

TOWN and AROUND

A full-page photograph of a man and a woman in RNLI life jackets. The man, on the left, has a large beard and is wearing a yellow and red life jacket with 'RNLI' on the sleeve. The woman, on the right, is also wearing a yellow and red life jacket with 'RNLI' on the sleeve. They are both smiling and looking at the camera. The background is a plain, light blue sky.

ISSUE 234 APRIL 2025

PRICELESS!

Local News • Events • Great Outdoors • Features
Celebrating 20 years 2005-2025

First word



Spring! Even the word seems to breathe new energy, and with longer days the opportunities for getting out and about increase exponentially.

I mentioned last month that within our events listing we have a QR code on the centre pages that you can scan with your mobile phone to view what's on locally. I have listed many events on pages 32-33, but new ones are added to the online pages regularly.

For those that want to get their gardens in shape for the summer there is plenty of advice in the Great Outdoors section of this issue, Wendy Warner has written a super article about growing tomatoes and says, "plant tomatoes now and enjoy as part of your five-a-day throughout the summer!" Sounds like a plan to me.

It is wonderful to receive such a diverse range of articles for publication each month and I thank all our contributors. My apologies to those that I couldn't squeeze in - those articles will be posted to the website.

Thanks also to all our advertisers, there are new ones again this month and I urge you to support them if you can.

With very best wishes,

Elaine

P.S. Don't forget it is April Fools' Day on 1st.

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Residents' interests the priority for West Norfolk in local government reorganisation

An independent report into local government reorganisation, commissioned by the seven district councils in Norfolk, was published on 10th March.

Leader of the Borough Council of King's Lynn and West Norfolk, Councillor Alistair Beales, said that the interests of local communities must come first in any discussion about the proposals.

"My starting point and my finishing point is what is best for our communities. That must lie at the heart of any debate about local government reorganisation.

"I know questions have been raised over whether reorganisation is a good idea in principle but that is now a redundant point. We have been told by the Government to reorganise so our priority is to get the best deal we can.

"Obviously I have the interests of West Norfolk in my mind, but this is also about how the interests of all of the communities across Norfolk can best be served.

"The people who live and work in this area are its foundation and they must come first."

The independent report was jointly commissioned by the seven districts to help



*Councillor Alistair Beales
Leader of BCKLWN*

formulate a proposal to put to the government, in response to its instruction for the districts and county council to be abolished and reorganised into unitary authorities.

The report was produced by the consultants Deloitte, who have developed, maintained and continue to build a specialist, dedicated team to serve local and regional government for more than two decades.

A wealth of evidence was analysed, and a number of options considered.

Key considerations in the formulation of the report included:

- Ensuring that local place identity was preserved
- Access to services
- The best options for service delivery

Deloitte were asked to produce an independent, expert assessment of the solution that would best meet these needs.

Taking everything into account, Deloitte have proposed that three unitaries would provide the best mix of services, access and value for local people.

All the districts will now debate the proposal before submitting a proposal to the Government later this month.

The Borough Council of King's Lynn and West Norfolk will debate the proposal at panels on Tuesday 18 March, before the council's Cabinet and Full Council debate it on 19 March.

New programme aims for better health across West Norfolk's communities

A major new programme, aiming to achieve better health across West Norfolk's communities, has been formally launched with a visit by world-renowned academic, researcher and campaigner, Professor Sir Michael Marmot.

As Norfolk's first "Marmot Place", West Norfolk is adopting eight evidence-based principles* to reduce health inequalities, developed by Sir Michael and his team from the University College London's Institute of Health Equity (IHE). Health inequalities are the unfair and avoidable differences in health across a population or groups.

Led by the Borough Council, in partnership with Norfolk County Council Public Health, and Norfolk & Waveney Integrated Care Board, the Marmot Place Programme will tackle health inequalities between communities through action on the "social determinants" of health – those wider, social and economic conditions in which we live, grow, work and age.

Over the next two years, working with other partners across West Norfolk, the programme will first identify priorities for system changes, which longer-term will help improve health equity across all sectors, including housing, education, early years, health care, business and the economic sector.

In West Norfolk, around 23,300 people are living in areas that are amongst the 20% most deprived in England. Starkly, the gap in life expectancy between the most deprived areas and least deprived communities is 11.5 years – the largest of any Norfolk district.**

Councillor Jo Rust, Cabinet Member for People and Communities at the Borough

Council, said: "We are one of few district councils leading a Marmot Place programme in the UK. With the support of our partners, we are committed to this great opportunity to help improve the healthy life expectancy and life chances of people across our neighbourhoods, including narrowing the gap between the most and least affluent communities and groups.

"We all want to ensure the conditions in which someone is born, raised, lives and works can provide a solid foundation for good health. As a rural borough, we are particularly interested in the impact of rurality on health and health inequalities. Drawing on the expertise of the Marmot team, we look forward to working closely with our partners to understand, develop and embed new and innovative ways of working to address the avoidable, unfair and systematic differences. Together we can make a difference to ensure fairer health outcomes and improve lives."

Professor Sir Michael Marmot, Director, UCL Institute of Health Equity explained: "We are delighted to be partnering with the Borough Council of King's Lynn and West Norfolk, which is one of the few district councils in our growing family of Marmot Places. We are working with more than 50 places across the UK, which are doing phenomenal work, against huge budget restrictions, to improve local residents lives by addressing the social determinants of health (where we are born, grow, live, work and age).

It is particularly challenging to promote health equity in rural areas, as public services, which help ameliorate health inequalities, are less accessible. Public transport is needed to

access schools, GP surgeries and other public facilities. The learning created from King's Lynn and West Norfolk will form a vital part of our growing knowledge to share with other places on specific actions needed in specific places."

Tracey Bleakley, Chief Executive of NHS Norfolk and Waveney ICB, said: "This is a fantastic opportunity for us to improve the health of people living in West Norfolk. Vital though it is, the NHS only accounts for a fraction of our physical and mental health. All the rest depends on other things, such as whether we have decent work, enough money, a warm home and clean air. With local organisations working together like this, we will have a much bigger impact on improving people's health."

These are eight broad policy objectives aimed at reducing health inequalities by improving the conditions of everyday life and reducing socioeconomic inequalities, introduced in the Marmot Reviews:

- Give every child the best start in life
- Enable all children, young people and adults to maximise their capabilities and have control over their lives
- Create fair employment and good work for all
- Ensure a healthy standard of living for all
- Create and develop healthy and sustainable places and communities
- Strengthen the role and impact of ill-health prevention
- Tackle discrimination, racism and their outcomes
- Pursue environmental sustainability and health equity together

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Wild in Westminster and West Norfolk

In my recent small business survey, local firms told me that the increases in national insurance taking effect this month were their main concern. Across the economy, we've seen the damaging impact the extra costs are already having with a loss of business confidence leading to hiring plans being put on hold, paused investment, and job losses.

The changes announced in the Budget will raise employer National Insurance contributions from 13.8% to 15%, while lowering the threshold for when payments have to be made from £9,100 to £5,000 annually.

Employers are warning this will have a particular impact on the hospitality and leisure sector and on lower paid and part time roles. As a result, three-quarters of a million jobs in the hospitality sector will be subject to employer National Insurance for the very first time. UK Hospitality has estimated this will cost businesses an estimated £1 billion.

These changes are worrying given that tourism is worth £565 million to West Norfolk and supports over a fifth of all jobs locally. In



Parliament, I've opposed these plans in my Shadow Treasury minister role and called on the Chancellor to think again and change course. However, the government seems wedded to this massive tax hike - £25 billion a year in total – which also hits care homes, hospices, charities, and other organisations.

Unfortunately, the government seems to be treating businesses as if they were the

Buckaroo mule – loading more and more on costs and regulations but, as anyone who's played the game, knows it is inevitable there will be a reaction as a result. That means higher prices, lower wages, and fewer jobs.

Growth in the economy comes from the people willing to invest, take a risk, hire people, or start exporting. Sadly, there seems a lack of understanding of this among ministers in Westminster who think government drives growth – rather it can certainly inhibit it as we've seen in recent months.

Where it can play a part in investing infrastructure and in the coming months we will hear whether key projects in our area will get the backing they deserve and which the last government was committed to delivering.

My focus locally and in Parliament continues to be making the case for enterprise and backing local firms to grow our economy. One way of doing that is support the Norfolk Rural Business Awards to showcase some of the great businesses we have. Any firms interested in entering should visit Norfolk.gov.uk to do so.

James Wild MP celebrates 40 years of Nationwide in Hunstanton

James recently visited the Nationwide Building Society branch in Hunstanton to celebrate its 40th anniversary and discuss local financial issues. He met with Branch Manager, Gary Hubbard, and Customer Representatives, Lisa Reed, Chrissy Gotts, and Kieran Raines to explore the branch's role in the community and the challenges residents face.



James Wild with Lisa Reed



from left) Chrissy Gotts, Gary Hubbard, Lisa Reed, James Wild MP & Kieran Raines

They discussed Nationwide's commitment to keeping branches open until at least 2028 - something James has been pushing for to help ensure local people can continue to access banking services close to home. The conversation also covered Nationwide's community work, including support for local charities and its national Fairer Futures programme. The Hunstanton branch acts as a collection point for the local food bank, with donations gathered in the branch and collected by St Edmund Church for distribution to families in need.

He also heard about Nationwide's wider work to support people living with dementia, through its Fairer Futures partnership with

Dementia UK. As part of this, Nationwide is funding an additional 30 Admiral Nurses – specialist dementia care professionals – and is running dementia clinics in 200 branches across the country, offering practical advice and emotional support to families.

During his visit, James noted the steady flow of customers, highlighting the continued importance of physical banking in rural areas.

James Wild MP said: "Nationwide has been providing local banking services in Hunstanton for over forty years. Access to personal service on the high street is important to many people, and there was steady footfall of customers during my visit. I welcome Nationwide's commitment to

existing branches and long may it continue!"

As the Hunstanton branch celebrates this milestone, James continues to advocate for rural communities, ensuring they have access to essential services and opportunities for growth.



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Campaigns

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Norfolk and Suffolk Devolution Consultation

Please fill in the Govt Consultation about having an Elected Mayor for Norfolk and Suffolk with a new Mayoral Authority made up of the Mayor and just 4 other voting members. Govt is also planning to abolish Borough Councils for much bigger council areas, that won't be as local or accountable. The Elected Mayor would have powers over transport, planning and regeneration. But Govt has not announced what the funding settlement would be.

