

TOWN and AROUND



ISSUE 198 APRIL 2022

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Local News • Events • Great Outdoors • Features

First word



Hello and welcome to our April edition with 80 pages of varied content that I hope will keep you informed and entertained.

Many thanks to everyone who has contributed articles, photos and information. There's news from all around the area and in the centre pages you will find the diary of events that's moved from the back of the magazine.

This month we have a super prize on offer - tickets to Ladies Day at Fakenham. Turn to page 16 for details.

All around the world alongside chocolate eggs and hot cross buns

the wearing of a Bonnet at Easter is traditional, marking the coming of Spring and the meaning of Easter, and in the 1940s, possibly because of the Judy Garland and Fred Astaire film Easter Parade, the popularity of the Easter Bonnet soared. These days it is a much lower key affair but you have your chance to don your creation at Holme-next-the-Sea's Easter Fun day on April 18th - there's a prize for the best one! To celebrate this tradition the cover photo, by Ian Burt, is of Graham Eley in his Easter Bonnet.

Have a wonderful month; the lighter evenings are here now and hopefully we can dodge the April showers.

With best wishes,

Elaine

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Also: pick up points at King's Lynn supermarkets

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Volunteers needed!

Old Hunstanton Flower Festival, Scarecrow Trail and Open Gardens are looking for volunteers to help with fund raising events running up to our weekend of fun and flowers.

The theme for the flowers in the church is "Let's Celebrate" with a focus on The Queen. We would welcome anyone who wants to get creative with a floral arrangement.

Flowers in the church will be from Friday 29th July – Sunday 31st July 2022.

Open Gardens, Scarecrow Trail, stalls and refreshments at the Village Hall will be available on Saturday 30th & Sunday 31st July.

Volunteer enquires can be made to chris@guestco.net

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'Our very own Captain Tom' – Mick Ennis

80-year-old King's Lynn charity runner hits the 2,000 km mark

An 80-year-old runner from King's Lynn has clocked almost 2,000 kilometres since the start of lockdown in March 2020 in a bid to boost his health and raise money for local charities.

Mick Ennis, who turned 80 last month, made a gruelling pledge in March 2020 to run 10 kilometres 200 times in under two years.

He hit that record on Monday February 21 by running his final 10k in aid of the Friends of the Stroke Unit in King's Lynn.

Mick – an avid sportsman – became hooked on running after joining in on King's Lynn parkruns in 2011. And when local athletics club, the Ryston Runners, challenged him to train and take part in the Grand East Anglia Run (GEAR) in 2012, he accepted and joined the club.

Since then, Mick has taken part in every annual GEAR 10k and completed 310 parkruns. He said: "In older age I've been determined to keep myself active and as fit as possible – healthy body, healthy mind as they say."

"I owe so much to Ryston Runners who have always supported me. This was particularly the case following the death of



my daughter in 2015, having lost my wife a few years before.

"Running has kept me going and helped me stay mentally strong. When Covid struck and we were faced with the lockdowns, we could not attend club sessions, so I set myself the challenge of running a 10k every other day. I'm now as fit as I can be – no giving up on running yet."

Mick moved to Lavender Court – an independent living retirement development managed by FirstPort – in 2019, where he has

continued to encourage other residents to keep fit.

His association with Lavender Court goes back decades. He was the local milk man delivering milk to residents for 18 years. He then delivered post to the site for four years as a local postman before retiring.

Last summer Mick encouraged fellow residents to get out into the open air by organising some outdoor low impact stretching and keep fit classes in the Lavender Court gardens.

FirstPort Area Manager Gavin Hunter said: "I would like to send my congratulations to Mick for his marvellous achievement. He provides a shining example of the benefits that exercise can bring."

"Running a 10k can be tough for anyone and at the grand age of 80, Mick's achievement is exceptional and may hopefully encourage others of a similar age to stay fit and active. Keep going, Mick – our very own Captain Tom Moore."

Donations can be made at: www.justgiving.com/crowdfunding/mick-ennis-200

Photo: Ian Burt

How to pass your MOT: tips and tricks to help you prepare

Abigail Brown

If your car is more than three years old, an annual MOT test is non-negotiable – in fact, it's a legal requirement to ensure your car is roadworthy. A car with an expired or failed MOT is illegal to drive and could land you with a hefty fine, and even a driving ban.

It is estimated that around 40% of cars submitted for an MOT check fail the test. Here's some quick checks you can do to improve your chances:

Tyres and wheels:

Your tyres should be the right shape and size, and be your standard wheel, not a spare. Their tread depth should be a minimum of 1.6mm across the central three-quarter of the pattern. Identify any lumps or cuts? Damage to your tyres could result in your car being deemed unfit for use.

Lights:

Lights must be fitted with the correct bulbs. Check your lights. Replace any that are flickering or dim.

Wipers and windscreen:

Make sure your wipers and washer fluid are sufficient to clean the windscreen – the driver needs to have a good view of the road at all times. If not, replace wipers, top up your washer fluid, or unblock the jets.

Chips or cracks on the windscreen? If they're bigger than a 5p coin, consider getting them repaired prior to your test.

Registration plates:

These should be fastened securely to your car and easily visible.

If your number plate uses a unique font, check the government website to make sure it meets the requirements.

Doors:

Check that all doors close and stay closed, and that the front doors

open from the inside and out.

Vehicle structure:

Check for sharp edges, loose parts, and excessive damage i.e. rising or corrosion, as this could cause your car to fail.

Under the bonnet:

Top up your brake fluid and fuel if you need to. The garage will need these to carry out an emission test. Check your oil levels and top up if necessary.

Warning lights:

Turn your car on. If a warning light stays on, this could affect your MOT test result. Make sure the speedometer is working.

Seats:

These should be locked in position at all times.

Seatbelts:

Check for frays or damage as, if present, your seatbelts will not pass. Make sure they're secured and that they click in and out effectively.

Horn:

Give your horn a quick toot to make sure it's working.

Mirrors:

Clean your mirrors if they're dirty and position them correctly. Your car must have an interior rearview mirror and driver's side mirror to pass.

This list is not exhaustive, but it does help you prepare your car at least somewhat for its MOT test.

Visit www.kbrownautoskingslynn.co.uk to learn more or book your MOT test online. Or, call us in Hunstanton on 01485 533786, or King's Lynn on 01553 763763.



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A helping hand from the Martin Folkes Lodge to the Men's Shed

At the annual meeting of the Martin Folkes Lodge Benevolent Fund Committee a request from Hunstanton and District Men's Shed for funding towards the cost of installing a hot water system at their new home at Glebe House School was agreed.

The members of the Men's Shed whose ages range from 22 to 80 are working on the building to provide areas for practical workshops and a social area for members to relax, chat and socialise.

Charity Steward Martin Folkes Lodge, Peter Irons said: "We considered this to be a worthy cause because of the opportunity that it will provide for friendship and camaraderie to individuals now and in the future."

The Hunstanton Men's Shed is a local branch of a worldwide organisation started originally in Australia, there are now over 500 in the UK. Men's Sheds are community groups for men to socialise and enjoy taking part in practical activities. They have been shown to have great benefits to health and mental wellbeing, helping in reducing loneliness and social isolation. They are open to all, but are generally aimed at retired men.

The Benevolent Fund Committee has made 14 donations to local charities and good causes in the Hunstanton area totalling £4400. The monies were raised by members individual donations and social functions throughout the Masonic year.



A cheque for £300 was presented by the Worshipful Master of the Lodge, W.Bro. John-Henry Roper to Martin Turner Secretary of The Hunstanton and District Men's Shed on 17th March.

Glebe House School's Pantastic team



Pantastic is a musical based on Peter Pan that has been adapted for schools written by Tom Kirkham and Matthew Crosse and based on the play by J M Barrie.

The rib-tickling script remains true to the charming spirit of the book, but ensures that there are named parts and plenty of opportunities for a young and energetic cast.

Glebe House School's years 6,7 and 8 are involved in the production with Scarlett Hallard as Peter Pan, Wendy by Molly Mulligan and Captain Hook by Giovanni Giubileo. Orla Haslam takes on the the Stage Manager' job. There are four performances - Wednesday 20th and Thursday 21st April at 4pm and 6.30pm.

The Director Lucy Hawkins takes up the story: "Having only auditioned in January, we have been on a very tight to a schedule and I needed to branch out for some support with scenery/props etc.

"I approached the Hunstanton Men's Shed who are situated at Glebe and asked if they would be able to help and they have been absolutely amazing! So friendly and always happy to help. The set and props that they have produced are fabulous and include the ship's wheel and the window - an essential item as anyone who knows the story will appreciate.

"It is a production put together by many hands: Lydia Snaith and Alice Hipwell painted the set, Gina Veale the choreography, Matt Hallard set up all the lights and sound is teaching the children how to set and run it, and many parents and family have made and provided props and costumes as well as transporting students to and from

rehearsals.

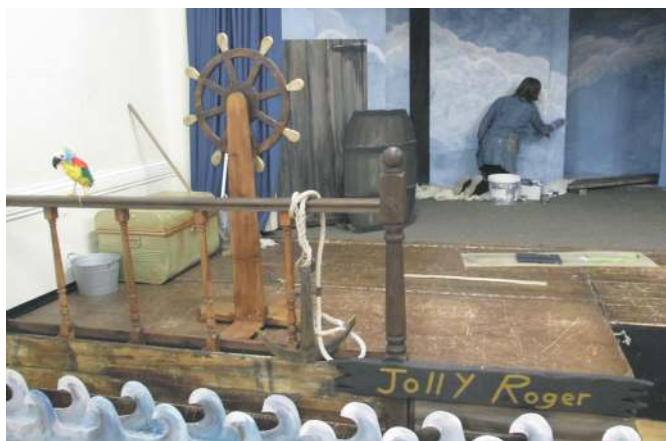
"It is a real team effort and the children are a delight to work with."



The Glebe House School Head, Louis Taylor said: "We are delighted to put on this musical, the first of its kind since Covid disrupted the usual drama and music events that as a school we love to put on.

"We are indebted to all of the people who have made this happen and I am excited to watch the performances. I know that the children will have gained so much from the whole experience."

Reserve your seat by calling the school office on 01485 532809.





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News from Brancaster School by Thrift Class

We have been having a lovely time at school. We went to Docking School to play with Little City which was like a real town with a café and shop and hairdressers and things. It was great fun.

We also went to Stories of Lynn and Mrs Williams did a special day for us for our topic on Homes, Houses and Buildings. We saw so many special things and made our own houses at the end.



We were all meant to have pancakes in the church but, due to Covid, we couldn't, so Mrs Bocking made pancakes all afternoon for us instead.

Soon we are going to Walsingham for the trip that was postponed at Christmas but we will be learning about Easter not Christmas!

Mr Bocking has been sorting out our wildlife area and it is looking much tidier. He might be able to come back next week to put our new hedge in. He has bought us snowdrops and primroses and we are going to plant a tree for the Jubilee. We love watching the birds out there.

Mrs Bocking is really pleased with our work at the moment. She says that Year 1 and 2 are catching up really well after Covid and doing some lovely work. Reception are amazing everyone with their reading and writing and maths.

All of our photos are on our blog <https://www.stmaryfed.org.uk/class-page-thrift>

Samphire Class are looking forward to a visit from Al Sylvester, an amazing man who has been on expeditions all over the world, including to the South Pole, and is coming to tell us all about his adventures. They are also having a visit to Wild Ken Hill to support their Science work on habitats and to find out how humans can affect their environments in both negative and positive ways.



The sad news is that Sharon Spencer is retiring (due to ill health). We will all miss her very much and would like to thank her for the huge contribution she has made to the school and the community over the time she has been with us.

Our Easter holidays start on 1st April and we go back on 20th April.



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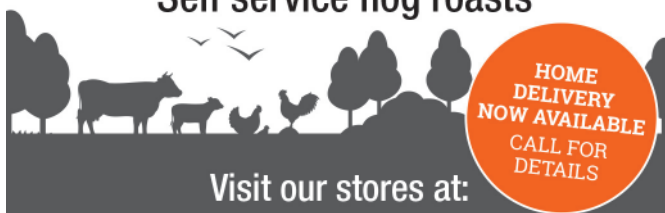
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Eric's coastal challenge completed!

Eric was on the cover of Town and Around's February issue and his 'Penny for your thoughts' charity walk story was told on page 42.

On March 3rd Eric completed his three day 47 mile walk, that actually turned out to be 57 miles, to be greeted by friends and family.

"I was very lucky with the weather," Eric said, "I didn't get wet at all and although the last stretch was difficult as the boardwalk is currently be repaired around Holme, and there's a rather muddy detour around the Drove, I did arrive on time.

"In fact my son Stuart met me near the Beach Cafe in Old Hunstanton and we walked the last few miles together."

Waiting at to greet him at Hunstanton's Esplanade Gardens were Ivan and Maureen Wolfe, Chris and Asia Hutchinson, and John and Yvonne Bridger. That wasn't quite the end as the walk's finish was in Heacham.

At the time of going to press Eric's fundraising walk for the Norfolk Hospice was £5087.



*Seated from left: Stuart Rhodes, Eric Rhodes and Yvonne Bridger
Standing from left: Ivan Wolfe, John Bridger, Chris Hutchinson, Asia Hutchinson and Maureen Wolfe*

Snettisham's Songbird's debut single 'Indigo Sky' released

Erin Elizaa (Erin Tasker) has been singing in public since she was about seven years old. She studied piano with Graham Woods and guitar with David Madison. And at Springwood she also played the flute.

Now on an Artist Development level 4 course at college the eighteen year old has collaborated with fellow student James Arlington on her first single which is taken from her debut EP set to be released at the beginning of next year, 'Indigo Sky' is the first of many tracks to come.

Bedroom guitar recordings meet polished and atmospheric production, and with instrumentation co-written and produced by James, Erin takes inspiration from artists such as Lizzy McAlpine, dodie and James Bay.

Having achieved endorsement from BBC Music and festival slots at Latitude and Wild Paths Festival (through her acoustic band Pear), Erin's other projects have already generated generous amounts of support. Her growing ability to engage with her following is gaining her a new range of fans and it's proving to be an exciting stage of her career.

West End star Zoe Birkett says Erin has "a beautiful tone to her voice with effortless high notes".

Erin Elizaa's single is available on all digital mediums. Contact her via FB or Insta pages - Erin Elizaa.



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A page from The Sage

Well, don't the time go quick, I am now writing the Town and Around for the month of April 2022 with a bit more squit, some fiction and maybe a true story or two.

I always liked fishing when I lived at Dersingham I did a lot of fishing, mostly freshwater, but when I moved to Hunstanton I was married then and we got a flat number one Seagate about 50 yards from the beach and the Kit-Kat. I had a friend who knew a lot about sea fishing, I knew him well as we had worked together down the fairground. He went fishing whenever he could find the time he also went bait digging as there was a big demand for live lug worms and they would be sent all over East

Anglia; a ganger did this and he would pay you for the worms. When I started digging they were about £5 a hundred, when I finished bait digging in the late 1900s the bait shops were paying about £9 a hundred.

Whilst I lived at Seagate we would put long lines, or deadlines, with about sixty to one hundred hooks on a line and we would catch flat fish which we would sell up the club; one night we caught about one hundred fish so I put them in the bath with some cold water to keep them fresh till the morning. My wife was expecting a baby she said I think the baby is coming so I went to the nearest phone box to ring the midwife but I could not get through. When I got back home my wife had got the baby laying on the bed between her legs so I went back to the phone box and phoned the doctor when he got there he did everything necessary then he said I will wash the baby, a little girl that we called Wendy, in the bath. Joy shouted out you can't do that, the bath is full of fish so he had to bath her in the kitchen sink. It did her no harm, she is now 51 with three children of her own.

My mate and I joined the Hunstanton Fishing Club we would go out in fishing boats from Lowestoft. We were out in the North Sea about three miles off Corton and we were catching a few good size cod when one of the fisherman said we're drifting off course. The skipper said I recon it's due to fog; by the time we got to Lowestoft the

lights were all on and we found out later there had been an electricity cut. The skipper would put a deadline out from the stern of his boat, from the fish he caught he took three or four cod for himself. We would always take him some bait and we went out with him until he retired.

In 1970 we moved from Seagate to number 3 Willow Road, a 3 bedroom council house where we stayed for forty eight years. It was a bit further away from the sea but I kept on fishing. A friend of ours had a twenty one foot dell quay dory with a powerful outboard engine that we would take this boat out mackerel fishing. Sometimes we would catch



Dick Melton
01485 535658

a hundred or two sometimes nothing at all, we would go out to the Brid Gurdal Bouy off Thornham or to the position of another large bouy out to sea called a LANBY (large automatic navigational bouy) that had replaced the old Lynn Well lightship that was towed around to Yarmouth then up river to Norwich where it was sold to a Norwich potato merchant who gave it to the Norwich sea cadets who used it as their headquarters.

One day a young lad came to see me to say that he was moving away and he had a 80 foot long herring net for sale and would I like to buy it, which I did, I started putting it out between the power boat slipway and the hump (Heacham boundary) I tied one end to a groyne (breakwater) and the other end to an old oil drum filled with sea water. Joy and I played crib every Thursday night and this particular night I asked my son and my son in law if they would go down the beach and take a bucket and a couple of carrot nets just in case there were some herring in the net. When we got home about 11.30pm the boys were not back so I got my trade bike out of the shed and went down the beach. When I got there they had filled the bucket full of fish and had just started filling one of the nets so I helped them get the rest of the herring out of the net. We went home and put the herring in the bath; next morning I counted the herring and we had over 200, the funny thing was an old friend of mine had a net about 100 yards further up the beach and his net was empty so I gave him some of mine.

I carried on with my net for the rest of that winter though I never did get a catch like that again so I sold my net but I carried on fishing by rod and line. There were four of us that went fishing together around the coast of Norfolk and Suffolk. We went to places like the pier at Hunstanton, Cley beach, Trimmingham, Bacton, Cromer Pier and Mundesley; we went in a lot of competitions, I remember the Mobil Oil company staged a competition on Kessingland beach with over

twenty prizes so we thought we would have a go. It took place on a pleasant September Sunday from 10am till 4pm. After it had finished only three people had caught fish so we were told to go to Lowestoft Pier where, we were told, our peg numbers would be drawn out for the other prizes. Even though there were three hundred competitors we thought we would go. All of a sudden the MC called out peg number eleven Dick Melton Hunstanton, so I went up on the stage and was presented with a large bale of towels of all sizes from hand towels to bath towels so it was worth me going.

I kept fishing until about 1992 but I still went cockling till about 2015 so I reckon I must have had a ton or two of cockles off Heacham and Hunstanton. What do I do now? I just sit on my backside and try to write letters to Town and Around and the Dersingham Village Voice.

Many people ask me about the dear old Kit-Kat well I have mentioned it in my write ups many times but I will do another write up for those people who have not lived here that long. Mr Horace Brooke started up the Kit-Kat around about 1932. He bought a house in Seagate right next to the promenade and he served trays of tea to people on the beach. Before that he sold shrimps and cockles from a basket on the prom - he was in fact a hawker.

He bought an empty plot of land next to his house and built a small restaurant on the ground floor that was called the Salad Bowl there was a large music room on the ground floor, a restaurant come ballroom on the first floor plus two flats. In all the Kit-Kat had three kitchens and could cater for up to eight hundred people. Mr Brooke could not get a licence so he bought an old public house at Sedgeford called The Buck on the Docking road that had been closed down and transferred the licence. After the Second World War he took over the lease on the pier; there were already some buildings at the front of the pier and one of these he turned into an ice cream parlour - the only one in town that sold Lyons ice cream, he also put a miniature train and a skating rink on the pier. Two men who had just come back from the war after serving with the Desert Rats asked him for a job. Well the old pier was about eighty years old and had never been painted so he gave them the job of painting it from end to end and top to bottom. It was, as far as I know, the only time it was ever painted. He then gave the two men jobs, one as train driver and the other one as a chef at the Kit-Kat where he stayed until it closed down in 1986. Mr Brooke gave up the lease of the pier at the end of the 1950s. I was told that at one time Mr Brooke held the lease for the Hotel-de-Paris which stood right on the front at Cromer but I never found more about it.

After Mr Brooke finished with the pier one

of his sons Peter and his wife Mary took on the Kantina in Le-Strange Terrace it was a cake shop with a ninety seat restaurant and a warehouse beyond that. The other brother Colin took on the Three in One bars later to be called the Top Twenty Bar. It had been the British Railway refreshment room and it is now called the Waterside Bar and Restaurant. It had a tennis court next door that is now a car park.

After the war Mr Brooke started up an outside catering firm called Brooke and Brooke Caterers. The first manager was a Mr Hayward and then a Mr Colisanti took over and it went from strength to strength. They catered all over Suffolk, Norfolk, Cambridgeshire and Lincolnshire. One of the first big shows they did was the Royal Norfolk Show in the park at Anmer when King George the VI was present with Queen Elizabeth. When the show went on a permanent site near Norwich they catered for that for many years as they did the Eastern Counties show at Peterborough. Weddings were catered for at the Kit-Kat, King's Lynn Town Hall, Downham Market Town Hall and many

village halls an large country houses and mansions. They even did work at Sandringham House and the Sandringham Flower Show. One of the largest catering jobs they did was for the British Sugar Corporation who would put on a spring demonstration and a winter demonstration for their customers - this would be for around fifteen thousand farmers on different farms in Norfolk, Suffolk and Lincolnshire. Twice a year they also did all the race meetings at Fakenham and some at the Rowley Mile at Newmarket. They also did the game trials on the Sandringham Estate when Queen Elizabeth II would be present.

Well, that is a bit about the company of Brooke and Brooke. I worked there part time for ten years and full time for twenty years, Mr Horace Brooke had passed away so in 1986 his two sons Colin and Peter decided to sell up so they could retire. The Kit-Kat was sold after 6 months, it opened again and was called the Sands Nightclub which ran for a few years and then in 1996 after it had been closed for a year or two it caught fire. It just stood there looking a right old mess until the site was eventually cleared. It was put up for

sale and has been put up for sale three or four times and planning permission has been granted but nothing has been built on it. I was lucky to get a job at the showboat then in 2004 I retired.

I was very interested to read Geoffrey Smith's letter about his great uncle Fred Bridges. I worked for a little higgler (smallholder) when I was a boy, he used to work on Sandringham estate. One Saturday morning he said hook the old Fordson tractor up to the trailer we are going to Double Lodges Wood, we are picking up a load of wood for Mr Bridges. When we got there Mr Bridges was waiting for us. There was an old tree that had fallen down, it had all been sawn up and was ready for chopping. We loaded up the trailer and went off to Mr Bridges' house it was near to the Jubilee Gates and his house was called the Pheasantry. We put the wood in the wood shed then off we went back to Dersingham.

Well that's the lot for now, keep a troshin'.

All the best,
the Boy Dick from Sunny Hunny.

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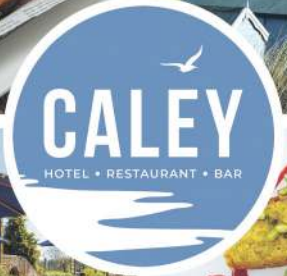
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New gallery opens in Hunstanton

Jackie Kitch has opened a new art gallery in the former TIC at the front of Hunstanton's Town Hall.

Artworks @ The Town Hall is full of paintings, photographs and crafts. The colourful display is made up of work from over forty artists of all ages proving just how much local talent the area can boast.

From paintings on wood by Tom Inglis to 12 year old Olly Thornalley's abstracts the gallery has something for everyone.

The photograph shows the opening night at the gallery attended by the Mayor, Councillors, artists and friends.



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THE BARKING BUGLE

My Pawsome Time At Crufts by Miss Zsa Zsa

I was really excited when I was asked to represent the Barking Bugle at the world's greatest dog show this year, and spread the word about how pawsome our rescue dogs are.

Now I have done some research about Crufts. You have to be top dog to get in there, you mustn't have a millimetre of fur out of place and you have to look absolutely beautiful all the time. And what's more, you have to have teeth! Humans have told me I look adorable but I am definitely dentally challenged and have a wonky white stripe on my forehead. How was I going to fit in with these superstars? I am an ex puppy farm doggy who didn't have the best start in life and, to put it simply, I felt I was not in their league!

