



THE HEACHAM NEWSLETTER

October 2026

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Deadline for the next edition is 12 noon, Tuesday 20th October 2026

HALLOWEEN CHILDREN'S FANCY DRESS COMPETITION



**Fridhem Rest Home
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Tues 27th October - 2pm

There is a prize for every entry and a prize
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THE HEACHAM NEWSLETTER c/o Heacham Parish Council, Old Friends Hall, Sunnyside, Heacham, PE31 7DU

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THE HEACHAM NEWSLETTER is published THE FIRST SATURDAY of the MONTH

A voluntary non-profit publication

Brays Pit - A Local Contractor, a Village Pond and a little piece of Heacham History

When we, M.W. McGinn Construction, became involved with the current works at Brays Pit, we initially viewed them as a practical job: removing years of accumulated silt, restoring the pond and improving its ability to hold water. However, as the work has progressed, it has also made us increasingly interested in the pond's history and the part it has played in village life.

We are a long-established local construction company, and Heacham is our home as well as somewhere we work, so for that reason being involved with Brays Pit means a little more to us than simply completing another contract.



While carrying out the work, I started asking local people what they knew. I recently spoke with a Heacham gentleman in his eighties who remembers being told that the name was associated with two brothers from the Bray family, who were coal merchants in the village.

He also recalled a story that

coal was once brought into Heacham by small coastal trading vessels or schooners and came inland from the direction of Staithe Road, with Brays Pit somehow connected to that trade.

Local memories passed from one generation to another are not necessarily historical proof, so we would not want to present every detail of that story as established fact. However, after carrying out some research, there appears to be a fascinating amount of truth behind at least part of the recollection.

Old Heacham records identify brothers Bill and Ben Bray, who were indeed involved in the village coal trade. An old photograph previously published in The Heacham Newsletter, shows Bill Bray with his brother Ben unloading coal brought from Nottingham at Heacham Railway Station.

Bill's daughter, Phyllis Sanderson, née Bray, remained a well-known Heacham resident into later life and was able to pass on memories of her family's history. We also know that Heacham had a much older connection with coastal trade, and that coal and other heavy goods were brought into the area by small vessels before rail transport took over. Whether those vessels or the coal trade were directly connected to the pond itself is something we have not yet been able to prove.

However, the old spelling "Bray's Pit", the existence of the Bray family in Heacham and the confirmed connection of Bill and Ben Bray with the village coal trade, make the story particularly intriguing. Perhaps somebody reading this who remembers old Heacham can fill in another piece of the puzzle. Whatever its precise origins, Brays Pit has been part of Heacham for generations.

I have also spoken to a retired local contractor who believes he carried out work on the pit during the 1970s, showing that maintaining it is not a new undertaking.

More recent village records show that dredging and maintenance have taken place at various times since then, while erosion of the banks has remained an ongoing concern.

Deer and other wildlife naturally come down to the pond to

drink. Over many years, activity around the water's edge has contributed to erosion and the gradual flattening and widening of the banks.

Previous restoration work has therefore included woven willow barriers, backfilling eroded areas and planting willows whose root systems help bind and strengthen the banks. We are not simply trying to make Brays Pit deeper, the intention is to remove the silt, leaves and organic material that have accumulated over many years, while protecting the firm natural bed beneath. Once we reach that natural bed, we stop. Some suitable recovered material can also be used to help redress and reshape eroded areas of bank, restoring their profile rather than simply removing everything.

We have made an approximate assessment of the pond's size using satellite imagery.

Allowing for the banks and areas that are not actually being excavated gives us a working area of approximately 9,750 square metres. If we remove an average depth of approximately 600mm, that equates to around 5,850 cubic metres of accumulated material. Depending on its actual density and water content, using an estimated figure of around two tonnes per cubic metre would put the potential quantity at roughly 11,000-12,000 tonnes.



These are not surveyed quantities and should not be treated as exact figures, but they demonstrate the surprising scale of what is sitting beneath an apparently ordinary village pond. Nearly six million litres so that leads to another question we have been asked:



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How much rain will it take to fill Brays Pit again? There is not really a simple answer.

Rainfall directly onto the pond is only one factor. Groundwater levels, surrounding ground conditions, runoff and evaporation all play their part, and the level will naturally rise and fall through the seasons. What is interesting is the capacity we are potentially restoring. Removing approximately 5,850 cubic metres of accumulated material potentially gives the pond space for nearly 5.85 million additional litres of water.

We are therefore not claiming that a certain number of days of rain will suddenly refill Brays Pit. What we are doing is giving nature back the capacity to store considerably more water when wetter conditions and higher seasonal groundwater levels return.

During the works, we also identified an opportunity to improve the movement of water between different sections of the pond.

M.W. McGinn Construction has been able to provide and donate concrete ring pipework to improve that flow. We have not charged Heacham Parish Council for the pipework, representing a saving to the village of approximately £1,200. We did not set out to make a particular point of this, it simply seemed like the right thing to do. We are fortunate to have the equipment, materials and experience available to us. When you are working on something that is part of your own village, it is sometimes nice to be able to put a little something back.

Today, most of us probably think of Brays Pit simply as the duck pond - somewhere we pass regularly without necessarily thinking about why it is there or how it got its name, but scratch beneath the surface - quite literally in our case - and there appears to be considerably more history. In some ways, though, that is what makes local history interesting, it is often pieced together from photographs, documents and the memories of people who have lived in a place all their lives.

For M.W. McGinn Construction, we are proud to be playing our small part in looking after Brays Pit today. Hopefully, the work we are carrying out will help preserve it as a wildlife habitat and a familiar part of Heacham for many years to come - while perhaps encouraging a few more villagers to tell us what they remember about Bray's Pit and help us complete the story.

Matt McGinn

(NB: With many thanks to Matt for this very informative piece about the Brays Pit renovation. We thought his account was so good it should be kept in his words and I will follow up at a later date. Christina Brown THN.) Photos by Christina Brown.



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at Dersingham Village Centre

Presents on
Tuesday October 27th at 7:30pm

I SWEAR (15)

The world, including his family, struggles to understand a man with Tourette syndrome, until a kind ally encourages him to speak out and spark change.



Entry £6 Under 16s £3

Entry includes tea/coffee/squash
Wine, Beer, Cider, Soft Drinks
available from the Bar



Dersingham Village Cinema is managed by
Dersingham Village Centre Association
Charity No 1178462
Supported by Creative Arts East



Children's Society Charity

Thank you to everyone who has donated to The Children's Society in past years.

It is time to open the household collecting boxes for 2026.

Please take your box to the Church Office, High Street, Heacham (open Tuesday 9-12, Wednesday 2-5, Friday 9-1), or, contact us (see below) and we will arrange to collect your box.

One-off donations are also welcome; cash or cheque (made payable to The Children's Society) in a sealed envelope with your full name and address on the outside.

If you would like to be a new donor, and/or have a collecting-box at home, we can arrange that.

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HEACHAM F.C.

The Club are again fielding 3 teams for the 2026/27 Season.

The Firsts are playing in the very competitive Thurlow Nunn Eastern Counties League, Premier Division. It's been a difficult start for the team but recent performances suggest that it will not be long before they begin picking up points.



Squad members not pictured above: Toby Hilliard, Jack Prentice, Karl Anderson, Tom Papworth-Boston, Anthony Hall.

Our Reserves will be pushing for a high finish and the hope of promotion from the Fosters Solicitors Anglian Combinaton League, Division 3 North. The lads made a great start with a victory in their opening league game running out 2 – 0 victors against Attleborough Town Res. On Saturday 12th September they were narrowly beaten 2-1 by Division two side Stalham Town in the Cyril Ballyn Cup.



Squad members not pictured above: Royce Rawlings, Jay Branham, James Boyden, Kieren George, Dan Buhlemann, James Havers.

The U18s, with many new players, are competing in the Thurlow Nunn Youth League, West Division. It's proving to be a tough learning curve for this young team in the early games with lessons being learnt the hard way but no doubt they will gain strength from these experiences and in time results will begin to go their way.

All teams play at the Heacham Sports Field. The Firsts and Reserves on Saturday afternoons, whilst the U18s play in a floodlit league on Thursday evenings. Keep informed of all things Heacham FC through our, and the HFC Supporters Club, Facebook pages. If you have not been down to see a game yet, please think about coming along and supporting your local teams. A warm welcome to all is guaranteed, with hot and cold refreshments, food etc available in a family friendly and inviting atmosphere.

Why not think about joining the HFC Supporters Club for just £7 per season. Members can benefit from discounts from a number of local businesses, entry into 8 monthly cash draws and much more. To find out more, please contact Ollie at childerhouse0@gmail.com or Denis at deniscooper06@aol.com



Squad members not pictured above: William Mann, Archie Kerr, Finn Neville-Miller, Aaron Nicholson, Shayna Kendall-Johnson.

Alternatively you will find Ollie or Denis at the ground when the Firsts are at home.

Another opportunity to get involved would be to think about joining our amazing Match Day Crew. We are always on the lookout for additional helpers to join this friendly team. For more information contact hfcadmin@btinternet.com

I would just like to thank all our Sponsors without whom we would not be able to field our sides. Thank you – your support is so appreciated. Anyone interested in sponsorship opportunities, please contact hfcadmin@btinternet.com

Come on you Magpies!

Phill Gwilliam

Photo Credit: Phill Gwilliam

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CHURCHES TOGETHER IN HEACHAM



What do we do when someone is going through a tough time?

Do you have the gift of being there?

Allowing yourself simply to be with someone in their troubles, allowing them to feel what they feel and to express it is not easy, being there is a valuable gift to give. We all need to feel listened to and valued. If nobody seems to want to spend time with us and listen to us, we can feel alone and undervalued or misunderstood.

Being there is not the same as solving things either. We are so often tempted to offer solutions and alternatives to people when they are struggling, or to tell our stories of similar situations.

