

TOWN and AROUND



ISSUE 162 APRIL 2019

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EVENTS & ACTIVITIES: Your calendar for the month ahead
THE GREAT OUTDOORS: Sport, gardening, farming, nature and wildlife
LOCAL NEWS: Business, jobs, schools, clubs, council, civic and churches
FEATURES: A Page from the Sage, Lifeboats, Money Matters and more...

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First word



Hello and welcome to the April edition of Town and Around. This issue really is packed full of articles, information and local advertising.

It is a joy to receive such a wide range of articles for you to read and whilst we can't please everyone all the time we do strive to include a good mix each month. If you feel we are missing something out, please do get in touch. Perhaps you could write something?

There's another chance to win tickets for a family day out - this time to the Saracen Horse Feeds Houghton International at the end of May. Turn to page 51 for the details.

Our cover girl's story is on page 9; Karen is one of many local runners who is in training for the GEAR in May and she is running for the Fire Fighters Charity.

On page 8 we are appealing for volunteers to deliver this magazine. It takes about an hour a month so if you would like to join our team please get in touch.

My thanks as always to our delivery team, to Richard and Andrew who take out the bulk deliveries to over 100 outlets and to all our contributors and advertisers. You are all truly appreciated.

Last month I indulged myself with a longer than usual editorial. I'm curious - how did you get on with Common Courtesy day on 21st? Please let me know.

As the Easter school holidays are almost upon us it's a good time to remind you that RSPB Titchwell is running 'Wild Things at Easter' adventure days from 8th to 22nd and full details are available at: rspb.org.uk/titchwellmarsh

There are also events at the Heritage Gardens, see page 33 for details and the RAF Bircham Newton series of Open days begins at Easter too (page 21).

Best wishes for a lovely April

Elaine

Elaine Bird, Editor, Town and Around
The Perches, 18 Tapping Close, Snettisham PE31 7FF
T: 01485 540620 M: 07533 088196 E: editor@townandaround.net

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The copy date is 12th of the month preceding publication.

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Defibrillator unveiled at Searles Golf Club

Sunday 24th February saw the official unveiling of the Searles Golf club Defibrillator, by Teresa Hills Lady Captain and Paul Searles Managing Director. Teresa together with members of the club gained great support for the project with a sponsored 100-hole and a Texas Scramble competition, in just 8 weeks she was able to raise £1600 towards the externally mounted cabinet and defibrillator Teresa who has a holiday home at Searles Leisure Resort was given a lovely surprise on owners night when not only did Teresa and her husband Rob win a prize for best garden on site but Andrew Searle Operations Director announced that Searles would be donating £1000 to the fund making up the final total of £2600 raised.

Teresa Hills said, "I know that I have been the driving force behind this project but without all of our members and the golf staff's behind the scenes work this would never have happened and for this I would like to thank you all from the bottom of my heart". It is very important to have access to this vital piece of equipment 24 hours a day.

Searles Leisure Resorts Charity for this year is the British Heart Foundation. Paul Searle said "the company were very happy to donate £1000 towards this very worthwhile cause. We now have 3 defibrillators on site one at Searles reception, one at Heacham Manor Hotel reception and one that is accessible 24 hours a day at Searles Golf Club and Fountain bar. No one wants to think about having to use this machinery but if we have this defibrillator and it means that just one life could be saved it would be worth every penny."

The cabinet is also supported by The Community Heartbeat Trust who have linked it directly to the 999 service. One call to 999



and they will talk any one in need of using the machine through the process step by step as does the machine itself.

Keeping active is a great way to keep healthy. England Golf have been working

with the NHS, showing that golfs gentle exercise and the social aspect can really boost your health.

Picture supplied: from left Teresa Hills and Paul Searle

Centenary maple planted by Stanhoe & Barwick WI

Valerie Robson

Stanhoe & Barwick WI proudly celebrates its centenary this year, one of only six Norfolk WIs to reach this milestone, along with the Norfolk Federation itself.

It was decided that for their centenary, they would follow tradition and plant a tree; this is a maple, which reflects the Canadian origins of the WI. Several other trees have been planted around the village of Stanhoe to mark previous anniversaries and, for that reason, it was decided that not only would a tree be planted, with a plaque detailing the anniversary, but that three other tree plaques would be installed around the village, to indicate other significant dates in this WI's history. These are at the pond, and in Bircham Road.

Along with the tree and the plaques, a seat was installed, in order to provide something for the community. This is now situated close to the maple tree in the playing field, adjacent to the Reading Room and the children's play area, for the use of residents and visitors.

Funding for these projects was supplied from the Jack's Lane Community Benefit Fund, which is administered by the Norfolk Community Foundation.



Photo credit: Peter Bird, Lynn News

Another Award for Extra Hands

There were celebrations on 21st February when award-winning care company Extra Hands was highly commended in another prestigious title.

The Norfolk Care Awards were presented at a black-tie event at Sprowston Manor which was hosted by the Rev Richard Coles, presenter and former member of pop group The Communards.

Extra Hands was awarded the commendation in the Excellence in Delivering Dementia Care category and adds to previous awards from the annual event which celebrates the very best in the care industry across the county.

"We are thrilled to have won another Norfolk Care Award and it reflects the hard work, caring and professionalism of the whole team at Extra Hands. Our staff are a credit and we take great pride in the success and accolades they achieve," said director Hazel Evans.

There were a record number of nominations for the awards this year and the judges had a tough time drawing-up a shortlist of candidates across a range of categories to attend the finals night.

This is the fifth award claimed by Extra Hands at the county awards and last year Hazel was presented with the Harold Bodmer



Outstanding Achievement Award.

The company was also a finalist in the Promoting Dignity and Respect in Everyday Life section and has previously won the Excellence in Person Centred Care and Support category.

Picture supplied: Some of the Extra Hands team with Rev Richard Coles



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Celebrations for thriving toddler group!

Local baby and toddler group Little Lights turned the grand age of 3 years old in February and celebrated the occasion with a beautiful birthday cake whilst enjoying some of their amazing new equipment, purchased thanks to a recent grant from Hunstanton Tesco's bags of help (see photo below right).

The group, run by Union Church Hunstanton, felt there was much to celebrate as despite only running for 3 years they have grown significantly during that time from an initial 9 children to a weekly average of 25 (with over 35 children "on the books").

Led by local mum, Suzie Abramian and a wonderful team of 8 helpers, all volunteers from the church, this weekly group is really passionate about caring for families in the local area. They provide many of the essentials of any pre-school group such as great toys, messy crafts, mini soft play, circle time with songs and stories and all important snacks!

Underpinning all that takes place is the ethos of the group to welcome and cherish every person who attends which is demonstrated in many small ways, such as the friendly team who provide every adult with an essential cup of caffeine on arrival!

It is clear from the name stickers both for adults as well as children to the optional donation charge for attending that everyone is valued and able to join in.

This busy group meets every week during term-time but also runs social events throughout the school holidays and provides other initiatives such as 'mum's meals hampers' which are offered to any family in the group when a new baby arrives.

All in all it is hoped that Little Lights will be here for many years still to come!



For more information about this great local group please go to;
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Cover girl Karen runs for the Fire Fighters Charity

Our cover girl Karen Richardson has been running for about 15 years and many readers will have seen her pounding the streets around Heacham and Hunstanton in her pink jacket.



Fashionistas will perhaps recognise Karen from a previous edition of T&A when we photographed her modelling for Cheryl Daubney's shop Allez Chic at one of their regular charity fashion shows.

She runs ten miles, six days a week often taking part in 10K's and she recently ran a half marathon in 1:54. With a sub 47-minute target for the GEAR event in King's Lynn on 5th May, the 44-year-old nurse is running to support The Firefighters Charity.

Husband Sandy is a Heacham-based Retained Firefighter and stepson Tom is the Station's latest recruit. "I work as a nurse at the Sandringham Hospital, I'm on the Bank for the Queen Elizabeth Hospital and specialize in end of life care at the Norfolk Hospice, and looking after people is really important to me so when I learned about the great work of the Firefighters Charity I wanted to do something to help, and running for them in the GEAR event is the perfect opportunity" said Karen.

A spokesperson for The Fire Fighters Charity said: "We offer specialist lifelong support for members of the UK's fire services community, empowering individuals to achieve mental, physical and social wellbeing throughout their lives.

"Through the provision of personalised support, tailored to the specific needs of each of our beneficiaries, our expert teams deliver the right support, in the right way, in the right place and at the right time to ensure the best long-term results for everyone we work with.

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To sponsor Karen in the GEAR run, go to: www.justgiving.com and search for Karen Richardson.

You can also see her at Allez Chic's next fashion show on Wednesday 3rd April at the London Road Methodist Church that is being held in aid of The National Osteoporosis Society

The cost is £10 including a flower arranging demonstration by Dulcie Lofting and tickets are available from Allez Chic in Castle Rising. (See also page 66)

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Beautiful bread, fit for a Queen

Under the direction of Mr Bun the Baker (Peter Gohegan) the Sandringham Kitchen Garden Group learned to make bread in the Hunstanton High Street bakery on a blustery Wednesday afternoon in March.

The club has about 70 members and they will be competing in the Sandringham Flower Show in July. In 2018 their entry in the Small Garden category earned them a Silver Gilt medal and they hope to better that this year when the small garden theme is Cottage Garden.

Members are also competing in the Osteospermum competition where everyone is given a plug plant and they grow it on until the show. This plant has become increasingly popular in recent years. These daisy-like flowers come in a range of colours but are usually white or multi-shades of pink or purple, and sometimes can even have colour changing flowers. Geoff Divey pictured far left reported that his plant was already about 4 inches tall and bushing out nicely. Clearly a competitive chap, Geoff won the box making competition at the baking day too!

Baking cottage loaves, novelty bread and crusty rolls the group acquired new skills and as founder member Carole Willis said: "We've had a great time and learned a lot."

Peter Gohegan said: "We had a really strong group of bakers today; they made some lovely bread – fit for a Queen."



*Above: Peter Gohegan second left with members of the Sandringham Kitchen Garden Group and their novelty bread
Below left: Baking really is fun*



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David Elsey's Cryptic Crossword

-

Ray Butchers Su Doku

...then the more challenging

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

DNS Computer Services

Dan and Carrie Sharman

Hello, we are a local IT Support business, started in 2009 from Brancaster offering help to individuals and small to medium sized businesses. Now based in Snettisham we cover the area from Wells to Kings Lynn. We can offer help in all areas of IT, Both Windows and Mac and can also provide Internet connection advice and extended WiFi coverage solutions.

This month we will focus on setting up a new computer and getting online safely; here are the basics:

Fortunately, buying and setting up a new modern computer is much simpler than in the past, gone are the days of driver discs for every device, but there are a few things which need to be addressed as soon as the power is turned on for the first time....

When you buy a new computer of any sort, it is important to make sure that it is set up correctly to ensure both good performance and online safety. New machines will often come with antivirus software preinstalled as a trial, but this often only lasts for a few weeks, this must be replaced or renewed. There are a number of companies to choose from, offering varying levels of protection but our advice is to go for an 'internet security' package which will include everything you need such as antivirus, firewall and web protection.

Updates have a long standing reputation for being annoying, always happening at the least convenient moment and seeming to take an eternity, but they are in fact very important. Updates to operating systems, web browsers and other software packages will contain security 'patches' essentially plugging potential security weak spots as they are discovered, or targeted. Without the most recent patches, your machine will be more vulnerable online. It is also worth noting that new computers may well have been in their sealed boxes for some time before being set up, and so there could be a queue of updates waiting to download and install, something to factor in and do before starting to use the machine.

Removing 'bloatware', this one is more for Windows users rather than Apple, most Windows computer manufacturers have arrangements with various software vendors to have their applications preinstalled in the hope that the user may subscribe to them, but while they are not usually harmful, they can be very irritating, and can have a negative effect on the performance of the machine.

Once you have your computer set up and running safely, you may need to think about what content you make available to the people in your household. Children are a particular consideration here as web content by default has very little in the way of filtering, and seemingly innocent web searches can inadvertently yield quite undesired results. Both Windows and Apple computers have built in basic parental filtering facilities which will do quite a good job, creating separate users for household members is also advisable from the start, this way you can apply your content filters to specific users, you can even limit the times during which they can login or browse the net!.

With the internet becoming an ever increasingly useful and exciting resource for us all, it is vital not to forget that we need to stay sharp and keep our systems secure, We hope that these tips will help you to protect your machines and to stay safe online.

Next month we will be looking at CCTV for the home and business premises and in the meantime if you have any questions please contact us on 07554 018307 or dan@dnscomputerservices.co.uk

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A Page from the Sage

Well here we are again, another Page from the Sage number 162 for the April edition of Hunstanton Town and Around.

As most of you know I spent thirty years of my life working at the dear old Kit-Kat that was situated at the bottom end of Seagate in Hunstanton, the Kit-Kat was a public house with two restaurants and a large ballroom with a sprung dance floor; it was always advertised as the largest and brightest pub in West Norfolk.

Brooke and Brook

Brooke and Brooke also owned and ran the Three in One bars in Beach Terrace, and the Katina Restaurant in Le-Strange Terrace and for many years they leased the old pier. They also ran a large outside catering firm called Brooke and Brooke Caterers, catering all over East Anglia including catering for weddings, twenty first parties, funeral wakes, the catering at race courses like Fakenham and Newmarket, country shows like the Royal Norfolk Show at Norwich, the East of England show at Peterborough, plus the Sandringham Flower Show. One thing that always sticks in my mind: we did drinks and snacks for the official opening of the Knights Hill to Babingley stretch of the King's Lynn by pass which was opened by the then Minister of Transport. I think it was opened in 1965 and it was such a windy day we had a job keeping the marquee from blowing away across the fields.

Outside catering memories

I am now going to tell you about a few memories of things that happened when I worked at the Kit-Kat. We were doing a wedding at a large country house near Fakenham; myself and another barman were working in the kitchen of the house and we kept hearing a squeaking noise so we opened the door to an outhouse where there in a cage was a baby owl, the lady of the house told us later it had fallen out of its nest in one of the old barns so she brought it in and hand fed it milk with a baby's bottle and she was going to let it go when it was old enough.

The chef and I were doing a twenty first party in a private house near Swaffham when we were having a break from getting ready so we had a walk around the garden. We saw an old gentleman working in a shed so the chef said what is the boss like here do you think he will give us a good tip? The man said I don't know, you can imagine our surprise when the man in the shed turned out to be the boss man - but we were lucky as we got a good tip. Sometimes you got no tip at all or a small one, we did a wedding near Gayton and at the end of the day the boss came to me and asked how many staff there was, so I had a count up and there was twenty of us so he gave me twenty pounds, a pound each.

A lady from North Norfolk had been to the Falkland Isles during the war there, when she

by
Dick Melton



got back her father laid on a welcome home party for her, we were doing the catering and the bar. When we got there our trucks were searched and the men went round the grounds with metal detectors, then we found out later why when Lady Diana and Prince Charles turned up.

Working at a party in a marquee between Boston and Skegness, we had a gale blowing so the farmer stacked ton crates of carrots around the marquee to stop some of the wind, we left the party about two in the morning. We got through Kings Lynn okay but when we got to Babingley there was a large tree across the road so we had to turn around and go through West Newton but when we got to Sandringham another tree was blocking the road near the kitchen gardens so we went down to Anmer then to Shernborne then into Dersingham. When we got on the A149 (no by-pass in those days) there was a tree blocking the road at Life Lane so we went back to Shernborne then down in to Snettisham. We got back to Hunstanton at 6am; this journey took us four hours instead of the one and a half hours it usually took.

We did a wedding at Ingoldisthorpe in the February of one year in a marquee, the wedding day was nice and bright but cold, we had heaters in the marquee and after the wedding had finished we packed up and went home to Hunstanton but we left all the heavy gear in the marquee. That night it snowed very hard, it was two days before we went back and when we got there the weight of the snow had brought the marquee down so we had to wait till the marquee company removed it till we could get our gear.

We did a wedding for a farmer at Sedgeford in a marquee in a field next to the farmer's house. We got all set up on the Friday and went back on the Saturday to do the wedding, when we got there we found that some sheep had got out of an adjoining field and messed all over the carpet in the marquee, so we had to get the marquee company to bring us out some fresh carpet from King's Lynn.

We used to do the catering at the Royal Norfolk Show for two days in June each year, the show was on a Wednesday and Thursday so we would go on the Monday to start setting

up. In those days it was all marquees so we had to dig sump holes for our dirty water. When we got back next day a rather bedraggled looking chap came out of a marquee; he had been digging a sump hole and he got left behind but the amazing thing was no one had missed him.

We were doing a three-day job just the other side of Boston after the first day we were coming through Boston at about two in the morning; there was no one about so my boss went through some traffic lights that were on red, but a policeman in a car that was coming out of a side street stopped him and gave him a ticket, the next day my boss told the farmer who we were doing the job for what had happened, so he said don't worry the Chief of Police of Lincolnshire is a guest here today I will have a word with him, he did so and the summons was dropped, it just goes to show it's not what you know, it's who you know!

I was coming out of the R.A.F. main gates at Marham where we had been doing a ball for the West Norfolk Hunt in the Officers Mess. I was driving a Ford Transit and I had just got through the gates and on to the main road when my gear stick broke, it was about two o'clock in the morning. I always carried a tool box in the van so I took the cover of the gear box took the other bit of the gear stick out and by using a long screwdriver I could change gear but I could only get 1st and 2nd gear, so I had a very slow journey back to Hunstanton, but I got there.

Another time we were doing a job on a farm the other side of Boston when we saw a chap on a tractor ploughing in cauliflowers, I said why are you doing that, he said they are fetching very little money it is cheaper to plough them in, I said can we have some, he said take as many as you like so we all came home with two or three cauliflowers each.

We did a lot of work for British Sugar, like spring and autumn demonstrations, I remember doing one spring demonstration on a farm at Sedgeford; we had to cater for three to four thousand farmers and their workers, we had a marquee over 100 yards long, in it we had six bars and six food serving areas, and two drays from the brewery with extra barrels of beer on we also had over forty staff working there - it was a busy old day I can tell you.

Well that's it about some of my experiences when I was working for the Kit-Kat.

What a lovely week of good weather we had recently, especially as it was half-term, it must have been one of the busiest weeks Hunstanton has ever had in February.

Just one more thing in answer to Mark Kacary's question, and I hope I don't offend him, I did not put the Norfolk Deli on my list as I think it is in a category of its own as it sells such a wide range of eatables, even sanfer!

Well, that's all for now, just keep on a troshin'.

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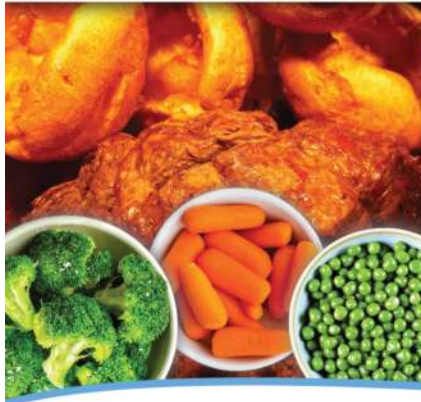
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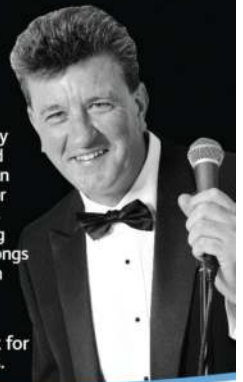
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First battle won against overdevelopment on A149

Richard Bird

Proposals to create over 600 homes on the crucial junction of the A149 and near the A148 were turned down by the King's Lynn Planning Committee on Tuesday 13th March.

What appeared to be well over 200 members of the public filled the Guildhall in King's Lynn and at the end of the meeting the chairperson Vivienne Spikings recommended the committee refuse the application and the vote from the committee members was unanimous with all 14 members voting to refuse.

Emotional speakers argued the case for refusal included our local MP Sir Henry Bellingham, who argued by way of a letter that "I can honestly say that during my 32 years as an MP I have never come across a planning application which is so unpopular". He went on to state that if it goes ahead, the traffic consequences for Grimston Road and Knights Hill will be quite horrendous.

John Taylor, speaking for Castle Rising Parish Council said: "The roads are gridlocked already, there is no capacity for extra vehicles. Any increase in motorised traffic can only make this dire situation worse."

John Marrow highlighted poor air quality, saying the development could bring an extra 5,000 vehicle movements a day to the roads around the proposed development.

Soon to be retiring from the Borough Council, Nick Daubney the Current Mayor and Former Council Leader when the original plans were forwarded, who currently Lives in the Woottons, reminded councillors that they were elected by the people and should follow their wishes, he commented on the shortage of medical facilities including general practice doctors.

Lord Howard of Castle Rising declared a financial interest while warning all that there was "a very substantial opposition" over the impact the development would have on all traffic and the historic landscape.

David Goddard, from South Wootton, declared a financial interest as a land owner in the



region, he stated that the development would cause gridlock from King's Lynn centre to the A149 and on to Hunstanton.

The majority of speakers were opposed to the proposal and highlighted that the Camland 600 were to be added to the already discussed Hopkins and Moore 28, Bowbridge 125 and Larkfleet 450; a total of 1230 new homes including the 'affordable element' all in the close proximity and creating huge traffic problems around the A149.

The developers who could appeal the judgement were argued the following points:

Paul Belton from Camland development said: "This site has been positively identified by this Boro' Council as a preferred location of growth; we would not have spent time and money on it, if this was not the case."

Alan Gomm, a senior planning officer for the Boro' council said: "The principle of a major development at this location was accepted and included in the Local Plan published in 2011.

Geoff Hall, the Boro' Council's Director of Planning warned that if the planning committee councillors turned down this application and the developer appealed, they would need to be able to substantiate their reasons or risk having costs imposed

against the Boro' Council.

So the first battle is won, now the real challenge starts. If the developing builder appeals, and they have stated that their applications have been costly in terms of time and money, that they have complied with all the conditions outlined by the Boro's officers, and that the application is genuine and has up to now had no real objection, the question might be, why had they been led to believe that planning permission would be approved?

The Boro' council's senior officers have stated that all conditions have been complied with including NCC Highways, English Nature, flooding issues and others. The question then is, what further argument can be

raised to stop the development? Clearly the ones to date will not necessarily impress the Appeals Board. If they don't the Appeals Board could fine the Boro' Council. That could, in turn, have the effect of all forfeiting many if not all the proposed benefits on offer from the builders. The real battle is now being considered, the questions are: who will fund the locals at the appeals board and who will pay for the best professional representation against the developer? It would appear that it will not be the Boro' Council.