The consultation is on www.gov.uk under Norfolk and Suffolk Devolution. The consultation closes on 11 April.

There is nowhere for residents to send a letter to if they do not have the internet. How democratic is that?



West Lynn Ferry

Sixty residents attended the protest about the Ferry being closed.

My Motion to the Borough Council Budget, to replace the West Lynn Ferry Landing Stage was passed unanimously. I am in regular contact with both Councils and the Ferry Operator about the short-term repairs, so the Ferry can reopen as soon as possible.

Borough Council news

Cllr Terry Parish, Heacham Ward which includes Sedgeford and Fring

Locally not a lot has changed since last month. Investigations continue into the matter of the trees that have been felled close to the A149 beyond Norfolk Lavender. The Forestry Commission have investigated, I still await their conclusion. Trees further back have had ash dieback controls implemented but clearance seems, to some, drastic. Again, a report is awaited. Work beyond Lidl's where potatoes and gas bottles used to be sold, is, apparently, an unknown. Officers have asked the owners what is going on. I await the officers' report. The new Heacham farming business has been allowed access along Fenway. Everyone is awaiting the conversion of caravans into chicken coups.

The reserved matters application for the Cheney Hill development didn't happen in March, perhaps it will occur in

April. In which case, it will be at planning committee on 7th April. Look out for notices.

Within the Borough, devolution and, more especially, local government reorganisation is a key topic, not the only topic for, as I said last month, the business of now with existing and emerging projects is continuing apace.

Devolution is a path the government is determined to follow through and this will lead to a strategic authority of Norfolk and Suffolk combined which will have an elected mayor. I say, 'will lead' though there is public consultation in which you can say 'no'.

The Norfolk Suffolk beast is on the Priority Programme and there are now some dates attached to Local Government reorganisation. The latter is the second government requirement to move any two-tier local

authorities (County and District) into unitary models.

A project group, across all of Norfolk, has worked with consultants to work up plans for reorganisation which can be submitted to government. This work has been done extraordinarily quickly as it has to be sent in by 21st March. There are three alternative proposals: A single unitary for all of Norfolk; two unitarys; three unitarys. Each was awarded points by the consultants and a single unitary scored very low. The three unitary model was a tad better than two and is likely the one to find favour with councillors of BCKLWN (a decision will be made before you read this).

In both the two and three unitary models, Kings Lynn and West Norfolk is amalgamated with Breckland and part of North Norfolk

NCC seems to favour a single unitary model and all models will likely go forward in the interim plan for consideration. By the 26th September final proposals with business case(s) have to be submitted and the government will weigh them up and decide what model they prefer between January and April 2026.

In May 2027 there are elections to the shadow unitary authority. This presumably means you will also have current county councillors (who should have gone to election this May but elections were postponed for 'a year'), and current Borough councillors whose elections are due May 2027 but, as the new



unitary(s) won't start functioning until April 2028, may also be retained for another year. The shadow councillors who may or may not be some of the existing county and borough councillors will, presumably, shadow the latter groups. Should be cosy. Please be aware that other interpretations of this electoral process are available.

What does all this mean for you? Not a lot. What councils do will still be done. You will only have one 'local' council to moan at though your councillor may be a more distant person (not so distant as some can be now though). There will be a new tier, the strategic authority which will do strategic things and you might have to write strong letters to the mayor of that. Why is it being done? To potentially save money – make up your own minds about that - and to devolve power from government to others down the line or not.

On balance I think a decent, not excessively large, unitary would be a better deal for people but that the rush to do it may contain pitfalls and the best solutions may be afterthoughts. In the short to medium term, it is likely to cost more money and opportunities for development could be lost. In the long term, yes, bring it on.

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What needs to go in a will – and what can go in a letter of wishes?

By Ed Harris, Solicitor, Hayes + Storr

When planning for the future, making a will is essential. It ensures that your assets are passed on according to your wishes. But alongside your will, you might also consider writing a letter of wishes.

A will is a legally binding document, whereas a letter of wishes is more informal and offers guidance to your executors. Think of it as a personal note that clarifies your preferences and helps to fill in any gaps not covered in your will.

Here's what you should know about what belongs in each document:

What should go in your will?

Your will must cover the essentials that are legally binding, including:

- Appointing executors – the people who will handle your estate.
- Appointing guardians – for any children under 18.
- Distributing assets – such as money, property, and personal possessions.
- Setting conditions – like leaving gifts that only become available when a beneficiary reaches a certain age.

Although funeral wishes can be included in your will, they aren't legally binding. However, it's often helpful to outline them to give your family some guidance.

What can go in a letter of wishes?

A letter of wishes is not legally binding, but

it's an excellent way to provide extra detail and guidance. It's particularly useful for covering more personal matters that might change over time.

Here are some examples of what you might include:

Explaining your decisions

If your will divides assets unequally or excludes someone, a letter of wishes can explain why. This can help reduce misunderstandings or disputes.

Dealing with smaller personal items

Rather than listing smaller items like jewellery or furniture in your will, you can use a letter of wishes to explain who should receive what. This letter can be easily updated if your preferences change, without needing to revise your will.

Funeral arrangements

You can outline your preferences for the type of funeral you'd like, such as a burial or cremation, and any specific requests for the service.

Guidance for guardians

If you've appointed guardians for your children, you can provide guidance on how you'd like them to be raised. This could include preferences for their education, religion, or values.



Reviewing and updating

Both your will and your letter of wishes should be reviewed regularly to reflect any changes in your circumstances. A letter of wishes is particularly useful because it can be updated at any time without the need to rewrite your will.

How we can help

Making a will is more than just ticking a box – it's about ensuring your loved ones are cared for. Our expert team can guide you through drafting a legally sound will and a bespoke letter of wishes that provides clarity for your executors.

For more information, contact Ed Harris in our Wills and Probate team on 01328 863231 or email edward.harris@hayes-storr.com

This article is for general information only and does not constitute legal advice. Please note that the law may have changed since publication.

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Dates & Deadlines! A NEW TAX YEAR

Supplied by Kathryn Gigg, Chartered Accountants
APRIL THROUGH TO DECEMBER

1 April 2025

From 1/6 April, HMRC will consider a vehicle's primary suitability at the time it was made, with reference to the vehicle as a whole, in determining whether the vehicle is a car, or a goods vehicle, for some direct tax purposes. This is likely to mean that most double cab pick-ups will be treated as cars from 1/6 April, subject to transitional arrangements

5 April 2025

Last day of the 2024/25 tax year: deadline for various tax claims and elections

CGT: last day to make disposals to use the 2024/25 CGT exemption
IHT: deadline for utilising exemptions for 2024/25 (and any excess from 2023/24)

Pensions: deadline to make a contribution to qualify for tax relief in 2024/25

Employers: deadline to register to payroll benefits from 2025/26

NIC: deadline to pay voluntary contributions for the previous 6 years for 2016/17, 2017/18 and 2018/19 (deadline for 2026/17 and 2017/18 extended)

6 April 2025

FHL: Abolition of special tax rules for furnished holiday lets

CGT: rates of CGT increased for gains attracting business asset disposal relief or investors' relief (from 10% to 14%) and lower and higher rates for carried interest gains replaced with a flat rate of 32%

NIC: the rate of secondary NIC increased to 15%; secondary threshold reduced to £5,000; and employment allowance increased to £10,500

30 April 2025

ATED: deadline to submit returns and pay the tax for the year 1 April 2025 to 31 March 2026. If a relief applies, this is also the deadline to submit a relief declaration return. These returns are based on the 1 April 2022 revaluation if the property was held on 1 April 2022 and a revaluation trigger has not occurred since that date; or on the cost of the property if acquired since 1 April 2022

1 May 2025

ITSA: further late filing penalties apply to outstanding 2023/24 tax returns. Automatic £10 daily penalties apply for returns filed online on or after today. For

returns filed on paper, the further penalty is the greater of £300 or 5% of the tax showing on the return

31 May 2025

PAYE: last date for giving a form P60 for 2024/25 for each relevant employee who was working for you on 5 April 2025, together with details of payrolled benefits in kind

5 July 2025

Non-resident landlords: deadline for 2024/25 returns of rent paid by agents to non-resident landlords and of tax deducted by tenants from rents paid direct to non-resident landlords

6 July 2025

PAYE: deadline for filing forms P11D, P11D(b) or substitutes for the tax year ending 5 April 2025
PAYE: last date to give forms P11D to relevant employees

31 July 2025

ITSA: deadline for second SA payment on account for tax year ended 5 April 2025

1 August 2025

ITSA: further late filing penalties apply to outstanding 2023/24 tax returns. For returns filed online, the further penalty is the greater of £300 or 5% of the tax showing on the return

ITSA: a second late payment penalty due of 5% of any 2023/24 income tax, CGT and class 2 and 4 NIC due on 31 January 2025 that is not paid by today

5 October 2025

ITSA: deadline to notify chargeability for income tax/capital gains tax for 2024/25 if not registered for self assessment. Complete form CWF1 for self-employment or form SA1 for non self-employed income or form SA401 for partners. This requirement also applies to trustees and any other persons potentially within ITSA

6 October 2025

Pensions: deadline for pension administrators to give a pension savings statement to scheme members if their pension inputs in the scheme in 2024/25 exceed annual allowance

31 October 2025

ITSA: deadline for paper submission of SA tax returns for



the tax year ended 5 April 2025 to be received by HMRC. Returns filed after this date should be filed online to avoid late filing penalty. Note that it is not possible to displace a paper return that has been filed by filing online

1 November 2025

ITSA: further late filing penalties apply to outstanding 2023/24 paper tax returns. The further penalty is the greater of £300 or a percentage of the tax showing on the return

30 December 2025

ITSA: deadline for online submission of SA tax returns for tax year ended 5 April 2025 for HMRC to collect tax through PAYE codes where the taxpayer owes less than £3,000

If you require any tax advice, whether personal or business, please contact us at Kathryn Gigg Chartered Accountants,

Hunstanton on 01485 534800 or kate@kathryngigg.co.uk.

N.B. Article written March 2025

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Hunstanton Bridge Club supports the Night Shelter



On St Valentine's Day, 60 members of the Hunstanton Bridge Club held a charity event to raise funds for The King's Lynn Night Shelter. A delicious spread of sandwiches, cakes and scones was prepared by members of the Club and £910 was raised.