I was filled with dread and trepawdation about this assignment! Could I actually do this? Would all the glamorous doggies there laugh at little ole me? However, I was determined to go ahead regardless.

The night before the big day I had a shampoo and set, a thorough grooming and had my few toothy pegs cleaned. After all, if I was going to strut my stuff on the dog walk at the event I simply had to try and look my best, and that included wearing my collar and tie.

When I arrived at Crufts I couldn't believe how big the place was! There were five massive Halls to explore. I was amazed at how many stands were selling colourful tasty treats, luxury beds for furry friends, toys and absolutely everything to do with doggies.

Then, something quite incredible happened! Whilst mingling with some of the many humans there I received a call on my dog and bone. It was from a very excited lady we knew who urged us to come to her stand straight away to do some modelling. Apparently a repawter from the Daily Telegraph was very eager to meet me. Wow, I thought, this really is my moment to shine! I had better not blow it.

When we arrived we were introduced to the repawter, Tom, and this other friendly human who was armed with cameras much bigger than me. It was really exciting! The best bit was when I was asked to pose for some photos, eating from a tin of seriously yummy food! I was told my picture was going to be in the next day's edition of the Daily Telegraph. And sure enough, it was!

I have to admit I really enjoyed my two days strutting my stuff at Crufts. I was very nervous at first but I loved all the attention by the end. I met so many warm, caring and compassionate humans during my two days there and received lots and lots of pats, cuddles and hugs.

I want to bark a huge thank you from the bottom of my paws to all you humans and doggies out there who sent me loving messages just before I went to Crufts. You gave me the confidence to go out and really enjoy the occasion. I have learnt so much and am truly inspired by just how pawsome you all are. And if just one human out there gets

a rescue doggy because of my barks, it will have all been worth it!

I used to be a miserable little doggy without much hope but then I was rescued and now I am very happy! If this can happen to me then it can happen to all those less fortunate doggies out there!

Rescue Dogs Rock!

Woofs Miss Zsa Zsa,
 Editor of the Barking Bugle
www.thebarkingbugle.co.uk



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Enjoy a day at the races - Win tickets to Ladies Day at Fakenham Racecourse

Tim Keogh

Fakenham Racecourse is one of only two major courses in Norfolk, and considered one of the most idiosyncratic and idyllic in the country. It's friendly atmosphere and rural setting create a convivial charm making it a recommended visit, not only for the ardent race fan, but for locals and holiday makers alike.

The course is a thoroughbred horse racing venue which has Charles, Prince of Wales as patron. In 1905, The West Norfolk Hunt switched race meetings from East Winch, where continual heavy going proved a problem, to Fakenham. There were 37 runners at that first event, a large number given the travel logistics at the time. Such was the popularity, it became an annual fixture on the racing calendar. The rest, they say, is history and Fakenham became a hugely respected venue, widely regarded as a must visit course amongst serious horse racing fans.

Historically, the oldest racing event still taking place is the Kiplingcotes Derby which has been held every year since 1519. Due to the recent pandemic, the race was cancelled in 2021. As the ancient rules state, if the race is not run one year, then it must never be run again, so last year a horse and rider walked the course to preserve the race. One quirk of the rules means that the second-placed rider often receives more in prize money than the winner - the winner receives the sum of £50, but the rider finishing second receives the remainder of the purse.

The oldest venue in the world still in operation is Chester racecourse. Established during the reign of Henry VIII, this small



course has hosted racing since 1539. Horse racing, as we know it today, was formally introduced in England in 1776 with a certain race named the St. Leger, followed by the Oaks in 1779 and the Derby in 1780 (there are, however, records of Nomadic Tribesmen racing horses in Central Asia as far back as 4,500 BC!).

Fakenham's most expensive project was to renovate the members stand. Aptly named the Prince of Wales stand after its patron, it was officially opened by Prince Charles himself in 2002. Queen Elizabeth The Queen Mother, a fervent national hunt racing fan, also visited the course in her 100th year.

This year Fakenham have already hosted four race meetings, with another eight scheduled for the remainder of the year. The next three meetings include:

The Aldiss Easter Monday Race Meeting - Monday, 18th April

The Snelling Norfolk National Race Meeting - Tuesday, 3rd May

The Jarrold Ladies Day Race Meeting - Sunday, 22nd May

Various ticket options are available, including course enclosure, grandstand & paddock or day membership. There are two restaurants on site, one in the Prince Of Wales stand and the Punjabi restaurant adjacent to the Parade Ring. There are also two bars, including the popular Long Bar.

As well as horse racing, the venue is an ideal location for private hire for weddings and parties. There is a well-established camping and caravan park, plus a nine hole golf course that intertwines through the picturesque racecourse (although, golf is not available on days of race meetings for obvious reasons).

Arguably, the most famous race of them all, The Grand National, takes place on Saturday, 9th April. This steeplechase (the name derived

from early races in Ireland involving horses racing from town to town and, given their prominence on the landscape, church steeples being used as starting and end points), was first run in 1839, won by the aptly named horse, Lottery. Considered the ultimate test for horse and rider, this will be the 174th meeting at Aintree. The youngest jockey to win was 17 year old Bruce Hobbs who won on Battleship in 1938, whilst the oldest was Dick Saunders who, at 48 years of age, won in 1982 on a horse called Grittar - the horse latterly accepting offers of free beer slurps as he was victoriously paraded around the White Horse Inn in the small village of Morcott in Rutland, where he was stabled.

Having found no reference to Town & Around expert Charles Joyce's recommendation of a horse called "Keep your hand in your pocket", Timmy's Tentative Tip for this year's Grand National is "Minella Times", as an each way selection.

For your chance to win two tickets to the Jarrold Ladies Day at Fakenham racecourse on the 22nd May, please answer the following question:

On the 21st October, 2005, the 4.55pm race at Fakenham racecourse was won by an 8 year old mare called Reverse Swing. But, what is the name of the local Norfolk County Councillor whom that race was named after?

All entries must be emailed to editor@townandaround.net and arrive no later than Friday, 22nd April. The winner will be notified before the end of April.

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Brighter days

Shopping for Spring can present a bit of a challenge. This is England - cold in the morning, hot by lunchtime and chilly from late afternoon, so what on earth can you wear?



Allez Chic's Cheryl Daubney says: "Bright colours are the order of the day and the Lily & Me collection has some super casual pieces including this Chedworth jacket in teal which will keep you dry in the showers from now over your jeans and sweaters right through high summer over your shorts and tee shirts!"

"I was pleased to find this Rockpool top too with its curved hem and elbow length sleeves; it's an easy to wear every day top. Tucked in or left loose it will be a wardrobe staple this spring, summer and beyond. Teamed with some Breaker trousers cropped just above the ankle (that can be worn with heels or flats) you have a perfect outfit for a day out."

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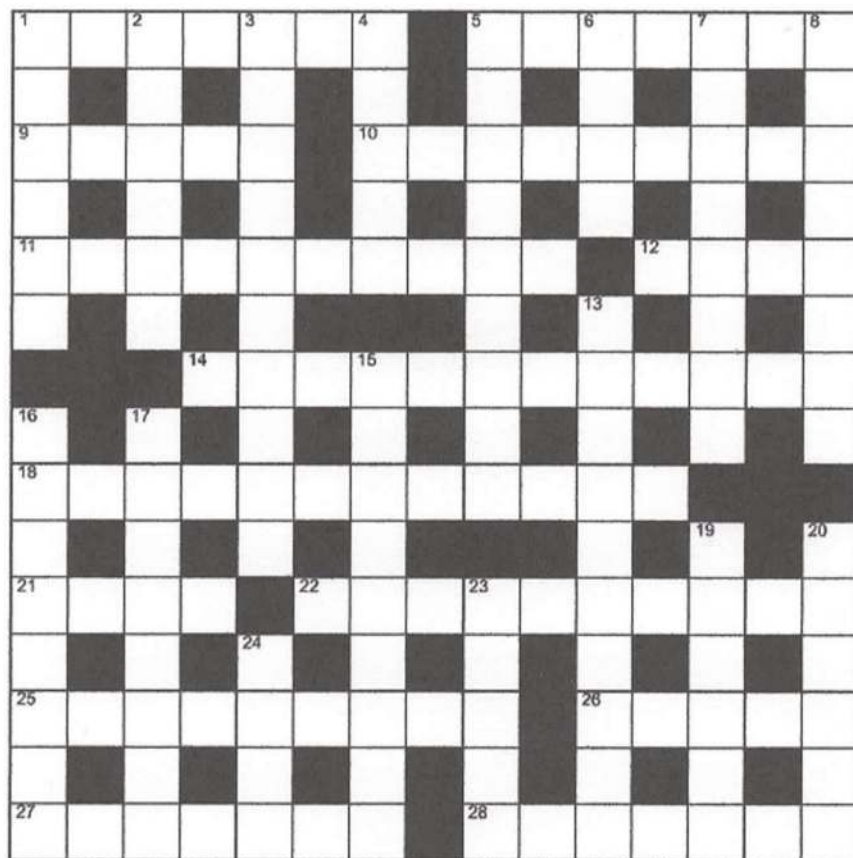
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David Elsey's Cryptic Crossword



Crossword solution on page 36

Crossword Clues Across

1. Help oneself to wheel nuts left around after front tyres removed (7)
5. Thanks to this, maybe queen's comings and goings will be easier (7)
9. Excellent fellow read out message (5)
10. Square cape (9)
11. Corner a clever fish ... (5,5)
12. ... a big fish! (4)
14. Study group that are on social (7,5)
18. Wonderful pets ran free as part of the family (12)
21. Peaks or bens can be hairy (4)
22. French refrain from tweeting early in the morning (4,6)
25. Apathy shown towards brave animal (5,4)
26. Cavort around copier (5)
27. It shows shortcuts to a couple of banks (7)
28. Anarchist (or yob) apprehended yesterday (7)

Crossword Clues Down

1. Notice was about unstable equipment in play area (3-3)
2. One can count on this to a degree, but not entirely swear by it (6)
3. Fool dashes to turn out new inventions (10)
4. Having taken a thousand out, converted to Euros and laundered, is taken in ... (5)
5. ... money left with the French comes into question (9)
6. Darling son skipped perfectly (2,1,1)
7. A tie Gaultier fashioned? (8)
8. Paints gate and beams (8)
13. How do you do blocks of random inspections? (4-6)
15. A boar caught in lake? Silly, it's a marsupial! (5,4)
16. Broods for a long time, when crime gives rise to Oscar being inside (8)
17. Ill feeling caused by inferior claret (3,5)
19. Too much left over pork? Give half away (6)
20. Bird (occasionally lots) seen over quarry (6)
23. It isn't right to block capital, hoping to make a point (5)
24. Being plump, fail to get by swimmer (4)

Ray Butchers Su Doku

Easy first...

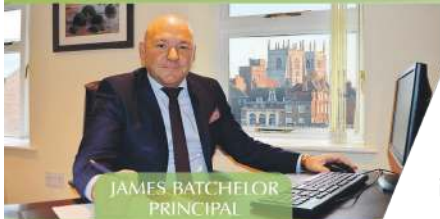
...then the more challenging

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

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

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Round the bend with Dean Baker

Watch out it's Wednesday or The Baker Berg

Last Wednesday there was a lot of muttering coming from the kitchen. On closer inspection it was Mrs B who seemed to be talking to the sink and more specifically down the plug hole.

"Is everything alright?"

"Yes, apart from the fact that I'm enslaved in this kitchen .. oh and the water isn't draining down the plug. Anyway, I've fixed it! But, it hasn't actually worked!"

To cut a long kitchen sink saga short - it turns out that the Bakers have a 'Fatberg'. Yes, it happens to the best of us!

Mrs B had tried to flush out the 'Berg' using kettle of boiling water. This can work but the Baker Berg, was just too big and all the boiling water did was push it a little further down the pipe. Luckily, I have an amazing water hoover sucking gadget, I opened up the S bend after turning the



water off and then I sucked out the stinking lump of congealed fat.

Fatbergs in sewers are made up of all sorts of nasty things including wipes, cotton buds and nappies. But a blocked kitchen sink is almost always made up of fat and food waste. Don't pour fats, oils or grease down the drain. If you have a large amount of oil, put in a plastic bottle in the black bin.

Mudpies & Butterflies

Louise Barby, Balanis Garden Design

"April prepares her traffic green traffic light and the world thinks, GO!" Christopher Morley



Spring is here, more daylight hours, more sunshine and lots more time to enjoy outside. Put your thinking caps on and think how you used your outdoor space last year. How could you improve on things, or even just one thing.....?

* Fill gaps

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. Clear just one patch of earth and sow a small area. The results may well inspire you to do more this time next year.

* Flowers and shrubs

Evergreen shrubs and trees can be moved now, provided the soil isn't frozen or waterlogged. You will need to ensure they are watered regularly until the roots have established. This is a great way of creating a different atmosphere in your garden without spending money.

Plant summer-flowering bulbs such as dahlias and ixia for

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If you suspect your sink is beginning block then you can use boiling water followed by 1 cup of baking soda and 1 cup of vinegar. Cover the drain with the plug and wait at least 15 minutes. Then pour boiling water down the sink again.

And as for Mrs B, we've enlisted the 'not so littles' to help her - its time to introduce them to the workings of the kitchen!

Until next month, all the best.

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something a little different 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, do not trim in to bare wood.

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.

On a budget?

We are all having to watch our spending at the moment, have a think about what would be useful to implement in your garden to encourage wildlife, with what you already have in your garden.

Maybe start a leaf bin, simply by creating a small square of chicken wire. All your leaves are placed here. They rot gradually, making a safe area for bugs and small mammals in the winter. Once they have broken down, you can apply them on your garden to in-crease the soil health. You will be amazed at how many worms seem to appear from nowhere when your soil is improved in this way.

The alternative is to leave an area of lawn to grow during the summer months. However small a patch, it will truly have an impact. We are lucky in Norfolk that lots of wild grasses and flowers may well arrive on the breeze and establish if left uncut.



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PROPOLIS IS THE BEES' KNEES

Bernard Bale

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So, whether it is the menopause, recovery from Covid, ME, helping develop the immune system in all ages, oral health or general pick-me-up, propolis is an incredible ally which has been around for thousands of years but only now being fully recognised.

There is a danger though since the government has recently authorised the use of a pesticide which is extremely harmful to bees. This type of neonicotinoid has been banned almost entirely throughout the EU because of its serious damage to the bee population.

Propolis expert James Fearnley, who founded Nature's Laboratory in Whitby at the turn of the 21st century has been studying bees and their produce for many years and is deeply concerned about the decision to allow the use of this pesticide.

"Bees are having enough problems as it is with loss of environment, eco-changes and other threats," said James. "This is not just a potential disaster for bees but for ourselves because they are very much a part of our entire welfare."

He explained why propolis, as an example, is so special.

"A lot of people think it is an extract from honey but while honey is superb in its own qualities, propolis is actually something the bees make from the resin which they collect from trees and plants," he said. "It totally amazing but the bees manufacture it by running the resin through their own enzymatic system and then combining the product with wax before using it to seal the hive against infection. The propolis creates one of the most sterile environments known to man.

"Interestingly the name propolis actually means Defender of the City and through the centuries scientists have marvelled at its possibilities. It is really only in fairly recent decades that it has really come to the fore and at Nature's Laboratory we are still researching and constantly being stunned by what we learn.

"We make a range of health and well-being products which is constantly growing as we discover new possibilities. It is quite humbling to realise that throughout history bees have known far more about health products than humankind."

Amazing but that is only the beginning of the story and how it can be of great benefit to each and everyone of us.

"Natures Laboratory has been researching the role of propolis as a medicine for over 30 years," James added. "I feel that our work has for years been like a candle burning in the bright sunlight - nobody recognised its light. But as the problem of antibiotic resistance has grown bigger and darker we are beginning to be seen as a real and potential help for what has seemed like an increasingly dangerous, global and insoluble problem.

"Our most dramatic discovery came just over a year ago during the COVID lockdown in work we are funding at Leeds Beckett University. We discovered that if you combine propolis with antibiotics that have effectively stopped working - like penicillium - they start working again. Exactly why and how this works we are still working on but obviously the potential benefits of combining antibiotics and propolis are enormous."

But what does that mean to the rest of us?

"The possibilities are endless," said James. "Almost anything you care to think of can be helped by propolis and propolis products which include propolis cream, tablets, throat spray, soap and even toothpaste, shampoo and mouthwash.

"One of its greatest assets is that it acts as a bodyguard and strengthens the immune system which is great for developing youngsters, great for anyone who is run-down or aged and can help with acne, irritability, bad breath, joint pain, poor digestion even colds and similar ailments.

"As for inevitable problems like the menopause, while not



Beekeeper image credit: Matthew Greger

suggesting that propolis has all the answers, it can certainly help make it a more comfortable journey. The menopause is a massive recalibration of bodily systems including a rebalancing of the immune system and that is where propolis can be a great help. It will not cure anything but it is a kind of immune support medicine and thus helps the body to deal with what it is going through. It is this same support of the body that can assist babies through the difficulties of teething. I think it is fair to say that bees are a lot better as apothecaries than we have ever realised."

While scientists are learning more and more about propolis and other bee products, it has been around for many years. Archeological evidence shows us that the priests in Egypt used it as did the Romans, the Hebrews, and the great Arab doctors of antiquity. But with the coming of modern pharmaceutical medicine, propolis was demoted to the realms of folk medicine and old wives' tales. How those old wives must be laughing now!

The honey and the propolis mostly comes from well-kept hives but all of us can play a part in helping bees prosper.

"Yes, everyone of us can do something for the bees," said avid Somerset bee-keeper Anne Pike. "They are really quite friendly creatures and do not go looking for trouble. In garden centres these days you can actually buy bee-friendly labelled plants so putting those in your garden will be a help. But basically open flowers and especially anything that will flower all year round will be a great help to bees."

Her Majesty the Queen is among our most famous bee-keepers and Prince Charles is also an avid bee-keeper. Who else? Oprah Winfrey explained, "I got into honey first and found it had so much to offer that I started to look into bees. Now I have my own bee-keeper but I do spend time with them myself. It is like discovering a whole new world because while the bees are making great health products for us they are also helping the environment. They are fantastic little creatures and we owe them a lot. Honey is so amazing for everything and propolis is so incredible."

Leonardo Di Caprio is also a huge fan of bees. "I took up bee-keeping because I was told it would be a great way of handling stress," he revealed. "I tried it and it is. I love the bees and I am very hands-on with the hives. I have help if I am away but I love being around them. Then of course, I learned more about the benefits of honey and propolis and that is just a total clincher. Getting to know bees is one of the best things I have ever done."

So bees are indeed our friends and also our apothecaries.

James Fearnley put it into perspective when he said, "Bees have been misunderstood for many, many years. Their ambition in life is not to sting people but to go about their business of providing us with a natural product that can make us feel good, look good and help us through many of the most debilitating health issues we face."

Plant of the month: Ceanothus (bee friendly)

Wendy Warner

Ceanothus are a broad range of shrubs that come in a variety of shapes and sizes. They are commonly known as Californian Lilac as they are native to the Pacific coast of North America although there is very little resemblance to a lilac. Most have a mass of blue flowers creating a stunning sight in late Spring to early Summer but there are a few autumn flowering varieties. Dependent on the variety, the flowers range from powder blue to deep azure as well as the more unusual, and in my opinion, less spectacular, shades of white and pink. Most are evergreen and have small glossy green leaves. The few deciduous varieties tend to be hardier and would be more suitable for a colder or more exposed garden.

To get the best from your ceanothus, choose a sunny, sheltered, moist but well-drained position. If growing a taller variety, plant near a south or west facing wall to give some shelter. Larger varieties can be grown at the back of a border as a free standing shrub or trained against a sunny wall or fence. Ceanothus are not a climbing plant, so you will need to use trellis or wires as a support and tie the branches onto these. They can also be bought as a half standard where the shrub has been selected and grown on as a single stem and all side shoots removed with the top stems pruned to create a lollipop shape. This



Photo credit: ThreeMilesPerHour Pixabay

can then be allowed to grow into a small tree. Medium sized varieties can be grown as an informal hedge or planted in the middle of a border and the smaller mound forming or prostrate types can be used at the front of a border or as ground cover

When planting, add garden compost or blended farmyard manure especially if you have heavy soil and make sure the plant is watered in well until established. Ceanothus don't need heavy pruning, but if tidying up is

required, prune spring-flowering varieties after flowering and cut out any dead wood or long side-shoots. Autumn flowering types should be pruned in spring.

You will find many varieties of Ceanothus in the garden centre but some of the more popular ones are "Concha" which is evergreen with vivid blue flowers on arching branches in late spring. A larger variety, it will grow to 3m x 3m so is best grown against a wall or fence or free-standing as an informal hedge. "Trewithen Blue" is a vigorous, evergreen variety getting to 6m in height with larger leaves and longer panicles of deep blue flowers.

Ceanothus repens is one of the hardiest evergreen varieties with pale blue flowers and with its low-growing, mounded shape will grow to 1metre in height x 2m spread so would be best nearer the front of a border or used as a groundcover plant.

"Skylark" is a bushy mid height evergreen with sky-blue flowers. "Blue Mound" as the name suggests is a medium sized bushy evergreen with a dense, mounded habit and has compact heads of bright blue flowers.

If you're looking for a shrub to give you a spectacular show this spring, choose a Ceanothus.



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Nature notes with Carrie Carey



Sedge warbler on grassy head of common reed

The wind is picking up but I'm determined to prune back some winter dead-wood. I stop to stretch my back at the very moment a strong gust picks up the clippings and chases them down the garden like tumbleweed on a wild prairie. In its wake, bright yellow trumpets of jack snipe daffodils bob up and down as if in homage to their avian namesake. A clematis scrambles urgently across the wall in an attempt to get out of the way. But to no avail and the fragile petals shudder, kissed by the chilly lips of the wind.

Coats are pulled round us tighter, hands thrust into gloves and ears snuggled under hats as if wind is an entity to be deterred. Yet in nature, the wind is a vital component that ensures life prevails. While many plants rely on pollinating insects for production, grasses, grains and even some trees use wind pollination to reproduce. These plants produce dull flowers without scent or nectar so they hold no allure for bees or butterflies. They rely instead on moving air to disperse their precious grains of pollen.

I cannot walk past wild grass without drawing the seed heads up through my fingers and scattering them to the wind. I also, on a quirk of fancy, still huff over a dandelion head and enjoy watching the tiny feathery plumes fly away. Is this a guilty pleasure? Not really, because successful wind pollination is

something of a lottery and once those minute grains are airborne, there is not control over where they will land. How then, do so many plants thrive under nature's throw-pollen-to-the-wind approach? Basically, it's a numbers game and the bigger the better. To ensure at least some of the male seeds reach their female counterparts, pollen is produced in generous quantities. Trees such as oak, birch and hazel are draped each spring in vast numbers of dangling catkins and each of these contain hundreds of pollen grains. To improve the odds of victory, nature has a few more tricks up her sleeve. Catkins appear before leaf foliage to ensure passing breezes have a good chance of shaking some pollen free. The single flower head of an average grass holds millions of pollen grains and while these may be carried a vast distance, most fall within close range of the parent plant. Consequently, grasses and their relatives grow in dense populations and a short ride on a transitory breeze is enough to secure the next generation.

While wind often earns a bad 'rep', in reality in the right amount and strength it can be an important benefactor. Newly emerged seedlings release a hormone each time they are pushed by the wind. This stimulates the plant to create a stronger stem increasing chances of survival. Wind also mixes the air to improve absorption of carbon dioxide – needed for photosynthesis. Night breezes can prevent plants from collecting excess dew and developing fungal disease. Summer winds can make days cooler and nights warmer thereby controlling temperature extremes. Wind is also responsible for stirring leaves and branches to allow sunlight to reach lower canopies of foliage and undergrowth.