Being there is not just for emergencies, it is part of fostering relationships. Relationship involves knowing someone. Knowing someone means being with that person and listening to them. All of this takes time. In a rapidly moving society with a culture that just won't sit still for 5 minutes, where we are used to scrolling up to the next things - can we learn how to be there for one another in good times and bad?

So, can you offer the gift of being there?

You don't need a theology degree, you don't need any special training or certificates, you simply have to take time and be there for your friends, neighbours and others in our community.

As a Christian, I believe that God is always with us, in the Bible we read that God told Joshua, that 'I am with you always'. God assures all of us this too, that he is always with us in the good times and the hard times and in the ones in between, and he is always ready and willing to listen to us.

This October as the nights draw in and the days get colder, let us each try and develop the gift of being there, time to be with and listen to those who are having a tough time.

To whom can you offer the gift of being there this month?

With my prayers and best wishes.

Veronica, Vicar of Heacham

Services at Heacham Parish Church: October 2026

4th October - 10am: Holy Communion
11th October - 10am: Morning Worship
18th October - 10am: Holy Communion
25th October - 10am: Morning Worship

Remembrance Sunday is 8th November. There will be a village Remembrance service in Heacham Parish Church at 10am followed by an Act of Remembrance at the War memorial from 10.50.



Advance Notice – Advent and Christmas Services 2026

29th November - 10am: Advent Sunday Holy Communion
6th December - 3pm: Blue Christmas
13th December - 6pm: Village Carols by candlelight
24th December - 3pm: Christingle
24th December - 9pm: Midnight in Bethlehem Holy Communion (**please note time**)
25th December - 10am: Christmas Day Holy Communion

HEACHAM PARISH CHURCH in church

At 10am every Sunday morning

HEACHAM PARISH CHURCH online

on Heacham Parish Church YouTube channel

Everyone always welcome

A Day of Prayer for Healing

Come to Heacham Parish Church on Saturday 17th October between 9.30am and 5.15pm for a day of prayer for our world, our nation, our village, our families and ourselves.

We begin with a service of Lament at 9.30am and will conclude with a time of praise and worship, sharing testimony of the God who hears our prayer from 4.15pm.

The day will be split into various sections focusing on different aspects of healing – please see the Heacham Parish Church website for more details of the day.

There will also be prayer stations set up in the church during the week following for anyone who wishes to come and privately to pray on these themes.

For more information contact the church office, or look on the church website <https://heachamparishchurch.org.uk/>

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.

Bereavement Support Group

Meetings are on the first Thursday of each month. **The next meeting is on 1st October 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 20th October 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 the poppies off in church anytime before 18th October.

Light Party



Heacham Parish Church

Invites you to a

LIGHT PARTY

An event for children and their parents

Saturday 31st October 2026
from 5.00 – 7.00 p.m.

Activities are designed for children under 12.

FUN AND GAMES

PLEASE NOTE

While this is a **free event** and **ALL ARE WELCOME**, to meet our safeguarding requirements please book a place through the Church Office to avoid disappointment.

Tel: **01485 572539** Email: office@heachamparishchurch.org.uk

With your name and number of children and adults attending.

To help everyone enjoy the evening, please remove masks before entering, as these can upset the little ones.

Let Your Light Shine!

Heacham Parish Church – Christmas Craft Fair – Date for your diary

The Heacham Parish Church Christmas Craft Fair will be held in church on Saturday 14th November 2026 between 10am and 3pm.

There will be a wide variety of stalls and refreshments will be available. **Everyone welcome.**

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.

Church Open

The church is open from 10am-4pm until the clocks change, then open from 10am to 3pm. **Everyone is welcome to come in and enjoy our beautiful church, to light a candle, to pause or pray.**

CHURCH CONTACTS:

Heacham Parish Church

Revd Veronica Wilson: (01485) 570697

email: vicar@heachamparishchurch.org.uk

Heacham Parish Church Office:

Garry Langham: (01485) 572539

email: office@heachamparishchurch.org.uk

Office usually open Tuesdays 9am–12noon, Wednesdays 2-5pm and Fridays 9am -1pm.

Church Wardens:

Liz Dormer-Ainge: (01485) 571662

email: lizabeth.a.da@gmail.com

Chris Wright: 07525 175361

email: chris.edward.wright@gmail.com

Parish Safeguarding Officer:

Lesley Lees:

07890 567807

email: safeguarding@heachamparishchurch.org.uk

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 Ncube
(Tel: 01485 570232)

October 2026

We extend a warm welcome to all

Sunday Morning Services: 10.30am unless otherwise stated

Sunday 4th October Elizabeth Batstone

Sunday 11th October Rev. Kerry

Sunday 18th October Helen & Graham

Sunday 25th October Sue Moore

Midweek Communion: 10.30am 2nd Wednesday of the month.

Bible Study: 10.30am 4th Thursday of the month.

Let's do Lunch! 4th Friday of the month.

Next lunch will be Friday 23rd October - 12–2.00pm

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

Crafty Crowd: 10-12pm 2nd Friday of the month.

Our next meeting will be Friday 9th October.

Upcoming events:

We are holding a Nativity Display on Friday 4th December and Saturday 5th December 11-3pm. We held this event for the first time last year and had some wonderful displays, with a variety of handmade and bought displays from groups and individuals around our village. We would like to invite anyone who would like to add to our display this year to contact Marianne on 07880 364326 or email: baguley,marianne@gmail.com

Again – ALL are welcome to join us. For further information, please contact Marianne Baguley (07880364326) Senior Steward.

Charities we are supporting this year:

Embrace – a children's charity providing support to child victims of crime.

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..

..."As the rising of the sun announces a new day, may your mercy and peace give us the strength we may need for this day and all that lies ahead. Like a beam of light through a cracked door, brightening a darkened room, may your joy come to illumine our sorrow and suffering. Life-giving God, shine the light of your love this day."

Methodist Prayer Book



Hunstanton Catholic Parish

Throughout September, we had the **Season of Creation** which takes place each year from 1st September to 4th October (the feast of St Francis). We have a special service at OLSE on Saturday 3rd October with special prayers and artwork to celebrate the Feast of St Francis.

The Pope's prayer intention for **October 2026: For mental health ministry**. We pray that the mental health ministry be established throughout the church, helping to overcome the stigma and discrimination of persons with mental illnesses.

The 'Whybelonely' social club is going from strength to strength. It is held on the first Friday of every month at St Cecilia's Church, Mountbatten Road, Dersingham, 2pm till 4pm. Everyone is welcome to come and enjoy this very joyous group.

Rosary prayer meetings are at St Cecilia's every Monday from 2pm.

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

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

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

1 Peter 1:3

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

www.hopeevangelical.org

HEACHAM METHODIST CHURCH

NATIVITY DISPLAYS

Friday 4th December, Saturday 5th December 11-3
Sunday 6th December Candlelight Service 4pm

Light Lunches and refreshments will be served

Anyone can enter a Nativity Display. For more information contact: Marianne 07880 364326 or email: baguleymarianne@gmail.com

All proceeds to Tapping House

Princess Theatre Coffee Morning raises fantastic £1,500 for Macmillan Cancer Support

The Princess Theatre, Hunstanton, is celebrating another fantastic fundraising success after its annual **Macmillan Coffee Morning** raised an incredible **£1,500 for Macmillan Cancer Support**.

The popular community event welcomed local residents and visitors to the theatre for a morning of cakes, cuppas and fundraising, with a 100-prize tombola, grand raffle and plenty of delicious treats helping to boost the final total.

The theatre would like to give a special thank you to **Jenny Chapman and Jill**, along with the wonderful team of Princess Theatre volunteers, whose hard work and enthusiasm made the event possible.

Thanks also go to **The Spontaneous Cuppa**, who kindly supplied gluten-free treats for the morning, and to the many local people and businesses who donated prizes and supported the event.

Most importantly, the theatre would like to thank **everyone who came along, donated and helped raise the fantastic £1,500 total**.

Anna Hallard, Marketing at the Princess Theatre, said:

“Macmillan Cancer Support is a charity very close to my heart, so to see our community come together and raise an incredible £1,500 means such a lot to me personally. Our Macmillan Coffee Morning is always a very special occasion at the theatre,

and I’m incredibly grateful to Jenny, Jill and all our wonderful volunteers who put so much time and effort into making it happen.”

“A huge thank you must also go to everyone who joined us, donated and supported the morning. It’s a wonderful example of our local community coming together for such an important cause.”

The Princess Theatre is proud to continue supporting charitable and community events in Hunstanton and would like to congratulate everyone involved on another hugely successful Macmillan Coffee Morning.

Anna Hallard



From L to R: Yolanda, Mary, Sylvia, Jill Jenny & Alison.



CRAFT FAYRE

**Saturday November 14th 2026
10am – 3pm**

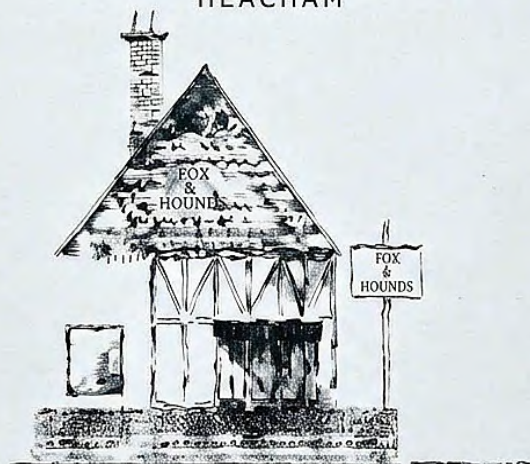
**at
St Mary’s Parish Church, Heacham**

We are once again holding a Craft Fayre on Saturday 14th November 2026 at Heacham Parish Church from 10am till 3pm. Entrance to the Fayre is free. There will be a variety of refreshments available.