John Hoffman, Finance Administrator of the Night Shelter said: 'The Night Shelter currently receives no local or national government funding. We are grateful for your kindness and willingness to be part of a better future for people who have been through some very difficult experiences.'

Trish Bailey, Chair of the Hunstanton Bridge Club commented: 'It's great to have such a thriving Club meeting every week at the Village Hall in Old Hunstanton. Our 174 members include players of all levels and there are regular opportunities to learn. We organise several charity events each year and, apart from Children in Need, we think it is important to focus on supporting local, smaller charities which don't have the exposure of some of the more famous ones.'

Contact: Henry Head – Treasurer
07778751547 henry@henryhead.com

Sedgeford Village Spring Fayre

After the very successful Sedgeford Village Fayre in November 2024 it was decided to run three more this year with each raising money for different local charities. The Spring Fayre is in aid of East Anglian Air Ambulance.

The Fayre will take place on Sunday 13 April at Sedgeford Village Hall, Jarvie Close PE36 5NG. There is a raffle running throughout the day in aid of Air Ambulance, which I am sure you will agree, is a very worthy charity which relies on public donations.

The Fayre is from 10 a.m. - 3 p.m. With many different handmade crafts from stained glass, pottery, cakes and bakes, handmade chocolates (very yummy), pyrography, jewellery, Meza Turk, Sweet Sensations, Tropic and so much more.

Entry is free (always a bonus) with good quality refreshments available throughout the day plus free wi-fi and ample parking on site.

Why not pop along and buy some unique items for yourself or friends and with Easter just around the corner I am sure there will be something to delight everyone.

Don't forget you will be helping raise funds for the Air Ambulance by buying a raffle ticket or two. We look forward to seeing you on Sunday 13 April 2025.



Why 'The Wash'?

Barry Beales

Much has been written about the Great Wash Swim, but little is known as to the reason the stretch of water between Hunstun' and Boston is so called.

One theory goes back to around 800 BC (before Covid) In those days the people of Norfolk covered themselves in goose fat and rabbit skins in the Autumn to protect them from the 'lazy wind' so called because instead of going round you, it went through you.

The inhabitants of Hunstun did this as a ritual on Bonfire night and left it intact until the Spring. However by the Spring the town's locals realised that they were less Sunny Hunny and more Honey Cart (non-Norfolk look it up) and so a local coracle salesman Prali Ofol thought it would be a good idea to organise a mass clean-up on the beach and use the sea to remove six months of grease and grime and this event would be called 'The Wash'.

The event proved so popular with visitors from as far away as Fring and Docking that it became an annual feature, which was called 'going in to the wash'. This highly popular event took place until at a council meeting on 27th of November 47 BC to decide on whether Hunstun' should hold a 'Soap-box Derby' (which by the way failed because neither soap or boxes had been invented and the wheel was still in the development stage) it was decided to move the Great Wash to December and as nothing much happened on the 25th this day was to be known as the Great Wash or in Norfolk as the Grett Wash. This over the years has been shortened to The Wash hence this stretch of water being called The Wash.

More of this can be found in my other books 'Bert Bradshaw's organ' and 'The Disapiering Pier.'

To conclude I think I should mention a poem by the famous local bard Billy Shiverspair entitled 'Hero of the Wash.'

There was a young man from Fring
Who went for a wash in the Spring
but alas and alack he never came back
and was last seen off the coast of Beijing.

Fundraising for local charities

Margaret Marciniak

I have organised a fundraiser in aid of Heacham Community Arts Hub Charity and another for the RNLI. It is the Spring Sound Bath, time to bring in new beginnings, new adventure, new hobbies and let go of all that no longer serves you and it will be on Friday 25th April 7pm-8pm at Heacham Scout Hut. Sunnyside. Heacham PE31 7DX and the cost is £8 per session. Please arrive at 6.45 pm for start at 7pm.

Please bring a mat to lay on, blanket to cover, cushion for head, wear warm clothes and bring bottle water if required. There will be chairs if you prefer to be seated.

If you have any of the following health conditions: sensitive hearing, pregnant, mental health, pace maker or heart condition it is unadvisable.

The RNLI Fundraiser is on 27th April at Old Hunstanton Village Hall PE36 6HS. It is a Chi Kung session with Allan Howlings and myself, followed by a relaxing Sound Bath. The price is £18 per person. Please arrive at 5.45pm to start at 6pm. Please bring a mat, Cushion for your head, Blanket to cover, Warm clothes, Water if required.

Contact me to book your place for either or both events as both are

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Charity Shop donates £9000 to local causes

Hunstanton Charity Shop has already donated to four different causes since the beginning of 2025. The first in January was a donation of £2000 to the Way Christian Fellowship in Downes Close Hunstanton, to help with repairs and running cost of the Old Courthouse where they are based, the premises are also used by two other groups, the Hunstanton Voices Choir rehearsals and Mind. The Way Christian Fellowship do not charge these groups for the use of their premises and Hunstanton charity shop volunteers all agreed that supporting this was a good use of funds within the community.

In February Hunstanton Charity Shop was able to donate £3000 to Redgate Infant School to help fund their outdoor classroom / wooden gazebo learning space, a 6 metre wooden structure with a roof and benches inside providing seats for up to 50 children a fantastic community project for Hunstanton Charity shop to be involved in our volunteers thought what's better than encouraging education in children.

The First Hunstanton Scout Group was able to benefit from the shop in March with a donation of £2000 towards the purchase of new camping equipment also items for the kitchen area within their headquarters which included a water boiler, storage containers, kitchenware etc again supporting the community and children's group is an absolute pleasure and we are happy to be involved.

Lastly, the Year 11 Smithdon High School Prom has benefited from £2000. Shop owner Angela Green said: "As a small independent shop Hunstanton charity shop are delighted and privileged to support Smithdon School Prom 2025; we love donating to local things that's why we started the shop 15 years ago, helping others where we can we take pride in this."

"All the volunteers, myself and my husband were unanimous that this was a very well worth donation, we hope that year 11 enjoy their prom and wish each and every one of them all the best for the future."

Smithdon's Pastoral Manager, Sarah Green,



Smithdon High School Senior Student Team with Headteacher, Mrs Gibbins

said: "Smithdon High School is so pleased to receive the amazing donation of £2000 from the Hunstanton Charity Shop to support our Year 11 students with their Prom."

"The Prom is such an important event for our students as a way to mark the culmination of their journey at Smithdon; however, the cost has been prohibitive for some."

"This donation will enable us to reduce the cost for students and help more to attend, while enhancing the activities they can enjoy on the evening."

Sandy O'Donnell who has volunteered since the shop opened said all the volunteers love being able to donate to community projects. "We are a group of nine people who love helping the shop, we are open 6 days a week it gives us great pride to volunteer in the shop knowing we are doing so much good, every donation counts and goes to helping us raise much needed funds so please if you have any items you can donate please do so we are grateful for even the smallest of items."

Angela Green added: "We are now in our 16th year we have worked so hard to improve our shop, keep prices low, no one is paid at the shop we all do it to give something back to the

community for the friendship, the fun we have and all the lovely customers we have.

"We are always looking for donations and volunteers also please follow us on our Facebook page to view our sales and events."



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Hunstanton Eyecare blog

Spring has certainly sprung, flowers are blooming and it is certainly sunny in Hunny. So what better time to remind you of the benefits of the latest “Transitions” spectacle lens material.

I have been in optics so long that when I started my career photochromic lenses were not commonplace, although the technology was invented by Corning in 1966. The first lenses were only in glass, silver halide crystals were added to the molten glass and would cause the material to darken when exposed to UV light. Maximum darkness was achieved in about 15 minutes and could lighten to 65% transmission in about 10 minutes, but it could take up to an hour for them to return to 85% transmission, that’s a long time in the shade! One major problem was that the molecules went through the entire substance of the lens, so thicker parts would darken more than thinner areas, not a pretty sight if you had a high prescription with varying lenses thickness, us short-sighted folks could look like a panda with darker lens edges and lighter middles!

However, “Reactolite Rapid” was a great success and the industry embarked on ways to improve the concept. The next major development was the introduction of PLASTIC photochromic material in 1991 under the tradename of “Transitions”. The production involved chemical elements being imbibed into the surface of the lens, therefore giving an even colour over the whole lens, with the added benefits of the lightness of weight and safety of plastic material. The early lenses

were slow to react and quite sensitive to temperature, darkening more in the cold than the heat, so fine if you went skiing, not so great on the sun-drenched Caribbean beach.

Today we have the benefit of years of development, and following eight generations of Transitions, comes “Gen S”, S meaning Speed, Style and Smart. Clearly the marketing bods didn’t like the sound of Generation 9! Basically, the speed of change is much faster, darkening to a sunspec tint in around 25 seconds and lightning back to 70% transmission in 45 seconds. The material protects against all UVA and UVB rays and is available in EIGHT colours, grey, brown, grey green, sapphire, emerald, amethyst, amber and ruby. Transitions material can be used on all forms of lenses, single vision, bifocal and varifocal. This is now the most advanced photochromic material on the market, and a great option for full-time wear. We have sample lenses so pop in to have a look.

We look forward to seeing you soon.

Annette



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Hannah Burton's fundraising

Ian Burt



From left: Hunstanton Mayor Cllr Michael Ruston, Hunstanton Mayoress Christine Earnshaw, Hannah Burton, Borough Mayoress Mrs Marion Bland and Borough Mayor Cllr Mayor Paul Bland

It all began when she was eight years old, making paper roses and hedgehogs from old books, raising money for charity. Hannah Burton from Hunstanton has now raised a total of £21,502.52 for good causes.

Hannah, 17, who is currently studying Criminology and Forensics at the College of West Anglia, presented a cheque for her latest fundraising efforts of £3,357.00 to the Mayor of King's Lynn & West Norfolk, Cllr Paul Bland, on behalf of Children with Cancer UK.

Mayor Paul Bland said: "I'm delighted to accept the cheque on behalf of Children with Cancer UK and it's a fantastic achievement for such a young lady to raise that amount of money."

Hannah's grandmother Monica Burton said: "She plays basketball on a Wednesday, she does her Tang Soo Do black belt training on Tuesdays and Thursdays and has four College assignments on the go too. To raise this amount of money for charity is amazing."

On Friday the 28th February, Hannah and family members were also joined by Hunstanton Mayor, Cllr Michael Ruston, Mayoress Christine Earnshaw and former Mayor Carol Bower at Hunstanton's Honeystone pub to celebrate and present the cheque.