House martin in flight

Airborne currents are of key importance for migrating birds. Long distance flyers are particularly keen to maximise wind support to reduce the time and energy used for onerous journeys. Whilst this is not true of all species, most will use a tailwind to whisk them along the flyway. Tired wings can relax a little and oxygen starved lungs have a small respite. Large raptors, storks and herons opt for energy saving thermals instead. Flying at height these birds use dynamism created by wind currents in the atmosphere to glide or soar through the sky. Either way, air is constantly on the move and this creates amazing opportunities for migrating birds to travel from breeding to over-wintering grounds and back. As we celebrate the arrival of April, we can look forward to the return of favourite summer visitors such as swifts, swallows, cuckoos, sand martins and an array of warblers. Some of these birds have a 3000 mile commute, so while we might begrudge that current of cool air hastening down the garden, for visiting birds it is literally a breath of fresh air.

Below: Cuckoo



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Beach Nesting Birds are Go!

A new season is here for the birds that breed on our beaches!

Written by Wynona Legg – RSPB Project Officer

As the weather warms in Norfolk, many of us start to think about summer and those much-needed escapes to the sandy shores of the Norfolk's coast! Only thing is, we aren't the only ones making important plans for the season ahead.

The beaches at Snettisham and Heacham are home to some very special birds which make their nests in the sand and shingle through the Spring and Summer months. Ringed plover and oystercatcher are just two of the birds which do this, and we are lucky enough to have them breeding on our doorstep. Sadly, these vulnerable birds are in decline and they need your help!

From February, the birds pair up and battle it out for the best place to nest and raise a family. It's not an easy task to build a nest on the sand as they must dodge a steady stream of visitors and their four-legged friends exploring the shore. We must do our best to give them space to raise their families on our local beaches at this crucial time.



Ground nesting bird signage. Image credit Steve Rowland

What does this mean for me?

1. Fences

In late March we will be erecting fenced areas on these beaches to ensure the birds have the space they need to build their nests. Please help the birds by keeping your distance from fenced areas and being mindful where you set up your picnic.

2. Signs

We will be installing signs around the site that provide information on the birds and how you can help them during your visit. Do read these signs on arrival and during your visit, keep birds safe by following any requests.

3. Dogs on leads please

Dogs are welcome on Snettisham and Heacham South Beach throughout the year (we love to meet them!), but they must be on a lead from March to the End of August. There will be some places where you can let your pooch run free but please read signs to find out where. Nesting birds are easily scared away by dogs off their leads, leaving their eggs vulnerable to predators and the effects of weather and harmful temperatures. Keeping dogs on leads during the season can make a big difference to their survival.

4. Friendly faces

There will be RSPB staff and a team of lovely volunteers on the beaches during the season, chatting to visitors, providing information and making sure these special birds have the space they need to breed. They may say hello to you, do chat with them to find out more!

How long is the season?

Beach nesting bird season on these beaches runs from March until the end of August.

By following guidance during this time, you can help the birds to



Credit Phill Gwilliam. Ringed plover with chick, South Heacham Beach 2021

keep their eggs safe and warm and keep their chicks out of harm's way until they are big enough to fly.

How can I help the beach nesting birds raise their families on my local beach?

- ✓ Read signage on arrival and during your visit to find out about restrictions and key information.
- ✓ Keep dogs on leads when requested (March – End of August).
- ✓ Keep your distance from fenced areas (to avoid scaring birds off their nest).
- ✓ Ask staff and volunteers – they are here to help and will always have lots of lovely stories to share about the birds' journeys through the season.
- ✓ Get involved – we will be organising some small events across the season – come and join us!
- ✓ Volunteer with us – we are looking for volunteers! Get in touch to find out more!
- ✓ Spread the word about beach nesting birds! They need our support more than ever!
- ✓ Join the conversation by following @RSPBTitchwell on Facebook or Twitter or by reading our community blog at www.rspb.org.uk/Snettisham
- ✓ Get in touch! Email titchwell@rspb.org.uk We would love to hear from you – your voice matters to us.

RSPB's Plovers in Peril Project is in partnership with Wild Ken Hill and is funded by the Borough Council of King's Lynn and West Norfolk through the Habitats Monitoring and Mitigation Fund.



Ringed Plover eggs

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ILL WINDS

Michael de Whalley

Ten years ago, West Norfolk was embroiled in a five-year campaign to defeat plans for a waste incinerator on the outskirts of King's Lynn. The principal bone of contention was that an overwhelming borough-wide poll, where 92% of respondents voted "No", had been ignored by Norfolk County Council. In October of 2013, Defra withdrew £91 million of Private Finance Initiative credits stating that the 29 projects, which already had funding, were 'sufficient' to meet the EU's 2020 landfill diversion targets. However, incinerators are continuing to be given consent and built countrywide to the extent that over 45% of the country's waste is now burnt. Now, when we all thought it was safe to breathe, plans for a new 500,000 tonne plus per year 53MW waste incinerator in Wisbech, just a few hundred metres from the county boundary, are expected to be formally submitted to the Planning Inspectorate in early April. Cambridge County Council,



Fenland District Council, King's Lynn and West Norfolk Borough Council, and Wisbech Town Council have already stated their opposition to the incinerator. Remarkably, Norfolk County Council has refused to get engaged in the consultation process contrary to the clear advice from the Planning Inspectorate to be fully involved at all stages.

This incinerator would be twice the size of the failed King's Lynn bid and burn between 20 to 25 million tonnes of waste during its lifetime. With the prevailing south-westerly winds, the toxic emissions will waft over and slowly poison our beloved West Norfolk. Some might say we need

the electricity but please bear in mind that the Borough Council recently turned down a pollution free solar farm producing just under 50MW of electricity. Even state-of-the-art incinerators emit from the flue a wide range of toxic and environmentally damaging substances at higher levels than coal-fired power stations for the equivalent amount of electricity produced.

The carbon dioxide emissions from this proposal will consume the entirety of the carbon budgets (to 2100, as determined by the University of Manchester) for both Fenland and West Norfolk in approximately 20 years, half the burner's projected lifetime. A recent report from the Energy Transmissions Commission states that if we are to meet global climate targets, we must now remove carbon dioxide from the air. If this isn't enough, the

Government's initiative to recycle 65% of waste generated by 2035 cannot be met with the current rate of incineration. Even if you believe in burning waste, we did not need any new incinerators ten years ago, we already have too many to meet targets, so why are on earth are we contemplating building more of these fire breathing monsters?

How you can help

You can help by writing to The Rt Hon Kwasi Kwarteng MP, Secretary of State for Business, Energy and Industrial Strategy to say that the statutory consultation was inadequate given that the consultation events only took place along the West Norfolk and Cambridgeshire border and that the evidence for and against this application needs to be heard in public in its entirety.



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Heacham and Hunstanton at Night

Terry Parish

Craters on the far side of the Moon are littered with glass marbles and the crater's walls are there to stop them rolling out.

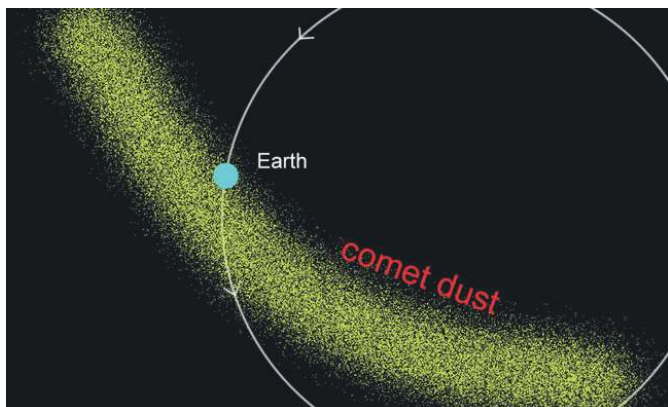
April nights are getting shorter but warmer. A bit of clarity and the stars will be visible in comparative comfort. And the meteor shower season starts again. There are the Lyrids starting on the 14th but peaking on the night of 22nd/23rd, and the Aquarids which start on the 19th and peak on May 6th.



A meteor trail as you might see it.

The Lyrids will contest the sky with the Moon which will be at last quarter phase during the peak. However, meteors can appear anywhere in the sky so look away from the Moon and, if there are some scattered clouds to mask it, so much the better.

These meteors originate with Comet C/1861 Thatcher which was first observed by a chap named Thatcher in 1861.



Earth's orbit makes comet showers predictable. Sometimes a dust trail will be crossed twice in one year. Internet.

In their journey around the Sun, comets leave a trail of dust. If the Earth passes through this trail, some fall through the atmosphere at high speed (say 50km/s), heat up to maybe 1500°C and consequently produce a bright streak of light. Most often these small pieces of rock burn completely away and just dust, eventually, floats down to the ground. Occasionally a larger rock or one containing a high proportion of metals, makes it down to the surface where it might be found or cause a crater. This is then termed a meteorite – meteor in the sky, meteorite if it lands.

Comet Thatcher is a long period comet; it takes 415 years to go once around the Sun and will next appear in the year 2283. It's been doing the trip for a very long time. The Lyrid meteor shower has been recorded since 687BC.

The Aquarids meteor shower will appear as the Moon is waning and, on the 30th it is New Moon so the sky will be dark. However, this shower is best in southern latitudes so it will be low in the eastern sky and best before dawn – early rising necessary.

So, take advantage of warmer nights, get the garden chairs out, lie back and look up. On a clear night, patience will reward you with a meteor trail. During the showers, particularly at the peaks, you should see a few.

I have talked a lot about comets because easy observations of planets are currently a bit thin.

Uranus is with us in the evening. There is a chance to find it easily on the 5th. At 8.15 it will be close to the crescent Moon. Look with good, steady, binoculars or a small telescope a little to the right and slightly above the top horn of the crescent. A greeny blue dot will be Uranus. It will be around 2 billion miles away.

Mercury is theoretically visible but is generally too low and close to the Sun. However, that distance does increase over the month and, at the end, it might be visible in the NW from about 9.30pm. It will be very close to the Pleiades star cluster.

In the pre-dawn sky, Venus is very low in the ESE at the beginning of the month but shines brightly.

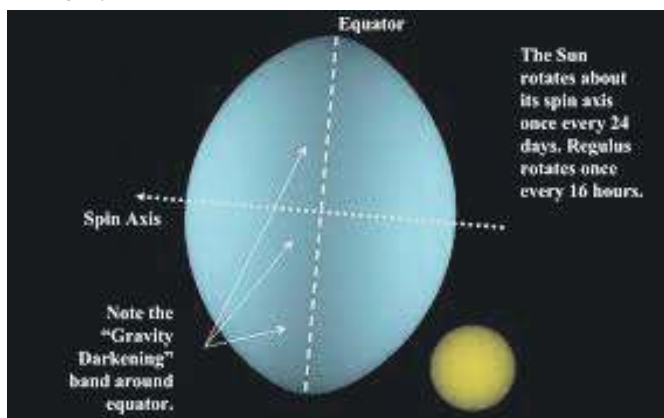
At around 5.45am on the 5th, well to the right of Venus but at the same altitude, find two faint, small, blobs. A slightly yellow Saturn sitting on top of a weak red Mars. They will appear to have a similar brightness even though Saturn will be about 1000 million miles beyond Mars. Size means everything, Saturn (72000 miles has 18x the diameter of Mars (4000 miles).

At midnight at the beginning of the month, 10pm at the end, look from West to East above the northern horizon and you should see the faint glow of the Milky Way.

Scan it with decent binoculars and a wealth of faint stars should be evident; you are looking into our galaxy. At the NE you will find two bright stars, Deneb and Vega, two corners of the Summer Triangle heralding the emerging change in season. Due north will be the W of Cassiopeia, whilst in the west will be the shoulders of Orion with Betelgeuse prominent. Orion's disappearance marks the ending of the winter months.

Turn around and look south. The tail of the Milky Way will still be in the west with Betelgeuse shining brightly. Due south and half way up the sky will be found Leo. There are two bright stars, Regulus to the right, Denebola to the left. Above and to the left of Denebola is Melotte 111 an open star cluster which is revealed in steady binoculars. Go upwards past this and you are looking out of our galaxy into the universe beyond our patch.

Melotte 111, the Coma Star Cluster, contains about 50 stars around 280 light years from Earth.



Regulus equatorial bulge. Internet.

Regulus is interesting as it bulges in the middle rather like me but I don't spin around quickly. Regulus does so in 16 hours so the gaseous



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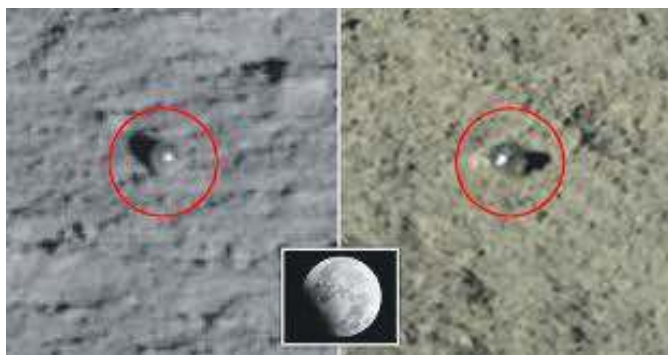
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plasma it is made of is flung outwards at its equator. Regulus is also a four-star system.

In the SSE, about a third of the way up the sky, find the bright star Spica and in the ESE, halfway up the sky, orange Arcturus. This is now a blossoming red giant though it started its life very similar to our Sun. Spica is a single blue white star in all telescopic observation but is actually two stars separated by just 11 million miles. They orbit around each other in four days.

Now that you can travel again, pop down to SW South America on the 30th for a partial eclipse of the Sun.

The sharp ones amongst you are likely congratulating yourselves for not being taken in by my opening paragraph. 'An April Fool's Joke', you said to yourself. But is it?



?Internet

Appreciate the quiet nights that we enjoy, dark and clear or not, though that would be nice.

Letters to the Editor

March issue

Congratulations, I always enjoy reading T&A every month, but the contents this month are excellent.

The write up and pictures from Rainbow Park showed how far we have come over the past 2 years. Hopefully they will have a good season.

Commemoration of the floods in 1953 brought a timely reminder of how cruel our sea can be. That and the Queens visit to Sculthorpe gave an invite in the history of Hunstanton.

I bet the Hunstanton concert band were thrilled to be invited to the How good to read that the Carnival is back at last.

I found the article about the exam results for the adult ballerinas which made me smile, what an achievement.

Pat Richardson's plaque for the Queen's Jubilee - what a show as we drive by. And so it went on and on until I came to Piles and tribulations. I'm afraid it lost me somewhat in all the numbers but I got the gist that basically GPs don't get enough money.

I always enjoy Terry Parish and his thoughts about the controversy of the old Dairy building are spot on, followed by the sad state of the cleanliness of our coast.

I could go on but I think you will see what I thought of this edition. So thanks very much

Kathy Brotherhood

Well done on another good edition – March 2022, as I had said when I phoned last year. Good picture of Nelson and a good story too.

Andrew Stevenson

Copy date for the May edition is 12th April - please don't be late!

Piles and Tribulations – Notes from a rural GP

Dr David Ince

I wanted to go to medical school, in part, having watched the great film ‘Doctor in the House’ but, mainly, because my mother said I had to, and that ‘International Man of Mystery’ wasn’t a proper job. I remember at secondary school ‘careers advice’ was an emerging specialty (or speciality – this is a bug bear of mine – just for the record, an area of medicine is known as speciality – a speciality is something that should only appear on an al a carte menu rather than in a hospital (unless the hospital chef has obtained a special shipment of lobster) – there we go, I feel better now).

Anyhow, the Lower Sixth were allocated a ‘careers advisor’ – a short, plump, ruddy-looking fellow in his early thirties, unmarried with a vague manner and faint hint of lavender which he teamed with a stripey tweed tank top. He was rather amusingly called Gerald Underpass. Dr Underpass (I later found out he had a PhD in Anglo-Saxon Norse) ‘advised’ that we undertook an intensive series of tests to identify which career would be best suited to each pupil. The tests were fed into a large analysing computer which we were told (by Underpass) was cutting edge and the same system that was used by NASA to select astronauts. Unsure of my future, I answered all the questions seriously and looked forward to hearing where my future lay. The results were sent home and I greedily opened the envelope on its arrival. I had only been selected for one career choice. Wine Merchant. Mother wasn’t amused.

So I was sent up to the big smoke to read for a degree in Medicine hoping that having watched ‘Doctor in the House’ with (the clearly nearly middle aged) Dirk Bogarde, Donald Sinden and Kenneth Moore messing about in London and being ‘taught by humiliation’ on the wards by James Robertson Justice playing Sir Lancelot Spratt that it would be a pleasing way to pass my early twenties. There still were, when I trained in the closing decade of the last century, some of the old school consultants. There was a cardiologist who had one of the medical students walk three feet behind him on the ward round (it was known as ‘The Grand Round’) holding a velvet cushion upon which his cardiology stethoscope rested. When the great man signalled the cushion was brought forward. On one occasion the poor medical student that was the CCB (consultant cushion bearer – there was a rota), tripped and dropped the stethoscope and the last I heard they were a medical officer in a prison in Northern Finland (that is a joke). I worked for a vascular surgeon at a hospital in London who used to sit in his outpatients smoking a cigar with the patients clearly an irritating intrusion into his smoking recreation. He sent me and another student in to see a man to examine a hernia. We entered the room and were introducing ourselves to the patient when, through a plume of smoke fit for a pantomime baddie, the irate consultant appeared and shouted ‘you cannot examine a man’s hernia with his pants on. Get those man’s pants off’. My fellow student turned to the patient, raised an eyebrow and simply said ‘well you heard the man’.

I did start this article with the intent of a serious piece debating the pros and cons of access to and ownership of patient notes but I seem to have got side tracked and that boat has probably sailed as there is a contractual requirement for patients to have full access to their medical notes. It also likely that patients will also be able to add to their notes which may mean that some of awful, historic acronyms used by doctors may be joined by a new army aimed at doctors! NFN (normal for Norfolk), FLK (funny looking kid) which in paediatric notes was sometimes followed (as an explanation for FLK) by JLD (just like dad) may be joined by DNL (doctor not listening), RAESNA (rang at eight still no appointments) or IRSS (I’d rather see Shipman). For the record, I think any unnecessary unpleasant opinion in medical records is completely unacceptable and reflects a time where some of my forefathers and colleagues felt a God like superiority that they could comment in such a derogatory manner. It doesn’t mean some of them are not amusing (although only if not in your own records). I remember summarising some notes at my father’s GP practice and came across a letter to a dermatologist that was a simple one liner – ‘Dear Bob – I wonder if you could see this man with an itchy bottom that is irritating him almost as much as he is irritating me’.

A final note on the ‘careers advice’ questionnaire. A friend of mine who is now Professor of Gynaecology also took the test. I had thought ‘Wine Merchant’ would trump but I had underestimated. Although akin to the patient telling me that they ‘have a very high pain threshold’ (they don’t and are about to complain about their pain), I promise this is true, his advised career was: ‘Turkish Dancing’. Computer analysis was in its early days.

I wish you good health.



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Hunstanton Eyecare blog

Prescription Sunglasses - New Range! 'OCEANBLUE'

It's a glorious day today, the sun is shining, and that reminds me to tell you about our sunspecs.

This year we have chosen a new supplier to introduce a new range.

We expect most of our clients' Sunspec purchases to be an additional prescription pair, so we have created a competitive "package price" to suit most prescriptions. The frames will be the same good quality as our normal spectacle range with a choice of plastic or metal designs. Lenses may have a fixed dyed tint or be polarised. The fixed "dip-dye" tinting process is probably the most common, and as the name suggests, the lenses are dipped into a bath of warmed dye solution. The longer you leave the lenses in the bath, the darker the tint. However, the polarised lens is my preferred choice, they are made by polarising material being sandwiched between the two layers of the spectacle lens. It blocks light completely from a horizontal plane and is the best lens to eliminate glare from wet roads and water. The ideal lens for drivers and holidays by the sea. We can make them in single vision, bifocal or varifocal lens designs and the colour choice is grey, brown or green.



Our sunspecs are available to purchase without prescription. The lenses are high optical quality with 100% UVA and UVB protection as standard and come with a case and cleaning cloth.

So if you are looking for sunspecs this year, come and view our new range, stylish frames with high quality lenses for your protection and comfort. We look forward to seeing you soon.

Annette

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New facility transforms training of care staff

A new room equipped with the latest technology is transforming the training of staff at an award-winning home care company.

The facility offers a hybrid of a studio and traditional training room for the team at Extra Hands, which has offices in Heacham, providing for remote learning as well as face-to-face training.



With a range of specialist camera equipment and speakers, staff at the company can see demonstrations from different angles and ask questions and get answers while training sessions are being held.

A library of training videos is also being developed for an app created for Extra Hands staff, which means they will be able to dip in and out of learning resources whenever needed.

Justin Mayes, training manager with Extra Hands, which has run for almost 30 years, said the new facility offered the ability to deliver virtual sessions which are as close as possible to the experience of face-to-face training.

He said: "It is more like a hybrid studio and training room - so we have got the space to be able to do face-to-face training if and when we can after covid, but it has got proper facilities for being able to do remote training.

"For example there is a bedroom which has a bed with hoists, and one camera at a personal level on wheels which I can move around to get the best viewpoint.



"There is another one up near the ceiling which gives a birds-eye view in the corner of the screen, so you get the full image of what is going on.

"I have got a speaker, so if I am asking questions I can hear responses. Training should be two-way and it is as close as possible as having face-to-face training."

Justin said Extra Hands, which provides a variety of home care visit packages to suit all requirements and budgets, had to quickly adapt to moving training online because of the covid pandemic.

And there have been huge benefits in the remote approach.

He said: "Certain topics such as moving and handling will be going back to face-to-face training - but I think hybrid training is the way to go.

"Anything which can be done virtually will be - and then for areas that benefit from that hands-on approach, you will get people in.

"Now it doesn't matter where they are located - you are not limited in numbers and it is more accessible."

He added: "For example I had someone on induction who had to go and pick their children up mid-afternoon. That might have put someone off being able to come and start employment with us.

"But with Zoom you can record it and send them an email with the bits they've missed. It makes it much more flexible."

"Extra Hands has always placed high importance on staff training and we do a full induction covering everything from the principles to the more practical elements," he added.

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Natural Mindfulness and Walking

How to learn to take time to enjoy the world around us and feel better

Adrian Eden

Spring is the time when we often start thinking about being outside and enjoying nature. Many people have benefitted from taking a mindfulness approach to being in nature, and so we asked Adrian Eden, a local Health Coach and Natural Mindfulness Guide to explain Natural Mindfulness, as he prepares to re-start his walks for Spring and Summer.

“Put simply – it is the act of walking, mindfully in nature, and being fully aware of our surroundings, the sights, sounds, smells and tastes of nature. Of course, at a deeper level, Natural Mindfulness is a way for us to re-connect with our environment and remember we are a part of the natural world around us, and not ‘apart’ from it !

Studies have shown that being in nature can help lower our blood pressure and reduce stress-- it is also a powerful antidepressant. And walking in nature, even at a slower mindful pace, has been proven to build our fitness levels, improve our stability and core, help to boost our immune system, and prevent cardiovascular diseases.

My Guided Walks in West Norfolk during the Spring and Summer will take in so many different aspects of this beautiful countryside from woodland walks to beachside strolls, enriching the Natural Mindful experience of my co-walkers.”

Adrian Eden Integrative Health Coach (IIN) Natural Mindfulness Walking Guide

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Let's go out!

Chris Nash

I have recently set up a new social group called Let's go out! We are hoping to attract new members from an area from Kings Lynn all the way along the coast to Burnham's and all surrounding villages.

The concept is a simple one that any member of the group can suggest a social activity that they would like to enjoy and post it to the group via the group FB page and any other member can comment and join in the activity if they wish. Activities that have been posted so far are, Archery, rifle shooting (at a local licensed club) a regular cinema group, coffee and cake chat mornings, beach walks, music events at the Corn Exchange KL, guided KL Ghost walk, Bingo, meals out to name but a few. Really the possibilities are endless and hopefully this can eventually extend to group weekends away and holidays.

The timing of the group set up I think is particularly important as we all get to know

the New Normal whilst we emerge from the last two years of lockdowns and restrictions, for some they haven't experienced a social interaction for over two years.

I see the group safe space in which to form new friendships and enjoy the company of other humans again! The group is open to all age groups.

We now have 154 members since starting in January 2022. It is important that the group continues to expand as the more members that we have the more diverse the activities become. We can all find some new interests to enjoy and hopefully find some new friends along the way whilst enjoying the group with our existing friendship group.