We have stalls selling candles, Christmas handicrafts, celebration teddies, Holy Land gifts, sweets, and plenty more good quality stalls.

Come and join us for some early Christmas shopping.

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- Halloween Fancy Dress disco Sat 31st

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much, much more!!**

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Borough Council News Heacham Ward which includes Sedgeford and Fring



Well, McDonald's has stirred public interest. The number of public comments at the time of writing, is just over 600 and the proportion of objectors v supporters is well over 3:1. The message is clear, it is not wanted at this site and, for many, anywhere in this area.

Consultees, again at the time of writing, have been slow to respond. Councils 'close down' over August as many key officers are on holiday so that might be the reason. As of 8th September, Lynx buses have objected, as have Norfolk Wildlife Trust and Wild Ken Hill. Environmental Health has a holding objection. Public Health, after citing several reasons why it could be refused, leaves the decision up to the planning authority. Heacham Parish Council's objection was delayed by a Borough technical 'glitch.'

Two related planning applications have been made. One for an 8m (26feet 3inches) high illuminated totem pole, application number 26/01395/A, the other for multiple illuminated signs, application number 26/01394/A.

Although the totem pole is identified, in the application for the restaurant, by a labelled dot on a complex lighting plan, it is omitted from the pictures purporting to show how the site will look. I assume the agents realised that it would put the site in a bad light.

If you haven't already done so, object to these two applications too. I see no sensible reason to agree with any of the applications so am not encouraging supporters. No doubt, the story will continue.

Now for something which may have encouraged an even higher number of responses – the revelation of the Borough's call for potential development sites. Well over 700 sites came forward. You could comment on them all up until the end of September and I hope the efforts of the Borough Council to engage with you didn't fall on stony ground.

There are 20 potential sites in Heacham, 2 more just over the border in Hunstanton, 5 in Sedgeford. Fring is the place to be because there are none.

Within Heacham, sites offered include a total of just over 500 houses whilst just up the A149, across the border another 400 pop up. Sedgeford has sites to hold around 60.

A big plot of land towards the Snettisham island is offered for retail including a builders' supply yard. Whilst on the Heacham village side, it is more retail food outlets, and/or a care home, and/or a hotel. There are several offerings of more caravans, camping or other tourist facilities. Essentially, if it is green and empty fill it in.

If the Borough still has it all on its website you will find the interactive map, revealing locations of all potential sites. You have to bring up the home page, scroll down to the screen which is titled, People Opportunities and Places, click the black box saying consultation 1-29th September which takes you to information about the Local Plan. Scroll down that to point 7, access the surveys, and click that. Scroll down and choose, 'comment on proposed sites across the borough' (there is another survey about the local plan and you might want to do that later too). Anyway, you finally get to an interactive map, or rather some instructions before you proceed further.

I found it hard and I'm used to convoluted paths to make a comment. However, it has all been done now and I predict that

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few comments were received from the public, probably quite a lot from Parish Councils, and very full ones from developers.

The next stage is for planning officers to consider all the sites in detail, mull over any responses from the consultation and then submit the shorter list to further consultation. If you missed your chance last month, get ready for the next one.

The end of this month sees the death of local democracy for planning decisions. This government has castrated planning committees and they will only be used in a very limited manner now. The default position is that applications will be decided by planning officers with only significant cases meeting certain, well defined, criteria possibly being referred to planning committee. To facilitate this, the right of Borough Councillors to call in planning applications to planning committee has been curbed. Until now, Borough Councillors have been able to support the concerns of residents about applications which they feel will adversely affect them. If officers recommended such applications should be accepted, councillors could get them heard before planning committee. The committee might still agree with officers but concerns would have been voiced and, likely, planning conditions written in or amended to make consent more palatable. And, often, the committee would refuse the application resulting in its dismissal; a subsequent, modified, fresh application, or an appeal to the planning inspectorate by the applicant. On many occasions that appeal has been lost and the planning committees decision proved correct and the officers' recommendation wrong. All that mechanism has gone yet the government, the Prime Minister, witter on about local power, devolution, the need to listen to the public. Never believe a politician.

Very local matters concerning water: Sedgeford Parish Council has been attempting to get some sense out of Anglian Water and the Environment Agency about the loss, in recent months, of the Heacham River between Fring and Sedgeford. Drinking water



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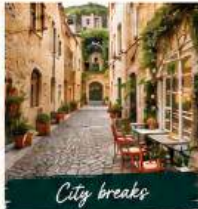
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for much of the area north of Snettisham comes from water stored in the chalk beneath Fring. Anglian Water pumps it out of the ground. The same underground aquifer feeds the Heacham River though there are other springs just beyond the Wash Pit, Sedgeford, on the Heacham side. Those maintain some flow through the Lavender site, under the A149, alongside the site of the proposed McDonald's, past Heacham Park, the Saltings nature reserve, and to the sea at South Beach.

Logic suggests that if you pump water out of the same source that feeds the river, then the river will suffer. In their latest missive, the Environment Agency seem to suggest that the loss of the river is due to dry weather. That that is a major factor, none can dispute but, if pumping were reduced, surely the water table would rise and the river receive some of its due?

I cannot advocate not providing drinking water to meet existing needs but I can say that any significant planning developments should be put on hold until at least there is an additional water supply (and sewage treatment) for them. So, the call for sites which has created possible opportunities for hundreds more houses and extensive tourist sites in the Heacham / Hunstanton area should be considered fiction unless and until water is piped from elsewhere including new reservoirs.

Anglian Water and mains repairs: Anyone in Heacham will have noticed multiple roadworks in recent months. A significant number have been due to broken water mains and their quick repair has been necessary. However, sometimes clearing up leaves a lot to be desired. The excavation which closed the Broadway for several days left sand in the road gutters and on the pavement whilst the barriers and cones were left in place for days after work had finished and became a hazard. Another excavation on Station Road left a road drain partially blocked with chippings stuck in the grid. I have reported both matters to AW in the hope they will ensure their contractors clear up better in future.

The pool of water that plagues Station Road by the bus stop close to the pub still exists. The system that was installed years ago to take water away was broken and NCC Highways have not resolved it.

I have commented, many times, on the impending Local Government Reorganisation which I have supported and still consider necessary as long as it is the preferred model of three unitaries. The Labour government which initiated it has now put the matter on hold and elections next May will be as normal, for Borough Councillors not for shadow unitary councillors. Though that won't change (I think) the unitary proposals will reemerge at some point within the next two years. What will overtake them is devolution, the election of a mayor for a combined Norfolk and Suffolk. I don't know anyone who wants that.

You, the public, will have to raise your voices more often and louder. Politicians blink if votes are in jeopardy.

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



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News from Hunstanton Croquet Club

A busy August included internal competitions, various level national Association and Golf Croquet tournaments and also saw the light-hearted Men's V Women's competition which this year was dominated by the men's team who were worthy winners. This event included competition entry donations and a fundraising raffle towards the croquet club's chosen charity for this season, Breast of Friends. This charity was nominated by club member Maria Crompton who went over and above by personally raising well over £1,100 for the charity by doing a skydive!



The traditional Members' Day also falls in August and in addition to the friendly half hour games of croquet, members enjoyed croquet associated skills games and a delicious afternoon tea.

Throughout the season certain mornings are designated for essential tasks, one of which is 'Hoop Setting.' The ground in front of the hoops gets worn and therefore they need to be repositioned. Fortunately we have some very skilled members as precision is key - but all help is very welcome. In fact members volunteering their help throughout the season is essential and we are so grateful to the people who donate their skills and time for the benefit of the club. Proving that it's never

too young to start, a big thank you to Tommy who helped swish the lawns in preparation for the start of the annual historic 3 day 127th Association Golf Tournament where special congratulations go to Downham Croquet Club whose members won 3 out of the 4 trophies.



September brought much needed rain, a welcome breeze and sunny comfortable weather and lots of opportunity for relaxed friendly games. More members are using the lawns more flexibly this season and arranging to come along for games or practice whenever it suits and this is encouraging players who are working in the daytime or variable hours.

There are plenty of opportunities to learn to play croquet and to improve your game. If you're looking for a new sport to take seriously, with some committed practice and a good eye, some members have started to be involved in competitions (nationwide venues) reasonably soon after joining, so do come along at the beginning of next season and take part in the beginners' course (in April 2027) or pop along to take a look before the end of October when the club shuts down for the winter.

For more information about the club see our website www.hunstantoncroquetclub See the News and Events page for tournament reports.

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Publicity Officer





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National Coastwatch (NCA) Brancaster

Eyes Along the Coast: Getting to know National Coastwatch Brancaster

If you've walked along the beach at Brancaster or looked out across the marsh recently, you may have noticed our lookout station beside the sea wall in the grounds of the Royal West Norfolk Golf Club (RWNGC). We are **National Coastwatch (NCI) Brancaster**, a team of trained local volunteers who act as the "eyes and ears" along our beautiful but often unpredictable coastline.

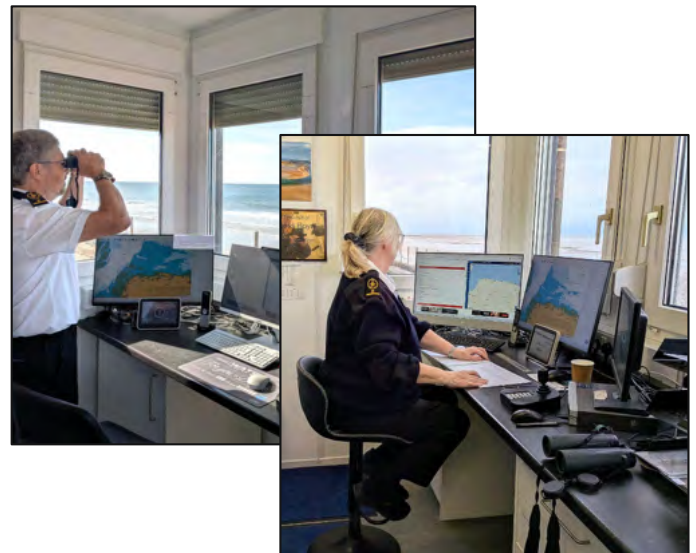


What We Do

National Coastwatch plays a vital role in the UK's Search and Rescue framework. Technology is invaluable, but it cannot spot a deflating paddleboard, a walker cut off by the tide, or a child drifting out on an inflatable. A human eye can.