Hannah told Town & Around "I was shocked when I saw the total amount of money raised this year and hopefully I will raise more next time."

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Sedgeford, Norfolk

Soiree for Charity raises £1,300

An afternoon musical event attracted over 60 guests

Marie and Howard Jarvis Johnston opened their home on 9th February for the Hunstanton Branch of the Save the Children Fund.

Stars of the show were the 'The Missing Coda', pianists extraordinaire, Mathew Preston and Ben Howell, who introduced the audience to a wonderful young pianist, and a rising talent from Wells Academy, Iryna. The music was exhilarating, humorous and beautifully performed.



From left: Matthew Preston, Roger Dean, Dulcie, Iryna and Ben Howell

One of the guests, Mr Roger Dean, well known in Hunstanton and beyond was welcomed and he told the gathering how Ben's early career began with Roger in his Johnny Cash tribute show.

Marie said: "Special thanks must go to everyone who helped prepare the house for the event; furniture had to be moved beforehand and then brought back in afterwards, quite an undertaking!

"All the chairs for the audience were borrowed from the Town Hall, so thanks also to the Mayor, Mike Ruston and the Town Council."

A spokesperson for the Hunstanton Branch of Save the Children said: "We are pleased to let you know that due to the generosity of our supporters we were able to send over £1,300.00 to the Save the Children Fund."



Matthew Preston and Marie Jarvis

"Please continue to support the Fund at our Carnival bottle stall, Autumn lunch at Old Hunstanton Golf Club, and Christmas Tree Festival plus other events throughout the year."

"Also, please look out for details of our next musical event in 2026!"

CROSSWORD SOLUTION

Across: 1. Easter egg, 6. Weber, 9. Electra, 10. Lolling, 11. Gaiter, 12. Escorted, 14. Tale, 15. Jourmeyers, 18. Collateral, 20. Spur, 23. Portions, 24. Inform, 26. Schools, 27. Big deal, 28. Rosie, 29. Despaired

Down: 1. Energetic, 2. Special, 3. Esther, 4. Elan, 5. Gulf Stream, 6. Walkover, 7. Bristle, 8. Raged, 13. Modernised, 16. Scrambled, 17. Baritone, 19. Lurches, 21. Pioneer, 22. Enigma, 23. Poser, 25. Ebbs

42F's CO Receives Surprise Presentation

Mike Lister

In early February the Adult Staff and Civilian Welfare Committee members of 42F King's Lynn Air Cadets held their annual 'Winter Dinner' at Marriott's Warehouse Restaurant on the waterfront.



At the end of an enjoyable evening, Commanding Officer Flight Lieutenant Pauline Petch was surprised to be presented with a facsimile of the 'Freedom of the Borough' scroll awarded the Squadron in 2014 which, as the Squadron's Commanding Officer at the time of its awarding, bears her name.

Only two other organisations have been granted the Freedom of the Borough, they being the Royal Anglian Regiment and RAF Marham.

The Lynn Squadron's citation reads, 'WE the Mayor, Councillors and people of the Borough of King's Lynn and West Norfolk wish to recognise the eminent and valuable services rendered to the Borough over a period of 75 years and also desire to recognise the positive influence membership of the Corps has on the Cadets'.

WE HEREBY CONFER upon the Officer Commanding and all ranks of the 42F King's Lynn Squadron Air Training Corps the Honorary Freedom of our Borough.

Whilst thanking those present for the gift, Pauline said that 42F Squadron, and all similar organisations, only function through the dedication and support of all its volunteers in whatever roles they play.

-o0o-

42F ATC

Mike Lister

Continuing on from my post in the February edition, 42F (King's Lynn) Squadron, is always happy to welcome new cadet members and our next intake evening will be on Wednesday May 14th.

This will also be an opportunity for any adults that think they would like to become a volunteer with us to attend as well, as we are keen to increase our volunteer adult staff members. Being an adult volunteer can bring many benefits to you, as you use the skills you already have to nurture our young people, and you yourself learn new ones along the way.

You may recall reading past Cadet Sam Oakes' testimonial of two months ago. Below is another testimonial, this time from Cadet Tom Pearce.

"I was an Air Cadet with 42F King's Lynn Squadron from 2004 to 2010 from the age of 13 to 18. In that time I went on trips not only within the UK but also to Canada and France. I did 6 hours of powered flying and 2 hours of gliding. I did the Duke of Edinburgh's Award, and also volunteering within the community, just part of an endless list of very happy memories.

I really enjoyed the leadership training the ATC gave me. This nurtured me as I progressed through the ranks. I loved teaching the new members of 'T' (Training) Flight their new skills and this is probably the reason I became a teacher myself. The flying and gliding were

opportunities I would never have had without the ATC and I cannot put enough emphasis on the impact 42F and the being a cadet had on me.

Career wise, I now teach history, and am an assistant head-teacher at an International school in South West France and live permanently there near the town of Pau.

There is not a skill that I use that was not gained or improved by the ATC, leadership, service, work ethic, importance of uniform and organisation, being patient with others, the list is endless. Teaching kids in an international school you find many come from well off families with access to lots of opportunities. However, when I tell them what I did at 42F, they cannot believe the opportunities we had".



This month's photo shows Cadet Sgt Pearce and Cadet Sgt Amy Ng meeting Norfolk's very own Battle of Britain Spitfire 'Ace' the late Wing Commander Tom 'Ginger' Neil at Norfolk County Hall in 2008.

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SUNDAY 20TH APRIL
3PM TO 6PM

Wendy Warner's plant of the month - Tomatoes

Whether you're a keen cook, or just enjoy a salad in the summer, the flavour and smell of homegrown tomatoes is so much better than those bought from the supermarket. Tomatoes are one of the simplest crops to grow at home. Just a couple of plants will reward you with an abundance of sweet-tasting fruits throughout the summer. You can choose whether to grow them in a greenhouse or outside, in pots or in the ground, or to have cordon varieties that need staking and tying or bush varieties that need no support and can even be grown in hanging baskets. Plus there are many varieties producing tiny cherry, elongated plum, mid-size or beefsteak tomatoes which all have their different culinary uses.

Tomatoes will germinate quite easily from seed. To grow from seed, they will need to be started indoors on a warm windowsill in pots or trays of seed and cutting compost. For greenhouse crops, start your seeds off in January or February, delaying it until March or April for outdoor crops. Transplant into individual pots when the seedlings are large enough to handle. Fibre pots are good for this as the small plants can be left in these when planting into larger pots or the ground without damaging the roots (the roots grow through the fibre into the surrounding soil).

If you only want to grow a couple of plants, you can buy tomato plants in small pots to grow on. Whether you've grown your tomatoes from seed or buy plants, they should be grown on in



the same way. In unheated greenhouses, planting can usually take place in April or early May. For outside growing, plant in the ground or in pots in early summer. Tomatoes will always benefit from the warmest spot you've got.

All tomatoes will benefit from a good depth of soil so use at least a 25cm pot, this can be either plastic or terracotta. If growing in a grow bag, use tomato growpots; these are a pot that you cut into the top of the growbag and then fill with additional compost to plant the tomato in. This allows them to produce longer, strong roots before then developing their lateral roots into the growbag. I wouldn't recommend growing tomatoes directly in a growbag, as there really isn't the depth they require.

Tomatoes should be kept moist but never waterlogged and require good ventilation. Pots and grow-bags require frequent, consistent watering. If you allow the compost to dry out

and then flood it, the change in water content will cause the fruit to crack. All tomato plants will benefit from regular feeding, using a high-potash tomato feed such as "Tomorite" once the first fruit start to set.

Cordons will require support with a cane and then tying the central stem to this as it grows taller. Pinch out the sideshoots that appear between the leaf and main stem. Bush varieties need less maintenance, just tie plants loosely to a short cane and don't remove side shoots as this will reduce cropping. Start picking when the fruit is ripe and fully coloured with the stalk still attached.

Here are just a few varieties of tomato plants which should be on sale at Thaxters Garden Centre during April: Shirley: Cordon variety, high yielding, good flavour, good disease resistance. Moneymaker: Cordon variety, early fruiting, high yield, good outdoors. Alicante: Cordon variety, heavy cropping, good flavour, good outdoors. Gardener's Delight: Cordon, cherry variety, high yielding, good flavour, good outdoors. Sungold: Cordon, orange-coloured cherry variety, high yielding, sweet flavour. Beefmaster: Indeterminate, beefsteak variety, good flavour. Garden Pearl: Bush, cherry variety, suitable for window boxes and small pots, very high yielding for the size of the plant. Tumbler: Bush/cascading, early, cherry variety, sweet flavour, high yielding.

Plant tomatoes now and enjoy as part of your five-a-day throughout the summer!

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Nature notes with Carrie Carey

There you are, standing at the bus stop staring down an empty road while shifting your weight from one foot to another. You check the timetable again and just as you're about to give up and start walking, the universe overcompensates and three buses barrel around the corner like a scene from a Fast and Furious movie. Likewise, April is the month when everything seems to arrive at once. Mother Nature shrugs off the mantle of winter and the countryside comes alive with energy and song. Migrant birds return from wintering grounds, Cowslips, Primroses and Bluebells come into bloom and insects are starting to emerge. No other month seems to pack in as much excitement into such a short time. It's a nature buffet everywhere you look and you're spoiled for choice. Some years there may be events in nature's calendar that only happen in April; miss the bus, and you'll be twiddling your thumbs for a whole year waiting for the next ride.

Embrace the opportunity to stroll through your nearby woodland and enjoy vistas of late spring flowers. The first displays of Bluebells usually happen in the middle of April unless spring is particularly cold and wet. Between one third and half of the world's Bluebells are found in the UK but these gorgeous rich blue carpets begin to fade by mid-May. Like many woodland flowers, they need to bloom before woodland canopies converge and little or no sunshine reaches the forest floor. Wildflowers aren't the only showstoppers that steal the spotlight before the leaves are on the trees, April is the ideal time to listen to the dawn chorus. While many birds will sing from February onwards, the peak time for bird song is April to mid-May and the good news is that they do sing everywhere. Surprisingly (or perhaps not), most people never experienced the dawn chorus, well it does involve getting up before sunrise – which in mid spring is around half past three in the morning. But if you're more of a duvet hugger than an early bird, why not join our guided walk at Titchwell Marsh with a slightly later start of 6am*. You can still experience the refrains of chirps, trills and whistles as you take a leisurely stroll through the reserve and if you're very lucky, you might hear the iconic call of a Cuckoo.