Here is a link to the group facebook page.

https://www.facebook.com/groups/446370777200429/?ref=share_group_link



Chris Nash

Hunstanton Lifeboat Station

Geoff Needham

As the weather warms up and daylight hours get longer, water sports and other activities start to pick up. I'd like to take this opportunity to remind people using our area a few safety issues.

Some beaches employ RNLI Lifeguards, we do not operate a lifeguard service in our area, but our sea safety advice is the same as given to all visitors to beaches, check the tide times, avoid the remote areas, strong currents swirl round the sand banks and harbour channels, never allow children to play in the tide unattended with inflatables, winds blowing off shore and an ebbing tide can soon take them out to sea. Digging sand castles, great fun, do not dig deep holes and tunnels in the sand dunes, or the beach.

If you are planning a walk, bird watching etc. on the marshes, it is important that you know how much daylight you have, and what time the marsh floods, if you are going to sea, sailing, kayaking surfing fishing, check you have the right means of raising the alarm if things go wrong, believe me a few quid spent on the right safety gear, can save a lot of heartache, and enable our crews to locate you, always let someone know where you are going and the time to expect you back.

Before setting out to sea, basic checks are essential, the person in charge of any vessel going to sea is responsible for the safety of all on board, the water might be calm in the harbour, but where the channel meets the sea on the Bar it can be a different scene, you should be aware of weather conditions, tide times, all equipment, lifejackets for

all, the boat engine, fuel tank, the trailer to if its been subject to salt water, flares check the expiry date, radio/mobile fully charged, anchor, the cleats you secure the anchor too, a bit of a sloppy sea will soon find out the weak spots, and it won't be the first one to part company if a tow home is required, charts, paddles, first aid box, bilge pump, baler, compass, tool kit and something to drink, break downs can happen at any time, the weather can change fairly quick, and visibility can close in, a call to the Coastguard will alert us, but if you don't know your position, finding you may take some time.

Stay safe enjoy the coming season, sea safety advice is always available.

Advice to members of the public, if you see some one, or a vessel in trouble at sea, dial 999 and ask for the Coastguard, they control and co-ordinate all search and rescue at sea and around our coastline our volunteer crews respond to the pager request.

Mr. Michael Meakin Chairman of our station for 25 years, has stood down, Michael has been a staunch supporter of the station, on behalf of the station, thank you for all you have done. The good news is that Charles Meakin (Michael's son) has taken over the Chairmanship, welcome aboard Charles!

Other news on the management side, Terry Morris has been appointed President of the Lifeboat Guild. Congratulations.

Volunteers are wanted to help run the shop, if you would like to help, visit the station on a Sunday morning for guidance.

Brancaster to open a new National Coastwatch Station this month

The National Coastwatch is to open a new permanent station in Brancaster on the North Norfolk coast in April.

The NCI was founded in 1994 by public spirited people following the deaths of two fishermen near a recently closed coastguard station at Bass Point, Cornwall.



Watchkeepers up at NCI Cromer, Glenice Knight and Barry Moules

Since that time the organisation has grown dramatically and it now has 56 stations around the coasts of England and Wales manned by over 2500 volunteer watchkeepers.

The NCI is calling for volunteers to become watchkeepers at Brancaster. They are effectively the eyes and the ears along the coast. Once trained they will keep watch on beaches and inshore waters, monitoring radio channels, provide a listening watch in poor visibility and deal with emergencies.

The station, which will join five established stations along the Norfolk coast, plans to open in time for Easter. Brancaster station is unique as it is the first joint venture between NCI and the RNLI and it



is being supported by HM Coastguard, National Trust, English Nature and the Royal West Norfolk Golf Club – indeed the new station will be based near the sea wall in the grounds of the Royal West Norfolk Golf Club.

"We are now looking for volunteers who can commit to carry out a minimum of one three hour watch per week. No previous experience is necessary, just enthusiasm and a commitment to work as a team", says John Allen, Acting Station Manager.

John can be contacted via email at john.allen@nci.org.uk or phone 07955 621608

Crossword solution

Across: 1. Snaffle, 5. Catflap, 9. Email, 10. Trafalgar, 11. Acute angle, 12. Star, 14. Working party, 18. Grandparents, 21. Nebs, 22. Dawn chorus, 25. Sloth bear, 26. Caper, 27. Sidebar, 28. History

Down: 1. See-saw, 2. Abacus, 3. Falsehoods, 4. Eaten, 5. Challenge, 6. To a T, 7. Ligature, 8. Portrays, 13. Spot-checks, 15. Koala bear, 16. Agonises, 17. Bad blood, 19. Troppo, 20. Osprey, 23. North, 24. Chub



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Norfolk Holiday Homes

What goes around comes around

Back in 1980 I was looking for a job after finishing a secretarial course at the Norfolk College of Arts and Technology ('Tech' or 'Norcat' to those who remember and 'College' for those who know it now as the 'College of West Anglia'). I had planned to go to Art School – it turned out I could but did not find this out until over half way through my life..... So I started at Norfolk Holiday Homes, owned by Cruso and Wilkin. Those who have avidly read my articles over the years will know the history. Much water has passed under the bridge since. On several occasions people have offered to back me if I wanted to purchase the business but the timing was wrong and I was too naive and timid to take on the responsibility. People sometimes thought that I owned the holiday homes! And did I wish I had one? Tricky question as I know all the ins and outs of running the business. Huge responsibilities on both counts and the latter being something which I would not have been interested in for a long time.

Many years down the line I now own Norfolk Holiday Homes and have a holiday home. Not things I had planned to do, but life has just panned out that way. Millions of 'life happening' experiences from my initial steps into the holiday letting industry to the twilight years of my career but most have been overcome to achieve what Norfolk Holiday Homes is today. So 'what goes around, comes around' as the old saying says. But, there are always ups and downs and loads of spanners in the works including unnecessary people that cause unnecessary problems, the weather, world problems and more. Nothing could have prepared us for the worst two years or so from Christmas 2019.

World problems have been the worst with Covid 19 just causing total upset for everyone. Having to move those much longed for holidays,

cancel them and learn of the suffering by guests' families who have lost friends and relatives due to the demon pandemic was tragic and distressing for a long time.

Just when we thought the pathway was clearing and suffering was coming to an end, here comes Russia with its 'invasion' of the Ukraine. So, the first question which was posed to me on the morning after the media broke the news was from a guest looking forward to their holiday in June was 'What happens to my family's holiday if we go to war?' I had thought about this, and of course it is a first for many people to experience this hardship of war. Just like Covid 19. We will have to wait and see what happens and what the Government decides to do once more in another terrible situation, another first for many. Who would want to be Prime Minister?

The prospect of booking a holiday in Europe may seem daunting for some which again brings us back to the staycation scenario for us in the UK.

Our hearts go out to all those who have families and friends based in the Ukraine. My father-in-law was captured by the Germans in his home town of Rohatyn in the Ukraine when he was 16 and experienced an horrific mass exodus in 1941 similar to now. I have a piece to write about next time about his experiences.

On a brighter note, who knows what will happen in the time this goes to print - we will have to see.

Sandra Hohol – Norfolk Holiday Homes

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"I get loads of work from Town and Around. Advertising with you is the best thing I've done." Ben Whyman

News from the Woottons

By Richard Coates

New Street Name

The Borough Council has named the new road south of 90 Grimston Road "Peck Lane", in accordance with the suggestion of South Wootton Parish Council.

New Public Field

The 9 acre field between Wootton Park and the new housing estate on Nursery Road is being officially given to South Wootton Parish Council. There are no plans to do anything with the field other than to scatter some wild flowers and plant some trees!

Street Lights

North Wootton Street Lights are being changed to LED lights to save energy, maintenance and consumption costs. As with South Wootton, the parish council maintains the lights rather than the County Council so if residents spot any problems during the changeover to LED, please report them to the Parish Clerk Rachel Curtis, northwoottonpc@outlook.com.

Parish Councillors

North Wootton Parish Council currently has two vacancies and is looking for two public spirited North Wootton residents to become parish councillors. Contact the Parish Clerk



Richard Coates

Rachel Curtis, northwoottonpc@outlook.com for more information.

Planning Applications for the Woottons

You can see full details of all planning applications by going to www.west-norfolk.gov.uk. Scroll down to the box on the left hand side headed "Planning and Development", and click on the second square bullet point down "View and track planning applications". Again scroll down to the search yellow search bar "search for planning application ...". Here you have different

search options, either for a specific road, or for a parish and it can be tailored for the last week or month. For example, if you wanted to look at the plans for the work going on at Castle Rising Road, you'd enter that and find an application for land north of 77 Castle Rising Road, looking at that would reveal many documents and you can open any of them by clicking on the button on the right hand side, including the proposed plans.

Diary Dates

Do you know of other Wootton diary dates, information or events that could be listed here? If so, let Richard Coates know so that it can be listed in the next edition. Contact him at richardcoates@inbox.com. This service is not for commercial events. (See centre pages for events listing.)

Email List

Deadlines mean this date and information list has been prepared nearly a month before the start of April so, inevitably, by the time it is read, some of it may be out of date. There's a more up to date, short weekly email list you can receive. Just email richardcoates@inbox.com and put Woottons Information in the heading to get the weekly update.

Sedgeford villagers plant 400 trees

Sedgeford Parish Council and King's Lynn and West Norfolk Borough Council have worked together to plant nearly four hundred young trees to form a hedge on an area in the middle of the village.



The piece of land is owned by the Borough Council, where there has been an issue with illegal parking of cars for a number of years.

The two Councils put their heads together and came up with a plan, not only to prevent the parking but also to help offset the carbon footprint of both Councils. This project is the first of a number of ways in which the village will be marking the Queen's Platinum Jubilee year. The trees will be logged on the Queen's Green Canopy website.

Richard Fisher, The Borough Council Arboricultural Officer, kindly

supplied the young trees, whips, which were a mainly Hawthorn, with a number of other native hedging varieties. Two large specimen Hornbeam trees were also provided.

The Parish Council had asked villagers to volunteer to plant the trees and were delighted that in excess of thirty attended on the day, with their spades at the ready! To everyone's amazement the trees were all successfully planted and staked in less than two hours. A wonderful achievement!

The Parish Council has agreed to look after the trees, and the new wildlife habitat that will develop, so that all villagers can enjoy this green space for years to come.



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Town and Around's guide

Saturday 2nd

Holistic and Wellbeing Fayre at Hunstanton Town Hall 10am-4pm.

United Services Club, Homefields Road, Hunstanton entertainment by Mark Steel 8.30pm

Sunday 3rd

Norfolk Owls at The Granary, Snettisham. A talk and chance to get close to these beautiful birds. £12.50pp with proceeds to Young People with Cancer – Clic Sargent. Call 07760 115888 to book tickets

Monday 4th - Tuesday 19th

Big Wild Easter fun at RSPB Titchwell Marsh. 9.30-3.30 daily. Bring the family to Titchwell Marsh for an egg-citing adventure this Easter. Get your tribe outside and back to nature with some fantastic activities.

Wednesday 6th

Afternoon Sequence Dance 2-4pm at Snettisham Memorial Hall PE31 7LX. Dancing to music by Dinky. Refreshments provided, raffle. Tickets £4 07787 966000

South Wootton, Probus Club (retired business people), The Swan, Nursery Lane 10am

South Wootton Parish Council Finance Committee, South Wootton Village Hall, 7pm

Thursday 7th

Stanhoe and Barwick WI: Speaker Karl Lumber, Trinity House Ambassador. Visitors are most welcome; please contact Valerie (01485 576261) for further details and to let us know that you'd like to attend.

South Wootton, Knights Hill, King's Lynn Rural Probus Club, 12.30 for 1pm lunch & speaker

North Wootton Parish Council meeting at North Wootton Village Hall 7pm. Residents can attend and speak in Open Forum session

Saturday 9th

United Services Club, Homefields Road, Hunstanton entertainment by Carolann 8.30pm

Sunday 10th

Car Boot Sale at Glebe House School (weather permitting), sellers from 6am, buyers from 7am. Refreshments & toilets available. Sellers pitch fees £5 any size van/car. Entrance donations to School Charities and Hunstanton & District Men's Shed. Chris 07774 650606.

Monday 11th

u3a Hunstanton meeting Note new venue: Village Hall Old Hunstanton 2pm. Speaker John Vigar on Hidden Treasures in Norfolk churches. Info: publicity.u3ah@gmail.com

Tuesday 12th

North Wootton W.I., Scout & Guide H.Q., Station Road, North Wootton, 1.30pm.

South Wootton Parish Council meeting, South Wootton Village Hall 7pm.

Village Voice Live at Dersingham Village Centre, Manor Road, Dersingham 7.30pm Admission £6 incl refreshments and raffle. Sue Gattuso talk on Howard Carter, the man and his work. Howard Carter didn't just discover the tomb of Tutankhamun, he was an archaeologist of considerable renown. His life, as he battled with politics, the press, tourists, authority and his own personality, tells a fascinating story.

Wednesday 13th

South Wootton, Probus Club, The Swan, Nursery Lane, coffee & chat 10am

Afternoon Sequence Dance see Wednesday 6th for details

Quiz in aid of Macmillan Cancer at The Lodge, Old Hunstanton. Max team size 4 - £10 per team.

Thursday 14th

South Wootton, Knights Hill Hotel, King's Lynn Rural Probus Club, 10.30am

Friday 15th

United Services Club, Homefields Road, Hunstanton Quiz night cash prizes and supper £3 pp. 8pm start

Friday 15th - Monday 18th

Snettisham Art Group Easter Exhibition. British Legion Hall on Church Road 10-5.30 daily. Free.

Saturday 16th

Village Market, North Wootton Village Hall 9am - 2pm.

United Services Club, Homefields Road, Hunstanton entertainment by KCR (duo) 8.30pm

Sunday 17th

Open Day at RAF Bircham Newton. See a unique collection of memorabilia from the former Royal Air Force station's past service, which spanned more than 44 years, including two world wars and the Cold War. 10am to 4pm Disabled access & toilets entrance will be free.

Sunday 17th & Monday 18th

Car Boot Sale at Glebe House School See Sunday 10th for details

Monday 18th

Easter Fun at St Mary's Church Holme-next-the-Sea 10am-noon. Easter Bonnet parade with a prize for the best entrant. Children's activities

Wednesday 20th

South Wootton, Knights Hill, Probus Club (retired business people), lunch & speaker 12.00 noon

Afternoon Sequence Dance see Wednesday 6th for details

South Wootton W.I. South Wootton Village Hall, 22 Church Lane, 7.15pm

Hunstanton & District Civic Society Talk at the Heritage Centre at 7.30pm by Brian Butcher of the National Trust about Blickling and the river that runs through the estate. It will cover 1,000 years of history to which it has been witness. Members £1, visitors £4.

e to what's on this month

Friday 22nd

South Wootton Parish Assembly, South Wootton Village Hall 7pm. Residents can meet councillors and hear committee chairmen report on activity for previous year.

Saturday 23rd

Hunstanton Croquet Club 'Come and try' 1.30-3.30pm Tuition, use of equipment and refreshments. contact: secretary@hunstantoncroquetclub.co.uk

Sing Messiah 6.30pm All Saints Church, Burnham Thorpe PE31 8HS. Tickets £10 at www.musicinthorpe.com or 07989 177079

King's Lynn Festival Chorus present Durufle Requiem and Poulenc Organ Concerto at King's Lynn Minster 7pm Tickets £20, under 16s £5 Box Office 01553 764864 kingslynncornexchange.co.uk

United Services Club, Homefields Road, Hunstanton entertainment by DNA rock and Pop 8.30pm

Sunday 24th

Car Boot Sale at Glebe House School See Sunday 10th for details

Monday 25th

Coffee morning at Hunstanton Conservative Club. From 10am

Tuesday 26th

Coffee morning for Heritage Centre volunteers - and potential volunteers - if you would consider joining our happy band, please just turn up between 10.30am and 12.00 noon for a friendly cuppa and biscuit as well as a chat.

Dersingham Village Cinema at Dersingham Village Centre 7.30pm. Doors 7pm Love Sarah (12) with Celia Imrie, Shelly Conn, Candice Brown, Bill Patterson. Entry £6, under 16s £3 (includes tea/coffee/squash) Licensed bar available.

Wednesday 27th

South Wootton, Probus Club, The Swan, Nursery Lane, coffee & chat, 10am

Afternoon Sequence Dance see Wednesday 6th for details

Snettisham Gardening Club Memorial Hall, Old church Road, Snettisham 7.30pm. Hanging Baskets and Containers by Michael Croot. Plants for Sale. Gail 01485 541279 or Addie 01485 544754

Thursday 28th

South Wootton, Knights Hill Hotel, King's Lynn Rural Probus Club, 10.30

New Hunstanton WI meeting 2.15pm at Methodist Church Hall. Speaker is Dr. Maureen James - Telling History - St. George. New members and visitors very welcome.

Bingo, North Wootton Village Hall from 7pm

Friday 29th



Piano Recital for All Saints Waterden at the Marble Hall, Holkham 7-9pm £15 Tickets are available from Lucy Hodges by telephone on 07968 209924 or email lhodges@blueyonder.co.uk

Saturday 30th

United Services Club, Homefields Road, Hunstanton entertainment by Glitz 8.30pm

Regular Events

Hunstanton Community Choir, meets every Wednesday, 7.00 pm – 9.00 pm The Way Christian Fellowship Hall, Downs Close. First week free, no singing experience required, more info contact: Lesley.trebbick@btinternet.com

United Services Club Cash Prize Bingo every Monday and Thursday evening, eyes down 8pm Karaoke every Sunday with Mick 8pm Poker nights every Tuesday Friendly, every Thursday League. Contact 07901 524778 for all bookings

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Do you still need a solicitor if you are getting divorced online?

By Maria Endall, Family Solicitor, Hayes + Storr

The fact that divorcing couples can now apply online for their divorce and, from April 2022, won't need to prove fault for the breakdown of their marriage, will make it easier for the tech-savvy to apply for a divorce without the need for a solicitor. But what about the financial implications of getting divorce? Who gets the house, or the tenancy? How are you going to ensure that pension assets are shared equally? What about the family car you spent so long saving or paying for? And if there is a business, how do you fairly take that into account? Do you even know the full extent of your spouse's finances?

It is important to know that, even after you have obtained a final order in the divorce (previously known as the decree absolute), yours and your spouse's claims for financial relief arising out of the marriage will remain open – unless you also get an order from the court stating how the property and finances are to be split. The new online divorce process will not tell you how to do this, as splitting the matrimonial finances must be dealt with separately.

This is why you will still need advice from a solicitor. Couples who think they have sorted out their finances once they've separated, could be doing themselves out of a fair and proper settlement. Alternatively, if you think you've got away lightly and still managed to walk away with the lion's share of your assets after the divorce, you're still open to having a claim made against you in the future unless you get a court order making the split of the assets binding and enforceable.

Involving a solicitor to help you sort out the matrimonial finances needn't upturn what was otherwise an amicable separation and divorce, or cost the earth. Family solicitors at Hayes +Storr are members of Resolution, a family law organisation set up to help families resolve their legal matters as amicably as possible. We will negotiate amicably on your behalf and recommend mediation when appropriate, but we will also make sure that you fully understand your legal rights and entitlements and do our best to secure a fair settlement.

If you need any advice on family law and would like to arrange an appointment, please call 01328 863231 or email maria.endall@hayes-storr.com.

This article is for general information only and does not constitute legal or professional advice. Please note that the law may have changed since this article was published. Always seek our specific advice.



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Dates & Deadlines! A NEW TAX YEAR

Supplied by Kathryn Gigg, Chartered Accountants, Hunstanton
FROM MARCH INTO APRIL 2022

1 March 2022

ITSA: late filing penalty charged where 2021 Self Assessment Tax Return was not filed by 28 February 2022.

31 March 2022

Company tax: final date for reclaim of tax paid by a close company on a loan to a participator if loan repaid during the financial year ended 31 March 2018.

Corporation Tax: returns for accounting periods ended 31 March 2021 should reach HMRC.

ATED: deadline to amend returns and pay any outstanding tax for the year 1 April 2020 to 31 March 2021.

1 April 2022

ITSA: 5% penalty imposed on 2020/21 Income Tax, CGT and Class 2 and 4 NIC not paid by today. The penalty can be avoided if a time to pay arrangement is agreed in advance.

Employers: new national minimum wage rates apply.

VAT: Making Tax Digital for VAT extended to all VAT-registered businesses for their first VAT period starting on or after this date.

ATED: fixed revaluation date. This valuation will be applicable to determine whether ATED applies and the relevant charging bands from 1 April 2023.

4 April 2022

Tax conditionality: tax checks introduced for renewals of licences in England and Wales for driving taxis and private hire vehicles, operating private hire vehicle firms or dealing in scrap metal.

5 April 2022

Last day of the 2021/22 tax year: various tax claim and elections deadlines. Personal tax: deadline for electing to transfer (part of) the married couple's allowance from husband to wife, or withdraw such an election, for 2022/23.

CGT: last day to make disposals to use the 2021/22 CGT exemption.

CGT: deadline to claim that an asset became of negligible value or a loan to a trader became irrecoverable in 2019/20.

IHT: deadline for utilising Inheritance Tax exemptions for 2021/22 (and any excess from 2020/21).

NIC: deadline for claiming exception from Class 4 NIC for 2022/23 where the same earnings are subject to Class 1 NIC.

NIC: deadline to reclaim Class 1 NIC mistakenly paid in 2020/21 on earnings that should have been categorised as self-employed.

NIC: deadline to pay voluntary Class 2 or Class 3 NIC for 2015/16.

Pensions: deadline to make a contribution to qualify for tax relief in 2021/22.

Employers: Income Tax exemption and NIC disregard for employer-provided and employer reimbursed COVID-19 tests ends.

Employers: temporary Income Tax exemption and NIC disregard for employer-reimbursed expenses that cover the cost of relevant home office equipment ends.

Income Tax: trading loss carry-back extension ends.

6 April 2022 FIRST DAY OF THE 2022/23 TAX YEAR

NIC: 1.25% rate increase for Class 1, Class 1A, Class 1B and Class 4.

Dividend tax: the dividend ordinary rate will increase to 8.75%, the dividend upper rate will increase to 33.75% and the dividend additional rate and dividend trust rate will increase to 39.35%.

Company cars: relevant percentage for calculating taxable benefit for a car with no CO2 emissions increases from 1% to 2%.

30 April 2022

ATED: deadline to submit returns and pay the tax for the year 1 April 2022 to 31 March 2023. If a relief applies, this is also the deadline to submit a relief declaration return.

Corporation Tax: returns for accounting periods ended 30 April 2021 should reach HMRC.

Mrs K H Gigg FCA

N.B. Article written in February 2022



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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Kathryn
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Coffee Morning Monday April 25th from 10.00am. Coffee with Brandy or Irish Cream plus a small scone.

Snooker Room open every day. Snooker League matches each Thursday at 7.30pm.

Mondays: Strength and Balance Class 1.30pm.

Wednesdays: Scrabble from 10am, Yoga for U3A members only at 10.30 am.

and Whist drives at 7.30pm.

Thursdays: Yoga for U3A members 11am.

Fridays: Yoga for U3A members 10.30am. Lunchtime Prize Raffle drawn at 1pm and Cash Bingo start at 7.30pm.

Saturdays: 'Open the Box' raffle. One person may win a large amount of Cash.

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Heacham 'Village Vote'

Following on from the articles on page 30 of our March edition about Heacham Parish Council's plans to borrow £1.3 million for a building project on the old dairy site, villager Dave Curtis proceeded with his 'Village Vote' distributing 2560 voting papers around households in the village.

On 13th March the votes were counted at the Sports Pavilion under the watchful eye of an Ingoldisthorpe resident. 825 voting papers were returned with 35 votes in favour of the Parish Council's proposal and 780 against. There were 10 spoilt forms.



Dave Curtis said: "I'm under no illusions that the Parish Council will take any notice whatsoever of the numbers, but I'd have thought that if you were a parish councillor you'd be concerned about the result."



Dave Curtis with the voting papers

The Borough Council is to conduct a Village Poll on behalf of the Parish, with the Parish Council deciding what the question will be.