From our Brancaster station, volunteer watchkeepers maintain a constant visual and radio watch over the sea, beach, and shoreline.

- Spot, Plot, and Report:** When we see someone in difficulty, we accurately plot their position and report it directly to HM Coastguard, who coordinate the emergency response.
- Supporting Lifesavers:** We work closely with HM Coastguard, the RNLI, and other blue-light services. If a lifeboat or hovercraft is launched, we guide them toward the casualty, saving vital minutes.
- Watching the Beach:** We monitor paddleboarders, kitesurfers, kayakers, walkers, swimmers, and vulnerable beachgoers, often spotting problems before they escalate.



Across the UK, the NCI's 61 stations handled **937 incidents in 2025**, assisting **866 people**.

Why we are needed at Brancaster: August 2026

August 2026 highlighted the importance of a physical watchkeeper.

On **12 August**, our team spotted two young adults who had fallen from their paddleboard 600 metres offshore. Drifting in offshore winds without flotation devices; they required an urgent response from HM Coastguard, the RNLI hovercraft, and local rescue teams.

On **23 August**, we observed **31 people** - including children - and dogs stranded on the sandbank to the east of the station as the channel refilled behind them. Our rapid call initiated a multi-agency rescue, safely recovering **22 people** surrounded by rising water.

Powered by Generosity

Despite working closely with HM Coastguard, NCI is **not** government-funded. We are a registered charity (no.1159975) relying entirely on the generosity of public donations, local business sponsorships and independent fundraising. Every single bit of equipment we use - from high-spec binoculars and VHF radios to the maintenance of the station itself - is paid for through the fundraising efforts of our volunteers and the kindness of our community.

Next time you are walking past the sea wall, please look up and give us a wave - check out our Facebook page for local weather and tide conditions (#nationalcoastwatchbrancaster). We are always watching out for you 365 days a year.

To learn more about what we do, visit the official National Coastwatch Institution website www.nci.org.uk/brancaster

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THE HOMEMEAD

Comparisons between a rural Norfolk village and an industrial town in the Midlands, Wales or the North might be hard to come by but maybe there was once one. A nineteenth century mill, colliery or foundry worker from one house in a terrace might well pass the door of a son, brother, uncle or nephew on the way to work in the same way that the terraced cottage of a Heacham farm labourer might well be close to other family members and, as in the industrial towns, on leaving school, son often followed father into the workplace. Later, for a variety of reasons and changes in economies and society, families often dispersed with the young leaving home to study, marry or find work. Even more recently there has been another shift with a reported 40% of young adults over the age of 25 living with their parents and, again, of course, there is a variety of likely reasons for that.

Avid followers of local history articles will be aware that the Rolfes' and Neville-Rolfes' went in for large families as did many farm labourers. Where they differed was in their living accommodation. There was a time however when it would have been quite easy for one of them to don an appropriate hat and pop round to an aunt for tea, an uncle for drink or a sister-in-law to borrow a cup of sugar! At one time members of the Neville-Rolfe family simultaneously occupied (but, like the farm labourer, not necessarily owned) the Halls at Heacham and Sedgeford, 'Keeper's Cottage' on Hunstanton Road, 'Granest' (now 'Meadow Cottage'), 'Old Park House' and what is now 'Turret House,' 'The Windmill' and 'Mill House' (once 'Loo Water,' now 'Millbridge.') 'Church House' and 'The Homestead' also provided homes for members of the family and friends and it is the last named, as the title of this article suggests, that I dwell on here.

With the origins of the house apparently dating back to the time of John Rolfe in the sixteenth century, the building has clearly undergone some changes since then! Without being in any way an expert on building design and construction, it is often easy to see when they have had 'some work done' – as with so many celebrity faces. The long face of 'The Homestead' on the Hunstanton Road has sections where the carrstone is of slightly different size but it is the garden wall that shows where materials and height have changed and entrances been blocked over the years.

It is somewhat easier to discover changes in occupancy rather than structure. As I attempted to do with properties on the High Street I have attempted to trace some of the residents and, taking the comparatively easy way out, start with its ownership by the Neville-Rolfes. Its early days as an unnamed cottage or cottages are not well documented although appearing on early maps of the village. Sadly, I am not able to call on a team of researchers as used on BBC's 'Who Do You Think You Are?' and 'A House Through Time' programmes.



Revd S.C.E. Neville-Rolfe

When the Reverend Strickland Charles Edward Neville inherited the Heacham Hall estate, he not only added to himself the name of Rolfe but also some additional land, property and 'rights.' In 1837, for a substantial sum, he purchased from Henry le Strange Styleman (before he added the hyphen and le Strange to his surname), lord of the manor, the rights to appoint the vicar, to receive rectorial tithes, some parcels of land and the dwelling(s) that would become 'The Homestead.' His original intention was for the property to become a vicarage but that did not happen. He himself was a clergyman and, on the death of the vicar, became vicar of St Mary's until he appointed another in

1853 and, of course, could choose to live in Heacham or Sedgeford Halls. It seems most likely that he, in the time he owned the property, made substantial changes to the structure as he did with the church as well as having the school and schoolmaster's house built nearby.



Sketch of 'The Homestead' in early days

It is not clear who lived there immediately after the purchase as the census of 1841 named very few properties. Reverend Neville-Rolfe carried out a village census of his own in 1842 and named landlords including himself.

Those tenants of Reverend Neville-Rolfe living close to

the Hall, and likely not to be in a farm labourer's cottage, included his bailiff William Crispe whose son was born in India and the Reverend Henry Wright, his wife children and servants. In his Will after his death at Christmas 1852, 'The Homestead' was left to Dorothy, his second wife and widow rent free for life with repairs to be done free and furniture, plate, wine, carriages etc from the Hall to the value of £700. Any daughter who remained unmarried could also become a lifetime tenant. In the event this was Helen Neville-Rolfe, the eldest sister of Strickland's heir, Charles. She lived there after the death of her stepmother in 1863. Ten years later she was joined by her goddaughter (Dorothy) Mary and her four-year-old son who had returned 'home' from Ceylon leaving her husband Henry Stewart there and expecting Eustace, her brother and, at this time, head of the family to find her somewhere to live. Her husband did return to England briefly and their daughter Audrey was born at 'The Homestead.' It seems that Helen suffered from



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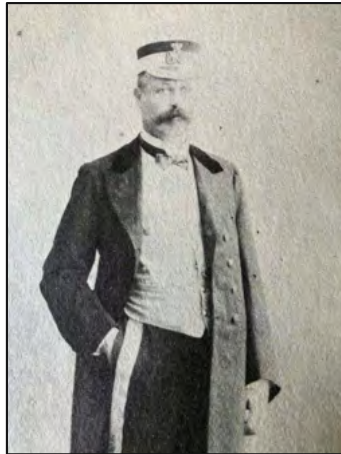
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poor health and somewhat surprisingly in 1880 allowed named testimonials to be published praising the efficacy of Mr Lonsdale's 'Magnetic Appliances' in easing the numbness in her leg and foot and 'nightly perspirations.' She did however die the following year.

Eustace Neville-Rolfe had inherited the Heacham Hall Estate from his father Charles and with it a variety of financial difficulties worsened by a carelessly worded codicil to his Will dictated from his death bed which led to a bitter and expensive dispute with his stepmother. Like his father he found solace and escape in Italy where he became something of an authority on the history of Naples and surroundings including Pompeii. He attempted to manage the Estate from abroad but, with problems caused by the agricultural depression, did return in 1894 and lived briefly at 'The Homestead' in an attempt to economise. When, in 1895, Eustace was offered the post (and salary) of Consul at Naples it was in modern terminology a 'no brainer' and he left and would eventually die in Italy.



Revd S.C.E. Neville-Rolfe

As landlord of so many properties and farms and in quite dire financial difficulties, Eustace was keen not to let houses lie empty and not bring in rent. His sister Mary had moved across the road to the newly built 'Granest.' Trades Directories and Electoral Registers between 1888 and 1890 show 'The Homestead' to have been occupied by the Misses Beck or solely

Miss Beck. It would be easy to get sidetracked (once again) by the background of Alice and Anna Beck but I will resist apart from saying that they were sisters to Frank Beck, land agent to



'The Homestead' frontage today

the King at Sandringham, who gathered together a company of estate workers to become part of 5 Battalion Norfolk Regiment, marched off to Gallipoli in 1915 and 'disappeared', providing material for a BBC drama 'All the King's Men' with David Jason as

Beck. The two sisters however lived to old age, Alice starting a Ladies' School at 'The Homestead' – a boarding establishment – before moving the school to Station Road where the census for 1911 shows her and her Swedish 'assistant' Miss Kjellberg and a group of pupils including two of Frank's children.

Whether Alice Beck chose to leave or had her tenancy terminated, 'The Homestead' was let briefly in 1892 to Holcombe Ingleby who had married Eustace's sister (Harriet) Jane in 1886 before he moved on to rent Heacham Hall the following year. 'The Homestead' was then let to the Cole family. Ingleby would go on to buy the Hall Estate which included 'The Homestead.'

With a new century would come a new chapter for 'The Homestead' as the Heacham Hall Estate moved away from centuries of Rolfe family ownership.

