Bazalgette and the extraordinary engineering and the decorated buildings that were created.

Benefits of membership:

- * A varied programme of art talks
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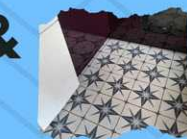
For more information and how to join, visit www.theartssocietynwnorfolk.org.uk

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Hunstanton Croquet Club News

Club afternoons got off to a fantastic start on 13 April, with a full house of 40 players - the maximum our five lawns can accommodate at one time. Attendance has remained strong since, no doubt helped by the run of dry weather. It's wonderful to

see so many people enjoying such an inclusive sport.

Our 2026 intake on the Golf Croquet introductory course has made impressive progress, picking up skills remarkably quickly. They're a great group, and a pleasure to welcome to the club. The first couple of sessions were certainly chilly -albeit bright and dry - but all things considered, we've been fortunate. Just a couple of years ago, three out of four sessions took place in rain! Pictured are some of the 'students' with their certificates.

The May Bank Holiday marked the annual Robert Prichard AC Tournament, launching what promises to be a busy season of both internal and external competitions. The tournaments attract some of the country's top players, due in no small part to the excellent condition of the lawns - thanks to Jonny Ives' dedication. Pictured with the trophy is England player, winner, Ian Lines.

As always, a huge thank you to all our members who contribute their time and effort behind the scenes. The club simply wouldn't run without you.

Caroline Harper
hunstantoncroquetclub.co.uk



Above: Group pic with certificates



Left: Ian Lines (with Fermoy Cup)



Prignt: Ellie Lewis and Jane England



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The Therapy Shed - Heacham
Kings Lynn Town Centre

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Please contact Michele for an appointment or to discuss any treatment needed

michele@healthyfeetfootcare.co.uk

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Website: www.ajcoggles.co.uk

Parish Council Notice Board

PARISH COUNCIL MEETINGS IN BRIEF

The next Full Council meeting for June will be held on Tuesday 16th at 7.00pm at the Old Friends Hall.

The Full Council Meeting for July will be held on Tuesday 21st 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 noticeboard 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.

OLD FRIENDS HALL COFFEE MORNING

The next coffee morning in the Old Friends Hall will be on Wednesday 24th June 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!

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.

DRAIN COVERING

Please could people covering drains to prevent ducklings falling through remove them after the nesting season as covering them can cause localized flooding during rainy times.

Please also bear this in mind come the next nesting season.

ANNUAL PARISH MEETING

Thank you to those of you who gave up their time to attend the Annual Parish Meeting on the evening of 12th May, both to speak about their group/organisation or to just sit and listen. The presentations were interesting as well as informative. Many conversations carried on over refreshments.

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 20th June 10.30 – 12 noon.

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 must have valid MOT certificates and insurance as is expected for a roadworthy vehicle.

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

There will be cash prizes for winning entrants of the parade and a cash gift for children sitting on our royal float.

CHALK PIT

There will be clay shoots on 3rd and 4th August so please do not venture up there on those days.

!!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.

OUT OF HOURS DOCTOR 111

For out of hours service, please call the NHS Helpline

HEACHAM CHEMIST (Boots) 570297

OPEN MON - FRI 09.00 - 18.30, SAT 09.00 - 17.30
 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

OPEN MON, TUES, WED, THUR 10:00 - 12:00

STREET LIGHT FAULT REPORT 572142

BOROUGH COUNCIL OFFICE 01553 616200

BOROUGH COUNCILLORS

TERRY PARISH 07885 258428

ANDREW JAMIESON UNAVAILABLE

NORFOLK C.C MICHAEL CHENERY 07920 286638

PARISH LIBRARY (in Church Hall, High Street) 07300 553769

OPEN MON, WED, FRI 10.00 - 16.00 SAT 10.00 - 12.00

HEACHAM & DISTRICT COMMUNITY CARS SCHEME 534777

OPEN MON - FRI 09.00 - 13.00

EMERGENCY SERVICES

QUEEN ELIZABETH HOSPITAL 01553 613613

NHS Helpline 111

DENTIST Emergency only for patients not registered with a dentist 01553 223193

COMMUNITY MIDWIFE HUB 07788 309201

POLICE 101

SAMARITANS Freephone **116123** or (local charge) 0330 094 5717

CHILD LINE 0800 1111

SILVER LINE 0800 4708090

ELECTRICITY (UK Power Networks) 0800 3163105

ANGLIAN WATER 0800 771881

GAS ESCAPE 0800 111999

24hrs VETERINARY CLINIC (Medivet Heacham) 01485 570065

HUNSTANTON LIBRARY 01485 532280

OPEN TUES WED FRI - 9am-7pm

SAT 9am-4pm MON & THURS - Closed

HEACHAM CHALK PIT and

RECYCLING CENTRE 0344 800 8020

Open 9am - 4pm (except Wednesdays) Slots for visits must now be booked in advance

HEACHAM COMMUNITY WEBSITES

www.heachamgrouppractice.org

www.heachamnewsletter.org.uk

HEACHAM HALLS

PUBLIC HALL 570776

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

DEFIBRILLATOR SITES IN HEACHAM

(Please read instructions and obtain code to activate)