Spotting a Cuckoo is quite magical, as they are frequently heard but seldom observed. Their unique call evokes fond memories of my childhood when these birds were a familiar part of the springtime scenery. Known as the confidence tricksters of the avian world, these sneaky birds lay their eggs in the nests of unsuspecting foster parents.

The clueless, adoptive parents work overtime to feed their oversized offspring while the natural mother moves on to other nests. She may lay up to 25 eggs in a single season and will never meet her brood. Consequently, when the time comes, the young Cuckoos embark on a solo journey to Africa, showcasing one of nature's wonders. The Cuckoo's distinctive call can sometimes be confused with that of a Collared Dove, especially before April. But if you happen to hear one, English folklore suggests you should either spin in a circle three times for good luck or dash around with a stone on your head until it tumbles off. Additionally, by counting the number of calls, you can predict the number of years until you marry, welcome a mini-you, or, according to some, pass away.

Spring had never really arrived until I'd heard the first Cuckoo or scooped the first Water Boatman from the small stream that ran alongside the road to school. After class, friends and I took nets and jam jars down to the ford and discovered the wondrous variety of life beneath the water. Pond dipping brings spring to life in miniature, tiny tadpole wriggling in the sunshine, Diving Beetles darting beneath the surface and dragonfly nymphs lurking like prehistoric predators among the Flag Iris. These fearsome creatures are skilled hunters able to seize and eat smaller critters with ease. They may spend several years lurking beneath the murky surface before emerging as adult dragonflies in all their splendour and glory. Another classic sign of spring is the sight of squishy, egg-filled blobs of frog spawn. They may appear in ponds or waterways anytime from March onwards, but April is always a good bet for spotting these wobbly orbs. Overtime, they'll transform into a troupe of tadpoles squirming their way through the water.

Pond dipping is the perfect family wildlife activity. However, if you've never tried it before and are not sure if it's likely to be a family favourite, then join us at Titchwell Marsh for a 30-minute family session. We have all the equipment you need and friendly staff to give you a helping hand. There's no need to book but do make sure you reserve a spot when you arrive.

Whether you're on a mission to spot new spring arrivals or curious about the secrets of the underwater world, April is that magical month that only rolls around once a year—so don't miss it!

*Sunrise Walk and Breakfast April 3 and 29 from 6am-8am
www.titchwell.rspb.org.uk

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Group visit to Oxburgh Hall gardens

Many thanks to Alan Collins for leading two such enjoyable and informative snowdrop walks recently. Everyone was wrapped up warm against the exceptionally cold, dull weather, although the sun did make an appearance a couple of times. Alan is something of an expert when it comes to Oxburgh Hall, and particularly its gardens, having previously been a garden guide there for about ten years.

Alan regaled us with fascinating facts about the Bedingfield family who lived, and indeed still live, at Oxburgh; the history of the house itself; about its fish-filled moat; and about the beautiful gardens. As we followed the winding path round, we saw swathes of snowdrops, with tiny bright yellow aconites glowed in between some of the clumps of snowdrops.

The route was surprisingly undulating in places (and muddy!) and we enjoyed good views through the woods, across the fields, and along an impressively clear small stream, with glimpses of Oxburgh Hall in the distance.

Back to the outdoor Pantry Café for a quick



sit-down, a warming coffee and a bite to eat before members started arriving for the second walk. With the help of the obliging sun, we enjoyed the stunning sight of a bed of glowing, colourful cornus (dogwood), with dazzling snowdrops interspersed among them. The photograph shows some of our group admiring the Spring colour in the sunshine.

Thank you again to Alan and to the other hardy members who came along. More garden visits coming up later in the year.

Our main event each year is our Summer Show – this year's is on Saturday 12 July

2025. Start thinking now about what to enter – categories include flowers, pot plants, fruit, vegetables, preserves, baked goods, crafts, art and photography. Look out for the free programmes, which will be appearing in local shops later this month.

If you wish to join our friendly Society, or just find out more, Judith, our membership secretary, would be delighted to hear from you. Contact Judith on 01366 501466 or email jt.mazur@tiscali.co.uk.



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Snettisham Gardening Club

Our meetings are held in the Memorial Hall, Old Church Road, PE31 7LX

On Wednesday 30th April Michael Croot will be joining us to update on the nursery business and will also bring some of his excellent plants for sale, so best bring some money!! We are sure you will be tempted.

On the 28th May Barry Gayton will be telling us how to grow and care for Cacti.

Our Annual Village Show to be held on 12 July show schedules are available now from Stockley chemists or by coming along to our monthly meeting.

We welcome new members and for any further information please call Gail on 01485 541279 or Addie on 01485 544754.

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Mudpies & Butterflies

Louise Barby

As April arrives, UK gardens awaken with fresh growth, longer daylight hours, and a flurry of gardening tasks to ensure a thriving outdoor space. Whether you have a large garden, a compact patio, or a simple balcony, now is the perfect time to focus on high-impact, low-maintenance planting and eco-friendly weed control methods. Here's a guide to making the most of your garden this April.

April is an excellent month for planting vibrant flowers, hardy shrubs, and edible crops. To create a garden that looks beautiful with minimal effort, consider the following:

- **Perennials and Hardy Annuals:** Opt for plants like geraniums, echinacea, and rudbeckia, which return year after year with minimal care. Hardy annuals such as calendula and cornflowers can be sown directly into the soil now for a summer display.
- **Spring Bulbs for Summer Colour:** Late spring is a great time to plant summer-flowering bulbs such as lilies, gladioli, and dahlias.
- **Evergreens for Year-Round Interest:** Shrubs like lavender, box (Buxus), and hebe provide structure and require little attention.
- **Pollinator-Friendly Plants:** Encourage bees and butterflies with plants like fox-gloves, alliums, and buddleia.
- **Low-Maintenance Ground Cover:** Use plants such as creeping thyme, sedum, or vinca to suppress weeds and reduce the need for weeding.

For those growing their own produce, April is a crucial month for sowing crops that will provide a bountiful harvest later in the year:

- **Salad Greens:** Lettuce, rocket, and spinach can be sown now for continuous cropping.
- **Root Vegetables:** Carrots, beetroot, and parsnips should be sown in well-prepared soil.
- **Peas and Beans:** Sow broad beans and runner beans outdoors once the risk of frost has passed.
- **Herbs:** Basil, coriander, and chives thrive when sown in pots or directly into the garden.

Maintaining a chemical-free garden not only benefits the environment but also supports biodiversity and soil health. Here are some effective, natural alternatives for weed control:

- **Mulching:** Apply a thick layer of bark chippings, compost, or straw around plants to suppress weed growth and retain moisture.
- **Manual Weeding:** Regular hand-weeding or using a hoe on dry days helps keep weeds at bay before they set seed.
- **Boiling Water:** Pouring boiling water over weeds in pathways or driveways effectively kills them without harmful residues.
- **Vinegar or Salt Solutions:** These can be applied to stubborn weeds in paving cracks, though care must be taken as they can affect soil quality.

• **Encourage Dense Planting:** Filling gaps with ground cover plants reduces space for weeds to take hold.

4. Inspiration from Chemical-Free Gardening Experts

Many well-known gardeners advocate for organic and chemical-free gardening practices, proving that a thriving garden can be achieved naturally:

- **Monty Don:** The beloved host of Gardeners' World promotes organic gardening, composting, and wildlife-friendly techniques.
- **Charles Dowding:** A leading expert in 'no-dig' gardening, Dowding champions soil health through composting and natural weed suppression.
- **Alys Fowler:** Known for her book The Edible Garden, Fowler encourages sustain-able gardening and self-sufficiency without synthetic chemicals.

April is an exciting time in the UK garden, with plenty of opportunities to create a beautiful and productive space. By focusing on high-impact, low-maintenance planting and adopting chemical-free weed control methods, you can enjoy a flourishing garden that supports wildlife and remains easy to manage. Happy gardening!

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Dark skies of West Norfolk

Terry Parish

It is the 10th March as I write this eulogy to the heavens so I haven't seen or missed either the partial eclipse of the Sun nor the total eclipse of the Moon. I did make an effort to see all 7 planets in the skies at once, well a small effort. Jupiter, Venus and Mars were easy from any back garden and I walked down to South Beach to look for Mercury and Saturn. I missed the latter as it had gone below the Lincolnshire horizon before the glare of sunset had faded but I did have a very good sighting of Mercury between a brilliant Venus and a strange cloud formation on the horizon. I picked it up in standard 10x50 binoculars but, as the sky darkened it was visible to my naked eyes, particularly if I contrived to look 'sideways' at it.

There were a number of people down the beach peering up and perhaps you were one of them. I ignore Uranus and Neptune as they need a telescope and I have seen them before! Mercury was the prize because it is often hard to spot and needs a clear western sky and Lincolnshire seems to generate murk.

Last month also contained the Spring Equinox, day = night, and this month has the first Full Moon after that event on the 13th. The Sunday following, 20th, is Easter Sunday. This is quite late but is dictated by that Full Moon. It sounds more Eostre (Goddess of spring, dawn and fertility) than Easter to me.



An Easter Moon! Internet

Planets in the evening sky this month are Jupiter and Mars plus Uranus if you have some decent binoculars. Venus is now an early morning sight and the rest are lost in the Sun's glare.

Jupiter reestablishes itself as the brightest

point in the sky and should be comfortable to spot well before bedtime. It sets at 1am and has a magnitude of -2 and its four brightest moons, the Galilean Moons can be seen through astronomical binoculars and birding scopes. Watch them over an hour or two and you will see their movement. Over two nights and their relative positions will change dramatically.

This movement, proving that the moons orbited Jupiter, demonstrated that the belief that all bodies were subservient to Earth, was flawed. Galileo got in trouble with the Church about it.

The crescent Moon makes a nice picture with the gas giant on both the 2nd and 30th April.

Mars is dim but, with a magnitude of +0.6, well within eyesight range. The stars Castor and Pollux are in the same region of the sky for almost all of the month. On the 5th the Moon is close by. An app will help you find the red planet and, once found, you will find it every clear night. Younger eyes pick up the red better but mine still manage it.

The first half of the month is the best time to try for Uranus. It is below the Pleiades star cluster and close to the Moon on the 1st. With a magnitude of +5.8, is just within the range of good eyesight. However, I have never met an adult who can see it and that might be why it was unknown until 1781 when William Herschel discovered it - with a telescope. Some years ago, I was at a star party when a young boy did see it and also identified the colours of many stars.