(To be continued)

Eric Rhodes

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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 9.30am Dance Fitness. At Snettisham Memorial Hall. To book Tel:Jaime 07765433100 or email jaime@jpf-movewithme.co.uk. Website jpf-movewithme.co.uk

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 10.15 am At Snettisham Memorial Hall. Contact Jaime (see Fitsteps 09.30) (PH)

Seated Fitness 12.00 noon Contact Jaime (see Fitsteps 09.30) (SG)

Lean & Strong 1pm. Conact Jaime (see Fitsteps 09.30) (SG)

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)

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

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

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

Strength & Balance Class 4.40pm Hunstanton Conservative Club.

Lift Lean 6pm at Ingoldisthorpe Church Rooms Strength & conditioning.Tel:Jaime 07765433100 or email jaime@jpf-movewithme.co.uk.

Website jpf-movewithme.co.uk

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. www.linedancingwithlouisecom

Fitness Pilates 6.45pm as Lift and Lean 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

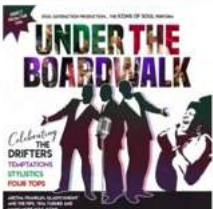
Kundalini Yoga 9.30am at Ingoldisthorpe Village Hall. Contact Gail on 07837 761724

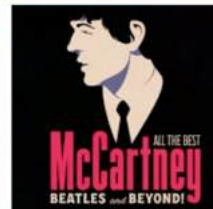
Snettisham Art Group 10am – 12noon at The British Legion Hall, Snettisham. Call Les on 01485 572370 for further details.

Hunstanton Indoor Market 10am - 2pm (4pm July - mid-

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September) at Hunstanton Town Hall.

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

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 £8. 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

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

The Fellowship 2.45pm fourth Tuesday of the month (MC)

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

Heacham Brownies 5.30 - 7pm. This group is for girls aged 7 - 10
years. Contact Sara Minns on 07876 564084 (SG)

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

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

Fitsteps 6pm at Ingoldisthorpe Village Hall. Tel: Jaime
07765433100 or email jaime@jpf-movewithme.co.uk

Website jpf-movewithme.co.uk

1st Heacham Guides 7 – 8.30pm Leader Harriet King 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

Circuit Training 7pm at Ingoldisthorpe Church Rooms. Contact
Jaime as Fitsteps above.

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

Low Impact Aerobics 9am Rudham Village Hall. Tel: Jaime
07765433100 or email jaime@jpf-movewithme.co.uk

Website jpf-movewithme.co.uk

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)

Baby and Toddler Group 9.30 - 11.00 during term time at
Methodist Church, Austin St, Hunstanton. £2.50. All are welcome.
Call Val on 01485 298316 for more info. www.hunstantonmethodistchurch.com

Stability Ball 9.50am Rudham Village Hall Contact Jaime (see
Low Impact Aerobics above)

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.

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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)

Flow Pilates 10.45 Rudham Village Hall. Contact Jaime (see Low Impact Aerobics above)

Just a cuppa 11am Hunstanton Library 01485 532280

Seated Fitness 11.30 Rudham Village Hall. Contact Jaime (see Low Impact Aerobics above)

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

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)

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 Contact Jaime (see Low Impact Aerobics above)

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)

Yoga for Relaxation 7.30pm at Snettisham Memorial Hall . £12 per class All levels welcome. bookwhen.com/yogaforrelaxation

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 Support Group first Thursday of the month 10.30 - 12.30 Methodist Church Hall. For info call Sue on 07931 761021

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.

Norfolk & Waveney Mind Social Group 11.00 - 14.00 at TheWay Christiona Church Hall, Downs Close, Hunstanton. No need to book, just turn up to be around others.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Snooker League 7.30pm Hunstanton Conservative Club

RAO Buffaloes 7.30pm (HSC Top Room)

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

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Hunstanton United Services Club

Entertainment for August 2026

Hunstanton United Services Club

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Entertainment for OCTOBER 2026

FRI 2nd – Music Night with new act Simon Howard 8pm.

SAT 3rd – Dancing to Hi Definition band 8.30pm.

SUN 4th – Find the Joker Draw with good cash prizes 2.30pm, followed by music from Julie Bunn 3.30pm.

Evening - KARAOKE 8pm.

SAT 10th – Soul & Motown from Jimmy James 3.30pm.

SUN 11th – Find the Joker Draw with good cash prizes 2.30pm, followed by music from Lewis Owen 3.30pm.

Evening - KARAOKE 8pm.

FRI 16th – QUIZ NIGHT. Teams of up to 4 people. £3 per person. £4 with filled roll. 8pm.

SAT 17th – Dancing to Kenny Lee Band 8.30pm.

SUN 18th – Find the Joker Draw with good cash prizes 2.30pm, followed by music from Carolann 3.30pm.

Evening - KARAOKE 8pm.

SAT 24th – Rock and Roll Night with Pagan 8.30pm.

SUN 25th – Find the Joker Draw with good cash prizes 2.30pm, followed by music with Tom Baxter 3.30pm.

Evening - KARAOKE 8pm.

FRI 30th – Disco Night with DJ Zola 8pm.

SAT 31st – Music with the Soul Man Dr Phil 8.30pm.

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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WEDNESDAYS – STEAK NIGHT

You **MUST** book your table – Tel: 07417 401299

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)

Norsemans 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

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

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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

Lift Lean 8.45am Rudham Village Hall Tel:Jaime 07765433100 or email jaime@jpf-movewithme.co.uk.

Website jpf-movewithme.co.uk

Fitness Pilates 10am South Creake Village Hall. Contact :Jaime as above.

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

Faith in Community Wellbeing Cafe 12 noon - 2pm at St Faith's Community Hub, Gayton Rd, Gaywood. Every one welcome- drop in for free coffee and friendly chat.

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

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

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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.



Hunstanton Conservative Club

24 High Street, Hunstanton
PE36 5AF
Tel: 01485 532462

**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 October 2026

Sat 3rd: Quiz Night
Fri 9th: Cream Tea 3.00-5.00pm
Sat 10th: Charity Comedy Evening with
Lawrie Waters
Sat 17th: The Riffetts 60s/70s/80s
Sat 24th: Malcolm Fovargue
Sat 31st: Mike Shelby

Regular Events

Mondays: 12th & 26th Oct - U3A Spanish
Strength & Balance Class - 4.30pm
Tuesdays Seated Yoga 12.45-1.30pm
Wednesdays: Scrabble 10.00am. Whist Drive 7.00pm
U3A Chess - 10am
Thursdays: Strength & Balance Class 1.00-2.00pm
Fridays: Lunchtime Raffle drawn at 1.00pm
Saturdays: 'Open the Box' draw at 1.00pm

U3A Yoga - Wednesdays, Thursdays & Fridays
Bingo - Tuesdays and Fridays. Eyes down 7.30pm

www.hunstantonconservativeclub.co.uk

OTHER EVENTS

October

October 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 5th 10am- noon Coffee Morning . Info from farmboy24@sky.com or 07899 872351

Monday 5th 7.30pm Bingo Night.£6.50 for a book of 10 cards, £1.50 a 'Flyer Card' £2 a 'Cash Accumulator'

Friday 9th 7.30pm Film Night 'My Mother's Wedding'.

Saturday 17th 7pm Race Night with Fish & Chips Supper. £10 pp. First race 7.30pm, food served at 8pm. Booking for food, at farmboy24@sky.com or 07899 872351 by Wednesday 15th, essential.

Monday 19th 10am - noon Coffee Morning.

Friday 23rd 7.30pm Acoustic night. Come and join a collective of like-minded musicians and singers to perform, jam or just listen. For more info email events@appleyard.info

Friday 30th 7.30pm Quiz Night. £3/person.

Thursday 1st October 2pm The Reading Room Stanhoe, Stanhoe and Barwick WI. Penny Hubbard will give a talk about education and women at Cambridge and School Readers. For more details contact stanhoenadbarwickwi@gmail.com

Wednesday 7th October 6.30pm to 8pm at Dersingham Village Centre, Sisterhood Drumming Circle. £12. To book contact Margaret on 07951 402717, or tranquilitytobe@hotmail.com

Sunday 11th October 10am - 4 pm Bircham Newton Heritage Centre open day.

Monday 12th October 10am - 2.30pm at Heacham Library, free tech help sessions with Janie.

Monday 12th October 2pm Sedgeford Village Hall, The Arts Society Lecture: 'The Bayeux Tapestry - International Relations, then and now' by Hilary Williams.. www.theartsocietynwnorfolk.org.uk

Saturday 24th October 2 -3.30pm at Heacham Scout Hut, Sisterhood Charity Drumming Circle. £10, pay on the day, for the Nelson's Journey charity. To book contact Margaret on 07951 402717, or tranquilitytobe@hotmail.com

Sunday 25th October 10am - 4 pm Bircham Newton Heritage Centre open day.

Tuesday 27th October 10.30 - 12.30 The George Hotel, Swaffham Veterans support. For info contact ops@veteranscentral.co.uk or 0771 3860040.

Tuesday 27th October 2pm at Fridhem Rest Home, Halloween Children's Fancy Dress Competition. Prizes galore. To be judged by the residents.

Tuesday 27th October 7.30pm at Dersingham Village Centre a film 'I Swear'. £6, under 16s £3 includes tea/coffee/squash.

Wednesday 28th October 10am - noon Heacham Library, British Red Cross in partnership with Trussell will be there to help with adult social needs.

Wednesday 28th October 10am - noon Old Friends Hall, Coffee Morning and More.

Wednesday 28th October 7.30pm Memorial Hall, Old Church Rd, Snettisham. Snettisham Gardening Club., Chris Durham will talk about Anglia in Bloom and gardening in other public spaces. For info call Gail on 07899 933840 or Addie on 01485 544754

Thursday 29th October 1 -3pm at Hunstanton Town Hall, a Musical Afternoon with The Country Side Of Chris. £4, cash only, in aid of East Anglian Air Ambulance.