The moral of this story is don't leave it to the last moment to object; clearly this matter, that started in 2011, would have been better fought sooner than now.

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Dogs' Holiday Guide to Norfolk 2019 - Out Soon!

Hello from me, Frodo Cavalier, Editor of the Barking Bugle's 'Dogs' Holiday Guide to Norfolk.' Last year we published our first ever guide for the discerning doggy tourist and wow, what a tremendous success it has been! Copies flew off the shelves at Tourist Information Centres and other outlets across the county in a matter of weeks! With coverage in the local press, interviews on BBC Radio and appearances on ITV News

everyone wanted to know about the holiday guide. Indeed, early into the summer season we soon realised that our print run of 6,000 copies would just not be enough to satisfy public interest. As a result of this, in order to keep up with the incredible demand, we have increased our print run by 9,000 so we will have 15,000 copies available for 2019.

For years now the Barking Bugle team have been telling all our canine friends and their humans how incredibly dog friendly Norfolk is via our website and social media accounts, so we thought it was about time we put pen to paw and help spread the word even further. The guide has 52 pages packed full of information for all those doggy tourists out there wishing to visit our beautiful county. There are details about our lovely beaches, walks, days out, accommodation from 5 star hotels to seaside cottages and glamping, as well as several interesting articles about our many tourist attractions and issues that affect our canine friends. There's even a competition to win a short break away for you and your human - how incredibly pawesome is that! You can also find details on how to pawchase our totally amazing 'Woofs From Norfolk' luxury shopping bags, designed exclusively for The Barking Bugle by local artist, Kate Dunbar! The bags are superb quality cotton, fair-trade and 100% vegan - they make a great memento of your holiday in Norfolk or an ideal gift for your doggy pals!

The guide will again be available free of charge and distributed at Tourist Information Centres, an array of dog friendly establishments and visitors' attractions, hotels and eateries across Norfolk. Copies will also be available at the many dog shows that we will be hosting throughout the year. Permanent copies of the guide will also be retained as part of a welcome pack to those establishments that offer dog friendly accommodation. Once again we will be distributing the guide in time for the Easter holidays and you will be able to view it online at the end of April.

All the repawters of the Barking Bugle team once again have had the most amazing time putting this publication together and we would like to say a huge THANK YOU to all the businesses, advertisers, our wonderful pals at Town and Around and to everyone of you out there who has supported the idea of publishing a doggy magazine exclusive to Norfolk. We really hope you all enjoy reading our second edition once you get your paws on a copy!

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by Barbara King

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Ringstead Village Hall, Ringstead, PE36 5JU

On the weekend after Easter I am staging a 3 day exhibition of my landscape paintings featuring the coast and countryside of Norfolk stretching from King's Lynn to Cromer. Beach scenes at Hunstanton and Holme, the creeks and harbours of Thornham and Brancaster Staithe will sit beside large open skies over Burnham Deepdale and resplendent sunsets tinting roads and salt marshes with pink, peach and purple hues. The undulating countryside with its tree lined lanes, rich and colourful fields and far reaching views will complete the picture of this glorious county.

Paintings of our landscape through spring to winter, from dusk to dawn, in watercolour, oil and acrylic will be on display. Come, see and enjoy and maybe take away your very own piece of Norfolk into every year round!

Further details from Barbara King, 07798 918470, bek@barbaraking.co.uk, www.barbaraking.co.uk

Picture left: Flying Solo by Barbara King

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Sunday, 16th June.
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Sunday, 14th July.
Last Sunday in July, 28th July.
Summer Bank Holiday Weekend Sunday, 25th and Monday, 26th August.
Last Sunday in September, 29th September.
Last Sunday in October: 27th October.
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OLD HUNSTANTON NEIGHBOURHOOD PLAN



Old Hunstanton Parish Council's Neighbourhood Plan Working Party has been working with the Borough Council of Kings Lynn & West Norfolk and parishes adjacent to Old Hunstanton to determine what goes into Old Hunstanton's Neighbourhood Plan. Good progress is being made, and the next step is to talk to residents and businesses in the parish about the issues they would like the Plan to address. To this end, the Working Party is devising a questionnaire, to be distributed to all households in Old Hunstanton over Easter, so as to get a good response from second home owners as well as permanent residents. Local businesses will also be consulted.

If you would like more information or would like to contribute to the development of the Plan, please contact Lynne Butters at neighbourhoodplan.oh@gmail.com

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Pride in our Neighbourhood 50

Andrew Murray

The Borough Council of King's Lynn and West Norfolk (BCKLWN) is the local planning authority for this area. Their development plan at present consists of two documents; the Core Strategy (CS) adopted in July 2011 and the Site Allocations and Development Management Policies (SADMP) adopted in September 2016. In late 2016, landowners were asked to submit sites that could be considered for either housing or employment related development. Some 600 sites were put forward and each one has now been assessed. All of the policies within the CS and SADMP have been reviewed, some have been removed, new ones have been added and most have been updated.

On 4 March, the Borough Council launched a six-week consultation on their new draft local plan that is designed to provide a strategy and look where new housing and employment sites could and should be situated across the borough between now and 2036. In essence this is a complex cut and paste job with some tweaking to bring it up to date and in line with the significant changes made to the planning system by the government, particularly the July 2018 version of the National Planning Policy Framework (NPPF).

Council planners are now seeking the views of members of the public, businesses and other interested parties on this new draft document. The plan can be viewed in the library and on the Borough website

<http://west-norfolk.objective.co.uk/portal/lpr2019/lpr2019?pointId=5170767>

In 2015, the Borough thought that development in Downham Market was proceeding too fast and wanted to restrain it but they now realise the importance of the A10 and the main line railway link to Cambridge and are promoting development in the corridor running from West Winch, Watlington and through Downham. Policies for custom and self-build housing have been introduced and the need for affordable housing is given more prominence.

The draft plan predicts that by 2036, some 29% of the population will be over retirement age, with 17% of residents aged over 75; while the proportion of those under 25 will be below the national average. Already 43% of the resident population of Hunstanton of about 4210 are over retirement age.

The draft plan recognises that the coastal areas of the borough are a



major asset in terms of providing tourism, employment, homes, recreation, and habitats for species. Nevertheless these assets also introduce significant challenges in the management of visitor related development, environmental and ecological assets, and physical processes including erosion.

The Sustainability Assessment has identified a number of issues to be considered in determining future development within the borough including: - unsustainable transport patterns as a result of dispersed populations; a lack of facilities for young people leading to them leaving the area; the low proportion of affordable housing; the impact that second homes have on communities, particularly along the coast; the seasonal nature of the influx of visitors leading to variations in population; the fluctuating demands on local services and employment opportunities.

This is the time for the town and village councils, the Chamber of Trade, the Civic Society and for you to have your say and to help steer the development that will occur in the best possible way for the benefit of the environment and existing residents.

5pm on Monday 15 April 2019 is the deadline for the receipt of submissions to the Borough whether by post or online.

Hunstanton & District Civic Society

Heritage Centre

The purchase of the former Nat West Bank building was completed on Wednesday 6 February which enabled all of the display material and other artefacts to be moved from 15 The Green on Monday 18th. The move went smoothly. Many of you will have noticed that transformation of the previous Heritage Centre into a restaurant and take-away is proceeding apace.

At the former bank, many volunteer helpers assisted by some professionals have been hard at work. The National Provincial Bank was founded in 1833 and this branch was built as a single storey building in 1922. In 1970 it merged to become the National Westminster and that became part of the Royal Bank of Scotland in 2000.

A second storey was added in the 1980's which respected the original building style.

Banking requirements have changed over the years and it is quite clear that this branch has been revamped on a number of occasions so that a number of false ceilings and voids have been created. One of the tasks has been the stripping out of layers of redundant security features. The night safe has been made functional again and it is hoped that the main vault doors may be made operational because their immense weight prohibits their removal.

When the building was a single storey, there were toilets on the

ground floor but we have found that the outflow has become blocked. Part of the concrete floor of the back office is being taken up to investigate this.

An application for change of use, for new signage and alterations to the upper floor has been submitted but we may need to wait for formal approval before the Heritage Centre is able to open to the public.

If you would like to see inside the building site, please ring the door bell on the left of the main entrance and we will be pleased to show you around. If you feel able to help with the transformation there are several jobs to be done and any financial contributions would be gratefully received – you can specify what the contributions should be spent on (e.g. carpet tiles, paint etc). Contact Treasurer, Stephen Kent on 01485 534200.

Talks Programme

The next talk on Wednesday 17 April is entitled 'Medieval Salt Making in East Anglia' when we will welcome the return of Brain Howling. Entrance fee Members - £1, Non-Members - £4 (includes refreshments).

Visit to Ely Cathedral

A coach is to take a party on a visit to the Cathedral on 27 March. A very full programme has been arranged with a special emphasis on the artistry that was done by Henry Styleman le Strange prior to his untimely death in 1862.

Hunstanton in Bloom

The Civic Society takes responsibility for making sure some of the flower beds in the town are kept attractive for residents and visitors alike. Plans are being made for floral displays to enhance the corner of Greevegate and Northgate. The judges look for evidence of community participation including involvement of the younger generation. It would be very good if Hunstanton could demonstrate that we all care about how our town is nurtured. Please contact : Margi Blunden 01485 532223

Heckington Windmill

Many readers will have travelled from King's Lynn to Newark and the North along the A17 and gone past the village of Heckington near to Sleaford in Lincolnshire. On the journey, they will probably have noticed the unusual windmill on the left. It is a Grade 1 listed building and in fact the only surviving 8 sailed working windmill in Western Europe. It was originally built as a mill with five sails in 1830. During a severe thunder storm, the cap was blown off and when repairs were carried out in 1892 the cap and sails from a redundant 8 sailed mill in Boston were used. (Five sails are just as efficient as the eight and cost less to maintain.)



With the aid of a £1.7m lottery money grant, the Heckington Windmill Trust have recently restored and re-purposed the mill. They are a purely voluntary organisation who own and manage the site although the tower itself is actually owned by the Lincolnshire County Council.

So that milling can continue when there is insufficient wind to drive the sails, mills are commonly fitted with reserve engines. Just about a year ago, whilst a recently acquired Ruston engine was being commissioned, a tragic accident occurred when one of the volunteers lost his life. Peter was an ex-RAF engineer and the mill's engineering team leader. Whilst hand cranking the engine to start it, the cord of his fleece caught on the spindle and he was dragged into the flywheel and sustained a fatal head injury.

A meeting of the Heritage Engineering Network (HEN), which embraces museums which have an industrial or engineering theme throughout the East of England, was held at Heckington on 12 February in order to learn the lessons from that tragedy and see what has been done to eliminate the risks.



The Ruston engine now with electric starter and polycarbonate screens

Risk assessments had been done which kept the public away from moving machinery and trained staff to be aware of risks but these proved to be inadequate. Following the fatality, the police, press, local council officials and the Health and Safety Executive descended on the scene and prohibition orders were put on the building and engine. Before the prohibition could be lifted 6mm polycarbonate screens were put in place and nobody is permitted to be near the engine whilst it is in motion, staff stay in a safe area and now switch on an electric motor to start it up. The engine has been modified so that it is no longer possible to crank start it and staff must not wear loose fitting clothing or long hair.

Museums that house industrial machinery or run traction engines face a dilemma because such equipment is often big, heavy, hot and dangerous but need to be seen to be in working order. If risks cannot be eliminated or removed, they must be reduced, controls have to be implemented and personnel must be protected and disciplined.

If you are going along the A17, try to break the journey and visit the windmill. It is open Friday, Saturdays and Sundays from noon until 4 or 5 pm. The Tea Room serves delicious home made bread and cakes whilst beer made with stone ground barley is available from the on-site brewery.

Borough Council Elections - 2nd May 2019 To the electorate of Hunstanton

Following boundary changes the people of Hunstanton will have the opportunity in May to vote for two councillors to represent them and, having recently retired as a local Headmaster, I, John Crofts, will be standing as a Liberal Democrat for this new ward.

In my fifteen years living in Hunstanton and most recently in Ringstead I have been frustrated by the seeming indifference of the Borough Council to Hunstanton, where we give a great deal and get little back. Many decisions are in the hands of the majority party on the council and it is vital that scrutiny of major decisions that affect our lives should be restored to all those elected.

I would welcome discussions with individuals and groups of Hunstanton residents and I can be contacted at 10, High Street, Ringstead, PE36 5JU johnpcrofts@gmail.com, 07950 067028.

Published and promoted by Josie Ratcliffe on behalf of John Crofts
(Liberal Democrats) all at 86A Lynn Road, Downham Market, PE38 9NR.
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Borough Council News for Heacham Ward

Spring is here heralding a Council tax rise and grass cutting. The tax rises for NCC and BCKLWN are within the 3% limit imposed by government and might be thought reasonable (by some) with the caveat being that services provided are at least adequate or improving.

Hence the reference to grass cutting which has raised a number of complaints in recent years. Last month the officers responsible for such maintenance presented an informative paper which identified exactly who is responsible for parcels of land - County, Borough, Parish, Other, Unidentified - and what the maintenance schedule for each type is. This information will be shared with Parish Councils in the hope that any reports of inadequate maintenance can be directed swiftly to the right people. You might think that this should have all been done before; it is quite a complex situation and it has been done now.

Waste bins, dog waste or otherwise, remain a different problem and my quest to improve matters continues. It may be the government, now stirring the pot regarding plastics waste and recycling in general, might influence, for the better, a whole series of waste related issues.

The Single Use Plastics Informal Working Group which I chaired has finished its report. This received endorsement from the Environment and Community Panel and now awaits approval of its recommendations by Cabinet. It sets out 11 actions which the Borough Council might take to: reduce the use of plastics, recycle them better, and prevent them from entering the environment.

Planning and development issues continue to be a very significant part of my council work and the draft (new) Local Plan has been out for consultation on the Borough's website. I have been told that comments that come in a little after the consultation period will not be ignored so get your thoughts in quickly if you want to.

I spent a few hours at the Gayton Planning Appeal last month. This was about a developer trying to justify building a significant number of houses on a plot not allocated. A complicated affair as, the previous

year, the developer had lost an appeal on the land supply issue they raised but was given the go ahead by the inspector anyway. The Borough Council appealed that decision; they won in the High Court but it all had to come back to another appeal this year.

During the time I was at this appeal, the developer was challenging the authorities 5 year land supply again (loss of which means houses get built almost anywhere like those completing by the wood on Hunstanton Road).

One of the arguments used by the developer was the government's new hurdle for stressed planning authorities, the Housing Delivery Test. It is no longer enough to allocate the number of houses deemed necessary and grant them full planning permission, the local authority is now responsible for seeing that they get built. Market forces causing developers to wait a few years, non-availability of builders and materials, are no excuse. All nonsense, feel free to point it out to MPs etc.

If the local authority falls below 95% of the number of built houses required each year (BCKLWN achieved 91%), they have to produce an action plan, below 85% and they have to allocate more land for houses to be built on, a lot more. Fall too low and development has a free for all. The logic that, if houses aren't being built on allocated sites, they are unlikely to be built on new, adjacent ones, seems to be lost.

Anyway, Neighbourhood Plans - Heacham's is proceeding well and you should have a chance of expressing an opinion on parts of it in a few weeks. A new advantage to having such a plan was revealed in March - they protect an area for a year or two from a planning authority (the Borough Council) falling foul of the Housing Delivery Test and, ultimately, lack of a 5-year land supply (until someone changes the rules again of course).

Terry Parish Independent Borough Councillor

Borough Council Election - May 2nd

Terry Parish

Independent Candidate for Heacham, Sedgeford and Fring

Dear Elector,

I have been a Borough Councillor for Heacham since I was elected at a by-election in October 2016. I was elected as, and remain, an Independent Councillor. I have, and have never had, any affiliation to any political party in my adult life. I am also a Parish Councillor in Heacham and have been for around 6 years.

I am standing as an Independent Borough Councillor for the new ward which takes in Heacham, Sedgeford and Fring.

I am currently a member of the Planning Committee, the Environment and Community Panel, the Licensing Committee and the Licensing and Appeals Board. In addition, I am a member of the Local Plan Task Group and Chairman of the Single Use Plastics Informal Working Group (report now completed and awaiting endorsement by Cabinet).

I want to build on the experience I have gained as Borough Councillor in the last two and a half years and endeavour to ensure that local issues affecting Heacham, Sedgeford and Fring - housing, infrastructure, services and environment, meet local needs and, where possible, improve.

I have only one policy: to do the best that I can to assist and support the people in my ward. I will do this by meeting and talking to both

individuals and Parish Councils and then pursuing any issues they may have with the Borough Council and any other appropriate organisations.

My contact details are alongside my picture. I will be happy to meet with anyone prior to the election.

Regards,
Terry Parish
(full name Terence Parish)

1, Woodside Avenue
Heacham PE31 7EW
tparish@btinternet.com
07525 647 585



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Find out more at westnorfolkccg.nhs.uk/dementia



Hunstanton Town Council Election 2nd May 2019 Adrian Winnington

I was elected to Hunstanton Town Council in May 2015 and have decided to put myself up for re-election this May.

During my term as a town councillor I have begun to understand how the different levels of local government work. Although most major services are provided by the borough and county councils it is important that the town council works with them, and monitors them, to ensure the best outcomes for the residents and the town as a whole. I am always willing to talk with and listen to people in the town. I have met so many individuals and groups in Hunstanton who do so much for the town and its residents. This was especially so during the year when I had the privilege of being Mayor. It is good that during the last four years the town council has worked more closely with and for the community it serves and I hope that I can continue to be part of developing this further.

A lot of my time is spent on council business; amongst other roles I am currently chairman of the General Purposes and Community Committee. However, as I am retired from paid employment I also involve myself with other organisations. I volunteer with the Norfolk Wildlife Trust, Hunstanton RSPCA shop and the Coastal Stroke Support and Carers Group. I am also involved with the Community Orchard for which I am the representative on the Hunstanton In Bloom steering group.

My wife, Catherine, and I moved to Hunstanton eleven years ago. We moved here to live in a seaside town in the countryside. So many people who visit Hunstanton say that it is their favourite place to come to. Those of us who are fortunate to live here need to work to ensure that it remains a great place to visit and a great place to live.

Adrian Winnington Address: 33 Andrews Place, Hunstanton, PE36 5PD
Tel: 01485 534747 Email: adrianwinnington@btinternet.com

This article is promoted by Adrian Winnington acting as his own agent.
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for community groups
and crafts

Hunstanton Concert Band

Fun Dog Show

and London Dance group:

Folk Dance Remixed

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For more information:
tel 01485 534041 kate-dunbar@hotmail.com
or any of the Orchard Committee

Henry le Strange
Community Orchard
Avenue Road, Hunstanton




K.D.

Blossom Day 2019

Another Spring is on its way, and soon will be our annual Blossom Day, on the 4th May in our beautiful community orchard in Hunstanton. Everyone is welcome!

Barking Bugle will again be hosting their wonderful Fun Dog Show from 1pm onwards, and Hunstanton Concert Band will be entertaining us all from 2pm onwards. Rollo is bringing along Mr Punch, so I hope he's on his best behaviour.

This year there will be maypole dancing with children from Hunstanton Primary School, and some adults too who have been attending classes with Xenoula of Xen Arts.

Not only that, but 'Folkdance Remixed' a fantastic dance group, is coming from London to perform for us; truly something not to be missed!

There will be plenty of craft and community stalls including the Scouts, Heacham Rangers and Norfolk Wildlife Trust. Northfield's Allotments Club will once more ensure that it's rhubarb bonanza time, as they sell their champion stick fruit to raise club funds.

If you or your group would like a free stall, just contact me and I will add you to my list! You need to bring your own gazebo, and preferably table and chairs. All we ask is that you please donate a small raffle prize to help cover our costs. It's a great opportunity to raise funds, showcase your work or crafts, and feel a part of our fabulous community!

Contact Kate Dunbar, 07725 890801, kate-dunbar@hotmail.com

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Plant of the Month - Pansies

Whilst there is still the likelihood of frosts and you're looking for plants to give a colourful show before the summer bedding becomes available, Pansies are the perfect choice. Their delicate flowers look like little faces and come in a huge range of bright colours, some have multi-coloured blotched faces with a darker centre and others have clear faces.

Pansy plants are incredibly hardy and will flower throughout at least three seasons of the year. They dislike the hottest days of summer. In the depths of winter frosts they will look very limp, but will soon perk up as the temperature warms. Pansies need sun or partial shade and will do best in a position where they get morning sun but are shaded from the hottest early afternoon sun. They require regular watering but need well-drained compost. Dead-heading will prolong blooming and encourage more flower buds, take the stems down to the level of the leaves to keep the plants looking tidy.

Sometimes people will comment that their pansies were flowering wonderfully when they were planted, but then stopped flowering although the leaves look very healthy. Often the plants have grown so much in their pots that they become root bound. When put in the garden or fresh compost in containers, the roots can't wait to get away and are looking for nutrients so the plant's energy is temporarily redirected away from flower production. As soon as they settle down they will make more buds and flowers and feed of a high potash fertiliser such as "Tomorite" will encourage this.

Pansies can be used in pots, troughs, hanging baskets and in borders. They combine well with Spring-flowering bulbs such as Narcissi, Muscari and Tulips, and can look very impressive on their own en masse.

Although most pansies are bought as plants, they can be grown from seed and you will often find small pansy seedlings appear in the soil around pots where a few seed heads have been left on the plant.



In the same family as pansies you will find the much smaller flowered violas which again come in a variety of colours. There are also trailing forms of both pansies and violas which are ideal for hanging baskets and for use around the edges of taller pots and containers where they can trail over the sides. Viola flowers are edible, try using them to brighten up salads or crystallising them to use as beautiful cake decorations.

Brighten up your garden this Spring with pansies, their little faces are bound to make you smile!