The Pleiades, 7 Sisters, a smudge to most eyes. Binoculars will reveal the main stars. Sando Biliczki - Astronomy Photographer of the Year 2024 Best Newcomer. Internet

Venus, which lit up the western sky in the evenings last month, rises at 5am this month. It is low in the east so difficult to see from our location. Now the Morning Star, it is brightest (magnitude -4.8) on the 22nd and the Crescent

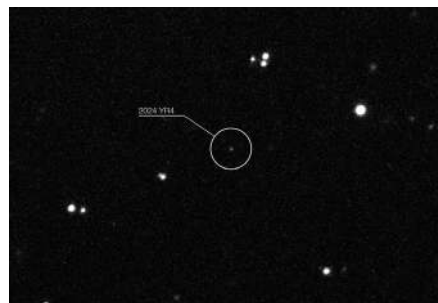
Moon is close on both the 24th and 25th.

Meteors! The Lyrids shower starts on the 16th and peaks on the night of the 22nd / 23rd. The Moon is out of the way so hope for clear skies. With dusk becoming later and later, this is probably your best chance to see at least several meteors before August, though there is a potentially better shower, the Aquarids, which starts on the 19th and peaks on the 5th May. A waxing Moon will likely interfere with that one.

A bit of space news. The world is unlikely to end in 2032 as Asteroid 2024 YR4 has now only a 0.002% chance of hitting the Earth. It would only have made a dent or a splash anyway as it is just 40-90m wide. Its chance of hitting the Moon is 1.7%.



An artist's impression of the rock that will miss. Internet.



And this blurry dot is it. European Space Agency

And astrophysicists are puzzled, which is hardly a novelty, as evidence from the James Webb space telescope indicates that large galaxies were around just 100 million years after the Big Bang. How they formed this quickly is the puzzle. Re think the Bang says I who prefers a continuously evolving Universe despite all the evidence.

This month is the last chance to see a few planets relatively easily before autumn sets in so look up whenever the sky is clear.

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THE BARKING BUGLE NEWS

An easy access walk around Blickling Estate

'Why don't we go for an easy access walk that we haven't done for ages,' Clara suggested rather excitedly one morning. 'These walks are very popular and It is such a nice day. We ought to do something completely different for a change. It will be woofastic!'

My twin sister wasn't wrong and Miss Zsa Zsa was equally enthusiastic. After a bit of barking from all three of us we decided to do a round walk at Blickling Estate in North Norfolk. It is a Jacobean home situated in 5,000 acres of parkland. Anne Boleyn used to live there and it is believed that she still haunts the place today!

There are several walks to explore at Blickling, ranging from 0.4 miles to 4 miles. We decided to do the 4 mile multi use trail accessible route which takes about an hour and a half to complete. The scenery is pawsome, with views of the lake, and it was lovely to hear the birdies tweeting away.

Blickling Estate is very welcoming to responsible humans and doggies. We can visit the parkland, woodland and rights of way across the estate as long as we stay close to our humans at all times and don't wander off. Make sure you look out for any signs indicating that we need to be on the lead such as where any livestock is. We are allowed to explore the farmyard, the bookshop, the estate barn and the Muddy Boots Café (yum yum!!) as long as we are on short leads. We must be on a lead in all car parks and on the lake walk as these are the busiest areas. Unfortunately only assistant dogs are allowed in the house, garden and east wing. There is a small shop which sells some very interesting flavours of doggy treats including Postman and Roast, Slipper and Biscuit, Scampi fries and paw scratchings.

We all really enjoyed our day walking along the multi use trail. It is wide enough for humans in wheelchairs and also doggies in strollers. In certain areas there are a few inclines but the surface is well maintained and easy to walk along. We had a really pawsome time and we totally recommend visiting Blickling Estate. Please bark us any news if you decide to visit this lovely place.

Woofs Ziggy Bear,
Senior Reporter,
www.thebarkingbugle.co.uk

MAGPIE CENTRE NEWS

Caroline Dudley

At the time of writing, the weather has warmed up a bit, horses are enjoying the sunshine and staff and volunteers are looking forward to hosting a visit to the Magpie Centre from the Lord Lieutenant of Norfolk, Lady Dannatt on March 20.

At the West Norfolk Riding for the Disabled Association Annual General Meeting, held at Wimbotsham and Stow Village Hall on February 26, the Board of Trustees sadly bade farewell to Kate Miles, who had been on the Board for many years. Her equestrian knowledge will be greatly missed.

Another loss was Jackie Westrop, of Downham Market, who died on February 16, aged 68 after a long battle with cancer. Jackie's specialism was writing grant applications, with great success and her expertise in this area will be very hard to replace.

Looking towards the future, the Board welcomed five new trustees: Mandi Bailey, Chris Bailey, Zoe Harris, Holly Mason and Catherine Robson, and meetings will be held in the coming weeks to apportion their roles in the governance of WNRDA.

Now that winter is receding, we can look forward to Tea With a Pony sessions resuming on Wednesday afternoons from 2.00 – 3.00 pm at the Magpie Centre, Wallington Hall, South Runcton PE33 0EP. Cost is £6.00 per person. Call the Magpie Centre on 01553 810202 to book. This activity is suitable for individuals and/or groups of up to 30 people. Come and join us for tea and cakes in the Sensory Garden and meet one of our lovely ponies. The venue is wheelchair-accessible, and tea is served in a marquee in bad weather.

And for group organisers looking for a speaker, just call Caroline Dudley, WNRDA Voluntary Publicity Officer on 01553 828935 to arrange a suitable date.



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NEWS FROM BRANCASTER VILLAGE HALL (BVH)

Geoff Wingrove

It is pleasing to report three proactive events at BVH. The recently installed solar panels have reduced electricity costs by about a third – and this during winter weather: we look forward to the summer, and further savings. The return of the Coffee Mornings is very welcome: please come along on Wednesday mornings to enjoy good conversation and refreshments. The Open Studio, with artists Lillian and AJ, has extended its stay at BVH, and visitors will be enthralled by the original and unique art on display. The regular groups will continue, as will a full programme of activities at Bar 71, including Darts, Pool, Skittles and Quiz Nights. Scheduled events: Saturday 29th March at 7.30pm: Authentic Thai Cuisine (contact bvhsetup@gmail.com) Monday 21st April at 2.30pm: Burger and Boogie, with music by Ready Steady Go Monday 26th May at 4.00pm: The Spud Bar and Solar Scoops Ice Cream, music by FOBs

Further information at www.brancastervillagehall.communitybooking.co.uk or on Facebook and Instagram. For enquiries, please contact us at bvhsetup@gmail.com

FROM THE BRANCASTER VILLAGE HALL ARCHIVE: GUNNER CECIL GLENDY SUTTON'S SERVICE IN "L" BATTERY ROYAL HORSE ARTILLERY (RHA) IN THE FIRST WORLD WAR: PART TWO

1917 was not a good year for L Battery RHA, as it suffered the largest number of casualties of any year of the war, including those at the action at N ry. It was not to prove a good year for Gunner Sutton either, as will be seen. In 1917 L Battery suffered 30 fatalities, with many more injured. The principal cause of this was the movement of the 29th Division with the Battery north of Arras to take up position around the Belgian city of Ypres to take part in a battle most often referred to as Passchendaele which, along with the Somme, resulted in the greatest loss of life for the British army, with very little return.

Passchendaele was the sole idea of the commander of the British army, Field Marshal Douglas Haig. It was strongly opposed by the British Government, led at this time by Lloyd George. It was also opposed by the French High Command, as they did not feel it would achieve a breakthrough, given the nature of the ground conditions and the strength of the defences.

However, Passchendaele went ahead, as Haig still thought it was possible to make a breakthrough and, if this was not achieved, to continue to wear the German army down. Difficult as it is to believe in today's terms, Haig had a belief that, although his army would sustain losses, the German army would be equally worn down – and that the British, Allies, French and the recently-joined Americans could afford the losses, but the Germans couldn't. It was war by attrition.

Passchendaele was a battle of artillery and

also of gas – a substance which had been used in previous battles. The countryside around Ypres was ideal for the use of gas, as it was relatively flat and, with the coming of autumn, increasingly wet. L Battery was part of the huge barrage laid down on the German lines, along with enormous explosions from mines dug under their lines. The assault phase began at the end of July and, as with previous battles, soon developed into a slogging match in the most atrocious conditions. The artillery and rain turned the battlefield into an enormous quagmire where hundreds of soldiers, together with horses and mules, simply disappeared into huge mud craters filled with water and drowned. Movement became an unimaginable nightmare for both men and horses: life in the trenches could not be described in modern terms.

The 29th Division was transferred to the Fifth Army for the Passchendaele campaign, which lasted from 31st July to 10th November 1917; Gunner Sutton was, with his battery, providing the barrage for the assault phase. Some time at the beginning of August the German artillery and infantry began releasing mainly mustard gas onto the battlefield. L battery became seriously affected by this gas attack and Gunner Sutton lost consciousness on or around 8th August. As his grandson David learned, his grandfather was lying unconscious on the battlefield. When the stretcher bearers were sent out to bring in the bodies, they apparently heard one of the corpses seeming to say something: they gave the body a kick to see if there was life. This happened to be Gunner Sutton who had groaned: he was brought back to the casualty tents behind the lines. Given his injury, he was sent to the casualty evacuation centre on the coast and taken back to England for treatment and convalescence. Here he was deemed unsuitable for further service and eventually discharged in the summer of 1918, about three months before the end of the war.

The battle at Passchendaele went on and, in the end, the British suffered around 275,000 casualties, of whom Gunner Sutton was one; the German casualties are likely to have been slightly fewer, although figures are much contested by historians. The amount of ground gained was minimal in view of the losses sustained, and no breakthrough was achieved.

On being discharged, Cecil Sutton married Laura Thatcher, the daughter of a publican from East Bradenham (close to the Willow Farm at West Bradenham, where he had worked before joining the army) in January 1919. They worked a number of smallholdings in Norfolk for many years and raised a family. In 1972 Cecil and Laura sold up and toured the world, ending in Australia and New Zealand, where two of their sons lived. On their return they settled in Norfolk, both living to the ripe old ages of 95 (Cecil) and 97 (Laura).

One further small detail about Cecil after the war: he was awarded the Victory Medal and the British War Medal for World War I. He was also awarded the Silver War Badge, which was a small pin awarded to those in the armed forces who had been discharged before the end

of the war as a result of injury. Cecil threw this badge into a water-filled pit on land he was working: he said it should have been given to the horses he had tended who had suffered during the war, many of which had become stuck in the mud and had to be shot. His love of horses lasted throughout his life.