Saturday 31st October 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 31st October 10am - 4pm at Hunstanton Town Hall, Craft Fair. Free. Dogs welcome

Saturday 31st October 5 -7pm at Heacham Parish Church a , Light Party. A free event for children under 12 and their parents. Please book on 01485 572539 or email office@heachamparishchurch.org.uk to meet safeguarding requirements.

November

Wednesday 4th November 6.30pm to 8pm at Dersingham Village Centre, Sisterhood Drumming Circle. £12. To book contact Margaret on 07951 402717, or tranquilitytobe@hotmail.com

Thursday 5th November 2pm The Reading Room Stanhoe, Stanhoe and Barwick WI. David Reeve, a retired Royal Protection Officer, will give a talk about protecting the Royal Family. For more details contact stanhoenadbarwickwi@gmail.com

Saturday 7th November 7.30pm at Dersingham Village Centre a Barn Dance with Whirligig. Tickets - adults £12.50, under 16s £7 from Dersingham News. No on-the-door admission. Enquiries:- 07943 499786.

Sunday 8th November (Remembrance Sunday) 10am - 4 pm Bircham Newton Heritage Centre last open day of the year.

Saturday 14th November 10am - 3pm Heacham Parish Church, Craft Fayre.

Saturday 28th November 2 -3.30pm at Heacham Scout Hut, Sisterhood Charity Drumming Circle. £10, pay on the day, for the Nelson's Journey charity. To book contact Margaret on 07951 402717, or tranquilitytobe@hotmail.com

Saturday 28th November 2 - 4pm at Regency Manor, Hunstanton a Christmas Fete.

December

Friday 4th & Saturday 5th December 11 am - 3pm at Heacham Methodist Church there will be Nativity Displays.

Sunday 6th December 4pm at Heacham Methodist Church, a Candlelight Service.

Saturday 12th - Sunday 20th December Christmas Tree & Lights Trail around Heacham.

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Heacham in Bloom

We know that Summer is most definitely over when the sad task to remove the bedding plants and baskets gets underway. However, it's a case of plants out and plants in as we start the cycle again with Autumn/

Winter planting and spring bulbs.

The committee have met with the new owner of the Fox & Hounds Pub; we have been discussing ideas to replant the beds at the front of the pub.

We know that committee meetings are not everyone's cup of tea but if you fancy joining the summer monitoring and watering team for 2027 (no meetings), please do get in touch!

The next meeting and AGM takes place this month at the Old Friends Hall, current date to be confirmed.

Heacham In Bloom Committee
heachaminbloom@btinternet.com

Send us your

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... events, publications, projects and more!



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The Arts Society North West Norfolk

Art Teaches

Art teaches us how to make, question, interpret and understand the world around us. The four pillars on which art education is usually based — creation, study, criticism and aesthetics — begin with the practical use of tools, techniques and media to make hands-on works of art, but they lead much further. Artworks are studied within their cultural, historical and geographical contexts to show how human histories, societies, values and traditions have evolved over time. Through criticism, students develop sharper skills in thinking and observation; through analysis, they learn interpretation and evaluation. Through aesthetics, they begin to ask larger questions: is it art, who says it is art, do we like it, and why?

As a primary visual source, art informs, explains and persuades. It can act as an historical record, revealing the social values, daily lives, political biases and emotional realities of past eras. Any student of art history can find artists who are relatable in their struggles, setbacks and perseverance. Vincent Van Gogh is one such example for any artist struggling with mental health issues, because his pictures became an expression of inner turmoil as well as endurance. Initially, he became an artist to help him recover from the emotional trauma of his excommunication from his church. Later, lack of success and loneliness contributed to further breakdowns and manic depression. Yet while committed to a mental asylum, he painted some of his most famous works, including the expressive and peaceful *The Starry Night*. His work shows art as therapy, resilience and testimony.

Art does not only preserve the history of the past; it can also confront the injustices of the present. Ai Weiwei, famed as much for his political activism as for his artworks, is guided by the mantra, 'everything is politics, everything is art'. He is renowned for creating works that speak out about exploitation

and injustice, particularly in relation to the Chinese Government. His controversial sculpture *Straight*, four years in the making, was made from 200 tonnes of salvaged, mangled steel rods taken from the rubble of the Sichuan earthquake. It was created not only to commemorate some of the 70,000 people who lost their lives, but also as a criticism of poor infrastructure, particularly in schoolrooms, which exposed the school construction scandal while many government buildings remained intact. Ai Weiwei and other craftsmen spent years straightening each bent rod by hand: an attempt to straighten a distorted truth and honour the lost lives. Here, art becomes a language for courage, protest and remembrance.

Art can also teach fundamental lessons about perception, language and representation. One of the clearest examples is René Magritte's *The Treachery of Images* (1929), with its famous statement, 'This is not a pipe.' The claim is factually true: the painted pipe cannot be smoked, because it is only oil paint on canvas. Yet we interpret it as a pipe, and Magritte reminds us not to confuse the human invention of language, or the depiction of an object, with reality itself. When standing in front of any artwork, we need to ask: What am I seeing here? How is it made? What is the story? What does it mean to me?

This power to teach through images, symbols and stories is not new. The monumental Bayeux Tapestry stands as one of the most definitive masterpieces of art history: not only a school book for the masses, but a powerful visual history lesson for a largely illiterate medieval population. It is propaganda as well as education, and a reminder that art has long shaped public memory. This amazing document in stitch is currently on display for once in a lifetime at the British Museum. If you would like to learn more, visit The Arts Society West Norfolk who are hosting a talk entitled 'The Bayeux Tapestry – international relations, then and now' with art expert Hillary Williams, on Monday 12th October 2026 at 2:00 pm, at Sedgeford Village Hall. Visitors are welcome. Full details can be found at www.theartsocietynwnorfolk.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 12th October

The Bayeux Tapestry - International Relations, then and now.

**Lecturer:
Hillary Williams**



When and why was this amazing document in stitch made? It is shortly to be exhibited at the British Museum in its only appearance outside France.

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Heacham Parish Council Update on Village Improvement Works

Heacham Parish Council is pleased to share an update on several exciting projects happening around our village. These improvements are being carried out on behalf of our community to make Heacham an even better place to live, visit, and enjoy.

Jubilee Clinic Upgrades

By the time this Newsletter is published the work on Jubilee Clinic will have been completed.

You will see improvements as you pass the clinic with its new front windows and door. The fascia board and the guttering has been replaced and the flat roofs at the front and rear stripped and recovered. Inside the old ceiling has been replaced and new modern insulation fitted into the roof space. The interior has been decorated and new carpet tiles throughout.

The council has used local trades people and would like to thank **Elite Builders** and **Gary Rushmore Carpets** for the wonderful job they have done on this project.

As previously mentioned the council is pursuing the idea of creating a Heacham Heritage Centre to house the many historical items and data currently stored around different sites in the village. The council will be exploring the best way to achieve this and actively looking to utilise its contacts for ideas and potential funding.

Vital Maintenance at Brays Pit

The work to open up the canopy and remove dead or dying trees as well as reshaping of the pit's banking and islands has been completed.

I hope residents took the chance on September 19th to be involved in the planting of bulbs and the sowing of grass seed and wild flowers. The grass seed sowing is to stabilise the banks and the results should be visible soon. Next year there should be a display of daffodils which, along with the wild flowers, will add a touch of colour.

Again the council used local contractors and I would like to thank **M.W. McGinn Construction Ltd** and **Arborcraft Tree Services** for their excellent work. I would also like to thank my

fellow Parish Council members and staff whose hard work and dedication to Heacham has made these projects possible.

Dean Rawnsley
Chair, Heacham Parish Council

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Reliability Is Our Strength

Snettisham Gardening Club RHS Affiliated Club

Our October Meeting on Wednesday the 28th, will see Chris Durham telling us about Anglia in Bloom and gardening in other public places.

It is also the month we take bookings and payment for the Hog Roast on November 25th.

Monthly 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 on purchases at Ward's Nurseries and Moulam & Horn.

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

Weekly Class Timetable - JP Fitness

Movement - Strength - Health - Confidence

SMH - Snettisham Memorial Hall. HSH - Heacham Scout Hut. ING - Ingoldisthorpe Church Hall RVH - Rudham Village Hall
SC - South Creak Village Hall

Monday

09:30
FitSteps - SMH
10:15
Fitness Pilates - SMH
12:00
Seated Fitness - HSH
13:00
Lean & Strong - HSH

18:00
Lift Lean - ING
18:45
Fitness Pilates - ING

Tuesday

18:00
FitSteps - ING
19:00
Circuit training - ING

Wednesday

09:00
Aerobics - RVH
09:50
Stability Ball - RVH
10:45
Flow Pilates - RVH
11:30
Seated Fitness - RVH

18:45
Fitness Pilates - RVH

Friday

08:45
Lift Lean - RVH
10:00
Fitness Pilates - SC

Saturday

07:30
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It has been a busy few months in Hunstanton and District Rotary 50th Anniversary Year; starting with a very successful Burnham Market Craft Fair.

Burnham Market Craft Fair – 15th August

It was a sunny and bright start to the day on The Green at Burnham Market as traders arrived to set up at 6am for the start of Burnham Market Craft Fair. Over 100 stalls had been set up as the first of many visiting shoppers started to arrive by 9am.

Throughout the day the atmosphere was happy and enjoyable, probably enhanced by the samples offered by the Norfolk Rum stall, with many visitors commenting on how friendly everyone was. A vast range of crafted products were on show, ranging from jewellery and glassware to woodcraft and metalwork. Trading was brisk and shoppers had time to talk to the traders, discussing their approach to their crafting techniques, with some traders having sold out by mid-afternoon.



Hunstanton and District Rotary had set up an information desk in a gazebo - running a 'name the dog' competition for younger visitors.

During the fair Rotary received many comments of congratulations from

both visitors and traders for their excellent organisation of the Craft Fair event with requests for next year's Craft Fair on August 21st, 2027.