T&A contacted the Parish council for comment and we have received the following statement: "This was carried out independently by a Parishioner using incorrect, misleading information and the Parish Council had nothing to do with it."

"At the present time the Parish Council have not been advised of the outcome so are unable to comment further."

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Do you remember when you were a Rainbow, Brownie, Guide or Ranger what a great time you had? You may have been on a Brownie holiday, or several if your Brownie Leader arranged them every year; may be a sleepover, sometimes in very unusual places; a Guide camp where you always remember the weather being perfect; a Ranger trip to London or a festival.

If these bring back lovely memories for you, then could you help to make new ones for the present young members of Girlguiding? You don't have to run one of our units, but you could help us to provide the exciting activities that today's girls enjoy, whether it be abseiling, archery or enjoying an activity day locally or at a centre. We do provide less adventurous activities as part of our programme - we have some girls who actually want to learn to knit - thank you Tom Daley!

If you would like to help Girlguiding locally then please contact us at www.girlguiding.org.uk/interested

Stanhoe and Barwick WI

Thursday April 7th: Karl Lumber, Trinity House ambassador

Thursday May 5th: Susan Barnett, with "Hollywood Royalty".

Visitors are most welcome; please contact Valerie (01485 576261) for further details and to let us know that you'd like to attend.

u3a

Hunstanton

Our April meeting will be at 2.00 pm on Monday 11th April at the VILLAGE HALL, OLD HUNSTANTON. PLEASE NOTE: Different Venue

Speaker John Vigar on Hidden Treasures In Norfolk Churches.

Please go to the u3a Hunstanton site at u3asites.org.uk/hunstanton for further information.

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NORFOLK HOME LIBRARY EXPANDS SERVICE AND CALLS FOR NEW USERS AND VOLUNTEERS

Calling all book lovers and digital masters! A popular home library service delivered by Royal Voluntary Service and the Norfolk Library and Information Service is looking to expand throughout Norfolk.

A new digital inclusion program is also being trialled, in which specially trained volunteers teach the service's clients how to access critical information digitally, and how to download books online. The expansion means that the Home Library Service is looking to welcome new clients, volunteers, and Volunteer Coordinators to the team.

Volunteers work alongside their local library to select and deliver books and other media to those who may find it difficult to leave the house, have mobility issues, or caring responsibilities.

The service also provides regular, friendly social contact to check if clients are safe and well, to discuss reading and listening preferences, and to report any concerns to appropriate services as needed.

Volunteer Coordinators liaise with local libraries, manage a network of local volunteers to arrange book deliveries, recruit new volunteers, and build relationships with local community groups to promote the service. As part of the new digital inclusion program, Digital Service Coordinators may offer their skills in workshops to train volunteers to use various devices, apps, and programs that the service's clients may find challenging.

To sign up to the Home Library Service, please contact the Norfolk Library and Information Service on 0344 800 8020 or visit libraries@norfolk.gov.uk to be added to a round.

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The Pope's prayer intention for April 2022; Health Care Workers; We pray for health care workers who serve the sick and the elderly, especially in the poorest countries; May they be adequately supported by governments and local communities.

The Pope's prayer intention for May 2022 : Faith-Filled Young People; We pray for all young people called to live life to the fullest; May they see in Mary's life the way to listen, the depths of discernment, the courage that faith generates, and the dedication to service.

Lenten Alms boxes are in the porches of both churches and this year the donations will be divided between the St Francis Leprosy Guild and Aid to the Church in Need. Lent Fast Day donations go to CAFOD who support long term projects and any emergencies that occur.

Our pancake evening at St Cecilia's was back this year, thankfully, and was very well attended. The raffle raised money which will go to the Norfolk Hospice, thanks to a sponsored walk by parishioner Eric Rhodes in memory of his wife Penny, an active member of our parish, who died recently.

The World Day of Prayer service at St Mary's Parish Church, Heacham on 4th March was very well attended. This year's service had been prepared by the women of England, Wales and Northern Ireland with the theme 'I know the plans I have for you'. At the start of the service a prayer was said for peace in Ukraine. Many thanks to all involved.

The Sisters at St Theresa's Convent, Sandringham Road, are now offering daily Mass at 12 noon. Please confirm with them if you intend to be present. Contact 01485 532837.

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

People are advised not to go to Mass if they have any symptoms, however mild. Wearing masks when coming to church is still advisable, and hand sanitiser is still provided. We now have communal singing of hymns at our Sunday Masses.

The Sunday Masses are at 9am at Mountbatten Road, Dersingham and 11am at Sandringham Road, Hunstanton.

Daily Masses are at 10am at Hunstanton on Monday, Tuesday, Thursday and Fridays and 10.15am at Dersingham on Wednesdays.

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

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

Christian Science Society Hunstanton

Easter can be seen as a time for reflection and resetting. Two momentous events happened within a few days over 2,000 years ago and these events still have a profound effect today for many. Jesus' crucifixion for bringing God's love and healing to the people and his subsequent resurrection, overcoming the hatred that brought about his death, give us pause for thought, showing that, as the Bible states "All things are possible to God." What appeared to be an sad ending, turned out to be a joyous renewal and an impetus to take Christ Jesus' revelations of God's love forward and share with all.

If you want a chat or more information, call Gay Paterson on 01366 328108 or email paterson.g@aol.com.

Our Sunday services are suspended for April but will resume in May. We also hold a service on the first Wednesday of each month at 12 noon and our next meeting will be on the first Wednesday in May. Follow us on Facebook to see up-to-date information about our church and its activities and services. Information on Christian Science and

our worldwide church can be found at www.christianscience.com. Services are also available online. Please go to www.spirituality4.me to find live-streamed services around the UK, along with other online events, talks, etc. as well as our online shop where you will find books, including the Bible, the writings of Mary Baker Eddy, and many other inspirational resources. Daily inspiration can be found at <https://www.christianscience.com/christian-healing-today/daily-lift>.

Fake News - Good News

Fake news or good news - such a question for our times. In this age of spin, fake news and misinformation, it's hard to know where the truth lies.

When we browse our favourite news stream, check out social media, read a paper or watch the news on TV, we're increasingly less sure that what is being presented to us is actually true. Some people see the Christian faith - in particular the resurrection of Jesus like that - fake news. However writer and Bible teacher Michael Green said: "If the resurrection is false, you can dismiss Christianity. If it is true, the consequences are enormous."

As Christians we believe that Jesus is alive, and there is good evidence for that fact. In Saint Paul's letter to the Corinthian church (1 Corinthians 15: 3-6), he maintains that Christ died on the cross, was buried and then rose again appearing to many people at different times. He appeared to Peter, he says, and to the rest of the disciples. He appeared to more than 500 of the believers at that time. The early followers of Jesus were so convinced of his resurrection they became bold in sharing the good news, despite the imminent threat to their lives.

The Resurrection of Jesus is at the heart of the Christian faith and it is The Good News that Jesus is alive that we celebrate each Easter - come and join the celebration! On Good Friday the churches of Dersingham will be sharing together in the Good Friday walk of witness, beginning with a short time of worship at St Nicholas at 9am before leaving carrying a cross and going via the Methodist church, the Catholic church and the symbolic green hill before concluding at St Nicholas for Hot Cross Buns.

Pebbles the Donkey will be joining us on Palm Sunday! As part of the service Pebbles will be walking down church lane Dersingham at about 9:50 before entering St Nicholas church for part of the special combined service at 10am, with the Youth Band and Church Choir leading us in worship. The celebrations on Easter Day will begin early at the Sunrise Holy Communion service outside Shernborne Church at 5:45AM! It is worth setting your alarm for this very special service as we watching the sun coming up, it will be inside if wet.

The Bishop of Norwich joins us on Easter day as he leads and preaches at the combined 10am Easter Service Holy Communion service at St Nicholas Church Dersingham. Please check the website for other services and updates. This Easter, I hope you can have joy in your hearts as we celebrate the True Good News of Jesus' Resurrection. Happy Easter!

Rev Mark Capron
Rector of Dersingham,
Anmer, Ingoldisthorpe
and Shernborne



www.stnicholasdersingham.org.uk

Hunstanton & the Saxon Shore

Dear Friends, I have started this letter so many times in my head and then abandoned it shortly after. As I write this we are in the midst of horrific scenes from Ukraine and I am wondering what will have changed by the time you read this. At the moment we seems to be seeing some truly awful behaviour and yet we are also witnessing compassion, care and support offered to strangers and people we may never meet. In seeing the devastation and scenes of war let us also seek out the little acts of kindness and love. Sometimes it feels as if all we can see is darkness and desperation but look deeper and we find courage, bravery and a spirit of survival, seemingly against the odds.

As in many areas of the world where there is huge turmoil, killing and injustice, there is also a quiet sense of ordinary people who will not give up seeking good and standing up to evil. In the images we see and the reports we hear we can be so heartbroken that we are paralysed by emotions... or ... we can turn our thoughts and emotions in to action. In ALL situations like this we can do something! We can speak out against injustice, we can support those who are being victimised, we can sit alongside the bereaved and broken offering friendship and compassion and we can always pray for those in need.

In these last few days before Easter Day as we come closer to Holy Week we are reminded of the fickleness of human nature. The way in which Jesus was welcomed by the crowds with palms and cheering one day and yet a few days later was being arrested, mocked and finally killed on a cross. For Christians this is not the end of the story though. Yes Jesus died, a most horrific death, but three days later mourning is turned to joy at the sight of the resurrected

Jesus!

On Easter Day in churches across the world will these words be said "Alleluia, Christ is risen! He is risen indeed, Alleluia!" We celebrate our risen Lord Jesus because in His death and resurrection we can know the power of our sins forgiven and look forward to a new life with Him.

Jesus gives us hope for the future and that's what is so desperately needed. Hope, not just for us and Ukraine but hope for all those places and people who are living in fear. We don't simply hope for things to be better we can be part of that hope. We can live out our faith by standing up for what is right, speaking out and befriending the friendless. What if we are not sure of our own faith? This should not stop us from standing up, speaking out and sitting with those who are in need of compassion. We can all do something to bring hope and light in to the lives of others, whoever they are.

This Easter we have a variety of services to choose from, we have many people who will make you feel welcome and we want to meet you!

Jesus said: "The thief comes only to steal and kill and destroy. I came that they may have life, and have it abundantly." John 10:10 May we all know 'abundant life' this Easter and always.

God bless you as you show support and care for others and as you bring light and hope in to dark places.

Rachael

Rev Rachael Dines
Team Rector
Hunstanton and the Saxon Shore Benefice
01485 535936 / 07763211901
revd.rachael.dines@hotmail.com
Rest Day: Monday

SING FOR ZIMBABWE

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We will be collecting for Christian Aid's work in Zimbabwe and the service at 10.30 am on Sunday 19th June will be linked to the event

Contact Rosie Rayner for more information: 07963 181573



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Services for April

3 April	Marianne Baguley
10 April	Local Arrangement
17 April Easter Day	H. Brown
24 April	Rev Dr Richman Ncube

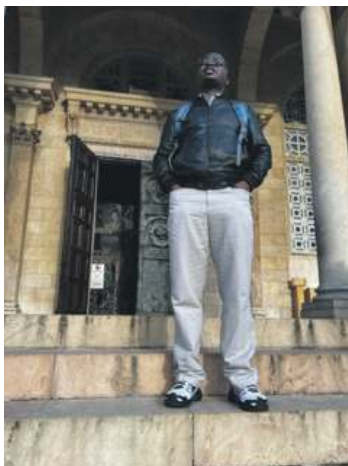
There is a large hall and two smaller spaces, all with access to the kitchen, available for letting. Further details from the booking secretary on 01485 533529.

www.hunstantonmethodistchurch.org

Journeying through Lent

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." (Matt 11:29-30)

Recently I travelled to Israel where I visited the Yad Vashem, the World Holocaust remembrance Centre in Jerusalem. I had a chance to reflect on the gross inhumanity of man against man. I read and listened to stories of death from survivors, how whole communities were wiped out, people gassed in thousands. The experience was distressing. In one of our breaks, I visited the Church of all nations, also called the Basilica of the Agony that is built at the foot of Mount of olives, overlooking the temple mount, in Jerusalem. Here Jesus prayed in agony at Gethsemane, a few hours before his arrest leading to crucifixion. I knelt and said my prayer.



It was while I was there, that I saw on the news that Russia had invaded Ukraine, and the scenes I saw on Television were sad. An unprovoked War in the 21st century. How in this century can such a thing happen?

On my way back, I had to board a taxi to the hotel because there were no trains from the airport. The London underground workers were on strike. The taxi driver asked me what in the world was happening! We have just come out of COVID 19, lost so many of our relatives, our economies are still struggling, and here we are a war that is shaking the entire world? To which I had no answer.

The world around us is putting so much pressure on each of us, we are burdened by so many cares. We live in anxious times, times of uncertainty. Our peace is disturbed, our hope quenched. Christ invites us to come to him. Lent is an invitation to learn from Christ's example. Christ is not only the example, but he is also the prince of peace. We can find rest in him even today.

As Hunstanton Methodist church we met recently as is our custom and prayed for peace in the world, particularly for the people of Ukraine and those of Russia who are experiencing the horror of war every day. We will be doing all we can to support charities that are gathering items for Ukraine refugees. We do have several lent reflection sessions available, face to face and on Zoom as well. You are also welcome!



The earth is the Lord's and everything in it, the world, and all who live in it; for he founded it on the sea and established it on the waters. Psalm 24

Spring time is a wonderful time of the year, isn't it? A time when new life begins to appear. Spring bulbs begin to sprout and flower, animals begin to produce new life and trees begin to come into leaf after a winter of being a mass of bare branches. This spring seems especially welcome as we cautiously emerge from a pandemic which has severely restricted our lives for the past two years.

At The Salvation Army we are beginning to see our programme restart. Although we have been open for worship every Sunday since April 2021 it has been more difficult to reopen other parts of our programme but eventually, we are beginning to get back to normal.

I am pleased to say that we will be able to begin our ever-popular coffee mornings again. On the second and fourth Thursdays of every month our hall on Alma Road will be open between 10am and 12 noon for tea, coffee, cakes, sausage rolls and much more and of course a good old natter!

On the first Thursday of every month our craft group will be reopening. We meet between 2pm and 4pm and refreshments are available. You can bring along your own project and also help us with our nominated project for a chosen charity.

Our Men's Fellowship group restarts on 20th April at 7.30pm and will meet every third Wednesday of the month.

All of these are in addition to our activities already up and running; Sunday worship at 11am, CAMEO Club every Monday at 10.30am, Prayer group every Tuesday at 10am and Band Practice every Tuesday at 7pm. These are open to everyone and you will be made most welcome.

For more information contact Alison Kirby, Corps Leader, Snettisham Salvation Army
Alison.Kirby@salvationarmy.org.uk
 01485 579079 / 07775 717852

Just Jesus

By Gordon Tanner, a member of The Way C F Leadership team

There was a hymn that we used to sing in our assemblies at school that started 'The church's one foundation is Jesus Christ her Lord'. That is not one of the church's foundations, but it means its only foundation is Jesus. God's perfect foundation for the Church is Jesus, and only Jesus.

There was a time when one of his disciples, Philip, asked Jesus 'Show us the Father! The father was God the Father. Jesus reply was basically 'You've been with me all this time and still you don't know me. Anyone who has seen me has seen the Father'. One of the problems the human mind has is understanding God. That is partly because God is bigger than anything we can imagine, and he is more complex than anything we can describe.

Jesus is perfect theology. You don't need an expert to interpret Christianity for you. You need to have someone introduce you to him, and thereafter, if you are willing to listen, Jesus is all you need. Some books can help you, but others may well be a hindrance. If you want to find out about God look to Jesus. If you want to know about God's love for you, look to Jesus, yes the Jesus on the cross taking the penalty for your sin. And look beyond the cross because He rose from the dead, breaking the power of death over our lives, and He went to heaven where He now is. He's done that for you too – broken the power of death and opened a way to eternity in heaven for you.

If we want to see God we must look to Jesus. Anything that clouds the image of Jesus needs to be discarded. If you read the bible in old English you will spend much time trying to work out what the words mean. There is an apocryphal tale of the person who objected to modern translations of the bible with the words 'If the King James version (of the Bible) was good enough for Moses, it's good enough for me'. And there are those who object to any changes in the church. I remember the row that blew up in a local church because the vicar wanted to have the pews removed and replaced with chairs.

The church is an organic growing entity, not a lump of concrete. It cannot be held back by reactionaries. The church is described in the Bible as the Bride of Christ. Brides are living beings, not dead organisations. Living beings grow and develop.

Anything that gets in the way of being able to see Jesus needs to be removed. Any organisation that says you need their books needs to be avoided if you really want to find Jesus. All you need is a bible in modern English.



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Easter Exhibition 2022

We will be holding an exhibition of works in the British Legion Hall on Church Road over Easter – from Friday 15th April to Monday 18th opening at 10.00 am until 5.30pm each day. We look forward to welcoming you – entry is free.

We meet in the hall on Tuesday and Thursday of each week from 10.00 am until 12.00 noon and welcome anyone with an interest in painting at any level on either or both mornings. We currently pay membership quarterly and sometimes have demonstrations and workshops which are much enjoyed by members.

Should you be interested in joining please telephone Les. on 01485 572370 for further details, or come along and meet the group on either morning at the hall. We look forward to welcoming you.

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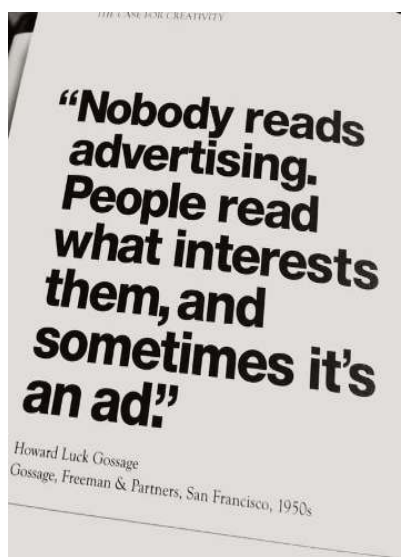
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Linking Up - Cllr Andrew Jamieson

As a Member for Finance at Norfolk County Council, I have been working on the 2022/23 Budget for the past nine months, it was announced in County Hall last month and I thought you would be interested to have a bit of background today.

Coming out of the pandemic, it is important now to look forward and deliver on the commitments we made at the election last year.

The overall net budget proposed by the council will rise next year from £439m to £464.325million pounds. Having initially forecast a £39m budget hole, we have taken prudent action to balance the books amid all the uncertainties whilst still increasing the spend available to the main service departments. This means that Council tax will be increased by 2.99%. Overall, we're increasing spending on key services by more than £68 million compared to 2021/22 and with the savings proposed by individual departments, we are proposing to set a robust balanced budget for 22/23.

So overall, the revenue spend is up. Our capital programme investing in Norfolk is up too.

The backdrop of particularly the last 2 years through the impact of the pandemic on our county and country has been significant.

We've worked as one with our district partners, particularly with the Borough here in the west, along with the health service, charities and businesses: this sharing of resources and responsibilities will help us deal with tighter budgets as the Chancellor seeks to reign in public spending.

The Government's vaccine rollout has proved a tremendous success and thousands of lives have been saved. But Covid isn't going to go away overnight and we're not out of the woods yet. I accept that Government has put huge amounts into the country over the last couple of years but in local government future challenges will be less about adapting to Covid than coming to terms with the last decade: a decade where public spending per person on services has been cut by a quarter.

We spend our scarce resources wisely and well.

However, for the sake of the whole county we must have fair and sustainable funding for Norfolk in local spending power rather than have to rely on putting up Council Tax.

Levelling Up are key words of now and the future.

In Norfolk, we beat Government to it on saying what we see as Levelling Up – it's in our 'strategy for the County': Better Together for Norfolk - to 'create the conditions for people to have good and healthy lives, no matter who they are, or where they live'.

Our vision for Norfolk is that it is the



place where everyone can start life well, live well and age well, and where no one is left behind.

Our budget enables us take that vision forward to:

- improve livelihoods and access to opportunities
- enable all people to fully participate in their communities
- grow a vibrant, entrepreneurial and sustainable economy, supported by the right jobs, skills, training and infrastructure.
- move from being a lower skill, lower wage and lower productivity economy to a high-skill, high-wage and high-productivity businesses.
- ensure that Norfolk claims its fair share of investment to drive growth and prosperity across the whole of our county – urban, rural and coastal
- improve our digital connectivity so that all Norfolk residents and businesses have access to high quality broadband and mobile to make a difference in their lives, businesses and communities

When we talk about opportunities they must be open and available to everyone – that's the spirit of levelling up

Better educational attainment will enable our young people to enter the workforce and thrive.

Apprenticeships are another way to support our young people.

Our people's services for Adults and Children's play a huge part in everyone's lives.

I know they are facing difficult times especially in funding and recruiting the right staff and I commend them all for the hard work they are doing

That's why we want Norfolk to continue to lead on and focus heavily on prevention, early help and intervention to deliver the best outcomes for all our residents.

Following a local approach is best to utilise the strong communities we've built,

especially over the last couple of years.

And keeping up the work on sustaining our natural environment that makes Norfolk such a special place to live in, grow up, raise a family and work.

That's the strength of action seen through our environmental policy, protecting our biodiversity, conserving our natural areas of beauty and working to achieve 'Net Zero' carbon emissions by 2030 on our estate.

Working with our partners and maintaining our leading role on the Norfolk Strategic Flood Alliance is helping to protect our communities from the negative impacts of flooding.

We have made our intentions clear through our annual investment that we will support our communities and continue to identify and take action to protect our County.

We will continue to invest in and strengthen our local communities, expanding library services and modernising facilities.

Through our vision and the financial firepower in this budget we can build a stronger, greener, fairer, more inclusive and more sustainable future for all of Norfolk and all our residents.

Since September 2021 we have been exploring the opportunities of an early County Deal for Norfolk. We are one of nine Counties with whom the Government wish to speak to thrash out a devolution deal.

If we get one it would see powers and funding streams devolved to Norfolk.

That way we can make decisions locally on those matters that affect us the most.

We can target resources where we know they are needed the most.

We can bring in much needed investment for the whole of the County to improve our services, our infrastructure and grow our economy.

Our finances are finite.

We fully understand that the current political and macroeconomic environment has placed great worry on many of our residents.

We welcome the assistance announced by the Government over the last few weeks that sits alongside our Norfolk Assistance Scheme. We are working with the Disasters Emergency Committee to channel much needed funds to help the refugee crisis in Ukraine and will be assisting in physical supplies and, when required, in housing.

The Council has a strong and balanced budget to work with so despite all these pressures, we are well placed to deal with the serious range of issues that face us. Looking to the future as we emerge from pandemic, we will continue to advocate strongly for Norfolk, press Government for our fair share of funding and to bring forward long needed reforms.

Wild in Westminster and West Norfolk

Levelling up. What does it mean - is it more than a slogan?

That's a common question I get asked. My answer is that it is fundamentally about spreading opportunity and is as relevant in North West Norfolk as it is in the North of England. But people rightly want more detail so I welcome the recent publication of the Levelling Up White Paper to put some flesh on the bones of this policy ambition.

There are four main elements to levelling up: boosting productivity, pay, and living standards by growing the private sector; spreading opportunities and improving public services; restoring a sense of community, local pride, and belonging; and empowering local leaders and communities. The government has set long term goals in each of these areas.

A good education is key to giving young people the opportunity to realise their potential and the proposals recognise the need to help improve school standards in Norfolk. I was pleased that Norfolk was selected as one of 55 Education Investment Areas around England which will mean intensive support, investment, and targeted action to raise school standards. This could mean, for example, the Department of Education offering retention payments to help schools keep the best teachers in the highest priority subjects. Norfolk and the other areas will be prioritised for new specialist sixth form free schools where there is limited provision. Schools that have been judged less than 'good' in successive Ofsted inspections could be moved into strong multi-academy trusts.

Levelling up is also about giving more powers to local communities to shape their future. Norfolk is one of only nine counties to be invited to negotiate a county deal that could see more powers and resources controlled locally in areas including infrastructure, skills, investment, and transport. Along with other Norfolk MPs, I am talking to Norfolk County Council, along with King's Lynn and West Norfolk borough council, and other local groups on seeking an ambitious deal that deliver for people across our county.