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 Down: 1. Prosaic, 2. Times, 3. Overhang, 4. Facet, 5. Slip catch, 6. Toff, 7. Abandoned, 8. Kinsmen, 14. Engrossed, 15. Lord Mayor, 17. Ambience, 18. Besides, 20. Slender, 23. Nadir, 24. Arkle, 25. Drab

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Mudpies & Butterflies

with Louise Barby, Balanis Gardening Services

The RHS have launched National Gardening Week, 29th April - 5 May 2019. This year, their focus is on home-grown produce. You can register your own event or find an event you would like to attend. www.rhs.org.uk/get-involved/national-gardening-week

* Free plants:

Divide plants that have become congested. Snowdrops can be divided and repositioned, most self set perennials such as aquilegia can also be moved. Many divided plants improve in their appearance following this process.

* Wild flowers/seeds

Annuals can be sown directly towards the end of this month. Purchase a few packets and scatter your own mix. You can even purchase a wild flower mix or even pre sown turf.

* Flowers and shrubs:

Evergreen shrubs and trees can be moved now, provided the soil isn't frozen or waterlogged.

Plant summer-flowering bulbs such as Lilies and Gladiolus in to beds, border and containers.

Put plant supports in place now so the plants can grow up through them.

Tie in climbers and roses to their supports.

Finish cutting back dead foliage on perennials and ornamental grasses.

Trim winter-flowering heathers to prevent plants becoming leggy.

Deadhead daffodils and tulips, but leave the foliage intact, allowing it to die back naturally.

* Vegetables & Fruit:

Prepare vegetable seed beds and start to direct sow. Onions, shallots and garlic are an easy starter crop. Asparagus crowns are a great idea, nothing tastes better than super fresh asparagus. Buy two year old crowns so that you can crop can be harvested this year.

Strawberries can be planted out once frosts have passed.

Apply slow release fertiliser around the base of raspberry canes and fruit bushes.

↑ Lawns:

Lawn seed can be sown now, aerate very damp or compacted areas with a fork and brush away worm casts.

* Wild flower border

Buy a self seeded roll, a wild flower seed mix or mix your own wild flower and annual seeds.

The area should be stripped of turf and weeds and raked. Then either roll out the turf and water or mix the seeds with a little soil and sand in a bucket and sow by hand. Water lightly with a fine watering can head or fine spray. It is really important to ensure the area is watered regularly to ensure germination. At this time of year, nature often does this for us. All that remains is to enjoy the blooms and watch how quickly bees, birds and butterflies colonise the area.



The West Norfolk Members Group invites you to:-
An illustrated talk:

The Badger: Ecosystem Diversifier
by Will Fitch

Thursday 25th April - 7.30pm

Venue: Hunstanton Methodist Church Hall, Austin Street

Cost: £2.50 members / £3.00 visitors

Keith May Lane

A lane has been named after a much-loved former allotments chairman.



Keith May, chair of Hunstanton Northfields Allotments Club, passed away in February 2018 at the age of 81.

The proud Liverpoolian rose to the rank of Major during his service with the Coldstream Guards and in retirement was a stalwart member of the Northfields Allotment Club on Cromer Road for 10 years before he became its chairman.

Members of the allotments club have erected a sign in his memory, funded by donations, with the kind permission of the LeStrange Estate.

Paul Emerson, the club's chairman, said: "Keith was Northfields Allotments for many years making it what it is now, a thriving community of dedicated allotmenters."

"His memory will always be remembered by naming the lane down to the allotments after him, a fitting reminder of all the hard work he did."



From left: Derek Cosbey, Paul Emerson, Chris Bishop and Mick Smith with the sign allotment holders have erected in memory of Keith May

Photos: Chris Bishop

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Nature Notes with Joanna

March brings breezes loud and shrill!

Well that seasonal quote is very true! The other quote 'March comes in like a lion and goes out like a lamb' has yet to be proved. After all we are only part way through the month.

What has been happening since my last report?

I have had 2 trips to Sculthorpe Hawk and Owl trust and a couple of trips to Snettisham. The first trip was on my own as usual and it was great to spot the returning Avocets, they were dotted all over the mud and were feeding, I suspect they were fairly newly in from their winter quarters, possibly from the south coast! The last trip was with my son Peter, as I wanted him to see what I have been raving about. He is used to Morecambe bay but admitted the Wash is quite different. The tide was slowly on its way in and there wasn't a great deal to pick out easily. There didn't seem to be any Avocets feeding on the mud, there were several Curlew, but Pete told me he had seen them up The Dales around where he lives, so these could be local breeders or late leavers, they wouldn't let on!! It all seemed fairly quiet then a Peregrine went through and there were many more waders than it had appeared. A big flock of Golden Plover, several of assorted smaller waders even some Shelduck taking to the air. As things settled back to feeding we spotted around 2 to 3 hundred Avocets in one of the bays along the tide edge they were distant but easy to pick up with the binoculars. They were apparently 'paddling', well at least they were resting. En-masse the black and white patterns of their plumage make a fantastic picture. No wonder people like to photograph them and also to paint them whether they are resting or flying! There was also the thick black block of Oyster Catchers on the beach below the sailing club area. They seem to be there every time I visit! It was a great session and Pete being 6 foot can see things I miss so we also picked up Turnstone and Ring Plover.

My 2 trips to Sculthorpe were very different, the first was on my own and it was a dry day, not blazing sunshine but warm enough to make being on the 'buggy' a reasonable experience. I saw many of the passerines (small birds) that are hard to pick up in the hedges. As there is an abundance of feeders the birds are easy to watch. I saw Bullfinches, an assortment of Tits, a Tree Creeper and Redpoll. I'm not too good on the Redpolls but I think I saw Mealy and Common. There has been an unusual one there on the feeders a Coues's Arctic Redpoll. It is drawing a lot of mainly men with big cameras to add it to their lists! I can't in all honesty say I would know it from the other Redpolls, as the Mealy can be colour variant, so I didn't add it to my list! The 2nd visit was with Pete in the pouring rain! He was very well equipped, teasing me by saying 'you can't call this rain, its only drizzle, we get proper rain in the Dales!' Any way the 'drizzle' was enough to make life difficult and damp for me on the buggy. I did a short trip and left him to stride round the rest of the reserve. (Those were the days when I would have easily kept up with him!). He saw lots of the little birds and took great delight in watching those on the feeders behind the tall hide at the end of the reserve. I really must go back again when I have the weather and time, I might even get to see the Otters that live along the Wensum, which flows, through the reserve.

On the home front I had a good 30 minutes of watching from my back windows. Initially I was watching the shadow of a Sparrow Hawk as it plucked and ate a small bird. The bulk of the Hawk was hidden in the branches of the Pine in the corner of the garden. I know that seems gruesome but Sprawks have to live and they only kill what they need to keep them alive. After that I went downstairs and from the kitchen window I spotted a Magpie behaving in a strange manner, I don't often get Magpies in the garden, the food pickings aren't to their taste! As I watched I realised that it was mobbing something, and there in the corner under the Pine was a beautiful Barn Owl sitting on the fence. It was getting annoyed with the Magpie but refused to move on. Eventually the Magpie gave up and flew off. Barn Owls really are the most beautiful of birds, the colour and patterning of their feathers make them another bird for photos and paintings, and I have even done good



work embroidery of one! On that score I also used a flock of Lapwings in flight to make a crewelwork sampler more interesting for me to do!

As you drive around have you noticed just how good the blossom has been this year! The Magnolias are beginning to come in to flower; I hope the winds don't wreck them. There are also plenty of patches of Hawthorn Hedge coming in to green leaf, the Rosemary in my front garden is flowering and Daisies spangle the grass in the area. They really are an underestimated flower. When did you last pick one and really look at it? We so often just walk over them or chop their heads off with the grass cutting, they even make a good weather glass, today is grey, windy and wet and the daisies I can see are tightly shut with the petals protecting the stamens from the rain, if the sun comes out the fling open their petals and allow the insects to reach the stamens to pollinate the flowers and to give us the lift of a smiling sunny face! I do not think that is really their plan but if we stop and look we can get joy and a happy lift to our spirits from all that nature provides.

On that happy note keep looking, pausing and listening as April brings in new birds, flowers and views to see us well into Spring.

Image by Jean van der Meulen - Pixabay

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RSPB Titchwell Marsh

Carrie Carey

Since the dawn of time, humans have forged an attachment to the natural world around them. In ancient cultures the forces of nature were often personified as female deities. Many cultures associated goddesses with rivers, mountains, animals or in the case of the Greek goddess Gaia, the Earth itself. In Rome, the equivalent was Terra Mater or Earth Mother and as in many religions, the Earth was seen as the 'mother of all living' bestowing energy and nourishment on her offspring. She was the provider, nurturer and giver of life. Over the centuries, religions have embraced her, invoked her and even when we are dead, it is to the earth that we return. This relationship paved the way for man to take stewardship over his environment and care for it. But now that relationship with Mother Nature is out of kilter, it's off balance. That's rather ironic given that #balanceforbetter was the theme for International Women's Day this year.

There's always a lot of huffing and hawing in my house when the internet connection breaks; my husband silently fumes in the corner and grandchildren wander around shell shocked as if there's nothing else to fill their time. More and more people are demanding access to the internet 24/7 but what about access to nature? A connection to the natural world is part of our heritage, we're inherently hard wired to experience it and benefit from it and we need to reconnect. Redressing the imbalance of a disconnect with nature may seem overwhelming, but like many things, change begins with the individual.

We want to make it easy for you. Nature is right outside your doorstep. It's freely accessible, no contract, no data limit, no subscription required. Bare feet pressed into damp grass, toes pushing deep into warm sand, heads tilted towards the sun, noses nipped by the cold of fresh snowflakes. What a joy to allow these real experiences to replace virtual ones! In the winter, I pull on my boots, snuggle into my coat and wander outside for a walk. With the arrival of spring my stride gets longer, I feel more energised and I practically run into summer. Britain has such a diversity of wildlife and variation in the seasons that nature is never predictable or boring. There's always something different to discover and experience and I feel so much better for it.

Woodlands, beaches and nature reserves all offer the perfect 'nature escape' and with so many in north Norfolk you're practically spoilt for choice. But if it's a little bit daunting and you'd like some company then pop into RSPB Titchwell Marsh and join one of our guided tours of the reserve. Our regular walks are on Monday and Friday mornings but we can arrange a bespoke tour to suit you. If you want to try your hand at sketching then do book onto our workshop on a Tuesday morning. Set in the stunning landscapes of Titchwell Marsh it's a great alternative to an indoor class.

Of course, you can come and do your own thing too. From foraging on the beach to building a den in the woods or just listening to the bird song along the Meadow Trail, there's plenty of choice to help you get a little more balance in your lives.

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HUNSTANTON GARDENERS' ASSOCIATION

Gardeners in North West Norfolk know only too well the problems created by strong winds, salty air and dry soils. These difficulties were addressed by the speaker, Geoff Hodge, at the recent Gardeners' Association talk entitled "Coastal Gardening." Geoff is a freelance gardening journalist and has spoken to the Association several times in the past and is known for his generosity in donating prizes for the local raffle, and his dislike of everything to do with rhododendrons which he describes as incredibly boring for 90% of the year! Fortunately he escaped a lynching from those members who disagreed with him as growing conditions in this part of the world are not good for rhododendrons and those who disagreed were therefore few in number!

The speaker began his talk by outlining various strategies to mitigate the effects of strong winds on garden plants, including the use of mechanical and plant-based screening to reduce wind speeds by filtering, rather than by using impenetrable barriers which usually resulted in creating damaging eddy currents. Among plants recommended for moderating strong winds and gales were eleagnus, sea buckthorn, hornbeam, hawthorn, and pines, although many other trees and shrubs were also described.

Geoff showed several illustrations of decorative plants suitable for their resistance to salt-spray including agapanthus, yarrow, sedums (ice plants), thrift, daylilies, jasmine, and many roses. He went on to describe examples of herbaceous plants which flourish in coastal gardens such as hebes, escallonia, crocosmia, euonymus, galliardia, phormium, echinacea and many others too numerous to list in this report, but all beautifully illustrated.

Following this extremely interesting and practical talk, members of the Gardeners' Association will no longer be able to blame the weather or their gardens near the sea for their planting failures, providing of course that they put into practise the many tips given by the speaker... time alone will tell! The next talk will be about house plants and will be held in the Hunstanton Community Centre at 7.30pm on Thursday 18th April and non-members are most welcome to attend on payment of a small entrance fee.

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Messiah Choir

I have an idea, very much in its infancy, to form a choir whose sole purpose is to sing extracts from Handel's magnificent oratorio Messiah, annually either at Christmas or at Easter in North West Norfolk. This is something that few village church choirs can aspire to on their own, but getting together with other enthusiastic singers may make it possible.

I still need to identify a Director and an accompanist and to find a venue for rehearsals and performance but I am also looking for singers and would love to hear from you if you are interested in becoming part of such a choir. There is no age limit and we will need sopranos, altos, tenors and basses, preferably with a knowledge of Messiah and who can read music, but all are welcome to get in touch.

Please do contact me by email on messiahchoirnorfolk@gmail.com and if there is sufficient interest I will organise a meeting to discuss how we may proceed.

I look forward to hearing from you.

Bridget Crofts

Hunstanton In Bloom

To mark the beginning of the 2019 campaign the In Bloom committee held a tea party in the Town Hall to celebrate Hunstanton's achievement of Gold in Anglia in Bloom and Gold for Small Coastal in Britain in Bloom. There were over 50 guests from businesses, schools, Town and Borough Council, Civic Society, Gardeners Club, Scouts, allotments and Adopt-a-bedders.

The town is looking colourful again with all the polyanthus now in full bloom, in the High Street and on the Esplanade Gardens. I was rather pleased to see a group of people standing chatting by one of the large pots in the High Street pulling out some nettles and chickweed as they talked. I do the same myself and hope everyone will join in this caring for our town's appearance. In fact, the main thrust of the 2019 campaign is Community Involvement and Environmental Responsibility, so we welcome any groups or individuals who are not already involved to come forward. You may have new ideas or just want to participate. Please contact the secretary on 2chrisearnshaw@gmail.com.

Last month Chairman Carol Bower and Chris Durham attended a seminar in Manchester



for Britain in Bloom where they were particularly proud that our portfolio was held up as an exemplar example. We will be collecting fresh photographs of the town for the 2019 portfolio so again please send them to the above address for possible inclusion. Later this month several volunteers will attend the official launch of Anglia in Bloom at Notcutt's Nursery in Norwich where we hope to pick up some good ideas from the judges and other towns.

The bikes are in storage awaiting a respray but look out for Peace Poles (activity on April 18 and in May on the Esplanade Gardens.) They will be a colourful feature to mark the end of the WWI in 2019.

Heritage Gardens

EASTER HOLIDAY ACTIVITIES

Activities are confirmed for Easter and there's something for children and adults:

- Tuesday 9th April Multi Sport for 8-12 year olds
- Thursday 11th April Nature Rangers from the RSPB, all ages, parents to accompany children.
- Tuesday 16th April Wild Norfolk (shelter building, sea shore activity, photo challenge) for 8-12 year olds
- Thursday 18th April Art Workshop (pebble paint and peace pole painting) We'd like adults to come and paint the peace poles which will be displayed in the Gardens for Anglia in Bloom.
- Easter Sunday- Mass Dog Walk from St Edmunds Ruins. Come with your dog on a lead for a sociable and leisurely walk. Break for a coffee and a doggie ice cream!

All these activities are free of charge- please visit the hunstantonevents.net web page below for more details.

SUNNY HUNNY TRIATHLON

This will be a new event for Hunstanton, taking place on 19th May. Distances are relatively short in order to attract newcomers to the sport: 200m pool swim at Alive Oasis, 18km cycle, 3.5k run. Its an early start at the Oasis at 7.30am and finishes on the Green from about 10.30am. Further details and online entry at

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<https://www.kltri.co.uk/sunnyhunny19>. The organisers are King's Lynn Triathlon Club and they are holding a Triathlon Intro and Info Session at Alive Oasis café on 11th April 6.00-8.00pm so feel free to pop in anytime to find out about the event and ask any questions you may have.

BREAKING NEWS

An exciting development is the possibility of a new Hunstanton Music Festival to take place on the Green in September. A wide variety of music will be on offer. Watch this space!

OTHER DATES CONFIRMED

- 28th April- Battle of the Bands for Under 18s
- 27th May- Bank Holiday Health Walk
- 27th May- Buskers Corner
- 25-30 May- Half Term Activities
- 22nd June- Folk in the Town Showcase

Roger Partridge
Activities Coordinator
Hunstanton Heritage Gardens
Regeneration & Economic Development
Borough Council of King's Lynn & West Norfolk
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The madness that is Ergot...

By Robin Limb, agricultural consultant

In the seventeenth century, it was commonplace for people to 'go mad' for no explicable reason. It took many years before the real cause of this madness was fully understood. Ergot grains contaminated almost all of the bread that people were eating at the time. The fungus contains the hallucinogenic chemical LSD. Little wonder then that many people went mad.

LSD (Lysergic Acid Diethylamide) was first discovered and then manufactured by Albert Hofmann in 1938, from lysergic acid, a chemical derived from the cereal fungus Ergot. In the 1950s, the US Central Intelligence Agency (CIA) believed the drug might be useful for mind control, and so tested it on people - some without their knowledge.

The Ergot fungus refers to a group of the fungal genus *Claviceps*, of which the most prominent member is *Claviceps purpurea*. The fungus grows on rye and other related plants, and produces alkaloids that can cause 'Ergotism' in humans and other mammals that consume grains contaminated with its fruiting structure. Ergot has about 50 known variants, mostly now found in tropical regions of the world. Its most common hosts are triticale, wheat, and barley. It rarely affects oats.

An Ergot kernel, called a sclerotium, develops when a spore of the fungal species infects the floret of a flowering grass or cereal. The process mimics a pollen grain growing into the ovary during fertilization. Infection requires that the fungal spores have access to the stigma, hence plants affected by Ergot are mainly out-crossing species with open flowers, such as rye. The proliferating fungal mycelium then destroys the plant ovary and connects with the vascular bundles originally intended for seed nutrition.

The first stage of Ergot contamination manifests itself as a white soft tissue, producing a sugary honeydew, which often drops out of the infected grass florets. This honeydew contains millions of asexual spores, which insects disperse to other florets. Later, these spores convert into a hard dry husk of the floret.

The evolution of this plant parasite dates back at least one million years to the early mid-Cretaceous period. An amber fossil discovered in 2014 preserves a grass spikelet and an ergot-like parasitic fungus. The fossil shows that the original hosts of the fungus could have been grasses. The discovery also establishes a minimum time for the conceivable presence of psychotropic compounds in fungi.

There are two types of Ergotism in humans. The first is characterized by muscle spasms, fever and hallucinations, and victims may appear dazed, be unable to speak, become manic, or have other forms of paralysis or tremors, and suffer from hallucinations and

other distorted perceptions. This is caused by over-stimulation of the central nervous system by alkaloids. The second kind of Ergotism is marked by symptoms of violent burning feelings; a heightened pulse rate, and shooting pains in the distal organs, such as the fingers and toes. These are caused by Ergot alkaloids affecting the vascular system due to constricting the blood supply, sometimes

“Everything can be both a toxin and a remedy – it is only the dosage that makes the difference.”

leading to gangrene and loss of limbs.

Human poisoning due to the consumption of rye bread made from ergot-infected grain was commonplace in Europe in the Middle Ages. The first mention of a plague of gangrenous ergotism in Europe comes from Germany in 857 AD. Following this France and Scandinavia also experienced similar outbreaks.

The 'Hospital Brothers of St. Anthony', an order of monks established in 1095, specialized in treating Ergotism victims with balms containing tranquilizing and circulation-stimulating plant extracts. The common name for Ergotism is 'St. Anthony's Fire', in reference to this order of monks, and the severe burning sensations in the limbs which was one of the symptoms.

Wendalin Thelius was one of the first to attribute Ergotism poisoning to grain in the kingdom of Hessen, Germany, in 1596 AD. In 1778, when more than 8,000 people died, it was recommended that drainage of fields, compulsory cleaning of grain, and the substitution of potatoes for affected grain should be introduced. Mankind has known about the dangers posed by ergot for a very long time, and its prevalence was linked to extremely cold winters, followed by rainy summers.

In the late 1980's, EMP (Ethyl Mercury Phosphate) seed treatments were banned on grains sown in the UK. This chemical had successfully controlled ergot in our food supply chain for many years, with no discernable adverse human health effects. In the absence of such seed treatments, Ergot is now creeping back into our food supply chain to such an extent that, if any trace of contamination is found in a lorry load of grain today, it will be rejected by the millers outright.

We should remind ourselves that there is no such thing as a 'safe chemical' but, by the same token, as the Swiss physician Paracelsus said: "Everything can be both a



toxin and a remedy – it is only the dosage that makes the difference.” The 'Law of Unintended Consequences' was illustrated only recently by one of the biggest beekeepers in the country having to move his 100 hives many miles away to find a pollinating crop other than oilseed rape. The recent ban on the use of neonicotinoids in all crops resulted in a ten percent failure rate of the UK's oilseed rape crop in autumn 2018, due to predation by cabbage stem flea beetle, which was previously controlled by these chemicals. Beware of what you wish, for you may surely get it...



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Here at Hunstanton Bridge Club we are a friendly group of people always looking to welcome new members, whether you are a complete beginner, have been playing for only a few months, or for several years.

We meet at the Hunstanton Conservative Club just off the High St on Monday evenings for Duplicate, and on Friday afternoons we offer Bridge lessons to people who want to start playing, to people wanting to progress a bit further and for those who prefer to play in the afternoon. If you don't have a Bridge partner we can help you to find one.

Banish the fear. Don't be apprehensive about going to a club thinking that everyone will know more than you. All levels can play together and have success and fun.

If you would like to know more please contact Robert Smith 01328 822120

HOW GOOD IS YOUR CARDPLAY?

In Bridge there are a number of plays that can produce extra tricks from a hand. This could be a simple 'Finesse' or a complicated 'Squeeze'. Once a 'Finesse' has worked successfully it can be tempting to always try the 'Finesse' as a first resort. There may however be other ways to getting the desired result.

Take this hand:

	S	AK 32	
	H	Q 3	
	D	J52	
	C	10 942	S 10 9765
S	84		H J 10 98
H	74		D 73
D	10 9864		C 85
C	KJ 63		
	S	QJ	
	H	AK652	
	D	AKQ	
	C	AQ 7	

The contract is 6NT by South and the lead is the 10 of Diamonds. There are 4 certain tricks in Spades, 3 in Hearts, 3 in Diamonds and 1 in Clubs so another one is needed. It may be tempting to try the straight Club Finesse hoping the King is in the East hand or even leading the 10 from the North hand hoping either the Jack or King is in the East hand but either will fail here and there is a heart to lose.