Jennings Store South Beach Road - Located by the staff entrance, available 24hrs

St.Mary's Church - Front Porch. Available 24hrs

Sports Field Pavillion - On the external wall of the pavilion

Chalk Pit Recycling Centre - Outside the gates. Available 24hrs

Pioneer Holiday Park - In yellow phone box adjacent S Beach

Rd, 50yds towards beach from main entrance

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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Bus Enquiries:- www.lynxbus.co.uk 01553611955

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34	35	36
via QE Hospital	via Sandringham	Coastliner

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Last bus from King's Lynn	2110	1600	1630
frequency	2/hr	1/hr	1/hr

Sun

1st bus from Fox & Hounds	0915	1025	0844
Last bus from King's Lynn	2110	1610	1630
frequency	1/hr	1/hr	1/hr

WNCT Dial-a-Bus Service

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 For more information, cost of fares, a membership form or to book www.wnct.co.uk 01553 776971

PICK-UP POINTS FOR HEACHAM NEWSLETTER

First Saturday of each month except January.

Jennings Store, Tesco Express, Lidl, Heacham Fish Bar, Norfolk Lavender, Parish Library, Riverside, Palm Beach, Tony's Fish and Chips, Silver Sands, Boots Chemist, Heacham Surgery, Station Rd Garage, Fox & Hounds, Social Club, Modern Story, Bliss, Spice Garden, Breakfast & Brownies, A E Wallis, Moulam and Horne, Parish Council Office, Bushel & Strike, Pioneer, Parkdean, Heacham Charity Shop.

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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

JUNE - JULY 2026

HIGH WATER AT HUNSTANTON									
Heights above chart datum									
Time Zone UT (GMT) add 1hr BST									
June 2026					July 2026				
Date	Morning		Afternoon		Date	Morning		Afternoon	
	Time	m	Time	m		Time	m	Time	m
1 M	06 34	6.7	19 00	6.4	1 W	06 51	6.7	19 24	6.3
2 TU	07 07	6.8	19 36	6.4	2 TH	07 27	6.8	19 59	6.4
3 W	07 40	6.7	20 10	6.3	3 F	08 00	6.8	20 35	6.3
4 TH	08 11	6.6	20 46	6.1	4 SA	08 33	6.7	21 10	6.3
5 F	08 44	6.4	21 24	5.9	5 SU	09 06	6.6	21 47	6.2
6 SA	09 20	6.2	22 08	5.7	6 M	09 43	6.6	22 28	6.0
7 SU	10 04	6.0	23 00	5.6	7 TU	10 28	6.4	23 16	5.8
8 M	10 58	5.9			8 W	11 21	6.3		
9 TU	00 03	5.5	12 01	5.9	9 TH	00 14	5.7	12 23	6.2
10 W	01 10	5.6	13 08	6.1	10 F	01 25	5.7	13 37	6.1
11 TH	02 16	5.8	14 15	6.3	11 SA	02 40	5.8	14 57	6.2
12 F	03 16	6.1	15 19	6.6	12 SU	03 48	6.2	16 12	6.5
13 SA	04 10	6.5	16 21	6.8	13 M	04 47	6.6	17 20	6.8
14 SU	05 02	6.8	17 20	7.1	14 TU	05 42	6.9	18 22	7.1
15 M	05 51	7.0	18 19	7.2	15 W	06 33	7.3	19 18	7.3
16 TU	06 40	7.2	19 16	7.3	16 TH	07 20	7.5	20 06	7.3
17 W	07 27	7.3	20 09	7.2	17 F	08 02	7.6	20 50	7.2
18 TH	08 12	7.3	21 01	7.0	18 SA	08 44	7.5	21 31	7.0
19 F	08 58	7.2	21 51	6.8	19 SU	09 25	7.3	22 11	6.6
20 SA	09 45	6.9	22 45	6.4	20 M	10 07	6.9	22 51	6.2
21 SU	10 38	6.6	23 39	6.1	21 TU	10 52	6.5	23 36	5.8
22 M	11 35	6.3			22 W	11 45	6.0		
23 TU	00 33	5.8	12 35	6.0	23 TH	00 27	5.5	12 46	5.6
24 W	01 28	5.6	13 37	5.9	24 F	01 27	5.4	13 59	5.4
25 TH	02 26	5.6	14 41	5.8	25 SA	02 37	5.4	15 13	5.4
26 F	03 21	5.8	15 41	5.9	26 SU	03 36	5.7	16 17	5.7
27 SA	04 10	6.0	16 35	6.0	27 M	04 29	6.1	17 09	5.9
28 SU	04 55	6.3	17 23	6.1	28 TU	05 14	6.4	17 52	6.2
29 M	05 36	6.5	18 07	6.2	29 W	05 54	6.7	18 30	6.4
30 TU	06 14	6.6	18 46	6.3	30 TH	06 32	6.9	19 08	6.5
					31 F	07 09	7.0	19 43	6.6

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