Steve Beeching

Breast and Prostate Cancer Bucket Collection – 31st August

Rotary members went onto the High Street in Hunstanton to collect for these two very worthy causes.

Finally, we would like to thank the Agents Belton Duffy, King's Lynn and Abbots, Hunstanton for allowing us to use their empty shops for our 50th Anniversary displays and that we invite others to join Rotary by telephoning the president, Marie on 07866 889967.



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FAMILY LOANS FOR INHERITANCE TAX PLANNING – CUNNING PLAN OR CAN OF WORMS?

By Mapus-Smith & Lemmon LLP Chartered Accountants, Hunstanton

In a world where Inheritance Tax (IHT) can be chargeable at 40% on relatively modest estates – perhaps as little as the family home, taxpayers are often keen to devise a cunning plan which will enable assets to be passed tax free to the next generation whilst remaining at least partially within the control of the donor. In general terms this isn't going to work. Where assets are transferred but the donor retains an interest it is known as a "gift with reservation of benefit (GROB)" and will only be effective for IHT purposes when the reservation is lifted.

The high cost of housing and the difficulties experienced by first time buyers can often lead to parents wishing to help children buy their first house – but because they do not wish to completely lose control of the money (or are not completely happy with their potential son/daughter in law) there is a temptation to create some sort of "loan" arrangement in the hope that they can call in the loan if anything goes wrong in future, but if not, it will simply be forgotten and treated as a gift.

This type of arrangement can turn into the proverbial can of worms in a number of different ways. On a practical level, there will always be a fear either that a relationship will turn sour, or the parents will unexpectedly find that they want the money back. If there is no evidence that the transaction was a loan rather than a gift, the parents and the (by now) estranged in-law

may have different recollections of the original arrangement (particularly if there is a divorce involved), so it is highly likely that there will be some sort of paper trail.

Further complications can emerge if one sibling has been treated or is THOUGHT to have been treated more favourably than others, who might also have differing recollections of what the original transaction meant, and whether the loan should be brought back into the estate for the purposes of computing the residue. There might even be a possibility that at some stage the parents told the donee that they were waiving the loan and now considered it to be a gift. Again, if that information is not shared with the siblings there may be friction, but there is also an issue here from a tax perspective. A loan waiver is only effective if it is done by a formal deed. From the date of the deed, it will be a potentially exempt transfer and remain on the IHT record for seven years, but more to the point, it will not be effective at all unless it is made under a formal deed of gift.

Finally, there can also be an issue where the loan is waived, and the donee is subsequently assessed by a local authority for care home purposes. Notwithstanding that the loan may have been made many years previously the waiver might be considered a voluntary deprivation of resources in a care cost assessment.

In addition to the practical difficulties during lifetime, the real "can of worms" will explode on death. At that point the executors will discover the paper trail (and the possible absence of a formal deed or waiver) and will then have to decide whether or not to recover the "debt" if it has not properly been released. They will also be obliged to include the loan within the estate for probate.

This may mean:

- An asset which everyone thought would be outside IHT will now be chargeable.
- The siblings who didn't get the gift will potentially have a larger share of IHT on the remaining estate.
- The previous donee may not be able to repay the loan.
- It is entirely possible that the previous gift may upset careful Will planning, and/or lift the estate over the £2m level at which the additional main residence allowance is lost.
- Where a charitable legacy is intended to bring the reduced 36% IHT rate, the newly discovered asset may reduce the charitable element below 10%, leaving the whole estate within the 40% charge.

There can be ways of using family loans, but it is important that the consequences are considered, and the waiver rules fully understood by both parties. As ever, professional advice is essential if unexpected consequences are to be avoided

If you would like to discuss this matter further, please 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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WHAT'S HAPPENING – OCTOBER 2026

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Sunday Times bestselling author **Tom Bradby** is a British journalist and novelist and well known as the presenter of ITV's News at Ten. The genre is a spy thriller. This pacey series features Senior MI6 officer Kate Henderson where her undercover investigations reveal clandestine informers, national secrets and illicit dealings of the British government and beyond.

WHAT ELSE?

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Last opportunity to see 'Heacham's Railway' – an amazing collection of photographs and detail on Heacham's very own railway station.



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Heachamites Recollections Group: Monday 5th October at 2.00pm.

Parish Council Surgery: Saturday 10th October 10.30-12.00 noon. The perfect occasion to raise a local issue with the Parish Council. Just pop in.

Community Tech Skills: Monday 12th October. **FREE HELP** with all things digital. Contact us to book a slot with Janie, your Community Tech Coach.

Community Assistance: Wednesday 28th October 10.00-12.00 noon.

Need help or advice? Drop in to see Anne Sipple from the British Red Cross/Trussell Partnership. If you can't make the drop in, you can contact Anne directly.

Printing: The Library has a printer and a photocopier. You can also usually print directly from your smart phone or tablet (charges apply).

Enquiries: Tel: 07300 553769.
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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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Sunday: Closed

Heacham at Night

The Earth continues on its orbit around the Sun and that dips lower in our northern skies. Human intervention will accelerate the path to darkness by putting the clocks back on the 25th when 6pm will become 5pm. No doubt there will be complaints from the Scots as the further north you are the earlier darkness falls.



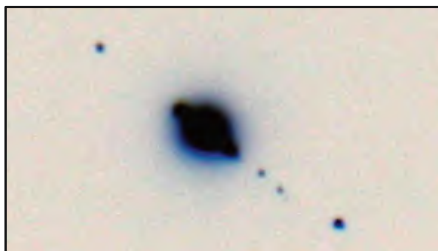
Internet

Take advantage of the early darkness to do some planet spotting. Saturn is at opposition on the 4th which means it is as close to us as it will come (1262million km) and be on the end of a line drawn from the Sun, through Earth. In other words, it is exactly opposite the Sun in the sky. Put your back to the sunset at 7pm and Saturn will be just above the eastern horizon. Trouble is, we enjoy a western horizon on this part

of The Wash. Cromer cliffs have a good eastern one.

However, from 9pm, the Earth's rotation will raise Saturn in the sky above roof tops and it will be in the ESE and, by 11pm, in the SE. As the month wears on, so Saturn will appear higher in the sky earlier. By the end it should be visible from 6pm. Get out binoculars, birding scopes and anything better. Saturn will have a magnitude of +0.3 so clearly visible and its rings have begun to open up from their edge on presentation last year. They will be tilted about 8 degrees towards us. Their icy particles will be reflecting light straight back to Earth and the rings will appear brighter than when Saturn is not in opposition.

Saturn has 293 confirmed moons, more than any other planet (this was a question on a recent University Challenge). They range in size from Titan, bigger than the planet Mercury, to many that are lumps of material about the size of a McDonald's site. If you can see the rings, you can see the spark of light which is Titan that was first discovered in 1655 by Huygens. Others of the larger, brighter, moons followed between 1671 and 1898. Good eyes, through a telescope, might see one or two of these but a photographic image is really needed.



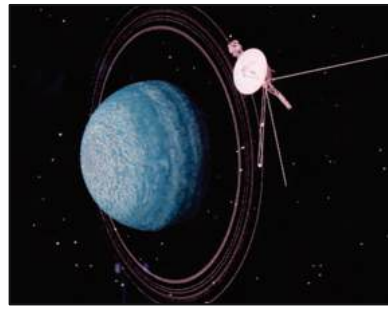
A fuzzy, over exposed image of mine taken in Wolverhampton years ago. It picked up 4 of Saturn's moons.

Though elliptical orbits make Earth to planet distances change depending upon where planets are in their orbits, Saturn is typically twice as far from Earth as Jupiter. Consequently, Saturn's satellites don't stand out like Jupiter's 4 Galilean moons, discovered in 1610.

Saturn is close to the Gibbous Moon on the 23rd; look to the left about a fist, at arm's length, away. On the 24th it is a similar distance below the Moon.

The two ice giants beyond Saturn are in the sky. Uranus is closest and just on the edge of visibility in a very dark sky if you have young, very good, eyes. So that means decent binoculars for many, a telescope for some. I would leave it to the middle of the month to observe it from about 10.45pm. It will be above the bright star Aldebaran, separated from it by the distance a fist makes at arm's length.

Uranus was first recognised as a planet in 1783 when William Herchel finally acknowledged that the comet he had discovered in 1781 was, in fact, a planet. Other astronomers had implied that it was so in the intervening two years. Uranus is twice as far



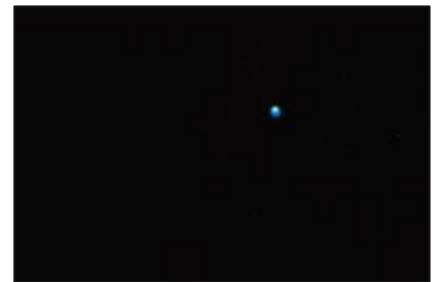
Impression of Voyager at Uranus showing rings and tilt. Internet

away as Saturn so it's not surprising that it took several observations by several people to determine its orbit. The darker skies of hundreds, thousands of years ago would have made Uranus an easier object to see with unaided eyes and it was seen, many times. Hipparchus catalogued it in 128 BC but as a star. This error carried on right

up to Herchel who had the benefit of a telescope.

Uranus has 29 moons, a very dark ring system and is tilted over by almost 90 degrees so one pole always faces the Sun and the other, obviously never faces the Sun. A theory that a large planet collided with the proto-Uranus long ago and knocked it over was used in opening credits for Third Rock from the Sun (a decades old TV comedy), and illustrated it well.

The only spacecraft that has flown by Uranus was Voyager 2 in 1986. The craft sent back information about its atmosphere and magnetic fields, found more moons and rings and carried on past Neptune and beyond. It is still in contact with Earth but energy supplies will end by 2030.