In North West Norfolk, we are already seeing the benefits of the levelling up agenda. I recently visited the impressive new School of Nursing Studies at the College of West Anglia which is fitted out with the latest technology and will create more skilled opportunities for local people to train for a career in healthcare, supporting the QEH. Lots of hard work is ongoing to develop business cases for the other



projects that form part of the £25 million King's Lynn Town Deal to boost skills, jobs, enhance heritage, and improve quality of life. These will bring significant benefits to West Norfolk.

It is important that Hunstanton, coastal areas and villages also benefit from this agenda. As well as initiatives such as Project Gigabit, where North West Norfolk is set to see over 10,000 homes and businesses connected to the fastest speed, there will be a new Levelling Up Fund similar to the Towns Fund. I want to see projects in Hunstanton forming part of a bid and so I support the creation of the new Hunstanton advisory group led by the council and to involve the town council, businesses, residents, and other groups to help support that effort.

So beneath the headline phrase, there is plenty of substance.

House of Commons

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Any progress on the QEH?

Jo Rust

One of the things I'm often asked is – are we going to get a new hospital? Well, despite this being the month of March, we're still no nearer having a shortlisting decision announced than we were back in Autumn last year when it was originally expected that we would hear. The announcement on the shortlist has been pushed back and back. We were told the announcement had been delayed until Dec/Jan 2022. We got to February and still no news and now we're halfway through March and we're still being told the decision is expected to be within weeks.

I feel fobbed off, how do you feel? I know some people will say, "but the war in Ukraine has naturally and rightfully taken attention and focus", well I don't disagree that it deserves attention, but this issue has been on the burner for months and so there is no justifiable excuse for the delay. The war in Ukraine is 20 days old, we would still have been late if we took the matter back 20 days.

We did manage to meet the MP, James Wild, in December to hand over all the thousands of signed letters to Santa and the Santa's scroll, you might have seen them in his photo opportunity with Sajid Javid. It was our campaign material which was being used. That's great as it was what we designed it for. But at the December meeting Wild denied that he'd agreed to make an appointment for the campaign group to meet with the Secretary of State for Health. Which is odd as the press were there and we have a video recording of the event.

Because of this, the campaign group are looking to go down to Parliament again, in



Meeting James Wild MP in December

April, and demonstrate outside to try to raise more awareness of the fact that it is most certainly not a done deal that we'll be on that shortlist and eventually receive full funding for a total rebuild, despite the fact we have 470 props stopping the roof falling in on staff, patients and visitors.

As I referred to in the last article, I am one of the borough councillors who sits on the planning and passed the application for a new endoscopy unit to be built at the QEH. The old Fermoy Unit is also facing a repurposing to enable different services to be offered from it. All of which will free up space in the current hospital to enable the essential failsafe work to take place. This

failsafe work will NOT extend the life of our hospital, but just mean it becomes safe to use until 2030. Without the new endoscopy unit and the repurposed Fermoy Unit, the decant of patients will not happen and thus the failsafe work cannot take place. I state this to try to explain why money is being invested by the local CCG and utilised from national government funding to improve the estate as many people question it. However, it still means that the government can technically call the new endoscopy unit and repurposed Fermoy unit a NEW HOSPITAL and refuse funding.

James Wild may claim he's doing all he can, but to be honest, I fail to see it.

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Borough Council News for Heacham, Sedgeford and Fring

Cllr Terry Parish, Leader of the Group of Independent Councillors (15)

People most often communicate with me to raise problems they are experiencing. A few of these might be described as moans but most are genuine anxieties that cause them distress and which may be prolonged and seemingly have no certain solution.

The causes of the problems vary but a common thread is bullying or intimidation with ignorance a supporting factor. These manifest themselves in numerous ways: the 'system' failing to respond to emails and letters; a neighbour causing nuisance through persistent building work, unshielded lighting, noise. A company or property owner flouting planning controls and restrictions over an extended period of time; a land owner applying for development without consultation with neighbours or their representatives.

All these problems which can wear away at people's resolve are prevalent certainly within Heacham – though not all of them all of the time. Some pop up in Sedgeford occasionally and a couple have been evident in Fring over the last two years.

Planning matters and land use affect groups of people, maybe a street or an area within a village. Activities by businesses and landowners could be a cause of distress. Reporting this to the Council might result in inadequate replies. Belated action by the Council can be ignored by the perpetrator. Enforcement action may also be appealed and, whilst awaiting the outcome of that long process, the distress is amplified.

Some of the areas where public distress or annoyance is currently being caused in Heacham is Fenway (an issue which has been maintained for several years); Malthouse Crescent environs, and North Beach. Areas which will cause concern imminently are Hunstanton Road; Station Road, and Cheney Hill / Malthouse Crescent / School Road / Marea Meadows.

All who are affected by the diverse issues described above should be persistent in their communications about the matter; where possible group

together for strength, and should not roll over and give up.

Talking of which, the battle of Parkway 2 in Kings Lynn was recently lost at planning committee despite hundreds of protests. However, the community contacted Michael Gove and the decision cannot be acted upon until he considers whether the matter should be called in and decided by government. Whatever the outcome, the Borough has been called to account and this will impact positively on other fights, notably West Winch.

Parish Councils affected by the infamous Knights Hill development decision have also risen again to question what is happening as developers get ready to begin work. Persistence will achieve something.

I am pursuing, again, the idea of restricted parking on the High St adjacent to Wallace's and the Post Office. The cost for doing this has seemingly reduced and I have been given an estimate of between £6K and £10K with a lead time of 18 months. I think this sum should be found from somewhere as it would support local business and make it easier to access services. Consultation about the details of any proposal, including times when such restrictions would apply, would be required.

I am also going to approach Boots, again, about providing a larger premises in Heacham and staffing it appropriately. Note, I do not have issues about current staff who do the best they can in the circumstances which exist. However, the poky shop, limited hours, and too often long queues, are not a level of service which Boots should be providing in a village larger than Hunstanton. Heacham has a high proportion of residents who require prescription medicine.

Congratulations to Sedgeford for getting some new trees planted which, hopefully, solve a problem and will look good in the future. All Parish Councils and land owners should make every effort to plant trees where they can. Various organisations, including County and Borough, will provide them. And

congratulations also for hosting a band at the village hall. This comes on top of fresh drama productions. Sedgeford punches above its weight in providing a 'bit of culture'.

Circumstances have prevented me from pursuing Parish Council representation for Fring. I hope to visit there soon. So far, at least, floods haven't heralded my arrival; the organisation for dealing with future events seems to be improving.

The Neighbourhood Plan for Heacham is getting closer to the public referendum. It is the best way to try and nip problems in the bud before they escalate into prolonged anxieties.



Community Infrastructure Levy CIL) Funding is a tortuous tale that I will leave until next month by which time a final decision about the current round should have been made.

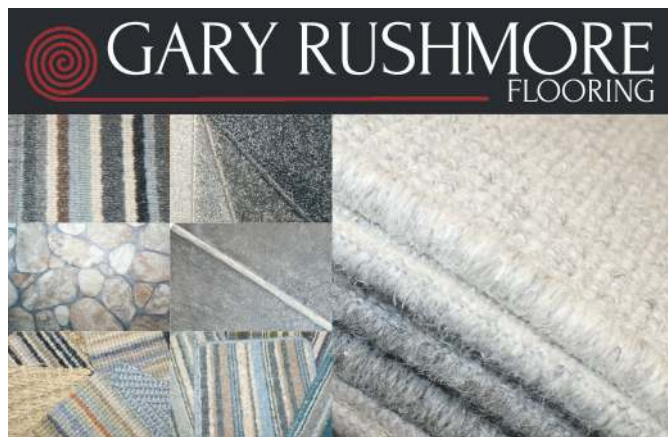
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The Mayor writes..

As I write this, Ukraine and its people are suffering from the Russian invasion. What the situation will be when you receive April's Town & Around we do not know. However, what I do know is that there will be a number of opportunities and ways in which you can support those millions of people who have been forced to flee from their homes and I am sure many of you will have already helped in the way in which you are personally able to; thank you.



While events in Ukraine are constantly on our minds we must continue to get on with our lives here in Hunstanton. In February I held my Mayor's Civic Service. This was attended by civic dignitaries from across Norfolk and representatives of organisations in Hunstanton. The main message of the service was how we should live our lives. In the service I read a poem by Vijay Pandit which was placed first in the "Your advice to young people" poetry contest, but I think it is applicable to people of any age. You might like to look it up. I also read some poems and extracts from books at Hunstanton Primary School on World Book Day. It was great to see the children in their book character costumes and every pupil had written their own story to read to others.

From 11th to 13th March Hunstanton was the venue for the Annual Conference of the Rotary 1070 District (covering Leicestershire, Rutland, Northamptonshire and parts of Lincolnshire and Cambridgeshire). The Princess Theatre hosted the main conference and the Rotary Showcase was in the Town Hall. Delegates stayed in a variety of accommodation in Hunstanton and neighbouring villages. I was pleased to welcome them to Hunstanton before the show in the Princess Theatre on the Friday evening. It was good to hear lots of lovely comments about our town.

Some of you may have noticed that the Town Council has installed a Junior Trim Trail on the Community Centre Field. There is also a concrete base ready for the installation of a youth shelter. These have been funded by the Town Council and with some of the Borough CIL money. We have more plans for other work at the Community Field, including new gates and some outdoor gym equipment.

As part of the Million Trees for Norfolk the Town Council put in a bid for 20 fruit trees, 20 small native trees and 30metres of fruiting hedging. We were successful in our bid and the 20 fruit trees have been planted in the Community Orchard to replace damaged trees and fill in some of the spaces. The native trees and hedging plants were provided as small whips and these have been planted at various places around the edge of the field. Native trees and plants are very important for our wildlife and also for our own wellbeing. In October 2020 I carried out a survey of most of the trees in Hunstanton and hope to complete that this year and then feed back my findings to you.

One of my volunteer roles is as Chairman of the Hunstanton Convalescent Trust. This was formed with the proceeds of the sale of the Hunstanton Convalescent Home, which was founded in 1872. The funds can be used to help people on a low income who are physically or mentally unwell and in need of a convalescent or recuperative holiday. It can also be used to help their carers. It can sometimes be used to provide other items, services or facilities which are calculated to alleviate the suffering or help the recovery of such people. Please feel free to contact me in confidence if you know of somebody who may benefit from a grant.

Contact: Mayor: cllr.winnington@hunstantontowncouncil.gov.uk
Cllr Adrian Winnington 01485 534747
Town Clerk: clerk@hunstantontowncouncil.gov.uk 01485 532402
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HUNSTANTON & DISTRICT CIVIC SOCIETY

We reopened the Heritage Centre on 16th February with the same hours as before as Wednesdays, Fridays, Saturdays and Sundays and Bank Holidays from 2.00pm to 4.00pm.

Our next coffee morning for our Volunteers is planned to be at the Heritage Centre for Tuesday 26th April. Most of our current volunteers have already been invited to this but if you have not been invited or would consider joining our happy band, please just turn up between 10.30am and 12.00 noon for a friendly cuppa and biscuit as well as a chat. Alternatively call Amanda Bosworth on tel. 01485 534007 or email: amandabosworth@me.com).

Just before we reopened the Centre, we took delivery of a train driver's seat and a pair of First Class seats from one of the Class 365 trains that plied the line between King's Lynn and King's Cross between 1996 and 2021. They have been securely installed into the Railway Room by Tony Armstrong and our visitors (and our members) can take the weight off and sit where once the Queen could possibly well have sat on a journey between London King's Cross and King's Lynn.

PLATINUM JUBILEE - Exhibition of memorabilia at the Heritage Centre

To celebrate the Platinum Jubilee of Queen Elizabeth II, Hunstanton Heritage Centre will be hosting an exhibition of memorabilia commemorating Her Majesty's accession to the throne in 1952 and coronation in 1953. The exhibition will open in mid-May.

We would like to hear from anyone willing to contribute to the

display – whether an object, photograph, publication or personal memory. All contributions will be itemised and recorded so that they may be returned to their owner after the exhibition, if necessary.

For more information, please contact Amanda Bosworth (tel. 01485 534007; email: amandabosworth@me.com)

MONTHLY TALKS AND OUTINGS

TALKS - The March talk given by Anne Guymmer of the National Trust. Her subject was all about Oxburgh Hall – Raising the Roof; Medieval Rafters, Rats and Treasure. Her illustrated talk told us all about the recent works carried out to the roof of the Hall and what was found in the process.

On April 20th there will be a talk given in the Heritage Centre at 7.30pm by Brian Butcher of the National Trust about Blickling and the river that runs through the estate. It will cover 1,000 years of history to which it has been witness.

OUTINGS – As indicated previously, John Bridger has other outings in mind for 2022 including we hope, in June, a visit to the North Norfolk Railway at Sheringham. We shall contact members well in advance as soon as they have published their Timetables.

CIVIC VOICE

We are holding conversations with Civic Voice discussing how we handle the future of this Society. These follow the discussion we had after the AGM in December. We shall report on whatever outcomes there are.

AN OBJECT OF INTEREST FROM HUNSTANTON HERITAGE CENTRE

A "Britannia" comes to town!
H&DCS member Roger Dix tells us about the largest steam locomotive to visit Hunstanton.

I had been a keen "train-spotter", so as I cycled to my summer vacation job on the Fairground in July 1962, I knew something special was standing at the buffers in Hunstanton station. I parked my cycle next to Thomas's Bingo Arcade, and there, just across the road, stood a member of the majestic B.R. "Britannia" class of express passenger steam locomotives. This was No 70011 and named "Hotspur". Apart from one experimental loco ("Duke of Gloucester") the Britannias were the largest express passenger engine built by British Railways! Quite a few powerful locos came on summer excursions, but I'm in no doubt "Hotspur" was the largest steam engine to ever visit Hunstanton – unless, of course, you know better!

The "Brits" – as they were known – were big! They were 70ft long and weighed over 100 tons. The driving wheels were 6' 2" in diameter and the tender carried 7 tons of coal and 4,000 gallons of water. They were designed by B.R. Mechanical Engineers Sir Robert Riddles and Mr R C Bond and their team. Fifty five were built at Crewe works and entered service in 1951. They carried the names of national heroes – my favourites are "Hereward the Wake" and "Sir Christopher Wren"

The Brits were built to haul 10-coach trains at 75mph+ and 7 were immediately allocated to Norwich. Their power and speed transformed services to London Liverpool Street.

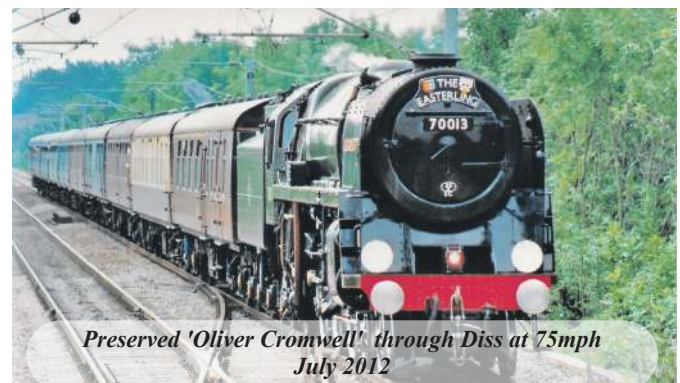
"Hotspur" was one of these, why it arrived in Hunstanton, we shall never know. Presumably, King's Lynn Loco Shed ran out of serviceable local engines and so used 70011 off a London train.

By now – July 1962- diesels were rapidly replacing steam engines, many of which looked very neglected. However, 70011 looked in good condition with nameplates still in place. It was last seen in storage sidings in Carlisle in August 1967 and met its fate with the scrapyards torches in December the same year. All was not lost, though! Two Britannias – No 70000 "Britannia" and No 70013 "Oliver Cromwell" – have been preserved and restored to work again on the mainline, hauling excursions all over the UK. (Details on the Web) Oliver Cromwell has run to Norwich several times and Diss station is a great

place to watch. However, if you take children to watch, be warned, as a Britannia storming by at 75mph with 12 coaches in tow is a noisy, exciting and impressive sight!



"Hotspur" photographed from the footbridge showing the massive tender and much of the railway infrastructure at Hunstanton. On the right is the turntable, water tower and engine shed. In the distance are the sidings where excursion trains were held until the return journey in the evening.



Preserved 'Oliver Cromwell' through Diss at 75mph
July 2012

Will Hunstanton's future be brighter than its past?

By John Maiden

Having been born in Hunstanton before the second World War I have vivid memories of attempts to restore and enhance the town's character during the post war period. In 1955 Bernard le Strange sold, or in some cases leased, significant pieces of land to Hunstanton Urban District Council (HUDC). However the Conveyance of certain parcels of land, identified as being part of The Green, were subject to a Covenant intended to protect their open aspect in perpetuity.

It took less than two years for HUDC to breach this covenant. This fact is documented in the film 'Barnacle Bill'. The reason Alec Guinness entered the pier via a flight of wooden steps, leading up from the promenade, was because Mr JW Harris had obtained planning permission to extend the width of the pier where it overflowed the public promenade. The work involved in this massive sideways extension, from 16 feet to 76 feet, was already underway when filming started in the spring of 1957. Needless to say, the extension took full advantage of the new north promenade! As an employee of the contractors responsible for this magnificent civil engineering project, I know that it was not completed until the summer of 1956. The fact that its foundations had to rest on twenty-foot metal piles, until the bedrock was reached just north of the pier, has been reaffirmed by the loss of sand caused by poorly maintained groynes and recent storms. This explains why it was so easy to remove surviving stumps of the Victorian pier and relocate them within a flowerbed in the Esplanade Gardens.

When it came to the Victorian drinking fountain on The Green, following damage caused during, or just after, the erection of the non-pier amusement arcade in 2003, the base and bowl became the centrepiece of a flowerbed planted with lavender, as shown on a recent photograph taken by David Jones. The upper section of the



*The Fountain on The Green
Photograph by David Jones - March 2022*

fountain might still be at the council depot in Heacham waiting to be repaired!

A further breach of the 1955 covenant occurred in 1963, when single-storey Victorian entrance buildings were replaced with a brutalist two-storey structure, in the style of Hunstanton Secondary Modern School! Following the demolition of this eyesore, after the fire on May 18th 2002, the current monstrosity not only breaches the 1955 Covenant, but also the status of The Green within a 'Conservation Area', which was created in 1984 and extended in 2009.

These facts need to be at the top of any agenda drawn up by the Hunstanton Advisory Board, if the town's future really is going to be brighter than its past...

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Hunstanton Concert Party

Were you in Hunstanton in the mid 1950s? If so you may be able to help Maureen Sayer and John Maiden identify some of the people in the photograph (right). So far they have the following names (and some these they are uncertain of). For ease they are numbered in the diagram below the photo..

Back row from left: 1. Arnold Ainsley, 2. Clare Richards, 3. Susan Sayer, 4. Patsy Maiden (Burgess), 5. ?, 6. Marjory Cook, 7. David Johnson/John Fleming 8. ?, 9. ?

Row 2 from left: 10. ?, 11. ?, 12. Margaret Green, 13. Alan Cook, 14. ?, 15. ? 16. ?, 17. The cat, 18. ?, 19. ?, 20. ?

Row 3 from left: 21. ?, 22. ?, 23. Mavis Tait, 24. ?, 25. ?, 26. ?, 27. ?, 28. Mary Haines, 29. Dennis Drew, 30. Ray Woodcock

Row 4 from left: 31. Mary Bird, 32. Rene Cracknell, 33. Pam ?, 34. May Belding, 35. ?, 36. Pat Lowery, 37. Teresa Lowery, 38. Ettie Cox, 39. Kay Arnott



Answers to:
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NEWS FROM BRANCASTER VILLAGE HALL (BVH)

Geoff Wingrove

Quiz Nights

Every other Thursday evening BVH plays host to the Bar 71 Quiz Night. This has been a feature even during the Covid crisis, when it took place on Zoom, but is now face to face. The event attracts a large audience and a guest quizperson sets the questions, all of which ensures a congenial atmosphere and an amazingly eclectic range of tricky general knowledge posers (Joan Collins' five husbands, number of eyes on a bee, capital of Tanzania, etc). The entry fee is £1 per quizzer, with the pot awarded to the winning team. You will find details of future quiz nights on the BVH website below; all are welcome to attend an event which is mainly about having fun and making new friends.

Race Nights

The inaugural BVH Race Night attracted a large and enthusiastic crowd of race goers on 12th February. Punters were treated to a card of six horse races and a number of very competitive finishes – great fun and excitement for the whole family! The autumn meeting is already being planned.

Art Lecture

A highlight of the BVH January programme was a lively and fascinating lecture on Russian Avant-garde Art by art expert James Butterwick. It was a quite brilliant evening, and hopefully the first of an occasional series of talks from friends across the community.

For further details on all BVH activities and events please visit our website: brancastervillagehall.communitybookings.co.uk

The Roman Fort Branodunum (from the Brancaster Village Hall Archive)

The fort at Branodunum was one of those established by the Romans on the east coast of England ranging from Norfolk to Hampshire. Branodunum is a Roman name, made up of "Brano" – either meaning "crow", or being someone's name – and "dunum", meaning "fort". There were two forts constructed in Norfolk (arguably three), but Branodunum was the only one on its north coast. They were named the Saxon Shore forts, almost certainly as a result of being in areas attacked by Saxons, Angles and Friesians. It is highly likely that, during the late Roman occupation of England, the whole of the Norfolk coastline became a military zone.

The original Branodunum fort was probably built before 200AD in a position to the north of the existing site, which was established around 225-250AD. There were civilian settlements to the east and west of this location, that to the east being now the site of the recent Branodunum housing development.

The site undoubtedly had a sea outlet to allow ships to berth onshore and service the fort. The fort was large enough to house either 500 cavalry or 1000 infantry, to allow a flexible response to threats. There would also have been a range of outposts along the coast to raise alarms of invasions. The garrison at the fort definitely included a large cavalry presence in order to react quickly; some, if not all, almost certainly came from Dalmatia, the modern day Balkans.

The fort would have presented a formidable obstacle to any invading force with its high walls, deep ditches and full supporting structures for a large garrison.

The materials from which Branodunum fort was built probably came, according to modern research, from north east Norfolk, although some would have been brought from further afield, transported by river or sea. The fort was abandoned in the fourth century AD, following the end of Roman rule. Some of the stones that were used in the fort's construction can still be seen today in the foundations of St. Mary's Church, Brancaster, shown here in the picture.

There have been several excavations of the Branodunum fort, the most extensive in 1974 and then in 2013 by television's "Time Team".



Both discovered a wealth of Roman finds and also, using modern techniques, mapped the foundations of the fort; there is much material online for those wishing to find out more here.

Finally, the last motion picture "King Arthur", made in 2004, featured Arthur as a Dalmatian knight, indentured to the Romans to protect England against the Saxon revival – an interesting link to the Branodunum fort and its purpose.

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Hospice to install a Butterfly Meadow at Sandringham Estate

This summer during the Platinum Jubilee year, hundreds of steel blue butterflies will be installed in the gardens of Sandringham House in a collaborative project with The Norfolk Hospice Tapping House and the Royal Sandringham Estate.



Nigel Barnett of Fransham Forge with the steel butterfly prototype

1,500 butterflies will be crafted by local blacksmith Nigel Barnett of Fransham Forge, Great Fransham and painted blue in the style of the Silver-studded Blue butterfly, a species which can be found in Norfolk. They are now available to reserve for a suggested donation of £25 per butterfly.

The Butterfly Meadow is a remembrance campaign by The Norfolk Hospice which will echo the poppy installation at the Tower of London. The butterfly will be affixed to a steel pole so they can be easily planted in the ground and they will measure approximately six inches wide and three-foot-high.

It is open to everyone, not just those whose family members were cared for by the Hospice. The Norfolk Hospice are an independent registered charity based in the village of Hillington, located just four miles from the Sandringham Estate.

The Butterfly Meadow will be installed in the Gardens of



Hospice Nursing Staff L-R: Topaz Fuller, Rachel Ash, Kerry Collison with a prototype of the steel butterfly

Sandringham House from July 16th and the display will be open to visitors until September 1st. Once the installation closes, donors will be able to collect their butterfly from The Norfolk Hospice.