Two notes of explanation may be helpful here. Firstly, the chemical agent used most widely in the Great War was mustard gas. Despite its name, this was a volatile oily liquid which, when exploded inside a shell, produced a fine mist of droplets. This was almost certainly what incapacitated Gunner Sutton at Passchendaele. Mustard gas seldom kills, but incapacitates soldiers and pollutes the battlefield, as it can hang around for long periods – sometimes for months, depending on the weather.

It causes the skin to blister and eyes to become very sore; then gas can also cause vomiting and may result in damage to the bronchial tubes, and both internal and external bleeding. All this is extremely painful; victims remain sick for a considerable time and are often unfit for further service. This was certainly the case with Gunner Smith.

Secondly, horses, mules and donkeys were used extensively by all armies in the Great War to carry troops (cavalry), pull artillery and haul supplies. The last two tasks would have placed horses in constant danger, as from early 1914 cavalry was rarely used in its traditional role because it was very vulnerable to machine gun and rifle fire. Furthermore, very few breakthroughs were made in the enemy trench lines for the cavalry to exploit.



By 1917 there were 380,000 horses present on the Western Front. In all, the British army purchased millions of horses, mules and donkeys – 460,000 from Britain and Ireland. It is estimated that approximately 8 million of these animals died on all fronts, the majority from cold, disease and starvation. On the Western front the British lost 200,000 horses from cold, exhaustion, hunger and disease and 58,000 from enemy action.

The battlefield at Passchendaele quickly became a sea of dead men; many horses and mules were lost by getting stuck and being unable to be pulled clear. This must have been heartbreaking to Gunner Sutton, who had a lifelong love of horses. In recent years a highly acclaimed book, "War Horse" – turned into both a play and film – has been written by Michael Morpurgo, celebrating the horse's part in the Great War.

Cont'd page 30

Again, many thanks to Cecil's grandson, David Bird, for his help and support. The pictures show the appalling conditions for horses and donkeys at Passchendaele, and Cecil and his wife in later life.



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David Elsey's cryptic crossword

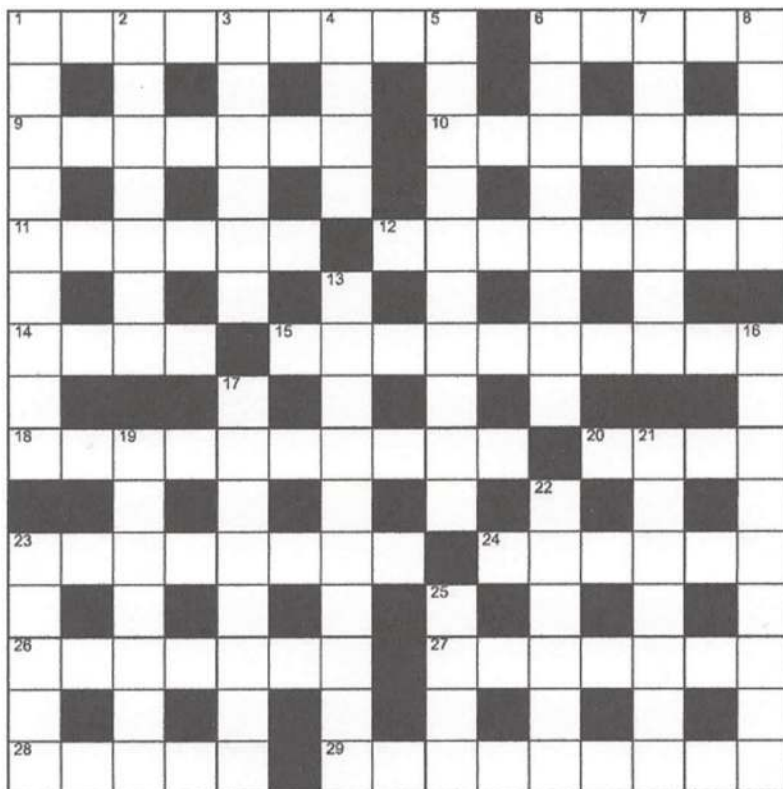
Cryptic clues

Across

1. Can you get this from a layer of chocolate? (6,3)
6. German composer can be heard regularly on the internet (5)
9. Greek heroine chosen by Egyptian god (7)
10. Lying around with Polly, unclothed, in heather (7)
11. Walk seems to be in doubt after spat (6)
12. Went along with secret do, excited (8)
14. Heard back-end of story (4)
15. Travellers by day in France long to return before the end of vespers (10)
18. Security officer moving from one side to the other (10)
20. Urge to get a move on, being short of time (4)
23. Pieces, such as a king in draughts (8)
24. What a teacher does and where (6)
26. Trains large groups of swimmers (7)
27. I suffer with bad leg and who cares? (3,4)
28. Lee's drinking companion in Hackney? (5)
29. Lost hope, having wanted to house old man (9)

Down

1. Greet nice mongrel, bright-eyed and bushy-tailed (9)
2. Liaise with PC, one cut out to be different to the rest (7)
3. Job this woman is after? Just the opposite! (6)
4. Attractive landlady exhibits sparkle (4)
5. Current source of warm water (4,6)
6. Stroll across for an easy victory (8)
7. See red whisker ... (7)
8. ... lost it in beverage, drunk (5)
13. Lavishly dines with Rod and me and is brought up to date (10)
16. Scurried to find eggs scattered around (9)
17. Singer in pub – one supported by tenor (8)
19. Dogs move right away from pitches (7)
21. Explorer - very good one when it comes to climbing (7)
22. Letter to Military Academy about upstanding soldier is a mystery (6)
23. Model is a teaser (5)
25. Goes out with English student, initially carrying books (4)



Copy date for the May issue of Town and Around is Saturday 12th April.
If you are sending event details, please note that a contact telephone number is essential.



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Admiral's Drive, Sandringham PE35 6EG
Monday - Friday 7.30am - 4.00pm and Saturdays 8.00am - 12 noon.
Contact the Sandringham Sawmill: sawmill@sandringhamestate.co.uk 01485 543641

April events - see also: <https://townandaround.net>

Wednesday 2nd

Burnham Market Village Hall
community Cinema 'Lee' 15. £5
on the door. Diana Walker
01328 738604

Friday 4th

Fincham Memorial Hall Quiz
night - £2 per person, max 6
BYO refreshments and nibbles.
7.30pm Info: Anne/Peter-
finchamhallbookings@gmail.co
m or telephone 07782 335165

United Services Club Hunstanton
PE36 5HL Cecil Farayi. Motown
& Soul Man 8pm

Saturday 5th

Hunstanton Promenade parkrun
9am. starting outside the Salad
Bowl Cafe running towards the
lighthouse. Volunteers 8.30am.
hunstantonpromenadeparkrun.co
m Info: 07804 927764

Sandringham parkrun
Sandringham Royal Park at 8:40
for a 9am start. First Timers
Briefing 8:50am. Start and finish
on the vista near children's play
area. Car parking for parkrun is
free until 11:00 am. To volunteer
or for further information:
sandringham@parkrun.com
07913 439222

Amaya Edwards with her new
book - Save the Seals at Write
Around the Corner, Hunstanton
11am-1pm Contact Adrian at By
the Book 01485 522349

Ingoldisthorpe Sports and Social
Club Bingo. Info: Diane on
07901 924223

Old Hunstanton Village Hall
Disco. Doors 6.30pm. Food
served at 7.15pm (Fish and
Chips) Dancing from 8pm to DJ
Biff Bar open. Tickets: Gail
Doherty 07536 022176.

United Services Club Hunstanton
PE36 5HL Travis Versatile
performer all eras 8.30pm

Sunday 6th

RAF Sculthorpe Heritage Open
Day 10am-4pm NR21 7RR
new displays for 2025! Enquiries
07766 715548

Jenny Hobson presenting her
book Sailing for Seals at Write
Around the Corner, Hunstanton
2pm Contact Adrian at By the
Book 01485 522349

Monday 7th

Anmer Social Club Bingo night

7pm Fully licensed bar and
Raffle For information email:
anmer.club@outlook.com or
telephone; text or WhatsApp
07899872351

Friday 11th

Fincham Memorial Hall Matinee
Film for All - 'Paddington in
Peru'. Doors open 1.30pm, Film
starts 2pm. Snacks and
refreshments available. £1 per
child, £3 per adult. Info:
finchamhallbookings@gmail.co
m or telephone 07782 335165

Anmer Social Club Film Night
'Conclave' 12A. Doors 7pm Film
7.30 £5 at the door. For further
information email
enquiries@anmerclub.co.uk or
telephone 01485 579465

Bingo in aid East Anglian Air
Ambulance at Knights Hill Great
Barn. Eyes down 7.30 pm. For
any information please ring
Monica on 07765 170135.
(Charity number 1083876)

United Services Club Hunstanton
PE36 5HL Quiz Night. First prize
£50. Teams up to 4 persons. £3pp
8pm

Saturday 12th

Hunstanton Promenade parkrun
9am. starting outside the Salad
Bowl Cafe runnings towards the
lighthouse. Volunteers 8.30am.
hunstantonpromenadeparkrun.co
m Info: 07804 927764

Sandringham parkrun
Sandringham Royal Park at 8:40
for a 9am start. Details on Sat 5th
listing 07913 439222

Fincham Memorial Hall National
Theatre Live 'Dr Strangelove'.
Doors open 6.45pm, screening
starts 7.15pm. Admission £5,
licensed bar available. Info:
finchamhallbookings@gmail.co
m or telephone 07782 335165

Hunstanton Sailing Club Season
Opening Party 7pm - Hawaiian
Themed (Fancy Dress Optional)
Watersports during the afternoon
weather dependant. For more
information or to book 07816
888945 For updates see
Facebook Hunstanton Sailing
Club page.

United Services Club Hunstanton
PE36 5HL Carolann Great
entertainment. Versatile singer
8.30pm

Sunday 13th

Car Boot sale at Glebe House
School PE36 6HW Sellers from
6am, buyers 7am-1pm (weather
permitting. Contact Chris on
07774 650606 or
chrishdms7@gmail.com

Sedgeford Spring Fair at the
Village Hall 10am-3pm in aid of
East Anglian Air Ambulance.
Free entrance. 01485 570097 see
page 12.