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07855902358

Uranus will appear as a fuzzy bluey green dot in your eye, albeit through binoculars or telescope and is worth the effort; it is around 1.76 billion miles away.

Neptune is much harder to observe as it is around another billion miles beyond Uranus. Its apparent magnitude is +7.7 which is 1/7th the brightness of dim Uranus at +5.6. An astronomical telescope is needed to see it but you can imagine the greenish coloured world when you look at Saturn. It will be in the same area of sky, to the west, right, of the ringed planet about the width of a fist at arm's length away.

So far you have been able to see planets at reasonable times in the evening. Early hours of the morning are now necessary to see mighty Jupiter shining brightly with a magnitude of minus 1.9. It rises in the NE at 2am but is high enough to observe at 4am when it will be due east. (Times are for the middle of the month, observation improves as the month progresses). Use large objective lens binoculars or a bird 'scope to spot the Galilean Moons.

Whilst spotting Jupiter you may as well seek out Mars. The red planet rises in the NE by 1am and is always above and to the right of Jupiter. In the middle of the month, they are about two fists away. They close to about one fist by the end of the month.



The topical Bayeux tapestry. Comet at the top. Internet

Both planets should still be visible in the lightening sky around 6am, not so bad but don't leave it later. They will be SSE, well to the right of the soon rising Sun.

On the 5th, at 6am, the fat Crescent Moon will pass just over Mars; on the 6th it will pass over Jupiter. In the early hours of the 11th, the red planet will be in front of a pretty star cluster, Praesepe or The Beehive.

The second pass of the Earth through the debris from Halley's Comet occurs on the night of the 21st/22nd. It will be the peak of the Orionids meteor shower best looked for in the early hours but take a look from 9pm towards the NE. Between midnight and 1am the radiant, point from which meteors appear, has shifted to the east and is to the left of Orion. However, you see meteors when they hit the atmosphere and this can happen almost anywhere across the sky, notably behind you. The recommended technique is to lie on your back looking straight up but I usually look NE whilst darting my eyes to either side. Remember to get your eyes dark sensitive and not use white light torches.



Halley's comet in 1986 photographed in very dark skies. I saw a faint white blur in my Wolverhampton sky but managed to track it over several nights. Next appearance is in 2061. Say hello from me. Internet Kevin Gill LA.

You won't see Mercury as it is hidden in the glare of the Sun but spacecraft Bepi Colombo arrived close to it on the 3rd September after an 8-year journey. Falling towards the Sun makes a spacecraft speed up so BepiColumbo had to spend 8 years braking. To lose speed it used the Gravity of Earth, Venus, and Mercury in 9 planetary flybys. Spacecraft flying the other way, towards distant Jupiter, for example, use planetary flybys as sling shots to accelerate them.

BepiColumbo will make its final orbit insertion in November and start mapping the planet. More then.

Enjoy the dark by catching some planets and a meteor or two. And don't forget mighty Orion now rising into the sky before dominating it in the winter.

Terry Parish



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Dersingham	01485	598598
Swaffham	01760	721305



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Parish Council Notice Board

PARISH COUNCIL MEETINGS IN BRIEF

The next Full Council meeting will be held on Tuesday 20th October at 7.00pm at the Old Friends Hall.

The Full Council Meeting for November will be held on Tuesday 17th at 7.00pm at the Old Friends Hall, Sunnyside.

Please see the Parish Council website, noticeboard at the Old Dairy Site, Pound Lane 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.

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!

DOG BINS

Can we remind all dog owners that the dog bins around the village are for the use of dog walkers **only**. You are responsible for the disposal of dog waste from your own property and you should double bag it and put it into your black bin not cram carrier bags full of dog waste into the village dog bins.

COUNCILLOR SURGERY

Two of our Councillors held a surgery in the Library on the morning of 8th August. Thank you to those who came to see them. The next one is on Saturday 10th October 10.30 to 12 noon.

OLD FRIENDS HALL

The Old Friends Hall is available to hire weekends for gatherings/meetings/parties and costs £30 for 4 hours. Please contact the office if you want more information or wish to book.

OLD FRIENDS HALL COFFEE MORNING

The next coffee morning in the Old Friends Hall will be on Wednesday 28th October 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!

JUBILEE CLINIC POUND LANE

The Parish Council is pursuing the idea of creating a Heacham Heritage Centre to house the many historical items and data currently stored around different sites in the village. The Council will be exploring the best way to achieve this and actively looking to utilise its contacts for ideas and potential funding.

!!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.

HEDGES AND TREES

Just a reminder that to save being asked to... you can now cut your hedges right back (1st September). This will allow you to get on top of any of your hedges that are encroaching or do so during the growing season over either a footpath or the highway. Many hedges are planted on the boundary of properties so as soon as they begin to grow half of the shrub is already encroaching over the pavement or road.

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.

CHRISTMAS LIGHTS TRAIL

HPC are hoping to run a Christmas lights trail again this year in the hope that it will encourage more people to put up outside Christmas lights to brighten Heacham up.

Last year saw a good turnout of lights; let's make this year even better. There will be three prizes for the best three entrants which will be decided by people getting a judging form and going round the trail and voting for their favourites for first, second and third places. Entry is free but you need to register with the Parish Office. Either by phone or by email.

Watch this space for dates etc, they will be published as soon as they have been formalised by the Community Activities committee.

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 (IND)

07885 258428

PAUL POWERS (REF)

UNAVAILABLE

NORFOLK C.C JULIE COSTLEY (REF) julie.costley.cllr@norfolk.gov.uk

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 CAR 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 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

LOCAL BUS SERVICES BETWEEN HUNSTANTON AND KING'S LYNN

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

Service
34 via QE Hospital 35 via Sandringham 36 Coastliner

Mon - Sat

1st bus from Fox & hounds	0649	0915	0744
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	1940	1610	1630
frequency	1/hr	1/hr	1/hr

WNCT Dial-a-Bus Service

Heacham to King's Lynn via Snettisham, Ingoldisthorpe, Dersingham, Babingley Every Tuesday, Wednesday & Friday
For more information, cost of fares, a membership form or to book www.wnct.co.uk 01553 776971

PICK-UP POINTS FOR THE 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, Cooper & Elms, Moulam and Horn, Parish Council Office, Pioneer, Parkdean, Heacham Charity Shop, Nisa.

MOBILE LIBRARY

Route DER201 TUESDAY Every Four Weeks

10:50 RINGSTEAD ROAD	14:25 GIDNEY DRIVE
11:10 ROLFE CRESCENT (Opp.No.22)	15:05 NEVILLE COURT
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 OCTOBER - NOVEMBER 2026

HIGH WATER AT HUNSTANTON									
Heights above chart datum									
Time Zone UT (GMT) add 1hr BST ends 25th Oct									
Oct 2026					Nov 2026				
Date	Morning		Afternoon		Date	Morning		Afternoon	
	Time	m	Time	m		Time	m	Time	m
1 TH	08 41	7.3	21 00	6.7	1 SU	10 26	6.1	22 32	6.0
2 F	09 26	6.8	21 43	6.3	2 M	11 55	5.7	23 57	5.8
3 SA	10 20	6.1	22 41	5.8	3 TU			13 20	5.7
4 SU	11 47	5.5			4 W	01 21	5.9	14 34	6.0
5 M	00 10	5.5	13 38	5.5	5 TH	02 32	6.3	15 34	6.4
6 TU	01 52	5.7	15 04	5.9	6 F	03 29	6.6	16 22	6.7
7 W	03 06	6.2	16 07	6.5	7 SA	04 19	6.9	17 02	6.9
8 TH	04 01	6.7	16 56	6.9	8 SU	05 03	7.1	17 37	7.0
9 F	04 48	7.2	17 36	7.1	9 M	05 45	7.1	18 11	7.0
10 SA	05 31	7.4	18 12	7.2	10 TU	06 25	7.1	18 45	7.1
11 SU	06 11	7.5	18 45	7.2	11 W	07 03	7.0	19 15	7.0
12 M	06 51	7.5	19 16	7.2	12 TH	07 38	6.8	19 44	6.9
13 TU	07 26	7.3	19 44	7.1	13 F	08 10	6.5	20 12	6.7
14 W	07 59	7.1	20 09	6.9	14 SA	08 43	6.2	20 42	6.5
15 TH	08 30	6.7	20 34	6.7	15 SU	09 20	5.8	21 18	6.1
16 F	09 00	6.3	21 04	6.3	16 M	10 07	5.5	22 04	5.8
17 SA	09 36	5.8	21 40	5.9	17 TU	11 12	5.2	23 11	5.5
18 SU	10 28	5.2	22 34	5.4	18 W			12 33	5.2
19 M			12 00	4.9	19 TH	00 32	5.5	13 41	5.4
20 TU	00 14	5.2	13 34	5.0	20 F	01 40	5.8	14 42	5.8
21 W	01 41	5.4	14 43	5.5	21 SA	02 39	6.2	15 32	6.2
22 TH	02 43	5.8	15 36	5.9	22 SU	03 30	6.6	16 19	6.6
23 F	03 31	6.3	16 20	6.4	23 M	04 21	7.0	17 03	6.9
24 SA	04 15	6.8	16 58	6.8	24 TU	05 09	7.3	17 45	7.1
25 SU	04 56	7.1	17 36	7.0	25 W	05 59	7.4	18 28	7.3
26 M	05 37	7.4	18 13	7.2	26 TH	06 51	7.5	19 11	7.4
27 TU	06 20	7.6	18 51	7.3	27 F	07 41	7.4	19 54	7.3
28 W	07 04	7.7	19 27	7.3	28 SA	08 31	7.2	20 38	7.1
29 TH	07 48	7.5	20 05	7.2	29 SU	09 25	6.8	21 26	6.8
30 F	08 32	7.2	20 45	6.9	30 M	10 26	6.4	22 22	6.5
31 SA	09 23	6.7	21 32	6.5					

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