Lyndsay Carter, Chief Executive at The Norfolk Hospice, said: "We are extremely grateful for the tremendous support from the Sandringham Estate who are very kindly allowing us to use their beautiful Gardens as the location for the installation and for Fransham Forge for creating such a lovely keepsake.

"The butterflies are a beautiful way to remember someone special to you and commemorate their life. They may have been cared for by The Norfolk Hospice, they might have been lost to Covid-19, or they may simply be someone very special to you. We hope that the public get behind this campaign and remember their loved ones and support the vital work of the Hospice at the same time.

"The Butterfly Meadow with the backdrop of Sandringham House will be a spectacular scene and we can't wait to see the installation this summer."

You can reserve a butterfly for a donation online at www.norfolkhospice.org.uk/butterfly or by calling The Norfolk Hospice on 01485 601701.

For Sandringham House opening days and times this summer, please see www.sandringhamestate.co.uk.

2022 Tulips for Tapping

It's back! The beautiful, and very popular, fundraising event for the Hospice that had thousands of cameras clicking last year will return in late April/early May and be open for ten days over a two week period. Final dates will be confirmed during April.

Tickets (£5 per adult, £3 for children under 17 and free for under 5s) are expected to sell out so please follow The Norfolk Hospice on social media and keep an eye on their website for updates on when these are released: www.norfolkhospice.org.uk/tulips

The field will be open between 10am and 4pm and tickets will be released in 45 minute slots.

At the site there will be food and drink traders, toilet facilities and ample parking. The Norfolk Hospice will be selling a selection of hospice and tulip merchandise.

Please be aware that no dogs or drones are allowed on the field and due to the uneven terrain, wheelchair and pram use is discouraged.

The tulip field is located just off the A148 near the Knight's Hill roundabout in King's Lynn and the exact location will be released to ticket holders nearer the time.



Hunstanton Fire Service update

Rigil Kent, Watch Manager

Since the last update our development firefighter successfully passed her 2 week Breathing Apparatus (BA) course, this is a great achievement and a reflection of her hard work and dedication and now means she can wear BA if required at building fires.

Another of our development firefighters has just started working towards being able to drive the fire engine. This starts with him completing at least 10 hours driving the appliance in the local area with the watch driving instructor using "L" plates (if you see them wave). He will then attend a 1 week course at our training facility at Bowthorpe where he will hopefully gain his LGV licence. He will then need to complete a further 40 hours of on station driving under normal road conditions before going back to Bowthorpe to complete a 2 week



Blue Lights course, only after the successful completion of all this will he be able to drive the fire engine under blue lights to an incident.

The first 3 months of the year have been busy for the station with a wide variation of incidents being received including several RTC's, assisting the Ambulance service, calls to automatic fire alarms and incidents relating to storm Eunice which saw us attending an unsafe structure and then later on being called to a straw stack fire near King's Lynn.

In February Keelie, Roxy and Sally from Keelies Beauty Salon in Hunstanton presented the crew with a cheque for £350.00 from collection they held with their customers during December, we are really grateful for this kind gesture.

We still have vacancies within the crew, for anyone interested in joining you can contact Watch Manager Rigil Kent on 07452 940635 or drop by the station on a Monday evening between 18:30 and 21:30.



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West Norfolk primaries gather together for literary event

Children from primary schools across West Norfolk gathered together for a literary event at the Corn Exchange in King's Lynn.

The event saw 18 pupils from six primary schools in the West Norfolk Academies Trust (WNAT) come together for the first time in months following the lifting of covid restrictions.

Three pupils from each primary school formed a team to perform a public speaking piece with the theme of the 'life and times' of a writer of their choice.

The selected authors were Jacqueline Wilson, Jeff Kinney, JK Rowling, Roald Dahl and Michael Rosen.

The primary schools taking part were Gaywood, Walpole Cross Keys, West Lynn, Clenchwarton, Snettisham and Heacham Junior.

Each team had a practice session before performing their talk in front of an audience, which included WNAT CEO Andy Johnson, Chair of WNAT Roger Livesey and governors from all of the six primaries.

WNAT Director of Education Becky Walker, the board of trustees and staff from all six schools were also there to watch the talks.



Each of the pupils was awarded a certificate and given a goodie bag, which included cinema vouchers, a book, a WNAT pen and a light up spinner.

Chair of WNAT Roger Livesey said: "This was a truly enjoyable

experience. On behalf of the West Norfolk Academies Trust I would like to offer my thanks to all the staff whose hard work and dedication made this event possible and especially to the students who took part.

"It takes a great deal of courage

to speak in public at such a young age and they did it brilliantly. Thank you to the King's Lynn Corn Exchange who provided their lovely new facilities."

Image: Ian Burt.

Great Ringstead news

First anniversary for The General Store's new proprietors

March 24th, 2022, marked our 1 year anniversary in Ringstead. What a year it's been! It's been a fabulous journey in so many ways.

Whilst we may not have completed everything in store that we have wanted to do so far, we have made considerable changes to the store, all of which have received positive feedback, thank you!

If you haven't met us yet or used the store then we would love to welcome you. Come and browse at what we have introduced, adapted and see what plans we have for the future. We now have a brand-new website! www.generalstoreringstead.co.uk

As the year evolves it is proving challenging for everyone as everyday costs are increasing. These prices impact your local village store too. We really do need your support and custom more than ever before! We will continue to buy the best value & price products for you all with a good mix of everyday items. Without a regular footfall this can prove extremely difficult so we ask that

please if you can, pop in and use us to top up wherever possible it would mean so much. You will be pleasantly surprised at how fair our pricing is.

We are extremely proud that we now stock Erics Pizzas! We are one of a handful of local shops selling these and it's a privilege to have been approached to stock them. You can find these in our freezer. They have been a huge hit!

A huge thank you to you all for your support, friendship, laughs and kindness over the past year and we look forward to sharing many more with you all.

Nathan, Leah, Joshua, Lottie, Dottie (The Cat) & Mabel (The Dog).

Editor's note:

The General Store has copies of Town and Around every month - a handy place to pick up your copy!



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On the turf with Charles Joyce

The big racing story of recent weeks is that champion flat jockey Oisín Murphy has been banned from riding for fourteen months. He was banned for twice breaching Covid-19 regulations and for twice failing a breath test last year. He also admitted giving false information as to his whereabouts when he originally said he was at Lake Como when he was on the Greek Island of Mykonos which at the time was on the Covid red list.

I hope a few T&A readers spotted Alenquer was running in the Winter Derby at Lingfield on the last Saturday in February. He won at 11/4 and was early 5.0 (4/1) on the exchanges. It was an extraordinary price for a horse of his calibre in such a race.

The month of April brings the Grand National. I did take an early price about Mount Ida to win the big race at 40/1 and become the first winning mare since Nickel Coin in 1951. Well stranger things have happened. Tiger Roll will not be emulating Red Rum as he was withdrawn at the early declaration stage because owner Michael O'Leary considers the handicapper had given him too much weight. Nonetheless, at the time of writing the six horses with the highest weight are all trained in Ireland. Although none of them are among the favourites. Nine of the leading ten in the ante-post betting are all trained in Ireland. If the bookmakers are correct the prize is going to be exported this year as it has been for four of the last five runnings.

April is also the month when the flat season kicks off in earnest with the Newmarket 2,000 Guineas on the last day of the month. Considered by some to be the last Group 1 for two year olds the race sees the return of the Godolphin versus Ballydoyle duel with the first five in the ante-post betting coming from one of the stables. I do have my reservations about favourite Native Trail's stamina as going back through time a pre-requisite for winning the race has been a stallion rating of 8.0 or more whereas his sire Oasis Dream is rated only 7.6 which makes the favourite a doubt. Several top milers have found this an obstacle that



proved too much including such as champion stallion Kingman who was beaten by 40/1 outsider Night of Thunder on the Newmarket Rowley Mile before winning four Group 1 races over a mile. It's very strange how it works it, but it's a definite black mark against the Godolphin favourite. The obvious alternative is the unbeaten Ballydoyle trained Luxembourg who is as short as 5/2 favourite with bookmaker William Hill for the Epsom Derby. It's certainly not beyond Aidan O'Brien to bring one fresh from home gallops and win here. For a lively outsider there is the father and son combination of Mark and Charlie Johnston trained Royal Patronage who is presently 33/1. He did blot the copybook behind Luxembourg in the Doncaster Futurity at the back end of last year, but he had previously beaten the second favourite for the 2,000 Guineas Coroebus over the Rowley Mile.

When the bigger stables are waking up to the new season a few trainers have their horses ready to roll in April. One such trainer is Ger Lyons who trains in County Meath in Ireland. He likes to get a win from his two and three year olds very early in the season. He's not so good in the handicaps so non handicaps and maidens are his forte this time of the year. Looking for any of his runners with early odds less than 20/1 that is bookmaker odds around ten o'clock in the morning. Champion jockey Colin Keane is Ger's go to jockey but don't rule out any of the others especially Gary Carroll who often rides the second string which out runs its odds. The qualifiers return a very reasonable return at bookmaker starting prices with only one very minor blip since 2013, but the real profit is in the exchange starting prices. These are almost double the bookmaker profits. I try to avoid the very low grade Class 6 races and Ger is not so great at his local Navan track nor Tipperary. So a careful look needs to be taken if backing any of his runners at those tracks. Elsewhere he is usually okay with a win strike rate of 1 in 4 and very few odds-on winners. Very obviously that means 3 out of 4 lose, but as Kenny Rogers sang you don't count your winnings until the dealings done. It's not a way for the form addicts as the significant profits rest with horses that are having their first run in Ireland or the UK. In fact if a punter stayed only with Ger's April runners that were making their debut or having their second run in public a punter would be pleased. Ger is also a trainer to keep an eye when he returns a horse to the track after six or more months off when Galileo is the sire of the horse's dam. So far there have not been many but the signs are looking good.

Meanwhile back in the UK April is the month when trainer Peter Bowen starts to fire in the winners. Again the strike rate of 25% does take some persevering with, and there have been some highs and not so high, but the rewards have made it worthwhile since 2012, especially when betting at the exchange starting prices. The ones to look for are the four to nine year olds that have run sometime in the previous five months and the bookmakers have them priced up in the morning at lower than 50/1. Father of jockeys James and Sean, Peter Bowen trains in Wales and does not send his horses on journeys over three hundred miles for the day out. So keep a special eye out for them when they turn up at Fakenham or Market Rasen during April to June.

As always 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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Hunstanton Croquet Club

Caroline Harper

Hunstanton Croquet Club committee members and friends have been busy behind the scenes readying the club for reopening on 28th March. We have a brand spanking new sign showing where we are; fences have been mended; sleepers laid; dangerous tree branches removed and new social media pages (facebook and Instagram) started. Subs are coming in to our new Treasurer, Gwenda, and entries are being made to our Invitation Day.

Now, members are retrieving mallets from their winter hiding places and giving them a polish as they eagerly await the season to start. I, for one, can't wait!

What makes Croquet so good? Well, it's a sport that can be enjoyed right from the start. It really is something anyone can play. The basics are easy to grasp and you make rapid progress. You get a buzz from your first hoop, your first clearing shot, from making a good tactical move.

Croquet is a sociable activity - good for mental health. It is a physical activity, outside in the fresh air - we all know that is good for us - and strategic thinking in croquet exercises the brain as well as the body. An all-round healthy, enjoyable, affordable package!

We would love to welcome new members to our club. Please visit our website <http://hunstantoncroquetclub.co.uk> for information on how to join and taster days. If you don't have internet access, please drop in and see us any Monday, Wednesday or Saturday afternoon from 28th March.

We always loan mallets to new players on our 'Come and Try' days and during their first season, but our selection of stock is a little low and looking a bit sad. If anyone has mallets languishing unloved in cupboards because they no longer play or have upgraded to super-duper shiny new ones, please consider donating them to the club so that they might be used and loved once again.



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Sporting corner with Tim Keogh

Searles Golf Club raise a whopping £4,500 for Norfolk Ambulance and Rescue Service (NARS)

The money was raised from various events during the Summer and Winter 2021/22 seasons, including quizzes, the captain's charity bottle donations, tournament events and the hard work of the Miss Marple/Hercule Poirot partnership of Louise and Martin Palmer for locating lost balls for resale.

NARS is currently in urgent need of two Lucas 3 automatic CPR machines. When attending a patient in cardiac arrest, the machine can be fitted to the patient in a matter of seconds. It then takes over from manual CPR. Paul Strutt, a NARS volunteer, explained the benefits of the Lucas:

- It doesn't get tired ! It's only possible, even for a fit, well trained medic, to deliver effective CPR for 1 to 2 minutes.
- The Lucas delivers perfect CPR at the right compression and frequency.
- It runs for around 40 minutes on one battery, although we carry a spare battery which can be plugged into 240V supply.
- It frees up the medic's hands, allowing them to focus on other tasks.
- It can be used in a moving ambulance, or when a patient is being stretched downstairs.
- It buys time. This means that a patient can be transported a longer distance to a specialist cardiac centre, instead of the closest receiving point.

The machines cost around £9,500 each, so the Searles donation will contribute nearly half the cost of one machine.



Men's Captain Dave Cox, Ladies Captain Teresa Hills, Seniors Captain Keith Whiting, Carl Smith, NARS, Paul Strutt, NARS

NARS have been operating since 1970, providing additional and invaluable support to the ambulance service in Norfolk. Paul said, "with no government funding, we are completely reliant on donations such as these. They are invaluable and allow us to purchase leading edge equipment such as the Lotus. To put it simply this type of equipment saves lives. Our thanks go to everyone at Searles Golf Club for this donation".

The Club have also confirmed NARS as their chosen charity partner for all fund raising in the 2022 and 2023 season.



Armchair sports trivia

sponsored by Berni Beans of Hunstanton

Win a delicious afternoon tea for two (worth £19.95pp, total £39.90) courtesy of Berni Beans Hunstanton.

Question:

In 1973 Red Rum beat Crisp in one of the most famous of all Grand Nationals. But, in the same race, what bet did owner Mr. E.F. Birchell win at 33/1 on Mill Door, a horse that had never won a race before?

Closing date: 15th March 2022

Answers to: editor@townandaround.net

or post to: 18, Tapping Close, Snettisham, Norfolk PE31 7FF

Dropping a handkerchief into the water and shouting 'go' was the correct answer to last month's boat race question, and Rachel Carlisle was the winner being the first correct answer out of the bucket. Enjoy your afternoon tea at Berni Beans!

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Heacham Manor Golf Club raise £2,450 for Scotty's Little Soldiers

Tim Keogh

Heacham Manor Golf Club recently presented a cheque from all recent fundraising events to their chosen charity, Scotty's Little Soldiers.

Scotty's Little Soldiers is a charity dedicated to supporting children and young people who have experienced the death of a parent who served in the British Armed Forces.

Army widow, Nikki Scott, set up the charity in 2010 after her husband, Corporal Lee Scott, was killed in action in Afghanistan in 2009, leaving behind two young children - Kai, 5, and Brooke, who was just 7 months.

The charity is currently providing assistance to hundreds of bereaved British Forces children and young people around the UK and beyond. Services offered include guidance to parents and carers, access to professional child bereavement support, personal education and learning assistance (including grants) and fun activities such as holiday respite breaks and group events. These are all designed to remind the children and young people supported by Scotty's that they are not alone. Nikki met Lee in King's Lynn, where the charity is based.

Such funds raised prove invaluable to the charity. Nikki was quick to praise the club, "Thank you so much! Scotty's is currently providing a range of emotional health and



Cliff Alman (Seniors Captain), Glynis Thacker (Ladies Captain) and Tony Thacker (Men's Captain)



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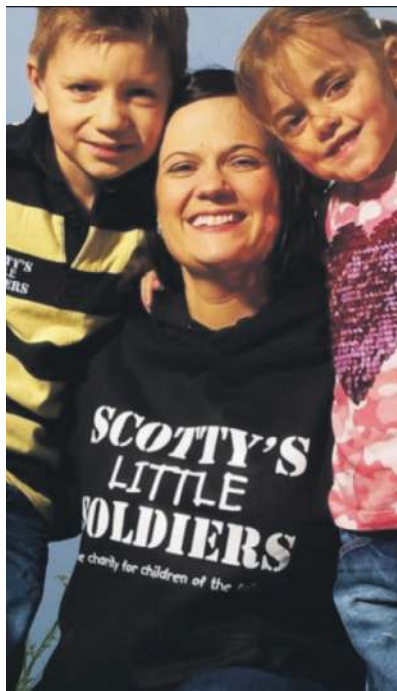
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wellbeing support to hundreds of bereaved Forces children and young people across the UK. One of the biggest challenges faced by bereaved children is the sense of isolation, with many feeling like no one understands how they feel. Just by being a Member of Scotty's, children and young people form a caring community with hundreds of others who have also experienced the death of a parent who served for the British Armed Forces.

Scotty member Austen, aged 10yrs said, "knowing Scotty's is there for me means a lot. I feel really looked after, and I know that I'm being cared for. The activities they organise help me forget everything bad that is going on."

The support means that we can continue providing support to children like Austen on a long-term basis. Thank you for your part in helping us to support bereaved British Forces children and young people".

For more information about Nikki's story and supporting this charity please visit www.scottyslittlesoldiers.co.uk.



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Heacham Minors Football Club partner with Coerver®

Tim Keogh

Heacham Minors FC have secured a partnership with a worldwide recognised brand in Coerver for the next two seasons. This is an exclusive partnership, with Heacham Minors FC being the only club in the area to offer this facility.

Coerver® Coaching is the No1 Global football education development programme used by over 1 million players, parents & coaches in 47 countries over the last 36 years. It was inspired by the teachings of Netherlands coach named Wiel Coerver, a winner of the Dutch League as a player and the UEFA Cup as a manager, and founded by Alfred Galustian and Charlie Cooke. The main aim of Coerver® Coaching is to develop skilled, confident, creative players who can influence gameplay and effectively combine with teammates or excel in 1 v 1 attack or defensive situations. In simple terms it combines practical play with theoretical insight, through specific coaching techniques.

It has been used at football clubs across the world including Bayer Munich, Arsenal, Benfica Paris St Germain to name but a few and football federations like France, Japan, China & Australia. The system includes: 148 ball mastery skill exercises 48 ball mastery moves 24 feint moves 14 change of direction, a 56-second factor and much more. As a Partner Club, Heacham Minors aim to use this system alongside existing expertise to develop the future stars of tomorrow.

Heacham Minors FC also has priority invites to special international training events coordinated with world-class pro clubs such as Real Madrid C.F. and S.L. Benfica, with opportunities available for players to attend the Coerver® Performance Academy and develop skills based on the styles of world-renowned football players who have been exposed to the Coerver system.

Personal development plans are implemented, designed to maximise the player's improvement and potential. Internet-based curriculums allow parents, players and coaches to compliment and support training sessions throughout the season. There are also educational programmes for coaches that are designed to maximise training sessions based on the Coerver® coaching methodology.

Rick Gower, Director of Heacham Minors FC, first came across the technique from friend and ex Norwich City and Southend United player Che Wilson when he oversaw a project to redeploy English



and overseas ex-professional footballers into the New Zealand football structure. Now based locally, Rick has masterminded the tie up with Coerver. He said: "By using this system in addition to our existing coaching expertise and experience, we end up with a professional, safe and fun learning environment for our minor teams which enhances their experience."

"We will also be introducing Coerver X, which is a new virtual, high intensity, ball mastery programme which will supercharge the younger player's game."

"Sessions can be accessed anywhere and anytime on any device, all you need is a small space and a ball, which means players can improve their skills away from the training ground."

"It is an exciting time and we have already seen huge progress amongst the girls teams in the first few months".

For more information about joining Heacham Minors FC, which covers girls and boys football from the ages of 5 to 16, please contact Nathan on 07811 629910.



In the Spotlight - Mike Shaw (Hunstanton park run race director)

By Tim Keogh

Age: nearly 55!

Star sign: Pisces

Where born: Southampton

How long lived in Hunstanton: 21 years

Occupation: Social Worker

Family: Rita and 2 teenage sons

Cats or dogs: Neither really but now have one of each!

Which team do you support: No one team but keep an eye out for Southampton's results

Sporting icon: I don't really have one but love sports, from football to darts!

Previous Sports: Football as a lad but then learnt how to play tennis and played on and off during the years most recently with my sons and helping to keep Heacham Lawn Tennis Club alive until its demise a year or two back.

When my sons were playing football I became a footy coach at Heacham Minors for several years. Unfortunately, we didn't win too often which was probably down to my coaching!

Running has been important to me since my late 20s and I have

ran numerous races over the years with the London marathon in 2015 being the highlight. Now I find myself volunteering at Hunstanton Promenade park run most Saturday mornings and spending too much time at Oasis leisure centre attending classes, the gym and swimming lengths in the pool.

Worst injury: problem with my heel for several years which, thankfully, does not overly trouble me these days

Favourite meal/cuisine: I'm vegan and love Indian food.

Favourite drink: Most of the vegan beers brewed by Brewdog

Favourite holiday destination: Mojacar, Almeria, Spain. Some call it paradise.

Three items for a desert island: Beer, my Garmin watch and headphones to listen to music with.

Favourite band: Too many to name but not Ed Sheeran!

Pet hate: Nail biting!

Worst habit: Nail biting!

Any superstitions: Not spiritual in any sense of the word

Any hidden talents: some might say I'm a decent snooker player!

Biggest achievement in life: my family

Message to younger self: Don't smoke and be more active!



Mike delivers the Parkrun briefing from Hunstanton Sailing Club's terrace. Credit: Hunstanton parkrun

Like to live forever: undecided but as I get older I try to make the most of life and very much value my health and wellbeing.

Hunstanton Park Run host their International Women's Day Event

Tim Keogh

Hunstanton Park Run is a popular community 5km run (or walk) held at 9am every Saturday along the Cliff tops (Summer) and along the promenade (Winter). As many as 294 runners attended the 2020 New Year's Eve run. Whilst the pandemic has effected the scheduling, the run is now very much back to normal on a weekly basis with, on average, around 50 to 100 runners in attendance. They have now hosted over 50 runs since October, 2019. And it's free to participate.

On Saturday, 5th March, Hunstanton Park Run held their International Women's Day event, a theme replicated by park runs across the world. Mike Shaw, Event Director and one of six Race Directors of the Hunstanton park run said, "with the weather improving we are hoping to attract more runners. Whilst we get runners of all ages and abilities, each park run is fun with great camaraderie. Not only are we looking for new runners, but volunteers as well. We have recently had help from Smithdon School pupils, who have used volunteering or running the park run as an accreditation towards their Duke of Edinburgh awards and have continued their participation". The Hunstanton park run is also fortunate to have one of the most scenic routes be it the Winter or Summer run. Although some runners try and beat their personal best times, the events are very much social and informal affairs with the aim of promoting health and wellbeing. Volunteering wise, there are a number of roles available, including marshalling, time keeping and scanning entrants into each race, with full training given.

Park runs have been taking place since 2004 when Paul Sinton-Hewitt held the first event where, one windy day, 13 runners ran in Bushy Park, Teddington. It soon evolved into a network of similar runs, before the term park run was coined in 2008. It is estimated that over

3 million people now participate in park runs worldwide, with over 1,100 taking place weekly in the UK alone.

Anyone interested in participating or volunteering can contact Mike on 07804 927764, or email the team at hunstantonpromenade@parkrun.com. For more information, please visit their Facebook page, Hunstanton Promenade Park Run. Alternatively, feel free to turn up any Saturday.



Credit: Hunstanton parkrun 5.3.22

Consultation on sports facilities and playing pitches

A new study is to investigate sports provision across West Norfolk to identify what additional facilities and pitches might be needed now and into the future.

The borough council-commissioned research will help the council, community organisations and sports clubs to apply for funds for new facilities because it will provide a ready-made bank of evidence to show what is needed.

Cllr Sam Sandell, cabinet member for people and communities, said: "The health and wellbeing of the people of West Norfolk is a priority for us at any time and never more so than now, given the events of the past two years.

"This is a timely opportunity to take a strategic look at provision in the borough and identify where communities would benefit from additional facilities, making it easier for them take part in leisure and sporting activities."