Win the opening lead and then play the QJ of Spades. Next lead a low Heart and play the 3 from the North hand, not the Q. When East surprisingly wins that trick it does not matter what he returns as South gets to the North hand with the Q of Hearts then plays the AK of Spades to discard his 2 losing Clubs and returns to his hand to make his remaining 3 hearts and Diamonds. Thus he makes 4 Spades, 4 Hearts, 3 Diamonds and 1 Club.



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"LET'S GET DIGITAL" . . . AND GET MTDfVAT COMPLIANT

By Kathryn Gigg Chartered Accountants, Hunstanton

Like it or not, and despite Brexit, the HM Revenue & Customs Making Tax Digital regime for VAT is due to be implemented on 1 April 2019 for all VAT Registered entities with a turnover in excess of £85000 (other than those to whom the Revenue has written who will not need to register until 1 October 2019, including Trusts, non-corporate Not for Profit organisations, and Annual Accounting Scheme users).

If you are one of nearly two thirds of businesses who believe that tax digitalisation is a good idea but need more support ahead of MTD for VAT coming into force, read on.

From 1 April, most VAT registered businesses above the threshold will have to keep digital records and submit their VAT Returns using MTD compatible software.

"Functional compatible software" will either take the form of a market leading product such as Sage, Quickbooks, Xero, or other specialist accounting package, or, be bridging software that can be used in conjunction with spreadsheet accounting records by those who wish to continue to maintain their records in such manner.

With an accounting package it will be important to check that the version that you are using is MTD compliant.

With spreadsheets you will need to ensure that your templates are formatted in the correct manner and have established digital links, and you will need to choose the bridging software that you plan to use. Unfortunately, HM Revenue & Customs will not be producing free software to help businesses make their reports but there are a number of products at a range of prices and functionality available from commercial developers. All of them are new to the market and hence time will tell which can be recommended.

Please do remain aware that in order to file your first MTDfVAT Return you will need to formally register for MTD ahead of time. This is an extremely important point, as there is a strict time period within which you can make your application, which itself can only be processed once your final non-MTD VAT Return has been filed. You can access the HM Revenue & Customs Step by Step Sign up guide via <https://www.gov.uk/guidance/sign-up-for-making-tax-digital-for-vat>

In general terms we would suggest that you make your application as early as possible within your MTD sign-up period. Special care will also need to be taken by those who pay their VAT by Direct Debit as this cuts down the span of the time period available to you in which to register.

Although we consider that migration to a Cloud-based accounting software package will be the best route to take for most businesses, both in terms of ensuring compliance with the MTD regulations generally, and future proofing themselves, for some, spreadsheets and bridging software will be the only practical solution for the time-being.

MTD is new territory for business, accountants and HM Revenue & Customs alike. Hence, we advise you to prepare yourself as early as possible in order to avoid that last minute rush, and ensure your own smooth path to adoption of the new system.

If you need any help with the whole process, whether choosing new software, tailoring your spreadsheets or registering for MTD, please contact Kate or her assistant Ryan Fisher FMAAT at Kathryn Gigg Chartered Accountants, Hunstanton on 01485 534800 or kate@kathryngigg.co.uk if we can assist in any way.

Mrs K H Gigg FCA

Caution: The information listed above is for general guidance only. You should neither act, nor refrain from action, on the basis of any such information. You should take appropriate professional advice on your particular circumstances because the application of laws and regulations will vary depending on particular circumstances and because laws and regulations undergo frequent change. Whilst I endeavour to ensure that the information contained herein is correct, neither I nor my firm shall be liable in damages (including, without limitation, damages for loss of business or loss of profits) arising in contract, tort or otherwise from any information contained in it, or from any action or decision taken as a result of using any such information.

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WHY PAY HIGH STREET PRICES?

Prevention is better than cure

Blog by Dr Paul Williams
Chair, West Norfolk Clinical Commissioning Group

Spring seems to have arrived and with it the end of one financial year and the start of the next. The good news is that it now looks likely the CCG will meet its financial target for this year, which is a significant achievement when one considers the scale of the deficit facing us at the end of last financial year.

The next year is a challenging one for us as we have been set a very tight financial target which will require us to save 4.2% of our total allocation, a difficult task. However, the year is also an exciting one.

Recently the NHS Long Term Plan was published; this plan comes with money attached to it and demands that the NHS transforms the way we deliver care. The main planks of the plan, as it affects you the patient, are that we are moving forward with plans to join up health and social care and that we will be altering the way we provide care so that we are more proactive rather than reactive.

I don't pretend I can summarise the huge document that is the NHS Long Term Plan in a few lines but I do want to single out two things to mention to you; population health management and primary care networks.

In the past patients would become unwell, consult their doctor and receive treatment or admission to hospital. Clearly we aren't going to stop treating you when you become unwell but what we are going to do is try to intervene to prevent you becoming unwell in the first place.

This isn't just an extension of health promotion advice, such as trying to stop people smoking or encouraging them to take more exercise but, through the use of improved technology, identifying individuals in the population who are at risk of becoming unwell and providing interventions for those individuals to prevent their condition from deteriorating. This is population health management in a nutshell and we have high hopes for it. It is a way to keep you as well as possible at home rather than having an unnecessary admission to hospital.

Anyone who has read any of my previous articles will have heard about the plans for integration of health and social care. This is the fundamental idea behind the Sustainability and Transformation Partnership (STP) and the Integrated Care System (ICS). The ICS has three levels, the lower two being place (West Norfolk) and neighbourhood (groups of GP practices). These neighbourhood organisations are being called primary care networks and are envisaged as the fundamental building blocks of the ICS. Each network will consist of a group of neighbouring GP practices, representatives of community nursing, mental health providers, voluntary organisations, social prescribers, secondary care representatives and social services.

By all these organisations sitting around the same virtual table it will allow care to be provided in a more seamless way, with barriers between the various organisations being broken down. With the data being provided by population health management, as described above, these networks of key workers on the ground will be able to intervene to keep our vulnerable patients as well as possible and in their own homes as long as possible.

I have been hearing how we are going to transform the NHS for years and in reality very little has changed on the ground. I think things may be different this year and I really believe the way we provide care will be different this time next year. I don't expect to have reached our final destination by then but I hope we have made substantial strides on the journey.



Wells Community Hospital Trust News

Well, the weather has been typically changeable, but the hint of summer is just around the corner and as we all look forward to those longer days and lighter evenings why not pop along to see what we are up to here at the hospital.

There have been a few changes in the building with the hairdressers, Legends, moving next to the reception areas of the building. This bright new space is buzzing with activity. Our Training Hub has had a make over as well and now boasts a hearing loop system, new projector and modern furniture! There are new planters at the front door of the hospital, kindly donated by Well-next-the-Sea Men's Shed. We also have appointed a new Chair to our Board of Trustees – why not pop along to our OGM on 25th April at 7pm to meet her and hear more about our future plans.

Macmillan Cancer Support

Dougie (one of the six big green Macmillan buses) and the dedicated mobile team of highly-qualified Macmillan professionals will be visiting the WCHT carpark on 13th May from 10am to 4pm - everyone is welcome to use the cancer information and awareness service. Whether you have a cancer diagnosis, have a friend or relative affected by cancer, or are worried about cancer in any way at all, there are lots of ways that Macmillan can support you - medically, financially, emotionally and practically.

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Classes by: Peg (Margaret Quick, Fellow & Examiner UKA Dance Ltd)
contact me on: 07930 556675 or 01485 541162
email me on: peghunter@tiscali.co.uk

Rock Your Baby Dancing

Started in Manchester, Rock Your Baby Dancing was set up by Jenni Rose, a new mum herself and also a qualified dance teacher. It proved to be a very successful class enjoyed by lots of Jenni's friends, their friends and other new mums who picked up on the happy vibe, not to mention the babies! Baby number 2 put Jenni on the other side of the class and the vibe passes on to Margaret who now offers this class at

Dersingham Village Centre on a Wednesday
from 11.30am – 12.30am.

It is £5.00 per class, pay as you come.
STARTING WEDNESDAY 1 MAY 2019

Rock Your Baby Dancing is a parent and baby exercise/dance class which offers fun and laughter whilst bonding with baby, getting back into shape and meeting other new parents to share experiences and get hints on "how to help them sleep through"!!

Your baby is held in a carrier or sling and so this is suitable from about 9 weeks. The exercises include all the main joint and muscle groups as well as pelvic floor and will work the whole body.(back into shape for new mums! Hit those Instagram pics!)

The dance part is where the brain comes into use as well. We tackle a different dance style each month (ballet to ballroom and everything in between), breaking down a dance into manageable pieces, and so by the end of the month we can do the whole thing. At least, that is the theory! This part of the class is usually full of laughter as you try to get your baby brain in gear as well as your legs.(dad dancing is a real treat to watch...)

The babies love the movement and music and have been known to drop off to sleep before the class is through. Fun, laughter, sharing and the odd biscuit or too. Not to mention a very happy baby.

STARTING WEDNESDAY 1 MAY 2019 from 11.30am – 12.30am.
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What Is A Funeral Plan & Do You Really Need One?

Over recent years, as the economic climate has become tougher, more and more people are opting to pay for their funeral using a pre-arranged funeral plan. By planning for your funeral now, you can decide whether you would like to be buried or cremated, how you would like your life to be celebrated and you can lock in the price at today's rate, giving you complete peace of mind and knowing that your family members will not be burdened with the costs.

What Is A Funeral Plan?

A funeral plan is a financial arrangement where you pay for your funeral costs in advance, either in a lump sum or by monthly instalments. This is ideal for people whose finances are tight or for those who wish to celebrate the end of their life without burdening their family with the financial implications.

What Does A Funeral Plan Cover?

A funeral plan can cover everything from the cost of your coffin, to catering and even flowers. You choose the level of cover you want and your funeral director will give you a price. By planning your funeral now you will be able to specify what you would like and what you wouldn't, and ensure that all costs are covered by you, instead of your family.

How Much Does It Cost?

The cost of your funeral plan will depend on the choices you make but they usually start from around £1750. You can then opt to pay for it in a single lump sum or to spread the cost through monthly payments. It

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Funeral Plan Do You Really Need One?

is a sensible and cost-effective way to ensure your funeral costs are covered and to reduce the stress on your family members as they mourn your passing.

What To Consider When Choosing Your Funeral Plan Provider

A good funeral plan provider will clearly explain what your plan covers and help you to prepare for all the costs. They will answer all your questions and make sure you understand the terms of the agreement. Every penny of your pre-payment should be used for the funeral costs, not for any other purpose. The plan provider should be registered with the Funeral Planning Authority and they should work within their code of conduct.

Why Choose A Funeral Plan Over A Savings Account Or Insurance?

A funeral plan is more than just taking care of the financial aspects. It gives you the opportunity to document your wishes, making sure you get the funeral you want and relieving your family members of the stress and strain of deciding for you once you are gone. It's simpler than an insurance policy too. No complicated forms or covering costs while waiting for insurance claims to pay out.

So whatever your end of life wishes, a good funeral plan can help you prepare for your departure and ensure that your family members get the finances and support they need to say their goodbyes and celebrate your life as you wish for it to be celebrated.



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Hunstanton Eyecare Blog

"Service with a smile"

Here I am sitting by the pool, no not the Oasis Centre, the hotel pool in Fuerteventura in late February. All very nice you would say, yes, and I'm still thinking of you! By the time I get back there will only be a few days to "deadline day" so what better way to fill my time than to chat to the folks in Sunny Hunny. The "service" factor came into my head. Generally, holiday companies send a rep with you from the airport to make sure you are delivered to your hotel. On this occasion this didn't happen, not that we need leading by the hand but it's always nice to have that contact. Many a thing goes wrong when the Balls go on holiday and I could probably fill many pages of the Town & Around, but not this month. Anyway, the next day Mr B asks the rep why this didn't happen, to which he launched into a raft of excuses and company facts and made us feel as if we had asked for a private limo! Mr B wasn't happy, and I was surprised and totally unimpressed at his attitude. I don't think it mattered that he had worked for TUI for 18 years, he certainly hadn't developed his customer friendly side. Needless to say Mr & Mrs B didn't go to his Welcome Meeting!

In the optical world we are very conscious of the service aspect of our work. When you come to us for a sight test you may be concerned or worried and that is perfectly understandable, it's your eyesight. Spectacles are essential for many of us and supplying quality products that suit your various needs is our business. Whether it's fixing a tiny screw or fitting a bespoke pair of spectacles, we have the same attitude, everyone should leave happy with their experience and very satisfied with the job we have done. In today's world of competition and cost cutting, we believe that you still value the personal service, ie. time in the sight test consulting room, at least 30 minutes, and time with a qualified Dispensing Optician to discuss your spectacle requirements. It's no good the Optometrist producing the most accurate prescription if it is made into spectacles inaccurately, into a poor fitting frame, or without thought for the patients' particular needs. Discussion in the dispensing process is essential. Collecting spectacles should also be done by trained staff to ensure physical and visual comfort.

I hear the sports lady calling us to do Water Aerobics, don't do it at home and certainly not on my hols!!

One thing I must mention is that for the rest of the year we have a genuine 50% off a second pair of spectacle lenses. Essilor, our main lens supplier has introduced the scheme and we think it is an excellent promotion. Nothing is ever "Free" in this world however it is dressed up, and something "free" is often of little value. So if you fancy a second pair as sunspecs, driving or reading specs or just a different style of frame, here is your opportunity, a genuine saving without compromising quality.

Well it's now safe for a dip in the pool as the aerobics lady has gone. You won't see me with a tan as I have my factor 50 slapped on, a silly hat and my polarised sunspecs, of course!

See you soon

Annette



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Emotions flying high at the end of an era

Words and pictures by Kevin Elfleet

After over four years on Operation Shader, on 5 February this year the aircraft finally returned home to the UK from operations for good. The Tornado will be officially retired from service at the end of March and will only be used for training purposes over the UK in the intervening period after almost 40 years in service.

RAF Marham in Norfolk has been home to the frontline squadrons of the RAF's Tornado Force. The Active Station is also home to a range of engineering support functions from maintenance to frontline support. Over 3600 Service Personnel, civil servants and contractors work at RAF Marham. During the past few years extensive infrastructure changes have been underway across the base in preparation for the arrival of the F-35 Lightning in 2018. The F-35 Lightning is a 5th Generation, multi-role, stealth fighter. Defence Secretary Gavin Williamson said: "After so long in service, it is only right that we now look to the future. "The combination of our state-of-the-art F-35s and the Typhoon's new weapons systems will keep us as a world leader in air combat for a generation."



In January 2019 media and enthusiasts were invited to RAF Marham to photograph the Tornado nicknamed the "Tonka", the aircraft's first use in live operations was during the Gulf War in 1991. During the past two months the Tornado crews have been taking part in flypast's across the UK where thousands of people have gathered to get a glimpse of the aircraft that has served us so well since 1987.

The final leg of the Tornado Farewell Flypast tour has taken place Thursday 28th Feb over three sites in Scotland that have been pivotal to the aircraft's 40-year history. If you were one of the lucky ones on the flight path to witness the final 45 minutes as the Tornados flew in various formations around the base and surrounding area as a final tribute. After the Tornado crews returned to base there were celebrations and sadness at the end of this memorable era, however the crews were amazed and comforted by the thousands of passionate people who lined the routes in the remaining minutes sharing that special moment, many travelling from throughout the UK and other Countries and one enthusiast known to have travelled all the way from Hong Kong.





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On the turf with Charles Joyce

April brings the Grand National for the once a year punter. Bookmakers often have special terms for the Grand National. Terms that can mean they make extra profits from the unwary punter who'll put a pound to win or each/way on their fancy at whatever the starting price happens to be. There are a few ways not to be one of the unwary. First step is rather than to bet with the bookmaker simply open an account with one of the betting exchanges, and back your fancy there. Even with the commission you are far more likely to get a better return with one of the exchanges than with the bookmakers. Or if you don't have an exchange account and don't wish to open an account, the second way is to take a price in the morning. Often the prices of the more fancied runners contracts the closer to the race it gets. If you want to back each way then possibly the bookmakers are the way to go, but try to get the best price available.

The hard part is actually finding the winner. The first winner of the Grand National was aptly named Lottery who won in 1839. It sounds stupid but is nonetheless true, that although it is the most important part of a horse race, the horse is often not a significant consideration when finding the winner of a race. Trainers, owners, jockeys, the course, going, weight, horse's age, even the weather have a part to play in profiling. Irrespective of the horse a few trends can help point in the right direction. It was 1940 when the last seven-year-old won, and only one twelve-year-old or older has won since 1997. While 3 winners in the last 4 years were eight years old the only other winner that age since Party Politics in 1992 was Bindaree in 2004. Although interestingly 4 of the 5 horses that went back to back in the Grand National were eight year olds. While the Grand National is famous for its big price winners there have only been two winners since 1997 that had a starting price of bigger than 33/1 from 388 runners. All but one of the winners since ran between 16 -60 days prior to their run in the Grand National. Outside of that time span there has been 1 winner from 184 runners. The race is the longest in the British Isles at four and a half miles. Only Rule The World in 2016 had not won a race of 3 miles or further since Gay Trip won, ridden by Arkle's jockey Pat Taffee, in 1970. The course itself is unique with the birch fences. Many winners of the Grand National have had previous experience of the fences, often in the previous year's National. It's not an absolute necessity, but it is a help. Although only one horse in more than 30 years has won the Grand National when in the first 3 in the previous year's race. The legendary Red Rum was a master at imitating a cat by jumping well and keeping out of the trouble that surrounded him. He personified the requirement of a National winner which is in all the horse's previous races as few as possible times losing the jockey. More than a total of twice losing the jockey in all previous races is a big negative. Red Rum did break another trend when winning in 1974 and 1977. In both years he carried more than eleven stone. Since then only 6 other horses have carried more than eleven stone to victory.

This year's Grand National could see a woman go close and possibly better Katie Walsh's 3rd on Seabass in 2012. Rachel Blackmore and Lucy Alexander may have a ride in the race. But if not Lizzie Kelly should be on Tea For Two and Bryony Frost on Black Corton. Either could give a good run for the money.

Another major event in April is The Masters played among the azaleas and dogwoods at Augusta National Golf Club in Georgia. For years membership was restricted to men only. One of the first two women to become a member of the club was the former Secretary of State, Condoleezza Rice. Her maternal great great grandmother gave birth to five children from different slave owners, and growing up in 1950s and 1960's Birmingham, Alabama she learnt the punishing impact of discrimination first hand. Alabama state governor, George Wallace, was who Martin King Jnr was referring to in his Lincoln Memorial I have a dream speech when he said "Down in Alabama with its vicious racists, with its governor his lips dripping with the words of interposition and nullification". When she was a child her

Presbyterian minister father would sit on their porch with a gun ready to defend the family if the Ku Klux Klan night riders came. Condoleezza Rice says that her father influenced her to become a Republican, because in Jim Crow Alabama the Democrats would not allow him to vote. The Republicans did. A supporter of Roe V Wade, the Ban Bossy campaign, and affirmative action but not quotas, she now plays in some pro/am events on the Professional Golf Association tour. She played in a recent event at Pebble Beach, California. Also playing that week with professional Ryan Amour was Kira Kazantsev. Due in no small part to the former Miss America the pair made the cut and played the final round on Sunday. On the subject of Miss America pageants, after more than 20 years the first African-American Miss America, Vanessa Williams, (Save The Best For Last 5 weeks US Billboard No1 and Wilhemina Slater in Ugly Betty) finally received a public apology from the CEO of the pageant for being pressured to resign following the publication of unauthorised photos of her in a men's magazine. As some people will know the big controversy only came to light a few years later. The centrefold in that particular magazine was Traci Lords, the one-time adult actress. Although she said she was twenty-two years old, at the time Traci Lords was just fifteen years old. It was many years ago, but one of my cousins was definitely eighteen years old when she won Miss Chicago and went to the Miss America finals.

If finding the winner from 40 starters in the Grand National is difficult, in The Masters there is usually at least more than twice that number who are vying to wear the green jacket. Let's try to reduce the field to a workable number. In 1935, Gene Saracen won the second Masters. Since then only Fozzy Zoeller in 1979 has won as a rookie (first timer in The Masters). This year around a third of the field will be rookies. Last year Patrick Reed was the first winner since Tiger Woods in 1997 not to make the cut the previous year, and in 1996 young Eldrich was still an amateur. 2017 winner Sergio Garcia was the first winner since Ray Floyd in 1976 to have missed more than 2 cuts in all their previous Masters tournaments. Jordan Spieth in 2015 was the first winner who had not previously played in 2 Masters since Sir Nick Faldo won in 1989. If not playing or not making the cut in last year's Masters, and missing 3 or more cuts are negatives, what's positive? The official world golf rankings (OWGR) came into being in 1988. Only Zach Johnson, a future Open winner, won when the weather was atrocious in 2007, and 2 years later, Angel Cabrera, already a US Open winner, have won from outside the Top 35 in the OWGR. Once the tournament has started it can be very difficult to catch up at Augusta. Not since 2005 has an eventual winner been out of the leading 10 at the end of Day One.

Without becoming too much of an anorak, the player who catches my eye is Rickie Fowler. He has already won on tour this year, made or broke Par on his first Masters (another key trend), was 2nd last year, (a previous top 5 is another trend) is ranked in the top 10 in the OWGR and has only missed one cut at Augusta. At 20/1 Rickie is a player I'll be taking an interest in. Likely tournament favourite is Dustin Johnson who at 10/1 is another likely to go close and also hits most of the trends,

Another player I think will do well again this year is Jordan Spieth. At 20/1 and some bookmakers likely to pay 1/5 odds each/way for the first 10 players. He has to be given serious consideration with form of 2nd, 1st, 2nd, 11th, 3rd. There are always what are called side markets at The Masters and Jordan Spieth has been leader at the end of the first round 3 times in the 5 events he has played. He should 25/1 or better to be first round leader.

Another side market is Fred Couples to make the cut. The 1992 Masters winner is sixty years old in October this year. Winning is almost certainly beyond him, but 33 times he has teed up at Augusta National making the cut 30 times. The field is cut to around half on Friday night. He missed the cut in 2007; 2008; 2015: When he has made the cut he has finished in the top 20 a total of 19 times including

6 times since 2010. I'd be hoping to get a double figure price about Fred Couples to make the top 20 again this year, and a lesser price about him making the cut.

Finally, after seeing the ITV series Cleaning Up with Sheridan Smith it brought home some of the realities of what can happen when gambling takes over someone's life. There were times when a few licences were stretched. For example, when a landlord wants to evict a tenant there is a legal process to go through, and a couple of days' notice will not be accepted by a judge. Nonetheless, like drugs and alcohol, gambling can be addictive. Irrespective of who tells them they are addicted, usually those who are addicted will not accept the fact until something extraordinary happens in their lives. In the real world, unlike Sheridan Smith's character, addicts don't have a script writer who gives them a happy ending, and a bright new future.

Always remember the golden rule of punting. Pay the bills first and under no circumstances bet if you cannot afford to lose, because even the best professional punters lose more often than they win

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What goes around...

Classic style never dates, even when it comes to home improvements, writes West Norfolk Glass' managing director Geoff Parker



Fashions come and go, and sometimes I'm amazed that what one generation considers on trend seems to me like a repeat of something we all wore years ago.

The same could be said about home interiors and improvements, and while materials have undoubtedly improved over the years to offer better efficiencies, it's been interesting to see a resurgence in interest in aluminium frames recently.

Now before you leap to the assumption that I'm talking about the type of double glazing typical of the late 70s and early 80s, many of which had problems with condensation forming on the inside, I'm talking about the Art Deco-style windows and doors found in heritage properties.

We've recently started working with a product from Aluco, which the manufacturer describes as 'aluminium re-imagined'. It's a lovely way to describe it because although the range includes the classic 'steel frame' doors and windows, the range is most definitely modern in its production, offering thermal and security benefits.

Alongside, the range includes sliding door and bi-fold doors, both contemporary products which allow homeowners to blend the division between their outdoor and interior spaces.

It's curious to see how the past inspires the present and has created a new style which many homeowners along the coast are looking to add to their property, in turn creating a new 'Norfolk style'.

One thing which never goes out of style is quality and, just like every product West Norfolk Glass installs, the Aluco range comes with a 10-year guarantee. If you'd like to find out more about Aluco and the full range of products we offer, don't forget our Open Day later this month, which takes place from 10am – 12 noon on Saturday 27 April at our Hereford Way showroom. We'd love to meet you and explain why our home improvements are an investment you'll never regret.

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Heacham and Hunstanton at Night

Terry Parish

Casual observers might like to take a couple of months off unless there are some really clear skies.

Planets are scarce with only Mars remaining in the evening sky with that fading into the twilight as the month progresses.

At the beginning of the month look due west at 8pm, a little to the right of west up until about 10pm. Untwinkling Mars is in between Aldebaran to the left and The Pleiades to the right. Mars is very much dimmer than when I was eulogising about it last summer. Then Mars was around 36 million miles away, now it is about 180 million miles distant – 5 times as far. If my ancient physics brain still works then that means it is 1/25 as bright (corrections welcome).



Mars is the dot in the middle. Parish

Mars will brighten again as the Earth's orbit and its own bring the planets back to a conjunction, closest approach. This will not be as close as last year.

Last thing about Mars – Mars Opportunity Rover has been sent a goodbye message after engineers gave up trying to recuperate it following the huge dust storm last summer.

Aldebaran is a red giant star about 65 light years away so, if you are 65, the light from it that is now hitting your eyes set out when you were born. Its brightness varies a bit; a large planet, much bigger than Jupiter has been spotted in orbit, and an old space probe, Pioneer 10, will be near it in 2 million years.

The Pleiades I have written about recently. Suffice it to say they are an open star cluster about 444 light years away which provide a very nice sight in steady binoculars.

A minor planet, Pallas, is viewable through good binoculars or a birding scope. Trying to find a definition of a 'minor planet' seems to open a can of worms as 'dwarf planet' (also described as planetoid) enters the fray. I thought I knew which was which until I wrote this. And 'Small Solar System Body' is now used by people with too much time on their hands. The first lot of names do not include comets, the last term does.

Anyway, Pallas is a minor planet of which there are about 757,000. Pallas was the second one to be discovered (Heirich Olbers 1802) and was classed as a planet until more similar objects were found. They were then called asteroids.

Pallas is a lump of rock about 500km across but it is not spherical enough to rank it as a dwarf planet. Its very inclined orbital tilt

which takes it above and below the ecliptic (the plane which the planets orbit in) make it hard to rendezvous with so no spacecraft have visited it.

To find Pallas at the beginning of the month look a little right of east from about 9pm. The bright star Arcturus should be about a quarter of the way up the sky. Pallas is to the right of this. As the month wears on, both Arcturus and Pallas climb higher but Pallas moves relatively faster and so moves further from Arcturus and higher too.

On the 10th, Pallas is at opposition – the closest it will come – and 10x50 binoculars should reveal it. It will be almost exactly to the right of Arcturus and close to a smaller star which will be a lot brighter than the rock.

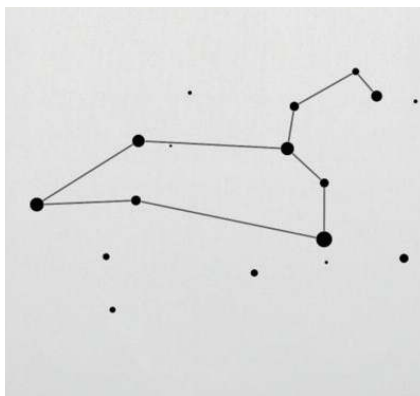
Stellarium will help you fix the position better. You are looking for a dim spot which is not a star – unwinking.

Other planets to look out for in the early hours and until just before dawn are Jupiter and Saturn. Both will appear in the night sky again late June / July.

This month look broadly south at around 5am and Jupiter and Saturn will be low down. They move further west as the month progresses. On the 14th, Jupiter is due south. The moon joins in during the second half of the month.

There are a couple of meteor showers. One, the Lyrids, peaks on the night of 21st /22nd. It is just past Full Moon which will wash out fainter meteors after midnight. They will appear to radiate from a point in the sky not far from the bright star Vega. However, their path through the atmosphere can appear almost anywhere. Another shower, the Eta Aquarids, starts on the 19th and peaks in May. Between them you have a chance of seeing a few meteors if you glance up as late as you can.

The star constellation to identify this month is Leo the Lion. Look due south and find the bright star Regulus. The shoulders and head of the lion curve out above it, the backside and tail, less well defined, are to the left.



Leo. Internet. Regulus is lower right star.

Regulus is 79 light years away so older readers can enjoy their 'birth light' (see Aldebaran reference above). It is actually a system of 4 stars arranged as pairs which orbit

each other.

Under the belly of the lion, rather to the left of Regulus, are three spiral galaxies – the Leo Triplet. These are a small cluster which are gravitationally entwined and are around 36 million light years away. A telescope will reveal fuzzy blobs. A time exposure photograph will show one of them, M66, to be face on, revealing its spiral arms and central core.



M66. Internet

NASA will likely be using American launch vehicles to service the International Space Station again. This is due to the successful Space X docking of its Crew Dragon spacecraft launched on its own Falcon vehicle. It seems an age since the last space shuttle launch in 2011 and surprising that NASA's use of Russian launch vehicles has persevered despite political tensions. I was at the launch facility to watch the penultimate shuttle launch (unfortunately cancelled) and stood outside the modest office Space X had recently set up there. The end of one era and the beginning of a new one which now seems set to reinvigorate activities in space, at least in low earth orbit. Stop Press. As I complete this the Dragon has landed, splashed down, successfully.



Space X in 2010 and son of Parish

Of course, if you sky watchers do take a couple of months off you will miss amazing things going on up there.

Saracen Horse Feeds Houghton International, 23rd - 26th May 2019

Anyone who enjoys watching equestrian sport in a stunning location should put the Saracen Horse Feeds Houghton International in their diaries for the last weekend of May. With over 70 trade stands to browse plus a wide range of food outlets, more than one well-stocked bar and children's entertainment, there is plenty to please the whole family.

World class riders will be contesting the only British leg of the FEI Eventing Nations Cup, while up-and-coming talent seeks the British Eventing National Under 21 Championship title, also sponsored by Saracen Horse Feeds.

Many of the 700 horses who perform each year take part in the huge raft of additional classes. These range from British Showjumping, Young Event Horse qualifiers and Arena Eventing to unaffiliated dressage and showjumping and, of course, the ever competitive Pony Club team showjumping. New for this year is a Varsity Combined Training competition with teams from Oxford and Cambridge vying for victory.

Riding For The Disabled is the event's official charity. Plans are underway for members of The Magpie Centre-West Norfolk RDA to stage a carriage driving display and the charity will also host the dog agility course.



The magnificent grounds of Houghton Hall, a home that was built in the 1720s for Great Britain's first Prime Minister Sir Robert Walpole, provide a fabulous backdrop to both world class sport and a great day out.

The box office is open, with both camping and picnic parking tickets also available. Prices for admission start at £8 per adult and £4 per child, under 5's enter free of charge. Houghton Hall is half a mile off the A148 Kings Lynn to Fakenham road, approximately 13 miles east of Kings Lynn and 10 miles west of Fakenham.

For more information on any aspect of this year's Saracen Horse Feeds Houghton International Horse Trials, and to book advance tickets, visit <http://www.musketeer.co.uk>

We have 2 family tickets for the day of the winners' choices to give away, valid for 2x adults and 3x children, general admission. Simply e mail: editor@townandaround.net saying why you would like to attend the event. Closing date 28th April.

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'Peculiarly qualified'

Miranda Marshall, Director, Hayes + Storr

'Nobody thinks that this bill is going to flood the legal profession with women. It will enable a few women who are peculiarly qualified, to earn an honourable living'. This was said 100 years ago when the bar on women solicitors was lifted, by Lord Buckmaster a supporter of their cause.

The Sex Disqualification (Removal) Act of 1919 (the Act) allowed women to become solicitors, barristers, magistrates and jurors for the first time. It also enabled women to enter other professions, such as accountancy, and the higher ranks of the civil service.

Women were still not permitted in many professions, including the foreign and diplomatic services. Judges were still allowed to appoint all-male juries. Married women were still prohibited in many professions. My grandmother had to give up being a teacher in the 1930s when she married, only to be begged to return to the profession when the men went off to war. As an aside, as recently as the 1960s a firm in King's Lynn forbade the wives of its solicitors to have any paid employment, as it was considered to reflect badly on their husband.

The Act came to pass through political expediency as a way of killing off more radical proposals. These could have given women the right to vote on the same footing as men and even have allowed them into the House of Lords. Those advances were introduced in 1928 and 1958, respectively.

We should be thankful to Bertha Cave for her unsuccessful application to join one of the barristers' Inns of Court (Gray's) in 1903. Christabel Pankhurst had a law degree but was unable to practice, so put her energies and talents elsewhere, including defending herself and other suffragettes in court in 1908.

It was the case of *Bebb v The Law Society* (1914) which started progress. Gwyneth Bebb was represented by Lord Buckmaster, when he made the statement at the start of this article. There were MPs who argued in favour of the 'new perspective' that women would bring to the legal profession, rather than the

'honourable, underpaid, overworked and ill-fed' traditional female professions of governess, nurse and schoolmistress. The Great War had produced a sea change in attitudes.

In 1919 the doors were opened for Carrie Morrison, Ivy Williams, Helena Normanton and others to become pioneers in the legal profession. Women everywhere were allowed on

everywhere were allowed on the majority of the solicitors'

profession and represent over 60% of new admissions.

This article aims to supply general information, but it is not intended to constitute advice. Every effort is made to ensure that the law referred to is correct at the date of publication and to avoid any statement which may mislead. However no duty of care is assumed to any person and no liability is accepted for any omission or inaccuracy. Always seek our specific advice.

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Harry Croad

John Maiden

Ms May promised to unite this country with her Brexit deal. In fact, after months of uncertainty, parliament and the country itself remained divided.

The only thing that united most politicians was their dislike of the deal she came up with! This reminded me of a very bad deal by west Norfolk council in 2002, which resulted in a 'hangar' being erected on The Green at Hunstanton. This succeeded in uniting thousands of visitors and residents in their opposition to a thoroughly dodgy deal that clearly ignored legal constraints and planning guidelines.

Along with the leading objectors to this "monstrous carbuncle on the face of a much loved friend", Harry Croad showed incredible determination in his efforts to uncover the truth. In addition to spending long hours in libraries and the Norfolk Record Office, Harry launched a petition. Under the heading: "We the undersigned call on the King's Lynn and West Norfolk Borough Council to use their powers to prohibit and prevent any development on the former pier site at the foot of The Green at Hunstanton", this petition was signed by thousands in a very short space of time. There were even calls for a referendum to settle the matter, which, had it taken place, would almost certainly have resulted in a more decisive result than the one that triggered the Brexit fiasco!

When a petition is handed in at a meeting of the full council, one of the petitioners is given the opportunity to deliver a 'short' speech.

I was surprised, but honoured, when Harry gave me the opportunity to say a few well-chosen words on the need for the council to operate in accordance with the covenants, provisos and conditions, clearly set out in the 999-year lease for Hunstanton Pier.

Needless to say, the borough council leadership turned a blind eye to its own transgressions and a deaf ear to any criticism, even when it came from elected councillors. Not much has changed on that score over the past sixteen years.

What has changed is that a group, comprising some of the most prominent objectors to the pier debacle, formed the nucleus of Hunstanton & District Civic Society, which has gone from strength to strength since its inaugural meeting in 2002.



In August 2013, the Civic Society opened the very popular Heritage Centre at 15 The Green and, while Brian Holmes did an excellent job when it came using the walls to good effect, especially with regard to the pictorial history of the town, Harry Croad expertly constructed free standing display cabinets for the numerous artifacts that had been donated. These cabinets are currently stored in the former Natwest bank, which will open as the new Heritage Centre once the conversion and redecoration has been completed by hardworking volunteers. Sadly, Harry is no longer around to lend a hand, but his display cabinets will be a fitting memorial to a real gentleman and a loyal friend to all those who knew him.

Hospice Golf Day at King's Lynn



[Golf Team 2018]

The Norfolk Hospice, Tapping House is looking for avid golfers to play at their annual charity Golf Day on Friday 12th July at King's Lynn Golf Club. King's Lynn Golf Club is an 18 hole course designed by Dave Thomas and Peter Alliss. Each hole is unique with undulating natural tree lined fairways of silver birch and fir, it is considered one of the finest inland courses in England.

The Hospice is currently recruiting teams of four players to play on the day, with the standard entry fee being £200.00 per team (£50 per person), including a two course buffet meal on completion of the course. We also have many fantastic Sponsorship Packages available to local businesses. The day will begin with a shotgun start at 2pm, this means that all teams will finish together. All players will automatically be entered into the straightest drive and nearest pin competition to win some fantastic golf prizes! There will also be an opportunity to take home some great prizes in the silent auction and raffle.

Jessica Walker, Community Fundraiser at The Norfolk Hospice said, "The golf day is now one of our biggest events in our fundraising calendar. Last year's Golf Day was fantastic, it was a great day and the golfers had a wonderful time. We are looking forward to another great day of golf this year".

To register your team or to find out about sponsorship packages, please visit The Norfolk Hospice website at www.norfolkhospice.org.uk or call the Fundraising Team on 01485 601701.

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We're all going on a summer holiday...?

Daniel Simms, Solicitor

With the dark winter months now behind us, many are likely to be planning for summer holidays with the children, but for separated parents, this can be more complicated than it might appear.

If both Mum and Dad have 'Parental Responsibility' for the children, they have equal rights and responsibilities and neither can dictate the arrangements for when the children are with the other parent.

Subject to any Court Order to the contrary, either parent could take the children for a 'staycation' within England and Wales, without the other's consent, though it is always best practice to discuss and agree this in advance, and to make sure contact times are 'made up' before or afterwards.

Foreign holidays are slightly different however – and not just in terms of climate! The standard position is that parents need either permission from the other parent, or an Order from the Court allowing them to temporarily remove the children from the country. Parents with Child Arrangements Orders stating that the children 'live with' them can take the children abroad for up to 28 days without permission, but parents that do not have the benefit of an Order or the other's agreement will be committing a criminal offence under the Child Abduction Act 1984.

To avoid holiday dates clashes, and losing large holiday deposits, it is sensible to discuss this months in advance. As part of this, we always advise that travel, accommodation and contact details are shared. Hopefully the other parent will agree to the holiday, in which case it would be prudent to obtain their agreement in writing, so that you can bring it with you to the airport. If the other parent will not agree however, the only option is to make an application to the Court for permission, by way of a Specific Issue Order.

The outcome of Court proceedings is never certain, but generally holidays are not a problem. Provided the location is not 'high risk', and there is no threat of the parent remaining there with the children and not returning, the Court will often take the view that foreign holidays are in the best interests of children, to give them life experiences and broaden their horizons. Such applications can be costly and time-consuming however, and so cannot be made a few weeks before a holiday is due!

As with all other decisions and arrangements made for the children, this matter requires clear communication between the parents, and a focus on what is best for the children.

If you would like advice regarding



contact/holiday arrangements, or any other family matter, please contact us at info@fraserdawbarns.com or telephone any of our offices:

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Your data... and your holiday

As most of us have our mobiles attached to our hands/handbags/pockets etc we have the opportunity to call/email/peruse websites wherever and whenever we please – pending signal of course. As we receive so many calls in our office, I only started to think about where people were when they booked their holidays a few weeks ago because of an intense situation.

You would think that most people will discuss holidays with family and friends, with a coffee, at mealtimes, sitting in front of the TV, etc. Overall in a normal, calm and comfortable environment and then book maybe at the same time so they can complete forms on line or make a call and payment. Not so. I have had calls from prospective guests on a golf course, on the bus, catching a train, in shops, restaurants, and from a car full of kids. Not forgetting taking the dog for a walk on a windy moor, collecting kids from school or in a theatre. Various background noises are sometimes very interesting and curiosity gets the better of you, so you ask where they are, and conversation carries on. Somehow or other these busy people have managed to book holidays and make payment by card to us, giving out all their details. Regardless of the personal information which every single one of these people have just given out in public one booking stands out in particular.

Mr Smith called to check availability. He sounded a bit agitated, out of breath.....but very sure he wanted to book a holiday. He wanted a break. His family will need a break. Not prying why, I told him what we had available and he said he would come back to me shortly with a decision which he duly did. Still exasperated but beginning to calm down. I was concerned about his welfare so asked if he was OK. His wife had just been called into maternity for the birth of their first baby. A girl. No wonder he was agitated and no wonder they would need a break as most of us know how stressful a new baby is! He wanted to de-stress by not concentrating on his wife and the hustle and bustle of the super-stressed maternity ward. Booking a holiday as a surprise seemed like an excellent idea at the time. So, holiday booked, I left him to pace up and down and asked him to call in so we could meet the new arrival when they are here in the summer. If he was anxious when calling me, I felt I was sharing his stress down the phone to me as I wanted him to go back to his wife and imminently due new baby and continue to pace up and down. The pressure of taking all his details in double quick time was making me breath quicker (just like his wife!) I have never wanted to finish the process of booking so quickly!

NB: apologies to Mr Smith (not his real name) for divulging his story! Hope wife and baby are doing OK?

Finally a big thank you to all the good wishes and callers to our new office at 70a Westgate, Hunstanton. We have settled nicely into our new larger office just a few yards away from the old one with a few tweaks here and there still to do.

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Round the bend with Dean Baker

'You never know until you try' or Mrs B takes the helm....



I've had the same mobile phone number for the best part of 30 years, but I recently switched providers. I did this at the suggestion of the current Mrs B who pointed out that the coverage in our area was patchy. Mrs B then transferred her number to the same network. Now we can chat in Dersingham, speak in Snettisham and argue when one of us is in Heacham. I had forgotten how Mrs B likes to chat. For the first few weeks it was quite charming, what we were eating for lunch, what she was watching on the TV, what colour wash was going on next. Then it paled, and I missed my anonymity and that half mile just past Thornham where there was no signal only quiet. I have to confess, I started to ignore every 5th call! I arrived home last Tuesday evening, happy that the days are longer and the sun is growing stronger to be met with a frosty reception.

"Did you get my calls?"
"Err"

"I too had a plumbing crisis I called, many, many times. And then I thought, 'how hard can it be?' 'And I fixed it myself.'"

A mug of tea lands hard on the kitchen table

"I haven't cooked tea as I'm now a handy woman, as well as my myriad of tasks."

I grip the mug, "What did you do, exactly?"

"I successfully unblocked the kitchen sink. Solo. And without the use of environment wrecking chemicals, I might add."

Here for the very first time is Mrs B's solution to your plumbing problems:

Step 1 - block up the overflow, do this using a dishcloth or old towel.

Step 2 - if you have a plunger, use it now! Place the sink plunger over your plughole. cover with water - this will help create an airtight seal. Grip the handle of the plunger with both hands. Now pump up and down to create suction until the blockage is dislodged. If you don't have a sink plunger or this isn't working then move to ..

Step 3 - Add a couple of teaspoons of baking powder/bicarbonate of soda to a cup of white vinegar. Pour this down the sink. Alka-Seltzers are great for mild blockages and nasty smells. Pop a couple down the plughole and then pour in a cup of vinegar.

Step 4 - Wait a few minutes and

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then blast with the hot tap to flush through the blockage.

If your sink is a little 'pongy', put two tablespoons of washing powder down the plughole, followed by a kettle's worth of boiling water. This should remove any fats of grease that have built up.

If all that fails - it's time to get serious

Step 5- time to take the U-bend apart. Change into some old clothes, it's going to get mucky and you'll be working in a very small space. Allow an hour for this job. Put on a pair of rubber gloves, put down some old towels and slowly unscrew the U-bend or 'bottle trap' using a wrench. It can come in several parts so take a picture first - you'll know how to put it all back together later. Have a bucket ready to catch any water as you pull it apart and

clear out the pipework. Use an outside tap or another sink to wash the pipes out ... or you'll get wet feet!

Mrs B stopped at step 4. You can also prod the blockage with a metal wire, Mrs B used a knitting needle, a chopstick and some green wire from the garden shed. If at first you don't succeed, try again.

If you suspect the blockage is caused by an infamous 'fat berg' or the blockage is further down the pipe then I suggest you call a plumber.