"The study will look at provision across a wide range of sports and facilities. It will include consultation with clubs and the public, parish councils and schools to ensure the voices of all those with an interest are heard."

The consultation will incorporate new research, covering a range of sports and activities*, and will make use of existing research, such as the 2020 Football Foundation report that identified a shortage of 3G pitches in King's Lynn.

It will specifically address disability provision and will consider both structured (e.g. through clubs) and unstructured or free activities (e.g. access to walking/cycling trails).

The research won't directly lead to the development of new facilities but it will give the council a clear picture of what is needed. This will inform the development of strategies for sports provision and it will mean that applications for grants and funding are more likely to succeed because they will be backed by strong evidence.

Cllr Sandell added: "I'm sure this research will give us plenty to think about and plenty to do but I'm really looking forward to seeing the results so we can get started."

The research is due to begin in early March and will continue until mid-May. The findings are expected to be reported to the cabinet in the autumn. Anyone wishing to submit a view, either on behalf of a club or organisation, or as an individual, can fill in a survey at <https://www.west-norfolk.gov.uk/sportsfacilityresearch> by Friday, 17 May.

*The list of sports and activities to be proactively consulted is derived from Sport England guidance but there will be opportunities for representatives of any sport or community group to respond through the council's website.

COUNTDOWN TO MEET ENGLAND RUGBY HERO PHIL VICKERY

Former England Rugby Captain and hero of the team who won the World Cup for the only time - yet! AND he is also winner of TV's Celebrity Masterchef!

Is there no end to this man's talents? No, not really as you will find out by meeting him while he is on tour and coming to the Princess Theatre on 21st April.

Phil is not only going to share with you many of his great experiences but we will lift the lid on what it is really like to lead your country in what some say is the toughest sport on the planet. He has a few things to say about the current international rugby scene too including the looming World Cup 2023.

Phil talks as he played - holding nothing back. He will answer your questions too but, of course, you need to be there.

Book now to avoid the scrum for tickets!



A recipe from the Prudent Pensioner - Doreen Reed

As rhubarb is plentiful at present I thought a recipe for a simple, delicious Rhubarb Fool would be useful. I simply add cooked rhubarb to thick custard like so:

For 2 generous portions or 4 smaller portions

Approx.500g Rhubarb

Sugar

Water

Custard powder

Milk

Clean rhubarb, Cut off and discard any discoloured bits.

Cut into pieces about 4cm in length. Put into saucepan with a little water and a rounded tablespoon of sugar. Cook over a medium heat, stirring often, until soft.

Taste and add more sugar if necessary. Put into a jug or bowl, cover and put to one side. Make custard....

In a jug or bowl, mix a rounded tablespoon of custard powder with a tablespoon of sugar, add a little milk and mix well. Put 300ml of milk into a saucepan and over a medium heat bring to almost boiling point, gradually add hot milk to custard powder stirring to mix well, return this to saucepan and carefully bring to boil stirring constantly as it thickens. Reduce heat to low and cook for 2 mins. Turn off heat.

Using a slotted spoon add rhubarb to custard, reserving, if liked, a little for decoration, Stir in, then add juice to make preferred consistency. Pour into 2 dishes for generous size portions or in 4 small

dishes or tea cups. Place reserved rhubarb in centre. This can be enjoyed warm or cold.

My updated book "Less Waste more Soup" 45 easy, budget friendly recipes for nourishing soup is now available from Amazon. A search for Doreen Reed will find it (together with my books of light hearted poems and tales) It is also available from Ridouts Bakery in Heacham. Docking Farmers Market and Folgate Farm shop Waddington, Lincolnshire.

See more recipes on The Prudent Pensioner Facebook page

Email: pru.pensioner@btinternet.com

Hunstanton & District Inner Wheel

Sue Trewin, Club Correspondent

I hope you are all enjoying being able to choose whether to wear masks or not and meeting up socially in places that have had to pull the shutters down.

Hunstanton and District Inner Wheel have managed two formal meetings and enjoyed delicious cakes at President Rosemary Bowetts home. She invited us to stay after the business was concluded and play games. You will see in the picture some of the games on offer. I don't know whether anyone has or could devise an Inner Wheel board game - now there is an idea!

Our District Chair Coral Campbell chose the British Heart Foundation as her chosen charity. She organised a coffee morning at her home in Dersingham and £200 was raised. Homemade cakes were on offer and we were delighted to meet some potential new members. I took it upon myself to tell people about recently formed Dersingham Choral Society which provides the opportunity to de-stress without the need of medication.

Photos show the cakes, the games, members and Hazel Evans and Gill Teicke about to start washing up.

Enjoy the start of the spring weather.



Dersingham's new Choral Society

Does the thought of singing Verdi's Vede le fosche (The Anvil Chorus) excite you? Or perhaps Bizet's March of the Toreadors from Carmen is more your bag? These are just two of the pieces that members of the new Choral Society in Dersingham will be tackling over the coming weeks.

Chair of the Society, that currently has around forty members, Jan Wilson said: "We have started with some wonderful music including Faure's Requiem, traditional folk songs and opera choruses but are always open to suggestions from our members."

"Our musical director Simon teaches us as he goes along so the choir is open to everyone and you don't have to read music or audition to join."

"The more experiences singers support the less experienced and it's all about having a go!"

The choir meets on Thursday evenings 7-9pm at St Cecilia's Catholic Church, Mountbatten Road, Dersingham, (next to the Co-op). The musical director is Simon Bower and the accompanist is Mathew Preston, both of whom are well-known in the music world. New people are encouraged to come along to a couple of free taster sessions before needing to invest the £5.50 per week that includes refreshments.

KINGS LYNN FESTIVAL CHORUS

DURUFLÉ's Requiem Op. 9 and Op. 10 Motets
POULENC's Organ Concerto

**Directed by Ben Horden Saturday 23rd April, 7pm,
King's Lynn Minster**

Duruflé (1902 – 1986) and Poulenc (1899 – 1963), two French composers perhaps not as familiar to many as say, Handel or Mozart. But here are two great composers who lived and worked between the two great wars of the 20th century. Stylistically both composers avoided the extreme experimental styles emerging at this time: both main works performed can trace their inspiration from their predecessors of past centuries, but dressed in the composers' inimitable style.

Duruflé's Requiem, probably one of his greatest works, was first performed in 1947. It takes its inspiration from the Gregorian chant of four centuries before but interpreted with a modern twist. Although the work is a 'Requiem' (Mass for the Dead) it does not include the 'fire and brimstone' movement of Dies Irae – in fact there are more similarities with Fauré's Requiem – meditative and reflective. The Chorus will be performing the version that is scored for a small orchestra of strings, harp, 3 trumpets, timpani and organ.

Poulenc's Organ Concerto was completed just before the outbreak of the Second World War with its first performance given by none other than Duruflé himself. Although it is a work in one formal movement, there are several continuous sections implying different movements.

Tickets : £20 (£5 for under 16s) are available from the Corn Exchange in King's Lynn Tel 01553 764864 or online www.kingslynncornexchange.co.uk

Further details are on the Chorus' website www.kingslynnfestivalchorus.co.uk



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King's Lynn Festival Chorus

Duruflé Requiem
Poulenc Organ Concerto

The British Sinfonietta
Jeremiah Stephenson *organ*

7pm, SATURDAY 23 APRIL 2022
King's Lynn Minster

Sarah Anne Champion *mezzo soprano*
Jolyon Loy *baritone*
Ben Horden *Music Director*

Tickets £20
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PIANO RECITAL FOR ALL SAINTS WATERDEN

29 APRIL 7PM, MARBLE HALL HOLKHAM



With Covid restrictions lifted, the Friends of All Saints Waterden is holding its first concert in two years in aid of the medieval church set in the middle of fields in North Norfolk.

The recital, which will take place in the glorious Marble Hall at Holkham, is by the hugely talented Dominic Degavino, who has performed solo at the Wigmore Hall and Southbank Centre, London, and is winner of a number of awards. "He's a pianist worth watching," according to The Times.

A graduate of the Royal Northern College of Music (RNCM) in Manchester and the Guildhall School in London, Dominic has achieved considerable competition success, winning the RNCM Gold Medal Competition, third prize at the Concours International de Piano d'Epinal in France, and keyboard section prizes of both the Tunbridge Wells International Young Concert Artists Competition and the Royal Overseas League Arts Competition. He has taken part in a masterclass with the eminent pianist Lang Lang.

On 29 April he will be playing Beethoven's



Sonata in C major, Op. 2 No. 3, Debussy's Estampes, Chopin's Ballade No. 1 in G minor, Op. 23 and Schubert's 4 Impromptus, D. 899.

We are delighted to have booked him. Please support us by coming along.

Free parking. Mask-wearing encouraged.

Tickets, £15, from Lucy Hodges 07968209924 or lhodges@blueyonder.co.uk

Tickets will be sent by post or you can pick them up at Holkham on 29 April when you come.

Tickets will also be available at the Marble Hall on the night.



Music in Thorpe

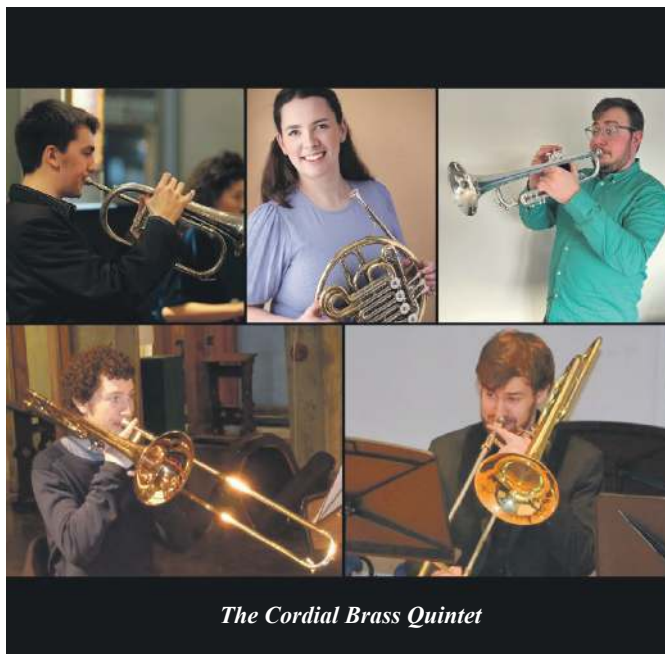
Music in Thorpe, a non-profit making community group, was started to promote music of all genres through a series of concerts held primarily in the historic Nelson Church in Burnham Thorpe. The 2022 series of 20 concerts demonstrates the broad range of music to listen to. From international string quartets to talented young professionals, community bands and brilliant soloists. A wide choice indeed.

Music in Thorpe is also delighted to be working with both Burnham Market and Wells-next-the-Sea primary schools. A series of special concerts and workshops have been arranged for 2022 giving the children the opportunity to interact with the professional musicians and participate in live performances and workshops.

The 2022 season starts with a "Come and Sing Messiah" on Saturday, April 23rd at 6.30pm with orchestra and soloists. Anyone wishing to be part of the community choir should apply through the website www.musicinthorpe.com where details of all concerts are listed. Alternatively call 07989 177079 for more information.

Friday, May 6th at 7.30pm sees the return of one of our favourite musicians, the violinist Joo Yeon Sir who is well known to Norfolk audiences. Joo Yeon, whose programme includes works by Schumann and Bartok will be again accompanied by Irina Andrievsky. Irina will also be giving a solo piano performance of works by Haydn, Debussy and Rachmaninov on Sunday, May 8th at 3pm. Tea and cakes will be served from 2.15pm

On Saturday May 7th at 7.30pm The Cordial Brass Quintet will play



The Cordial Brass Quintet

Joo Yeon



rousing compositions by Bach, Handel, Parry and Rutter.

The first children's event is a two-day workshop on May 12 and 13 followed by a concert on the evening of May 13 at 6pm. Jodie Wiggins and Daniel Chomiak are two young professional singers who will work with Primary Schools over the two days teaching the children a variety of songs which they will perform in costume in the first half of the concert. These songs include Panis Angelicus, Colours of the Wind from Pocahontas and Under the sea from The Little Mermaid. In the second half of the programme, Jodie and Daniel will sing a programme that includes Schumann, Mendelssohn, and Handel.

Full details of all the concerts are available on the website www.musicinthorpe.com where one is also able to book tickets for these events.

Music in Thorpe

Handel's Messiah

Music Director : Tadeusz Kaznowski
with community choir, orchestra and soloists

Saturday, April 23rd at 6.30pm

All Saints Church Burnham Thorpe PE318HS

Book tickets (£10 each) at
www.musicinthorpe.com
or call 07989 177079

HDFA

Hunstanton & District Festival of Arts
Strictly Arts: update from the HDFA
Verity Jowett

Now that Easter is upon us, the events calendar for 2022 is hotting up so much, we hardly know where to begin, but here goes

Our Craft Fairs programme continues with this month's fair scheduled for Saturday 30th April at the usual venue, Hunstanton's Town Hall. Open from 10am - 4pm, you'll be able to find a wealth of beautiful hand-crafted goods and gifts to suit all tastes ranging from ceramics to jewellery.

Craft Fair Organiser Dawn Davies said: "The response from our regular as well as new crafters who are keen to showcase their talents with us this year has been overwhelming, which means a full hall every month with plenty for our visitors to browse and enjoy.

Dawn added: "The popularity of hand-crafted items has definitely risen over the past year, so we're looking forward to our Craft Fairs where visitors can browse a wonderful range of goods."

Entrance is free and refreshments are available all day.

Next month, we present 'Blokes of a Feather' at the Princess Theatre, Hunstanton on Friday 13th May featuring an evening with Laurence Marks and Maurice Gran, creators of such TV Hits as Shine on Harvey Moon, The New Statesman, Goodnight Sweetheart and of course Birds of a Feather.

Come along and enjoy an evening of anecdotes, revelations, insights and classic video and a trip down memory lane. Tickets from the Princess Theatre Box Office.

Looking ahead to June, we have not one but three wonderful events to entertain you starting with our annual Live Music Festival which will be held on the first of the Queen's special Bank Holiday Days, Thursday 2nd June on Hunstanton Green. With a huge line-up of solo musicians and bands, we'll be kicking off at midday and entertaining you all the way through the afternoon until around 9pm in the run-up to the national beacon lighting ceremony. Kindly supported by Hunstanton Town Council who are sponsoring the festival stage, the event is FREE to all and we're looking forward to a cracking afternoon.

Our next event is the welcome return of the HDFA Art Exhibition featuring local artists and sculptors which takes place over three days beginning at 2pm on Friday 17th June. Public entry will be free and all artwork will be available to buy, or you're welcome to just come and browse and enjoy the exhibition. If you'd like to present your artwork or sculpture at the Exhibition, please contact our Art Director Chris Peel directly on cpeel50@yahoo.com as space is limited, or go to our website www.festival3.com to download an entry form.

Finally, the Hunstanton Carnival makes a welcome return on Sunday 26th June with a Grand Parade through the town at 2pm and the HDFA will be contributing to the Carnival atmosphere with fun and frolics on the green from 11am until 5pm. Again, more details will be published on our website and you can find us on Facebook at Festival 3 By the Sea.

More from Strictly Arts next month.

CRAFT FAIR DATES:

April 30th
May 28th
June 25th
July 30th
August 27th/28th
September 24th
October 29th/30th
November 19th

NORFOLK & NORWICH FESTIVAL ANNOUNCES FULL PROGRAMME FOR 250th ANNIVERSARY FESTIVAL 2022

Festival Director Daniel Brine has announced the full programme for Norfolk & Norwich Festival's 250th anniversary edition. With its origins going as far back as 1772, Norfolk & Norwich Festival is considered to be the oldest single-city arts Festival in the UK.

The wide-ranging 'Festival 250' programme for 2022 revisits seminal works premiered at the Festival as well as introducing 18 new commissions. Installations, exhibitions, gigs, cabaret, circus and even giant dominoes will be presented on beaches, in churches, at pop-up venues, chapels, art centres, in car parks and through the streets across the county from King's Lynn, Great Yarmouth to Diss and Sheringham and throughout Norwich. Festival Gardens will be a place to eat, drink and gather for the duration, with al fresco performances from local artists as well as international performances in the Adnams Spiegeltent. Transforming the city and country each May for 17 days, the 2022 edition of the Festival runs 13 - 29 May. Booking opens on Wednesday 9 March.

Daniel Brine, Festival Director said: "We're looking forward to a wonderful Festival. One which will celebrate our history, our philanthropic origins, our rich music commissioning heritage, but this milestone is also about looking to the future. Across the programme you will find many elements created by children and young people. 2022 will be an exhilarating time to be in Norwich and around Norfolk as we celebrate culture and the creative future of this place we live in."

The Festival launches its 2022 programme with an exhilarating and charming giant domino topple, creating a larger-than-life celebration across the city. During the course of the day thousands of breezeblock dominoes will create a meandering path before the topple that evening, starting at Anglia Square.



Now recognised for transforming public spaces, city streets, performance venues, parks, forests and beaches, the Festival began as a cathedral service fundraiser for the new Norfolk and Norwich Hospital in 1772. It quickly blossomed into an internationally renowned triennial music festival and there are a plethora of events in the programme this year that both touch on the traditions of old as well as imagine the new: 250 Fanfares sees 9 new free and open air commissions popping up over the opening weekend in keeping with the long tradition of fanfares at the Festival, the nine young composers include: James Batty, Cameron Biles-Liddell, Ninfia Cruttwell-Reade, Nneka Cummins, Misha Mullov-Abbado, Laurence Osborn, Alexander Paxton, Shruthi Rajasekar and Ayanna Witter-Johnson; In a special fundraiser for the Jenny Lind Children's Hospital, the Festival presents a programme celebrating Lind, an artist and a humanitarian whose bond with the people of Norfolk resonates today, and a nod to the very first fundraiser Norfolk & Norwich Festival in 1772. Fairytale & Nightingales charts her life in Sweden, reimagines her career through the music of Felix and Fanny Mendelssohn, Robert and Clara Schumann and follows Lind on her path to stardom. The project is



Virtuoso composer and multi-instrumentalist Hermeto Pascoal and his band

devised by acclaimed pianist and conductor Simon Crawford-Phillips who is accompanied by modern-day 'Swedish Nightingale' Hanna Husáhr and violist and violinist, Lawrence Power; Lost & Found Films of Norfolk sees artists and children create short films that tell the story of imagined fictitious events from the past, present or future of Norfolk; Every Step is a Different Height will see artists Lone Twin create a guild of volunteers who walk audience through the unique spaces of the mediaeval Guildhall which is now the Festival's home and remember 250 years of Festivals past. At the end of the Festival the Britten Sinfonia and Norwich Philharmonic Chorus join forces to crown Festival 250 with Ralph Vaughan Williams' Five Tudor Portraits in the composer's 150th anniversary year. Commissioned by the Festival and premiered in St Andrew's Hall in 1936, in a performance conducted by the composer, Five Tudor Portraits sets words by John Skelton. Other 250 events include the Festival Foundations Exhibition curated by volunteers and revealing the origins of the Festival and a talk with Norfolk born Rob Mitchell who released a book last year chronicling the history of the UK's oldest arts festival.

As ever the Festival will present a large programme of free, outdoor work for audiences to enjoy. As well as Dominoes and Air Giants Unfurl, there is free music across the city and in Festival Gardens throughout the Festival and the Garden Party where families can see seven new commissions over the middle weekend. For 2022 they will also present Ad/Dressing the City for the whole of May which draws on the early tradition of the Festival, in which city shopkeepers would dress their windows to celebrate its return. This year 10 Norfolk artists have been commissioned to create a window display for independent businesses in Norwich, celebrating Norwich's creativity and creating a Festival buzz across the city.



Peaceophobia NEW Lead Image Karol Wyszynski

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Behind the Scenes ...

The Princess Theatre presents to you, the first ever entry of Behind the Scenes. Here you will find the latest chatter once 'curtain's up' and get a first look at what's to come next month!

Before we get this show on the road, let me introduce myself. I'm Jemma, I'm now at the theatre fully as the marketing manager, but you may also catch me in the box office (with the long blonde hair). I have always loved the Arts; I have danced, sang, and performed in theatre shows, and participated in touring concert bands playing the flute. I look forward to the buzz of the theatre and the future hellos to our lovely audience.

These past few weeks we have had some fantastic performances. As the world slowly resumes to its normal pace, we have been delighted to welcome familiar and new faces to the Princess Theatre.

We painted the town green and yellow at the end of February; Norwich Legends – Grant Holt, Darren Huckerby, Ruel Fox and Darren Eadie - greeted Hunstanton with a warm Canaries welcome. We held an exciting VIP meet and greet, and here many got pictures or autographs. I think a few of our staff flew in to join the line (a perk of working in entertainment). After the show, there was certainly a good atmosphere in our Sunset Wine Bar; excellent entertainment washed down with high-spirits, laughter, and great company – the best way to end an evening!



Totally Tina and The Sound of Springsteen rocked the room in early March. A pro of being in the box office on a show night is that you can have a little party for one outside of the stage doors. During Totally Tina, we had the pleasure of meeting a lovely couple, we got a great pic of them for our social media, and they were very excited, noting that it would impress the family!

Roll up, roll up, the circus is in town. Also, at the end of February we had 'Circus Spectacular' centre stage. Armed with a group of immensely talented performers, the stalls were filled with tears of laughter and gasps of fear... The tricks had the audience on the edge of their seats, as roller skaters spun, and acrobats flew. I'm not sure what they ate for breakfast, but I would like to try some. The only people luckily leaving with stitches were the audience – cracked up by the wonderful Bippo the Clown (Gareth Ellis). The production team behind this performance (ShoneProductionsLtd) will be returning to our theatre in December – bringing us the wonderful Cinderella (Tickets available now!).



Now it is time to speak of what's to come. With Easter fast approaching we have a fun selection of performances great for the kids! But don't worry adults, we have plenty for all!



Sooty's magical performance comes early April. I remember watching The Sooty Show on the telly with my Nan when I was little, her - being an obvious super fan - named the family cat after it. If you would like a day of magic, mystery, and a little bit of mayhem, Sooty's Magic Show is the place to be.

Continuing through April, Exciting Science brings volcanic eruptions, vacuum missile launchers, and much more! A perfect way for children to learn whilst having fun – don't forget to bring your protective goggles, and if



Jemma

you're brave enough for the front row, maybe an umbrella...

Goldilocks and The 3 Bears bring joy once again to April. Performing just before Easter, watch the magical adventure of Goldilocks and her bear friends. Joined by Brittan's got Talent star – Jay Rawlings, it'll be an afternoon to remember!

Of course, these family favourites are for all ages, but we also have a variety of performances coming to the Princess. Chris Packham, a leading figure of conservation, talks all things wildlife, including photography, beauty, and literature. Musical acts including The Kilkennys, Supreme Queen, and American Four Tops, also grace the Princess – see the back page for the full list of April shows.

All that's left for me to say is thank you to all the wonderful acts we have had during this spring month of March. Thank you to all that have made my first few weeks a warm welcome. And finally, a massive thanks to you - the audience - for your continued support. I hope to see you at the Princess again soon, until next time, break a leg!



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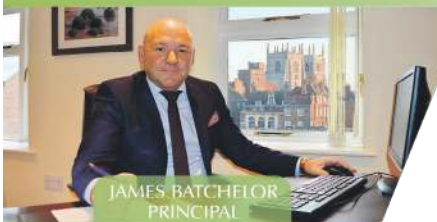
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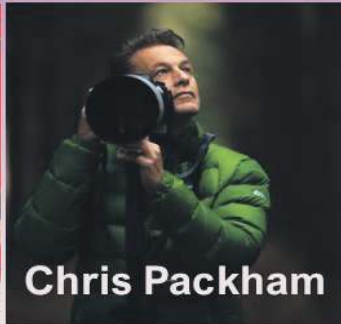


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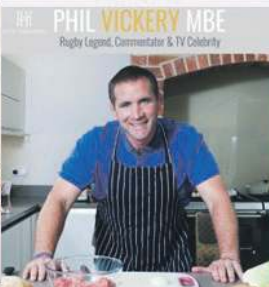


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