"I'm taking the night off, there's a ton of stuff to do. I'm too tired to talk"

Later I take Mrs B up a cup of tea, she's fast asleep and snoring loudly.

All the best, Dean Baker,
plombierdean@yahoo.com,
07973 131 906.

RINGSTEAD VILLAGE HALL

Ringstead Village Club meet once a month (except August) on the first Thursday of the month, at 2pm, in the Village Hall, High Street (next to the Gin Trap inn). You don't have to live in the village to come along to our meetings, everyone is welcome. We invite a variety of speakers throughout the year to come and give talks on a wide variety of subjects, there will be something to interest everyone.

On Thursday 4th April Andrew England will be talking about War Memorials of Norfolk.

There will be the annual plant sale and coffee morning in May, please note that this will be on Saturday 5th May in the village hall from 10am till midday.

On Thursday 6th June Steve Collin from the Norfolk Wildlife Trust will be speaking about Ancient Woodlands

Refreshments are available and we hold a raffle at each meeting.
All welcome

CENTENARY FUND RAISING CONCERT

The Hunstanton Branch of the SAVE THE CHILDREN FUND are holding a CENTENARY FUND RAISING CONCERT. This will be held at St Mary's Church Old Hunstanton at 7.30 on Saturday 8th June 2019. Tickets £10.00. Available at Princess Theatre. Witleys newsagents. Cruso & Wilkinson and the Post office Old Hunstanton.

We are inviting artists from Classical Music Rocks a flautist and her pianist supported by the Hunstanton Community Choir.

The previous afternoon Save the Children are organising a Children's Concert for 250 local school children at St Mary's Church when they will enjoy a performance called 'Tales without words'.

**See the diary of events
and news between issues at:
www.townandaround.net**

St Edmund's Church Hunstanton

REPAIRS to the INSIDE of the SOUTH WEST CORNER of the CHURCH BUILDING

Stephen Andrews



No doubt many of you are aware of the damage to the South West corner caused by ingress of rain over these past few years. The roof of the lower South Aisle was repaired three years ago but the damage to the interior of the wall had already happened. Once the roof was repaired the wall started to dry out resulting in the damage we can see now. See photos

Richard Waite the architect came out to have a look at the damage in November 2018 to advise us what can be done.

He suggested the guttering and down pipes on the South side of the top elevation be moved to between the windows to spread out the volume of water into the down pipe to which a hopper would be fitted to catch the water into the down pipe. The tiles are to be lifted to check under for any damage and to repair the cracking in the cement flashings. The guttering at both levels will need to be replaced as it is cracked in some places.

The wooden truss inside the building will need replacing and the lime plaster work is to be taken off and repaired in places.



Mr Waite sent out details of the work to be done to three local contractors and we are looking at a cost of around £25,000.00, VAT for the repairs can be reclaimed under the Listed Places of Worship Scheme as the repairs are on a like-for-like basis.

So we have a lot of fundraising to do. We have some funds in hand and we have applied to 12 charitable trusts and have been offered £1,000.00 and £1,500.00 from two of them although we must start the work and provide copies of paid invoices before we actually get the grants.

We got no replies from three applications and negative replies from seven. I have yet to hear from the Heritage Lottery Fund.

If you would like to help with fundraising in any way i.e. to make a donation, organise and run a fundraising event please let either of the Churchwardens know.

Jane Wood -- janewood66@hotmail.co.uk

or Stephen Andrews -- shandrews@btinternet.com

Saturday, 27th April 2019

at 7.00pm

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Ukulele Club**

Concert

**at
St. Edmund's Church,
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Hunstanton & District Rotary Club News

It has been good to hear of people's interest in the article I wrote for the March edition of Town & Around, so I am pleased to contribute once again.

At our last meeting we heard from one of our members outlining plans for the first of our major fund raising events, which takes place on the weekend of 27th & 28th July between 1 & 5pm each day when, with the active support of Michael Schumann, we hold an event on his land at Hall Farm, Norton Hill in Snettisham. Michael ensures that his model railway is at full steam to take passengers on a circuit of over one kilometre, while we offer 'good old fashioned' entertainment for children and adults, trying to keep costs reasonable, while also making money for charity.

Sideshows will include a hand-driven roundabout, a helter skelter, coconut shy, splat the rat, play your cards right and many more. The Inner Wheel Club will provide refreshments of burgers/hotdogs, cakes, rolls, hot & cold drinks. During the weekend there will be trips in a model T Ford, three static steam engines, the Hunstanton Concert Band and other music.

Once again we will be supporting The Norfolk Hospice Tapping House from the funds raised, but we have also approached the four primary schools closest to Hall Farm; Snettisham, Sedgeford, Ingoldisthorpe and Dersingham to ask for ideas for funding and we will hopefully make considerable donations to their projects.

So please put the dates - 27th & 28th July between 1 & 5pm each day - in your diaries as an ideal day out for the family and a great way to entertain any visitors.

One of the great things about Rotary is being a worldwide organisation and we have a system of matching grants from Rotary Foundation to support projects at home and abroad. Not every Rotary Club has an overseas project running, so we were delighted to support the Rotary Club of Ely Hereward to raise funds for the most recent phase of their Gambian School Project.

Their interest in Jalanbang Village in the West Coast Region of The Gambia dates back



about seven years. Prior to this date, the children of Jalanbang had to walk several kilometres to study in Brikama, if their family could afford to do so....there is no free education in The Gambia.

The school started with two classrooms and 95 pupils, and expanded rapidly to six classrooms accommodating 300 children up to Primary Grade 3 and the club sent money to pay for building and equipping two classrooms. They also sent books for the school library and stationery for the use of the whole school.

In 2015-2016 they raised money to equip a chicken house for egg production and also provided 500 day-old chicks, essential medicines, and sufficient feed for their first year. Within six months they were producing 400 eggs a day and it is now the fifth largest producer of eggs in the Gambia. The chickens are expected to lay for two years and will then be sold for meat and replaced. The scheme not only generates income but improves the nutrition of the children and their families. Some eggs are given away to the neediest children. The unit is run by one trained local man but he is assisted by the children, who develop valuable husbandry and business skills in the process. This project raised extra money, used to complete a toilet block for the nursery school. They had already raised part of the funds by selling cassava from the school garden and the labour would be provided by the villagers.

The next phase of the development of the site and, to which the Rotary Club of Hunstanton & District have donated financial support, is the building of a secondary school, a simple building with three classrooms, toilets and a borehole and piped water. Ely Hereward Club feels that the importance of supporting education in poor countries such as the Gambia can hardly be overstated; it is only through education that its people can hope to have a better life. And we totally agree!

The President & President Elect of our club also meet a few times a year with their counterparts in the three King's Lynn Rotary Clubs and that of Downham Market to share ideas and experiences and seek cooperation where possible. If you have eaten out recently you may have seen an idea promoted by the Rotary Club of King's Lynn Priory under the title EAT RIGHT – SLEEP TIGHT. A growing number of restaurants have agreed to put information on tables that ask diners to consent to £1 being added to their bill as a donation to The Purfleet Trust, which supports the homeless in the local area. Their Health & Wellbeing centre offers daily meals, showers, laundry facilities and a treatment room with nursing and counselling services. The first to sign up include The Lodge in Old Hunstanton, Briarfields at Titchwell, The Old Bank and The Rose & Crown in Snettisham, The Coach & Horse in Dersingham as well as The Bank House and Novus at the College of West Anglia in King's Lynn. Hopefully others will follow and you will support their good intentions.

Meanwhile as a club we continue to enjoy fellowship on a weekly basis including our annual Joint President's Night with Hunstanton & District Inner Wheel, held at Caley Hall Hotel. If you would like to learn more about Rotary and potential membership or ways in which your business might be involved, please do contact me to arrange a chat on 01485 525142 or by email at johnpcrofts@gmail.com

John Crofts
President Elect 2018-19

HUNSTANTON PROBUS CLUB

The Hunstanton Club was formed in 1976, and holds monthly luncheon meetings for professional and retired business men to meet others with similar backgrounds and to make new friends and to expand their interests.

Probus is an international organisation, but individual branches are autonomous, and the Hunstanton branch currently has about 50 members who convene at the Le Strange Arms Hotel for their monthly luncheon meeting. The Club recently held its Annual General Meeting and the President, David Scott, was re-elected for a further year, as also were the present officers and committee members.

One member, Reg Eaton, has a life-long professional interest in antiques and usually brings along one or two objects which are passed round the lunch tables for members to guess their use, although correct answers are rarely provided, as indeed was the case at the last meeting when a wheelwright's circular plane, and a carpenter's bench clamp fooled all the members.

The luncheons are always good-humoured and light-hearted affairs and new members are made most welcome, and anyone interested in joining Hunstanton Probus, or learning more about the Club, is asked to contact the Secretary, Ken Lawson, telephone 01485 532163, or email kennethlawson180@btinternet.com

Hunstanton & District Inner Wheel Club



invites you to a

CHARITY CONCERT

Wednesday, May 8, 2019 7:30 pm

Hunstanton Town Hall



Performances by

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Nathaniel Linsell, piano



The West Norfolk Singers



Neil Reeve
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Hunstanton Lifeboat Station

Geoff Needham, LPO Hunstanton RNLI

Friday 1st March at 6.15. p.m. UK Coastguard requested launch of Hunstanton RNLI Lifeboat. UK Coastguard had received a radio message from a fishing vessel, that a member of his crew had collapsed and needed medical assistance. Hunstanton Lifeboat "Spirit of West Norfolk" launched on service and proceeded to casualty, on arrival, crew carried out an assessment of casualty, and he was transferred to the lifeboat, and brought back to the boathouse, then transferred to an ambulance, and taken to the QE Hospital at Kings Lynn. H.W. 2.52. p.m. Wind. S.W 2 Weather cloud Vis. Good Sea state slight

Looking through our records of launches in the month of March. 1869. March 20th. Licensed Victualler launched on service to a pleasure boat and the schooner Farna of Goole, both vessels in difficulties off Hunstanton. The lifeboat launched and remained alongside, but services were not required.

March 7th 1883 Licensed Victualler launched to the Barquentine Vicuna aground off Holme point, in a strong North-north-Easterly wind, and saved the crew of nine. The Vicuna was an ice boat, carrying a cargo of ice from Norway to Hull, she got into difficulties off the Humber, and though a steam paddle tug took her in tow, the tow broke and she was driven south, finishing up aground off Holme, The crew were taken to a local hotel, on returning to the vessel next day at low tide, the vessel did not appear to have suffered much damage, but the weather deteriorated, and unable to get into deepwater, she became a total loss, the remains are still on Holme beach, according to a press report, she was owned by the skipper, and had just had a major refit, and was a good seaworthy vessel, she was uninsured, the crew were given their rail fare back to Hull, by the shipwreck mariners society.

March 5th 1983 "Spirit of America" our Atlantic 21, launched and assisted. MFV Barvik. 1985 March 31st sailboard saved one person.

March 28th 1989. MFV Three Brothers, saved vessel, and the three crew.

1993 March 28th Sailboard, saved one person.

1996 March 3rd MFV Northern Prince, two persons and vessel brought in.

1997 March 1st Sailboard saved one person.

1998 March 8th Sailboard saved one person. 2002 March 3rd .D. J. Haverhill



The Vicuna (remains of wreck on Holme beach)

Our Atlantic L.B. saved Kite surfer. 2004 March 7th M.F.V. Boy Neil, stood by vessel.

2005 March 15th inflatable dinghy landed three persons.

Respect the water campaign and advice to Holiday makers

Tidal waters have strong tidal currents, especially the approaches to the harbours. General coastal safety tips. 1. Check the Weather and tide times. 2. Read signs. Be aware of local hazards, ie; sandbanks. Channel Strong tidal currents. 3. Carry means of calling for help. 4. If you see someone in danger dial 999 or 112 ask for the Coastguard who will page us.

Video footage of some recent rescues can be seen on the RNLI website www.rnli.org.uk

The RNLI is a Charity that is supported by voluntary donations and volunteer crews

For information on the RNLI the Charity that saves lives at sea visit www.rnli.org.uk



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THE VIEW JUST OFF THE HIGH STREET

LOCAL IS THE NEW BLACK

Mark Kacary

If you use social media such as Facebook, Twitter, Instagram, Pinterest to name a few, you're likely to have come across "Shop Local" or "Support Local" campaigns, designed to try and redress the balance between small independent businesses such as mine (The Norfolk Deli) and the wide range of multi-site corporate giants of which the supermarket is one of the most recognisable..

Shop local campaigns focus on encouraging people to think about their immediate surroundings. To think about what's local to them and asks them to take a look at how and where they shop. Studies have shown that shop local campaigns (when adopted by local businesses) delivers genuine benefits to the local "community"

"We're doing this for the community" is an often-used phrase, but what difference does a high street filled with independent retailers make to a sense of community? If one were to look at the top 50 places to live in the UK a list created by the Halifax this year the top 10 reads as follows, Orkney, Richmondshire, Rutland, Hambleton, Eden, South Oxfordshire, Cotswold, Ryedale, St Albans & Derbyshire Dales.

The existence of small independent shops wasn't the key reason why these areas were considered to be more appealing than others, but it doesn't take too much imagination to appreciate that there is a relative lack of chain stores on Orkney. The Cotswolds conjures images of small stone-built villages with small shops where you know the owners and employees by name and where they know yours. A shop which might not have exactly what you want, but they will go the extra mile to source it for you. What is missing from the list are towns famed for their industrial sized out of town shopping centres which everybody claims to loathe and yet....

If we all want to live in a place where there is a sense of community, we need to cherish what we have and use it. In a

world of carbon copy high streets, many towns have lost their identity. Shopping in one small town is little or no different to shopping at its identical twin town 20 miles along the road. Once a town is swamped by the chain stores any sense of community has gone. Do the employees under pressure to increase sales by corporate HQ have time to learn your name? Does a superstore employ people who know what they're selling? Can you get advice on how to cook something without having to pick up the in-store magazine?

I know that my wife and I are not unique to find enjoyment and pleasure in arriving somewhere new and taking time out to discover what's there. Even more exciting is when we find a small business which really does something different. A store which surpasses expectations and one which you want to tell others about. It can't imagine many people talking excitedly to their friends about their supermarket superstore, but then again maybe some people do.

In the 5 years we have been in Hunstanton we're still surprised by the number of local people who come into our shop for the very first time, surprised to hear that we have been here for 5 years and wondering how it is that they didn't know we were here.

This leaves me wondering how many people know what's on their own doorstep? For example, is everybody aware that in what is a relatively small town it's possible to shop at a butcher where once you've struck up a relationship you can ask for a particular cut of meat, or get advice on a cut which may be less expensive, but twice as tasty as what you'd normally buy. Or how about buying somebody you love a chocolate treat? Chocolates which you can choose your partners favourite flavours. Think about how many choccies in a box you might throw away because they're not your favourite fillings?

Or why visit a green grocer who will buy in that special rare item you need for a dinner party

or for a recipe you want to try. Only a local baker is likely to have fresh yeast if you want to give it a go for yourself or take the chance to sample a cheese or two at your local cheese monger/deli. Kitchen utensils you didn't think you needed but now can't live without are only available in a specialist kitchen shop as only the owner will know what the item is for and how it should be used.

What do you do when you've bought something online only to find it missing a screw, nut or bolt? Easy ask your local hardware store as they will sell you just the single item if need be not a whole bag which will be stored in a box never seeing the light of day again. There's much more besides this in Hunstanton, what it takes is the will to look up and shop a little more locally.

One of my favourite campaign posters reads as follows:

Live Totally, Shop Locally, say something good, invest in your town, walk in that door you always pass, SLOW DOWN, see what's on your doorstep find the value in the cost. Eat food within walking distance. Be a tourist in your own town, get to know your baker. Love where you live, discuss the weather, find out who can do it in the place you live. Discover your community. Find your favourite shop and tell someone else about it. Make conversation with a stranger. Learn the name of the person at

the till. Invest in your future.

Some key statements in this include **Shop like a tourist!** Why not take some time to look at Hunstanton as if you were a tourist. Do you know what every shop has to offer? If not, why not?

"walk in that door you always pass!" What do you have to lose? Shop owners like to talk about their businesses, they like to talk about what it is they do, they are keen to welcome you into their shops, so why not walk into that shop you've always thought about looking in, but walk past every day?

"Love where you live", supporting local business will support the place you live in. Shop owners want to where they have set up their business to be a place people love to live and a place where people love to visit. Soulless towns lacking a sense of community are places where people have stopped using what's right under their nose. Use it or lose it, is an often enough used phrase, but it's no surprise that when people mourn the closure of a store/brand they struggle to remember when they last went there and bought something.

The Norfolk Deli is a small local shop just off the high street selling produce from more than 50 local Norfolk producers, we along with all the other small independent shops in Hunstanton look forward to welcoming you to our shops.



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THORNHAM VILLAGE NEWS

VILLAGE CINEMA AND LIVE BY SATELLITE

Wednesday 17th April MAMA MIA! HERE WE GO AGAIN
Thornham Village Hall Charity Film Night Supporting Combat Stress for Veteran's Mental Health

Five years since the events of Mama Mia, Sophie (Amanda Seyfried) plans to re-open the renovated Hotel Bella Donna with a party reuniting her family and friends. Nearly 30 years earlier, a young Donna (Lily James) ventures on a life changing summer holiday that will lead her to the three loves of her life, and the Greek island of Kalokairi. Book your tickets now – Call 0781 802 8687
Tickets £10.00 Bar Opens 7PM FILM STARTS 7.30PM The first drink is free and there are some great raffle prizes to be won.



Broadcast Live by Satellite from The Royal Opera House Covent Garden **Tuesday 2nd April LA FORZA DEL DESTINO**

Chris Loi directs a star-studded cast of singers, including Anna Netrebko, Jonas Kaufman and Ludovic Tezier, in Verdi's epic Opera, conducted by Antonio Pappano

PLEASE NOTE EARLY START TIMES - Doors and bar opens 5.30pm – Curtain 6.15pm Book your tickets online at www.thornhamvillagehall.co.uk or call 0778 725 5597 Tickets £15 – Children £10

Tuesday 30th April FAUST

Disillusioned with life, the aged philosopher Faust calls upon Satan to help him. The devil Mephistopheles appears and strikes a bargain with the philosopher: he will give him youth and the love of the love of the beautiful Marguerite, if Faust will hand over his soul. Gounod's best loved opera. PLEASE NOTE EARLY START TIME

Doors and bar opens 6.00pm - Curtain at 6.45pm Book your tickets now online at www.thornhamvillagehall.co.uk or call 07787 255597 Tickets - £15.00 Children £10.00

What's On – Regular Events

Pilates – beginners, intermediate and advanced
'Move it or Lose it' over 50s fitness classes - The FABs fitness Programme brings together the four key components for healthy ageing

– Flexibility, Aerobic, Balance and Strength exercises – in one fun-filled class.

Yoga class and retreat days

Zumba

Social Media Class

Photography

For information on any of these activities contact Sally Cotton at thornham.villagehall@gmail.com

or visit www.thornhamvillagehall.co.uk/regular-activities.html

Thornham Fun Day Saturday 24th August 2019

August Bank Holiday may seem a long time away, but we are working hard on Fun Day 2019. Please put the date - Saturday 24th August - in your diaries now.

Fun Day 2018 was an enormous success. The commitment and spirit of the many volunteers is a key factor in Fun Day - we can't do it without you! There are many options, from a few hours on the day to help with advance planning, or just the donation of a tombola prize. This is your Fun Day, and we hope you'll play a part.

Just a few things we're asking you to do or think about now, please:

Save the date! Saturday 24th August 2019

- Send us any feedback you have on Fun Day - things we should consider in our planning.

- Let us know how you'd like to be involved - same as last year, or something new?

- Save any unwanted gifts for our raffles and tombola. We can collect anytime if you want them out of the way.

For further details, contact Sue Herbert, sueherbert50@gmail.com

THORNHAM BOWLS CLUB NEEDS YOU

The Club has been going since before the first world war, but we would like to keep it going a lot longer, we will need new members to do so, don't condemn our friendly club to the history books, soon its going to be a case of use it or lose it, if we don't get new members
It's a sport for all ages, all you need to start with is flat shoes, bowls can be provided.

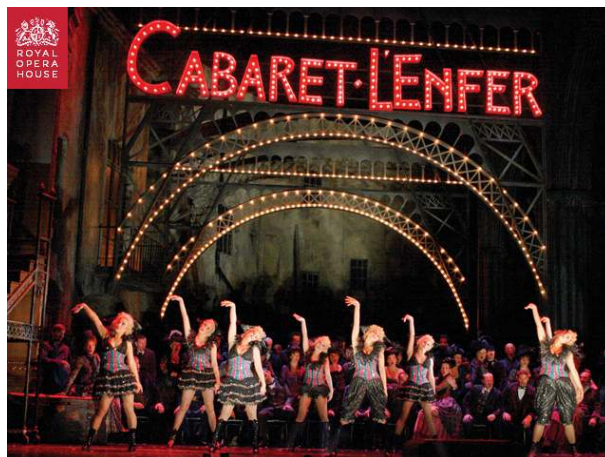
There are roll ups on Saturdays at 14:30 where coaching can be available, starting in April.

We are situated behind Oak House on the South side of the High Street, you will find our notice board in front of a chalk building, there is pedestrian access to the left.

Please contact the following people if interested

Ann Whiting (Chair) Telephone 01485512004

Steve Greef 07979812125



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No Cold Calling Zones

A regular writer to T&A magazine, who in this case wants to keep his name and address to himself, sent this story. Richard Bird's comments about the issue are at the base of the letter.

Basically I was outraged this Wednesday when a group of door to door canvassers, [representing "Smart Insulations Ltd"] knocked on every door/bell in our street, and other surrounding roads in the Princess Drive, bungalow estate area, [which has many vulnerable, elderly and disabled residents], REGARDLESS of whether or not people had put up the Age Concern/Community Watch/Police notices about "No Cold Calling"!!!!

After they had brought my virtually blind friend and his disabled wife to the door, both well in there 80's, - I caught up with the canvassers down the road, and challenged them, as to why they were totally ignoring residents wishes, not to be disturbed by cold callers, and found they were using high pressure, scare methods to try and sell their loft insulation products. [They told me as it was just to arrange a future loft survey, and as they had funding from Government backed Green Schemes they felt it acceptable to call on every door regardless]. They also tried the sales splurge on me, trying to tell me that fibreglass

loft insulation is out of date, not efficient, and needs replacing by their Foam spray stuff!!! [I only had my loft insulation re done last year under a separate Government backed Green Scheme!!!! - with fibreglass loft insulation].

That's it basically, but I did notify the Hunstanton Town Hall Clerk on 01485 532402, who was very interested in events, and was going to officially contact the Smart Insulations company about this, and notify the local Community Police beat contacts regarding this, -and I would strongly advise anybody else encountering similar problems with "Cold Callers" to do the same.

Richard Bird says: "Some time ago I, and others, were trying to make Hunstanton a 'NO CALLING ZONE'. It can be done, indeed my understanding is that not only can villages and towns have this facility, to ban all cold calling operatives, but the whole of the county of Bedfordshire has this understanding. It was a long while ago that the issue was raised locally, and I can remember it was turned down by the authorities at that time. Perhaps it's time for somebody to raise the issue again, especially here where we have so many vulnerable folks. What do you say?"

Splash out for spring

From spring showers to special occasions, April is a wonderful month to shop the latest collections at Allez Chic, writes Cheryl Daubney

Spring! Even the word seems to breathe new energy, and with longer days now upon us, it's the perfect moment to pack away autumn/winter clothing and to review our wardrobes for the months ahead.

Just like the green shoots and spring bulbs making a show and adding bolts of colour to Norfolk's landscape, spring/summer '19 collections are bursting with colour.

One of our favourite labels Adini has delivered yet again with the perfect collection of vibrant coastal blue print dresses and tops in a range of cuts and lengths which make for easy transitioning between warm and cooler days. We also love the label's Peacock print with pretty splashes of colour that make it easy to wear on days out or for relaxed weekend entertaining.

If the weather is a tad variable, Micha's wonderful collection of lightweight jackets and gilets are ideal to have on hand, and its stylish knitwear never disappoints both in style and quality.

With spring and even summer 'Save the Date' invitations piling up, it's never too early to think about special occasion wear and Michaela Louisa has a marvellous collection of smart yet wearable outfits that include dresses, jackets, tops and trousers in beautiful fabrics and striking colours.

Italian-designed Latte also has plenty of vibrant colour in its latest collection and a fantastic range of shapes, lengths and sleeve choices make this brand a wonderful choice for all ages and sizes.

A fresh arrival is Glitz Fashion which offers a smart range of wedding and event clothing at a reasonable price. A new label for Allez Chic, we look forward to hearing your feedback, so come give it a try and let us know your views.

Finally, with those of us lucky enough to be enjoying an early spring or summer break in warmer climes, we have a wide range of sandals in-store – not always the easiest thing to shop for slightly ahead of the season. Another reason to come discover Allez Chic's wide range of brands and styles that you won't find on the high street. We look forward to welcoming you and sharing all that we have to offer with a personal touch – it's what makes us different and well worth a visit.

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Hunstanton Primary School

Residential Trip

Our Year 6 pupils had a fantastic time on their Residential Trip to Aylmerton at the beginning of March. The weather stayed fine so that the children could experience all of the exciting activities the Centre provides. Some of the activities included Splash swimming, a canal trip on the broads, Amazona Zoo, seal watching, a disco and much, much more!

As usual our pupils behaved impeccably and made us very proud!



Xen Arts

Hunstanton Primary School students are participating in our 'We Dance!' project, Xenoula the Creative Director from XEN Arts, is choreographing our pupils. Some of our children will show off their talents at the Blossom Day event at the Community Centre on 4th May.

Visitors in School

We are lucky to have a number of visitors in school helping us with different skills and exploring more ways to enjoy our learning.

Year 5 had the pleasure of a performance by Gripping Yarns Theatre Company and the class got thinking about a wide range of e-safety scenarios.

Year 5 have also been visited by Anglian water to support our learning of the water cycle and to improve our understanding of managing the waste that enters our water systems.

We also had a visitor from Westminster to explain about the workings of parliament.

During our Science week beginning 11th March, Year 3 were joined for the afternoon by some Smithdon pupils who led a circus of informative and interesting activities relating to science.

Thursday 7th March 2019 World Book Day

What fun we had on World Book Day! The costumes were tremendous, they get better and more extravagant every year and the children really enjoyed all the activities on the day.

Y4 Trip to Norwich Castle

Our Y4 class went to Norwich Museum on Thursday 14th March to learn more about the Anglo Saxon way of life which they are studying at school. The workshop was brilliant, really bringing our study sessions to life.

Bootleg Beatles

On Friday 3rd May some of our pupils will be performing at Smithdon High School with other Primary Schools around the area. The children will be performing some of the greatest songs of all time. Rehearsals have begun in school for the special gala and we very much look forward to seeing the show!

Hunstanton Primary School
Succeed Enjoy Aspire



Sedgeford Primary School

Topics

This half term, Class 1 are looking at artists and composers. We have started with studying the life and paintings of Vincent van Gogh. Class 2, having admired the courage of Ernest Shackleton and his crew during his attempt to cross Antarctica via the South Pole in 1914, are now, during the second half of the term, extending their studies of 'extreme earth' from the freezing cold of Antarctica to looking at other extreme occurrences such as volcanoes, earthquakes and exceptional weather conditions.

World Book Day

On World Book Day on 7th March the school was awash with wizards, story-book heroes and heroines, dogs and even Elmer the Elephant as the children showed off their imaginative and colourful costumes. The whole day was a spectacular success, with lots of fun too!

Science Federation Day

On 13th March, together with Brancaster and Docking Schools, we all

(apart from Year 5) joined in a Science Federation Day. This was a lot of fun – investigating and experimenting with lots of different materials and participating in several activities including making spinners and flying fish.

Red Nose Day

On Friday 15th March we dressed in something red to raise money for Comic Relief. We also had a cake raffle and baked some special 'red nose' cakes. At the time this article was written we hadn't totalled up how much we have raised – but it's looking good!

After School Clubs

Art and Knitting clubs are held after school on Tuesdays and are proving very popular. A Sports club, which is also well attended, is held after school on Thursdays. We are very grateful to all those who give up their time to run these clubs.

News from Brancaster CE VA Primary School

by Eden and Evelina

On the last day of half term we held a non-uniform day for PACT animals we raised £35.10 which was a great amount.

On the first day back 3 of our children attended a sports council event where they met with other councillors from the Smithdon Cluster; they talked about different events we wanted to go ahead and where they should be.

Key Stage 1 children attended an active sports festival at Lynn Sport where they got to work around lots of different activities and have lots of fun, they were really good with the tennis rackets.

At the moment Samphire class are finding out about Extreme Earth so we are exploring volcanos, glaziers and tornados. We did an experiment with paper, a sticker of the earth, a pen and a pipet; we stuck the picture of the earth in the middle of the paper, we drew a black line around the earth and used the pipet to put water on the black line, this spread into lots of different colours which represented the ozone layer, earth and atmosphere.

Thrift class are having a topic on the arts, they pretended they were Michelangelo and laid on their backs to paint, they produced some lovely art work and were able to describe how this felt.



We enjoyed World Book day as we all got to dress up, Eden was Torka the smart cave man, Evelina was away but would have been Ms Trunchball from Matilda.

At the moment we are having a science week, we are conducting lots of experiments and are looking forward to getting together with our friends across the Federation for a science day.

Our PFA are holding a jumble sale at Brancaster Staithe Village Hall on Saturday May 11th from 10 a.m., if you are having a spring clean please could you remember us, all donations of clothes are very welcome. Please telephone the school if you want any further details 01485 210246.

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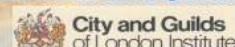
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Fresh thinking

Glebe House School is changing perceptions about independent education, writes headmaster Louis Taylor

Having recently held an Open House opportunity for parents, grandparents and prospective families to experience a day in the life of Glebe House School and Nursery, it was interesting to meet and chat with people about what they think an independent education means.

For my own and many of those who join our school, their children's enrolment at Glebe is the first contact that they have had with an independent education. Some of the reasons that they have made this choice is that they feel that their child has struggled in mainstream education, has ability which they would like to see nurtured and developed to its full potential, or that they feel some of the brilliant opportunities Glebe can offer in terms of sport, academic, creative and performing arts are unmatched by their local school.

I want to be clear that I am in no way knocking other schools' provision, but I am delighted that we can support so many children from all backgrounds to achieve so much during their time with us. A growing number are joining from state schools at all ages, many as they enter junior or secondary school, but often in between these stages.

As I write, all of our Year 8 students are preparing for Common Entrance examinations after the Easter break. This assessment is in many ways academic for the schools they will go on to join in September, which are not selective, but for us the advantage of having students prepare for this test is two-fold. Firstly, it has been said that the academic achievement of attaining Common Entrance is a solid investment in some of the work the children will go on to develop for GCSEs, and so at 13 they will have tackled some advanced concepts and areas of several subjects. This also creates a natural preparation for developing core study skills, which will serve them in good stead at all stages of their academic development.

One thing that struck me when I first visited the school, and which several visitors to our Open House commented on, is how down-to-earth and fun our school is. Our children are relaxed, friendly and respectful, providing a warm welcome to those who toured the school. Our teachers are keen to support pupils and ensure every child gets their most from the experiences on offer. Together, with the support of parents and guardians, we really do have a fantastic environment to learn.

Next month we will hold our formal Open Day on Saturday 11 May from 10am – 1pm, when there will be another opportunity to tour our school and find out more about an independent education, so if this something you have always been intrigued about, please do mark your calendar and come visit us. If you can't wait that long, give us a call and arrange a tour – we would love to see you!

Visit Glebe House School,
Cromer Road, Hunstanton PE36 6HW
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HUNSTANTON BOWLS CLUB

Recreation Ground, Cromer Road, Hunstanton

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We also have various social events including Bingo and Curry and Quiz Nights.

Come along to our Coffee & registration Morning

SATURDAY 13th APRIL 11:30 – 1:00



Smithdon Pupils Celebrate the Local Environment

As part of the Smithdon High School's development towards achieving an ArtsMark, pupils recently armed themselves with cameras and phones in a competition to capture their local environment as they saw it.

The results were fantastic.

The overall winner was Layla Mugaseth in Year 8. Her photograph was inspired by her favourite television show where the main character had described a ripple effect from doing good deeds; her photo inspires others to do good deeds to protect the environment so others might follow.

Other winners included Alex Rippon in Year 7, Isabelle Owles in Year 9 and Josh Drewery in Year 10.

Both Alex and Isabelle wanted to capture the sense of isolation that can be found in our community; Alex's photograph is called Birds in Flight and was taken at Titchwell Marsh and Isabelle's photo shows a reflection on a spring tide.

Josh is a budding photographer and has created a stunning effect by spinning wire wool at speed.



Above Layla Mugaseth's winning image

Right from top:

Isabelle Owles - reflection on a spring tide

Josh Drewery - spinning wire wool

Alex Rippon - Birds in Flight

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FRIDAY 3rd MAY at 6PM SMITHDON HIGH SCHOOL

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Deepdale and Brancaster Staithe Tennis Club

Verily Borthwick

Our new season starts this month on our two lovely courts in the centre of the village. Maybe we can offer something for you! Why not sign up for our very reasonably priced membership? It runs from 1 May 2019 to 30 April 2020 and renewals are due by 1 May. Membership will entitle you to free play and being able to book a court. Have a look at our website www.clubspark.lta.org.uk/DBSTennisClub

Easter Holiday Tennis Camp for Children and Young People - we are offering 2 free taster / get back to tennis sessions on Wednesday 17 and Thursday 18th April for all, members or not, with Becky Palmer. Three age groups:

4-7 years 10.45 - 11.30am

8-11 years 11.30 - 12.15pm

12-15 years 12.15 - 1pm

Booking in advance is essential as numbers will be limited. Contact Tamar Crosley by email: juniortennis@brancasterstaithe.co.uk

This will lead on to weekly coaching for one hour each through the summer term for junior members in two age groups at 4pm and 5pm. £12 per child for a 6 week course. It is essential to book on to these courses as numbers will be strictly limited.

Improvers Tennis Coaching for ladies and gentlemen happens with Becky Palmer on Monday mornings from 9.30-10.30am. Non-members are welcome to come along as guests for up to 3 occasions to see if this is for you. Contact Becky on 07799 483 016 or by email mondymorningtennis@brancasterstaithe.co.uk

Ladies Mornings on Wednesdays 9.30-11am for intermediate players. We would be delighted to hear from anyone who can join us. Contact Verily by email tennis@brancasterstaithe.co.uk

Starting on 5th May we will be holding First Sunday Social Sessions from 10am-1pm on the first Sunday in the month for those aged 13 and over - young people and adults. Come along and enjoy some fun tennis that is not too serious.

Non-members are welcome to come and play on a 'pay and play' basis. The court fee is £10 per hour payable via the honesty box on the courts.

Whichever of these you come along to, you can be sure of a big welcome.



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Heacham Manor AGM

Heacham Manor were pleased to hold a successful AGM on 8th March. The inaugural winners of the Daly Winter Eclectic Competition, Rachel Hodgkinson and Ben King were presented with their prizes and trophies.

Donation cheques for King's Lynn Samaritans of £1285.50 raised from various club events and a further £639 for Dementia Care at the Queen Elizabeth Hospital raised by the Seniors section were presented by Captains Nick Searle, Sophie De Winton and Paul Sykes. Steve Eadie was elected Seniors Captain for 2019 with Nick and Sophie both continuing in their roles.



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Michael Solomon Williams Tenor
Laurence Williams Bass

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 Conductor: Steve Bingham

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Henry Styleman le Strange was not just the celebrated founder of Hunstanton. He was also the designer and painter of the ceiling of the west tower and the nave of Ely Cathedral. Have you ever thought of going to admire his work? If so, why not combine it with a chance to hear Verdi's magnificent Requiem performed by one of Classic FM's Christmas Carol Competition winners last year, King's Lynn Festival Chorus. This is a performance not to be missed. Like any dramatic composition, there are some superb tunes, some extremely loud sounds from the orchestra including dramatic off stage trumpets. I'm sure listening to it will give as much pleasure to the audience as to those of us who are singing in it! Tickets with some concessions are available from Ely Cathedral Box Office.

Nick Torry

Snettisham Art Group Art and Crafts Show at Easter



*Friday 19th April until Monday 22nd April
 British Legion Hall, Church Road, Snettisham
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 Free entry, donations for British Legion welcome*

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The pancake supper on Shrove Tuesday at St Cecilia's was very well attended and £177 was raised for church funds. Thanks go to all who made pancakes and who helped in any way.

During Lent the Stations of the Cross will be celebrated in Hunstanton, followed by a simple lunch, each Friday alternating between the Catholic church of Our Lady of Perpetual Succour and the Anglican church of St Edmunds, beginning at 12 noon.

There will be a Ladies shared lunch in the Garnett room at Our Lady of Perpetual Succour, Hunstanton on Saturday 4th May starting at mid-day. This is an open invitation for all women in the area to come along and join us for an enjoyable social occasion, just bring a plate of food to share

Foodbank supplies are still required, items can be left in the porches of both churches. Please ensure that all items are well in date. Thank you for your continued support...

There is a Fair Trade Stall at St Cecilia's after the 9am Mass on the first Sunday of every month. Please support this very worthwhile cause by buying fairly traded goods to support families abroad trying to earn a living. For more information please contact Caroline Brooks on 01553 673069.

All social events will be well publicised in the weekly bulletins and on the website. Everyone, whether Catholic or not, is welcome to all of our services and social occasions. We have refreshments after the 11am Mass every Sunday and after 10.15am Mass every Wednesday. There are also refreshments after the 9am Mass on the first Sunday of the month at Dersingham. Everyone will be most welcome.

Daily Masses will be 10am in the Convent during winter months and in the parish church from spring at Hunstanton on Monday, Tuesday, Thursday and Friday. Wednesday mass is at 10.15am at St Cecilia's, Dersingham.

Sunday Masses are 9am at St Cecilia's, Mountbatten Road, Dersingham and 11am at the Parish Church of Our Lady of Perpetual Succour & St Edmunds, Sandringham Road, Hunstanton. 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

Easter - A Time of Hope

Easter is a very important event in the Christian calendar, focusing on Christ Jesus' final and biggest triumph on earth. He was aware of what was going to happen and why as it says in The Bible "... Jesus knew that his hour was come that he should depart out of this world, ..." (John 13:1). Although the crucifixion would have been considered a definite end to his mortal life, Jesus knew that he was about to prove the ultimate triumph over death. He understood his relationship to God, and that he needed to prove to humanity that all things are possible to God, including the ultimate triumph over death.

"These words spake Jesus, and lifted up his eyes to heaven, and said, Father, the hour is come; glorify thy Son, that thy Son also may glorify thee:" (John 17:1) Jesus knew that it was God, his father, whose love was able to prove that death has no power.

Rather than Easter being a time of sadness, we can see it as a time of celebration and hope, as we, God's loved children, understand how Jesus' "power over all flesh" (John 17:2) was demonstrated with his resurrection, which was evidenced by his disciples.

Mary Baker Eddy, the discoverer and founder of Christian Science, interpreted the word "resurrection" as "Spiritualization of thought; a new and higher idea of immortality, or spiritual existence; material belief yielding to spiritual understanding" in her major work, Science and Health, with Key to the Scriptures on p.593.

Our church services are every Sunday at 11am at 10 Queens Drive, Hunstanton. We also hold a service on the first Wednesday of each month at noon (Oct-Mar) and 7pm (Apr-Sep) and all are welcome. Free magazines are available from the box outside the church and for more information on Christian Science visit www.spirituality4.me

Just a thought.....

Well the Easter eggs are in the shops, and as usual many of us bemoan the fact that the sale of chocolate eggs becomes far more important than the true story of Easter. (I do love Easter eggs though, just in case my family are reading this!)

This view in part may be true, but if we look at the tradition of Easter eggs we may be able to see another way of interpreting at what first seems for many a materialistic time of year.

Easter egg tradition is that the egg becomes a representative of the tomb from which Christ broke forth. Often coloured red, the Easter eggs were symbolic of Christ's blood, which gave all believers a share in Jesus' new life. The tradition of painting the Easter egg in bright colours may also have its origin in a legend that tells that Simon of Cyrene, who carried Christ's cross, was an egg merchant. When he returned from Calvary to his basket of produce, which he had left by the roadside, he found that all the eggs miraculously coloured and adorned. (From "How Did It Begin?" by R. Brasch)

Other traditions have also grown out from early Christian origins. The Easter Lily for example is a symbol of purity because of its whiteness and delicacy of form. It also symbolizes innocence and the radiance of the Lord's risen life. It is called the Easter lily because the flowers bloom in early spring, around Easter time.

Over the next few weeks we may be asked many questions about our faith, and probably be told that the buying and eating of eggs has become far more interesting (and important!) than the incredible story of Jesus' death and resurrection. It is up to us to put a different emphasis on that perception, which in turn that may make people reconsider their perspectives on what Easter really means. Of course we will not be able to have all the answers, but what we can say with our very being is that "God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life." And in the end what more does anyone need to know.

I hope and pray you all have a blessed Easter.
Steve, Rev Steve Oliver, Methodist Church

Come and join us!

helping
people
encounter
JESUS

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METHODIST
CHURCH

For details of all our regular services visit our website

www.hunstantonmethodistchurch.com

JESUS IS ALIVE!

REJOICE WITH US!

Easter Sunday

21st April at 4.00p.m.

Thanks to Gary Pearson for permission to use his great image of Hunstanton
see [GaryPearsonPhotography](#) on facebook

FIND US : Hunstanton Methodist Church, PE36 6AL

at the junction of Austin Street and A149

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From St Edmund's and St Andrew's

Fr James Monro

I have never been much good at Maths, so I was always slightly uneasy about the number of days in Lent, but never quite knew why. I had always thought that there were forty, but every Lent seemed that bit longer. In fact for the Church of England there are 46 days between the beginning of Lent on Ash Wednesday and Easter, but it was only when I was training for the ministry that I found out why. Sundays do not count!

The forty days of Lent are there to be a special season of heart searching and self-improvement, mirrored on Jesus and his forty days of self-denial and temptation in the Judean desert. You will find an account of this in the Gospel of Luke, Chapter 4. But how many of you have ever been tempted to turn a stone into bread, rule the entire world or ask angels to carry you through the air?

These were temptations specific to the Son of God before he began his earthly ministry, but our choices are not so often between good and bad. These are more often between bad and worse, or between good and better. Our day-to-day problems are more in the grey areas, rather than in stark black and white.

Jesus uses this story, and other accounts about himself in the gospels, not give us instructions to cover every eventuality in our lives, but rather to give us clues for our journey through life to discover our true identities before God, just as he had to in that barren place.

May be you would like to use this Lent to seek his guidance for your life by reading through one of the four gospels in the New Testament.

King's Lynn Ukulele Club Concert - in St. Edmund's Church, Hunstanton on Saturday, 27th April 2019 at 7.00pm. Admission is £5.00 at the Door.

CALLING ALL WALKERS/ELECTIONS MAY 2nd

IMPORTANT NOTICE St Mary's Church Old Hunstanton will be the Polling Station for Old Hunstanton on Thursday May 2nd. as the Social club/Village Hall is closed.

Because of this the coffee and homemade cakes for the walkers WILL NOT start in April as previously advertised.

We shall be starting the coffee/cakes on Thursday MAY 9th 10.30-12.30 and look forward to seeing old and new friends.

NEW ADMINISTRATOR FOR THE SAXON SHORE BENEFICE

We are delighted that we have Sarah Bocking as our new Administrator to handle paperwork and inquiries about Church Matters while we are without a Rector.

Sarah may be contacted on 01485 211180 (previously the Rectory number) if BT oblige! She can also be contacted by email saxonshorebenefice@gmail.com. Messages will be checked regularly, and urgent matters dealt with at the first possible opportunity. Other matters will be dealt with on her next working day.

PLAYCHURCH

St Mary's Church Old Hunstanton 9.30-11.00 Monday (Term times)
Playchurch welcomes children, their families and carers.

We offer a gentle way to God through play, music, prayer and refreshments.

Just come along.

Please contact either Anne Fletcher 1485 572467
or Marie Jarvis 07866889967

Special service Monday 15th April 9.30-11.00

Playchurch Family Easter Service

Come and join us in making an
Easter garden and hunting for eggs

All ages welcome. Just come along.

From the Saxon Shore

Showers or Sunshine

April is a month of contrasts with spring sunshine interspersed with showers. Along the Saxon shore there can be a heavy shower in one village and brilliant sunshine in the next.

Our personal lives, the life of the church and indeed the world around us is a mixture of showers and sunshine. Periods of hurt, bitterness and stress can feel as if dark clouds are hanging over us. Deeply ingrained prejudices and traditions can lead to conflict within ourselves, the church and the world. Ridiculing another's way of life or way of worship can bring dark clouds. Finding the sunshine again in our lives, churches or the world can seem an impossible task.

Is there a way that we can help to turn these showers into sunshine?

Within his life Jesus knew both showers and sunshine. He taught by actions and words that God's love was for all and not just the few. He brought sunshine into the lives of those who were rejected and treated as outcasts. This brought him into conflict with those in authority. Jesus also enjoyed the companionship and support of his close friends. He also found time for himself to be alone with God. He won the admiration of the crowds. We see this on Palm Sunday with the triumphant entry of Jesus into Jerusalem. The crowds cheered with anticipation that at last the one who would free them from the rule of Rome had arrived. How quickly this faded into shock, anger and despair as it became obvious that Jesus was not going to raise an army. Jesus continued to proclaim God's love for all, even though this continued to upset the authorities. This soon led to his downfall and the crowds deserted him, they feared for their own lives and those of their families. The sunshine of Palm Sunday turned to the darkness of storm clouds on Good Friday. Even his closest friends deserted him. It seemed that for Jesus the sun had set with no hope of returning. However just three days later a brighter sun than any could imagine dispelled the storm clouds. Jesus had conquered death, the showers and storm clouds had been replaced by sunshine, not just for Jesus but for each member of the human race. Jesus knows showers and sunshine, he knows the struggles of our personal lives, the lives of our churches and the world. Join us as we walk with Jesus from Palm Sunday, through Good Friday and on to Easter.

A Very Happy Easter to you all.

Rev. Sandra Ellison

Looking for Local Treasures

by Dennis Acott

a member of The Way Christian Fellowship

My wife, Cathy, and I are newcomers to Hunstanton, having moved here from Kent only last July. We had visited the town a number of times before and always thought it an ideal location to retire to one day. Something that has impressed us during our short time here is how many local people are ready to greet us with a cheery "Good morning," as we make our way to the shops or stroll along the sea front. Such friendliness to strangers has been so welcoming and served to validate our decision to move to this delightful area.

Residents and visitors to Hunstanton can expect to receive a slightly more unusual greeting from our fellow church members these days, as we stroll around town in pairs clutching a piece of paper. "Excuse me, sorry to trouble you but I wonder if you can help me? We are on a treasure hunt and one (or more) of the clues on our map leads us to believe that you may be the treasure we are seeking."

Rest assured that we are not after your money; neither are we trying to sell you something. Quite the reverse, in fact, as we are simply looking to bless you with the love of God. There are no strings attached. We are not even trying to recruit you to swell the numbers of our own con-

gregation!

The team meet for coffee in one of the local establishments where they pray together and trust God to give them “clues” to lead them to the people He wants to bless that morning. These clues are written on a “treasure map”, that “piece of paper”. The sheet is divided into six columns and each clue believed to have been received is included within the most appropriate column.

The column headings are: Name, Location, Appearance, Need, Unusual and Dates/Numbers. So, for example, if one of us has written “red jacket” and “band stand” on the “map” and we spot you wearing a red jacket and standing or walking near the band stand, please don’t be surprised if you hear a polite, “Excuse me....”, will you?

Team members have started going out once or twice each week and most people we have spoken to have been receptive. If they, or a family member, matches other “clues” on our “map” they have allowed us either to pray for a particular need or a general blessing over them. We cannot heal anyone, but we know that God can and does and it is our firm conviction that He gives us our “clues” to lead us to someone He wants to bless either in this or some other way.

There is no “catch”, no “hidden agenda”, just a desire to share the love and compassion of Father God with His children, whether they believe in Him or not. It is enough that He believes in them, knows them and loves them unconditionally. We only talk about our faith if someone asks us to. And when we pray, we don’t do anything “weird”! To a passer-by it would just appear like we are having a normal conversation.

Our “Excuse me....” simply provides an opportunity to be blessed, with no charge and no pre-conditions. We think it’s an offer too good to turn down but, if you disagree, we will respect your wishes without taking offence. God bless you, whether or not we find you from clues on one of our maps!

The Way Easter Day service at the bandstand, Hunstanton at 11am

Global Easter Traditions

Hannah Seymour

After winter’s slumber, the return of spring is bright and refreshing.

To our great ancestors, the reappearance of the sun was an annual miracle. Early humans also thought eggs were a natural wonder and the proof that life can be renewed, this is partly why eggs symbolise Easter. But the Easter superstitions don’t stop there...

Romanian Easter lore

In Romania, eggs are painted red to symbolise the blood of Christ. It is said that if a red egg remains unrotten after 40 days, the household will have luck all year round.

Sun shapes

There is a belief that the sun “dances” as it rises on Easter morning. If looked at through a dark lens, the imprint of a lamb can be seen, an image that is symbolic in Christian mythology.

Lucky birthday

Babies born on Easter Day are supposedly lucky and will live a fortunate life. But if you’re born on Good Friday, according to old lore, births on Good Friday are doomed to be unlucky.

No dancing in Germany

In 13 German states, boogying, waltzing, twerking, and all other kinds of dancing are forbidden on Good Friday. The ban dates to (slightly dull) Puritan times.

Watering the women in Hungary

A somewhat bizarre Hungarian tradition includes chucking a bucket of cold water over women. Why? Well, apparently it ensures they don’t “wither” like flowers...

Kite flying in Bermuda

In Bermuda, people fly kites at Easter. Not just any kites, weeks go into the creation of these swirling and twirling masterpieces. On the big day, kites are flown high into the sky to symbolise Christ rising from the grave, ascending to Heaven.

Whichever way you celebrate it, and whatever traditions you do, enjoy your Easter!

Next steps for A149 safety improvements

The next steps in a scheme that will see a range of safety improvements made to a section of the A149 in West Norfolk are set to get underway next week.

Councillors approved a scheme in January 2019 that would see crucial safety measures at a number of junctions on the stretch of the A149 between King’s Lynn and Heacham, and the speed limit reduced from 60 to 50mph on two sections of the road. These improvements will complement the installation of average speed cameras that are set to be installed by July on the road where there have been 51 accidents including 5 fatalities over the last 6 years*.

A four-week statutory consultation on the junction improvements and speed limit reductions starts next week and is the first step in the legal process that has to be followed before any scheme can be put in place.

This first consultation is a chance for statutory consultees such as local councillors, parish councils, and blue light services to give feedback. Their responses will be taken into account before a further four-week public consultation takes place from early May.

Cllr Martin Wilby, Chairman of the Environment, Development and Transport Committee, said: “I’m very pleased that a holistic view has been taken and confident that the proposals will bring safety improvements to a much greater length of the road than the original camera scheme alone would have done.”

The A149 runs through a number of county council divisions. Speaking on behalf of local county councillors, Cllr Stuart Dark, County Councillor for Dersingham, said: “We knew of safety concerns that had been raised by people living on or near the A149 so when we were made aware of a planned safety camera scheme we were clear that we wanted a range of safety measures to be swiftly considered.

“This new improved scheme is comprehensive, is based on local knowledge and the latest data and includes vital speed limit reductions at key locations. The Lamsey Lane junction, which has seen a number of accidents over the years, wasn’t included in the original safety camera scheme so I’m pleased that this is one of the sites set to benefit from much needed extra safety measures.”

Junction closures are suggested where Church Road and Double Lodges Road join the A149 and also the possible closure to vehicles of Station Road and Alma Road junctions at Snettisham. Also proposed are improvements to signage and road markings at Lamsey Lane, Heacham and two sections of the road A149 may see the speed limit cut from 60 to 50mph around Sandringham and Snettisham.

Responses to the public consultation will be taken into account in the design of schemes before any work begins. Depending on the outcome of the consultations work may be able to begin in winter 2019/20.

* On the stretch of the A149 from Knight’s Hill to Lamsey Lane there have been 51 personal injury accidents over the past 6 years, of which 5 were fatalities.

All the statutory consultees should receive an invitation to respond to the consultation on or before Friday 22 March.

In November 2015 the Safety Camera Partnership Operation Board agreed that the A149 should go into its programme of upcoming work. A scheme was developed and approved by the Road Casualty Reduction Partnership Board on 5 April 2017. The proposed scheme was shared with the local County Councillors and the local community on 6 March 2018 who raised a number of concerns. The scheme was paused whilst Norfolk County Council re-looked at the original data.

By June 2018 the county council had developed a new, improved scheme which made further recommendations to go beyond the installation of average speed cameras and look at potential junction improvements and possible speed limit changes.

On Friday 18 January 2019, Norfolk County Council’s Environment, Development and Transport Committee approved the Norfolk Camera Safety Partnership scheme to install average speed cameras along the road. Also approved was the reduction of the speed limit of the A149 to 50mph on two sections of the road and four junction improvement schemes.

Can a new railway be the salvation of North West Norfolk?

Andrew Murray

The prosperity of the 1960's saw a rapid increase in private car ownership, a move away from public transport with the closure of many rural railway lines. Although Dr Beeching advocated investing in the King's Lynn Hunstanton railway by installing automatic level crossing barriers, the line was deemed unprofitable and closed on 3 May 1969. The track was hastily removed soon afterwards. At that time the local authorities lacked the foresight to keep the trackbed as a connectivity route for walking and cycling.

Fifty years on, it is apparent that cities and many larger towns no longer have the space for private motor vehicles or the pollution that they cause.

Several cities have re-introduced tram systems and Park and Ride schemes are promoted to enable people to access the centres.

Since 1960 more than 400 stations and 950km of track have been re-opened in the UK and there is a resurgence of interest in rail transport. The government is committed to HS2 as well as re-opening the Varsity line from Oxford to Cambridge. Over 200 further railway re-opening projects have been identified across the country and are being actively promoted by local, county and regional authorities but the West Norfolk area is conspicuously absent.

Hunstanton and villages along the Wash Coast face serious problems if 'connectivity'

with King's Lynn and Cambridge is not significantly improved over the next ten years.

With over 43% of the population of Hunstanton over retirement age and an average age of 59 in comparison to the national average of 39, the town has developed the most skewed population. The economy is almost wholly dependent on the seasonal tourist trade and care for the elderly but wages are low and because of the demand for second homes or holiday homes, house prices and rents are beyond the means of young people.

The census figures demonstrate that young people in the 20 to 36 age group move out of the area but do not indicate whether they do this in order to attend further education, employment or find affordable housing.

Our bright young people are moving away. There are significant recruitment problems. We cannot get doctors, dentists, nurses, firemen and even crew for the Hunstanton lifeboat.

North West Norfolk is in the bottom half of the list of deprivation- it is the worst performer in Norfolk and Suffolk with the exception of a small part of Norwich and the coastal towns of Yarmouth and Lowestoft.

Could a new railway line from Hunstanton to King's Lynn be the salvation of the area? The evidence from the re-opening of the Borders Railway from Tweedbank into Edinburgh suggests that it could. The £294m cost for the 30 mile line involved the repair or

rebuilding of 137 bridges, building seven new stations and the temporary diversion of a dual carriageway. Since re-opening in September 2015, the line is now carrying more than twice its projected traffic and has seen the fortunes of Galashiels transformed with evidence that young people are no longer feeling the need to leave the area. This contrasts with Hawick, some 18 miles further south down the former line to Carlisle that is screaming out for the railway to be extended.

It is realistic to expect a train to go from Hunstanton to King's Lynn in 28 minutes and from there to Cambridge in another 55 minutes. According to the Centre for Economic and Business Research, Cambridge has the fastest growing city economy in the UK. The value of goods and services produced there last year was £9.4 billion. Industrial parks lead the way in fields such as wireless technology, display technology and mobile telecommunications. For young people, the opportunities would be infinite and they would no longer be socially excluded by the high costs of car ownership, insurance and polluting fuel. These have all gone up 50% in real terms during the past decade.

In 1992-94, 48% of 17 to 20 year olds had a driving licence. By 2014 that figure has fallen to 29% - and many of those young people will remain non-drivers for life. In 2011, some 28% of the households in Hunstanton did not have a car or van.

In its prime, the Hunstanton to King's Lynn railway was an extremely successful and profitable people mover. Bringing back a rail connection would create economic opportunity that road improvements alone will not provide. It will encourage investors to create jobs on the doorstep. It will permit better accessibility to services and opportunities for all age groups with more reliable, quicker and seamless journeys. It will be a safer travel environment with a reduction in casualties and carbon emissions.

The A10 and the main electrified railway from King's Lynn to Cambridge is now being recognised as one of the areas most important strategic assets, enormous housing development is planned in that direction. Also the plans for a new garden town at Wisbech supported by the restoration of the mothballed March to Wisbech line will lead to a significant increase in the population. These new households will seek to spend some of their leisure time at the coast putting further pressure on the A149.

Howard Johnston was able to make a presentation to the Regeneration and Development Panel of the Borough Council on Tuesday 12 March. He is a Fellow of the Chartered Institute of Transport and Logistics and has been involved with the provision of public transport for over 50 years. He requested that the concept of bringing back the railway from King's Lynn to Hunstanton be incorporated into the Borough's planning vision.

SOMEWHERE OVER THE RAINBOW..

MAGIC AND MAYHEM AS STAR CAST LEAD PRINCESS THEATRE AUDIENCES DOWN THE YELLOW BRICK ROAD THIS EASTER!

The Wizard of Oz, at the Princess Theatre, Hunstanton on Saturday 13th April 2019.

Starring Children's TV Favourite Barney Harwood as Scarecrow and Emmerdale's Mia Macey & Britannia High's Sapphire Elia as Dorothy. Also Local Favourite Sean 'Rollo' Rollason as Tin Man. This magical pantomime features a delicious blend of beautiful scenery, colourful costumes, a live band, dazzling dance routines, great songs and plenty of laughter.



Our next lecture - 8 April

Through a glass darkly: a history of glass through the eyes of the artist.

This lecture explores the way in which artists over the centuries have included transparent glass objects in their paintings.



2.00pm Sedgeford Village Hall

Visitors most welcome

To book a seat call Gerald Pepper 01485 570755

April events diary - more details online at townandaround.net

- | | |
|--|--|
| <p>2 Broadcast Live by Satellite from The Royal Opera House Covent Garden LA FORZA DEL DESTINO. Thornham Village Hall Doors & Bar 5.30pm Curtain 6.15. Tickets £15, children £10 www.thornhamvillagehall.co.uk or call 0778 725 5597</p> <p>3 Hunstanton Library Top Tips Gardening Group 10.30am A monthly group run by the Friends of the Library to share ideas and tips for gardening Refreshments provided, donations are welcome.</p> <p>3 Allez Chic Fashion Show at London Road Methodist Church in aid of The National Osteoporosis Society. The cost is £10 including a flower arranging demonstration by Dulcie Lofting and tickets are available from Allez Chic Stanhoe and Barwick WI 2pm. Meeting in The Reading Room, Cross Lane, Stanhoe PE31 8PS. Our speaker will be Peter Lawrence, "This Policeman's Lot". Peter will be talking about his life in the police force, from the Krays to the Crown. Visitors are always welcome. Contact Valerie (01485 576261) or Pamela (01485 518033)</p> <p>4 Ringstead Village Club 2pm in the Village Hall (next to the Gin Trap inn) Andrew England will be talking about War Memorials of Norfolk</p> <p>5 Docking Walking Group 11am Helhoughton and Raynham meet at Helhoughton church Helena Aldis 07769 850965 / Mike Rogers 07765 571313</p> <p>5 United Services Club, Hunstanton entertainment: AGM starts at 7.30pm followed by music from Dean Alexander</p> <p>5-6 Docking Heritage Group Local History Fair 10-4pm at the Ripper Hall High St Docking Admission £2 Refreshments</p> <p>6 United Services Club, Hunstanton entertainment: Dancing to Carol-Anne starts 8.30pm</p> <p>8 Hunstanton Book Club 2.30pm Hunstanton Library New members always welcome. Ask staff for details of the books being discussed Refreshments provided, donations</p> <p>8 The Arts society of North West Norfolk Lecture: 2pm Sedgeford Village Hall. To book a seat call Gerald Pepper 01485 570755 Visitors most welcome</p> <p>9 Conservative Club entertainment: Coffee, Brandy and a Scone for £1.50 from 10am-12noon</p> <p>9 Docking Walking Group 5pm Holme coast path and board walk meet at The White Horse PH Helena Aldis 07769 850965 / Mike Rogers 07765 571313</p> <p>9 Brancaster Camera Club 'An evening with Birds' David Osborn FRPS EFIAP davidosbornphotography.co.uk Visitors welcome, as always, in Brancaster Staithe Village Hall at 7.30pm. Contact Jim Till on 01485 210013 or Wendy Calow on 01553 674725</p> <p>11 Hunstanton Army Cadets open night from 19.30 to open the new Detachment in Hunstanton. Community Centre, Avenue Road Hunstanton.</p> <p>11 Anmer Village Social Club Film Night presents: STAN AND OLLIE. Admission by ticket £3 at the door. Doors and bar opens at 7.30 p.m. Email: films@anmerclub.co.uk or 01485 579465</p> <p>12 United Services Club, Hunstanton entertainment: Quiz Night £3pp plus food starts 8.30pm</p> <p>12-14 Barefoot Retreats Burnham Market Horse Trials at Sussex Farm Burnham Market PE31 8AG</p> <p>13 Hunstanton Bowls Club Coffee and Registration Morning 11.30-1pm New members welcome. Recreation Ground, Cromer Road, Hunstanton</p> <p>13 Tea Dance at Holme-next-the-Sea Village Hall at 4.30pm with live music by David Young www.solosaxclarinet.com £10 including tea. All proceeds to Astro Brain Tumour Fund.</p> <p>13 United Services Club, Hunstanton entertainment: Dancing to the Lawrie Hayley Duo starts 8.30pm</p> <p>14 Docking Walking Group 11am Great Bircham and Peddars Way meet opposite the Kings Head Helena Aldis 07769 850965 / Mike Rogers 07765 571313</p> <p>15 U3A meeting speaker Hellen Martin on the Life and Work of William Whiffin - Photographer. 2.00 pm in the Community</p> | <p>Hall, Hunstanton.</p> <p>16 Life Made Easier Event Tuesday 16th April 10am – 2pm Hunstanton Library. Further information please call 01485 532280 or email helen.senior@norfolk.gov.uk.</p> <p>17 Who Dunnit? Hunstanton Library Come and join the new crime book club at 5.30pm</p> <p>17 Hunstanton & District Civic Society Talk: Medieval Salt Making in East Anglia' by Brain Howling. Entrance fee Members - £1, Non-Members - £4 (includes refreshments).</p> <p>17 Mama Mia Here We Go Again Charity Film Night at Thornham Village Hall supporting Combat Stress for Veterans' mental health £10. Doors and Bar 7pm</p> <p>18 Hunstanton Gardeners' Association talk: Mrs Robin McDonald 'Houseplants'. 7.30pm at the Hunstanton Community Centre, Avenue Road.</p> <p>19 Docking Walking Group 11am Old Hunstanton Lovers Lane meet at Old Hunstanton church car park Helena Aldis 07769 850965 / Mike Rogers 07765 571313</p> <p>19 United Services Club, Hunstanton entertainment: Dancing to Just Us starts 8.30pm</p> <p>19-21 Snettisham Art Group Arts and Crafts Show at Easter. Royal British Legion Hall, Church Road, Snettisham. 10-5pm daily Free entry. Donations to Royal British Legion.</p> <p>20 Conservative Club entertainment: Dancing to Steve Perry. Bangers and Mash will be served</p> <p>20 United Services Club, Hunstanton entertainment: Dancing to Borderline starts 8.30pm</p> <p>21-22 RAF Bircham Newton Open Days, the National Construction College PE32 6RH</p> <p>23 Docking Walking Group 5pm Little Massingham and Peddars Way meet at Little Massingham church Helena Aldis 07769 850965 / Mike Rogers 07765 571313</p> <p>24 South Creak War Memorial Institute 10.30am – 12 noon Coffee Morning NR21 9PD Peter Haywood 01328 82392 All proceeds go towards the pavilion funds</p> <p>24 Friends of the Library meeting 5pm at Hunstanton Library to organise events and activities. Come along and join us.</p> <p>25 Norfolk Wildlife Trust illustrated talk 'The Badger: Ecosystem Diversifier by Will Fitch 7.30pm Methodist Church Hall, Hunstanton £2.50 members £3 visitors</p> <p>26 LILY Advice Desk 10am Hunstanton Library. Meet Lynda who is there to help and advice on Living independently</p> <p>26 United Services Club, Hunstanton entertainment with Lesley starts 8.30pm</p> <p>26-28 Exhibition of Norfolk landscape paintings by Barbara King. 10-5 daily at Ringstead Village Hall PE36 5JU</p> <p>27 King's Lynn Ukelele Club Concert at St Edmund's Church, Hunstanton 7pm £5 at the door in aid of the restoration of the St Edmund's Church building</p> <p>27 Syderstone Village Cinema, WIDOWS (15) Amy Robsart Village Hall, Syderstone PE31 8SD 7.30pm Advance tickets £3.50 Tel. 01485 578171 or 01485 578244</p> <p>27 United Services Club, Hunstanton entertainment: Dancing to Chandlers Green starts 8.3pm</p> <p>28 Docking Walking Group 11am Syderstone and Barmer meet at Syderstone church Helena Aldis 07769 850965 / Mike Rogers 07765 571313</p> <p>29 Stanhoe and Barwick WI A walk at Sandringham, followed by tea and cake. This is to raise funds for the WI's charity, Associated Country Women of the World. Visitors are always welcome. Contact Valerie (01485 576261) or Pamela (01485 518033)</p> <p>30 Broadcast Live by Satellite from The Royal Opera House Covent Garden FAUST. Thornham Village Hall Doors & Bar 6pm Curtain 6.45 Book your tickets now online at www.thornhamvillagehall.co.uk or call 07787 255597 Tickets - £15.00 Children £10.00</p> <p>30 Brancaster Camera Club Mono print competition in Brancaster Staithe Village Hall at 7.30pm. Contact Jim Till on 01485 210013 or Wendy Calow on 01553 674725</p> |
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