United Services Club Hunstanton
PE36 5HL Easter Prize Bingo.
Eyes down 5.30pm

Monday 14th

Anmer Social Club Coffee
Morning 10am-noon For
information please email:
farmboy24@sky.com or
telephone, text or WhatsApp
07899 872351

Tuesday 15th

Old Hunstanton Village Hall Knit
and Natter This regular friendly
group is held on the third
Tuesday of each month 10am -
12 noon. £3 includes coffee and
cake.. No need to book - just turn
up with your knitting. Carol
Greening on 07763 466325

Thursday 17th

Talk on the history of St Mary's
Church Holme-next-the-Sea
PE36 6JL at 2pm. £5 incl tea &
biscuits Info Sally Crown 01485
525246

Friday 18th

Ingoldisthorpe Sports and Social
Club Charity Fun Day in aid of
EEAA 12noon-5pm. Info: Diane
on 07901 924223

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07899872351

Hunstanton Society Talk at the
Heritage Centre 7pm Izzy
Wingham: Detailed drawings of
historical buildings. Members £1,
non -members £5 Info: 01485
534200

Fincham Memorial Hall National
Cash Bingo & Games Evening -
Doors open 7.30pm, Eyes Down
8pm. Bring your own
refreshments and nibbles.. Info:
Anne/Peter-
finchamhallbookings@gmail.co
m or telephone 07782 335165

Massingham Historical Society,
Village Hall 7.30 pm.
Presentation 'Abbey House and
Abbeyfields' with photographic
display. Members free, guests
£3. Bar. Enquiries Jeanne
Robinson 01485 520455

United Services Club Hunstanton
PE36 5HL Glen Cooper Talented
vocalist all eras 8pm

Saturday 19th

King's Lynn parkrun will be
holding its annual Easter Bunny
parkrun. Easter themed fancy
dress is encouraged and post run
snacks provided following the
run (or walk). All welcome to
attend. Event Director Gary
Walker 07740 799593.

Sandringham parkrun
Sandringham Royal Park at 8:40
for a 9am start. Details on Sat 5th
listing 07913 439222

Hunstanton Promenade parkrun
9am. starting outside the Salad
Bowl Cafe running towards the
lighthouse. Volunteers 8.30am.
hunstantonpromenadeparkrun.co
m Info: 07804 927764

HDFA Craft Fair at Hunstanton
Town Hall PE36 6BQ 10am-4pm
Info: 07729 952297

Hunstanton Cliff Parade Bowls
Club PE36 6EH Join us as we
open the glorious bowling green
on Cliff Parade, Hunstanton.
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bowling the first woods of the
2025 season. New members
welcome. All ages and abilities,
flat shoes or trainers required to
go onto the green. Info:
cliffparadebc@gmail.com 07483
225897

Ingoldisthorpe Sports and Social
Club Reflections of Abba Tribute
Band Members £5, non-members
£10. Info: Diane on 07901
924223

United Services Club Hunstanton
PE36 5HL Near Misses
Dynamic duo . Great vocals all
eras 8.30pm

Sunday 20th

Car Boot sale at Glebe House
School PE36 6HW Sellers from
6am, buyers 7am-1pm (weather
permitting. Contact Chris on
07774 650606 or
chrishdms7@gmail.com

townandaround.net/whats-on/april

Ingoldisthorpe Sports and Social Club Easter Egg Hunt 1-3pm.
Info: Diane on 07901 924223

Thursday 24th

Musical afternoon with Margaritaville 50s & 60s country music at Hunstanton Town Hall 1-3pm. Entry £4 cash. In aid of East Anglian Air Ambulance
Info: Dinky David 07787 966000

Friday 25th

Fincham Memorial Hall Film Night - 'Conclave'. Doors open 6.45pm, Film starts 7.15pm. Admission £3, licensed bar available. Info: Anne/Peter-finchamhallbookings@gmail.com or telephone 07782 335165

Spring Sound Bath Fundraiser in aid of Heacham Community Arts Hub Charity. 7-8pm Heacham Scout Hut PE31 7DX £8 Info: Margaret Marciniak: 07951 402717 see page 12

Ingoldisthorpe Sports and Social Club Open Mic night, all welcome. Info: Diane on 07901 924223

United Services Club Hunstanton PE36 5HL Diamond Pauls Mixed Bag Disco. Come & dance the night away to your requests 8pm

Saturday 26th

Hunstanton Promenade parkrun 9am. Starting outside the Salad Bowl Cafe running towards the lighthouse. Volunteers 8.30am. hunstantonpromenadeparkrun.com Info: 07804 927764

King's Lynn parkrun are holding a special 'park walk' event. All attending are encouraged to bring along a friend or acquaintance wish to walk the course, the aim being to see the highest number of walkers ever at parkrun events in the UK. Event Director Gary Walker 07740 799593.

5K Your Wy - Move Charity. Sandringham Royal Park 8:40 for a 9:00am start. For anyone affected by cancer, friends and healthcare professionals To come and walk, talk, run or simply have coffee and cake and be part of the lovely parkrun community. For further information email: sandringhamgroup@5kyourway.org 07913 439222

Syderstone Cinema present Paddington in Peru (PG) Doors 7pm £4 on the door. Bookings can be made by email to:

syderstonecinema_arvh@outlook.com or call 01485 578270.

Fincham Memorial Hall Charity Quiz Evening. £2 per person, max 6 persons per team. Starts at 7.30pm. Info: Anne/Peter-finchamhallbookings@gmail.com or telephone 07782 335165

Sunday 27th

Car Boot sale at Glebe House School PE36 6HW Sellers from 6am, buyers 7am-1pm (weather permitting. Contact Chris on 07774 650606 or chrishdms7@gmail.com

Ingoldisthorpe Sports and Social Club Afternoon celebrating St George's week and the Club's 50th anniversary year.. Info: Diane on 07901 924223

RNLI Fundraiser at Old Hunstanton Village Hall 5.45pm Chi Kung see page 12. Info Margaret Marciniak: 07951402717

Monday 28th

Anmer Social Club Coffee Morning 10am-noon For information please email: farmboy24@sky.com or telephone, text or WhatsApp 07899 872351

Film night at Old Hunstanton Village Hall presents Summer Holiday 1963 Doors open 6.15pm. Film starts 7pm. Bar open. Buy your ticket £5 on the door Enquiries Carol Greening on 07763466325 Four bus mechanics kit out a London bus and drive it to Greece for a summer holiday. Cliff Richard stars in the film with The Shadows. Get in the mood for summer!

United Services Club Hunstanton PE36 5HL Bohemian 3. New Act Playing hits from all decades 8.30pm

Tuesday 29th

Dersingham Village Cinema 7.30pm 10th Anniversary. 'A Royal Night Out (12A) £6 under 16s £3 Info: 01485 541465

Looking ahead to May Saturday 3rd

BagLadies of Thornham will be holding a Coffee Morning and sale on at Thornham Village Hall from 10-1pm. Home-made cakes and lots of bargains! Info: Sue 01485 512546

Sun 4th-Mon 5th

Local History Fair at Docking Village Hall 10-4pm Contact Helena Aldis 07767462488 heritage@dockingnorfolk.co.uk

Sat 24th - Mon 26th

Beer and Cider Festival at Le Strange Arms Hotel and Mariner Inn 01485 534411

Sunday 25th

Heacham Village Yard Sale. 9am-3pm Info Email (preferred): heachamyardsale@gmail.com Phone (please leave a message): 07746 725319



Events are added to our website during the month. Scan here for up to date info



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Mystic Meg

Russell Lyon

There have been over very many centuries mystics and religious fanatics who were said to be able to forecast the future and see what very few "normal people" see. Very many of these (if you exclude Nostradamus) possibly the majority were women and one of the most remarkable was a Kings Lynn woman called Margery Kempe whom I have quite outrageously renamed "Mystic Meg".

The modern Mystic Meg appeared to be able to forecast lottery winners (didn't work for me!) but this medieval mystic was quite different. She was a religious fanatic who may possibly have written the first autobiography in English. She managed to do this by dictating to a scribe as she herself was illiterate.

It all started very normally. She was born into a brewing family in Kings Lynn. Brewing was a very common business in medieval Bishops Lynn as at that time, water was unsafe to drink but the brewing process made it safe. Not that folk knew about bacteria but they did know that ale even drunk to excess did not make them ill. It was a very weak beer without hops and children drank it as well. Margery and her husband John grew the business until it was the biggest and best in Lynn. In the 1380's it was said to be producing about 2,000 gallons a week. By all accounts her husband John was useless at business but he was good for one thing as Margery eventually had 14 children.

The business began to fail when Margery had a religious vision and claimed she had become an anointed bride of Christ and saviour of the sinful population of Lynn. Her visions where she said she saw Christ the saints and heard heavenly music were accompanied by shrieking, wailing and tears. She even said that she could converse with Christ. These episodes could go on for hours which many people did not like at all and she was denounced not as a devout woman but as a Lollard (Protestant!) and a heretic. She could in those uncertain time have been burnt as being possessed by the devil or a witch. She was saved from an awful death by a Dominican friar Thomas Constance who said her weeping and extreme behaviour during



religious services which so unnerved and annoyed the orthodox clergy was a special gift from God. This appears to have been enough of to turn the negative tide against her and her life was not at risk from religious denunciations.

She began to travel with a few like-minded trusted companions to holy shrines throughout England, Lincoln, Norwich, London and Canterbury where the Archbishop met with her twice. She travelled abroad as a pilgrim – no easy feat especially for a woman in the 15th century. She sailed from Great Yarmouth then went overland to Venice and took a ship to Palestine where they were met by Muslim clerics and was escorted to Jerusalem. She was so overcome with emotion when she first caught sight of the Holy City or it may have been the Garden of Gethsemane that she fell off her donkey. She stayed there for three weeks then travelled back via Assisi and Rome. She often had trouble finding like-minded companions for her travels as many who signed up found her difficult due to her extreme views and beliefs and often abandoned her but she never travelled alone. We know about her travels from her dictated biography: "The Book of Margery Kempe."

Despite her being prone to seasickness she made a pilgrimage to the shrine of St James at Santiago De Compostela after sailing from Bristol to Spain. And her travels weren't over yet. Her last foreign trip was to Danzig (modern Gdansk) where her son John had married a local girl. She stayed there for about 6 weeks after having suffered a terrible North Sea crossing. She came back overland to Calais but due to considerable delays and losing travelling companions again she was away from Lynn for just over a year. She was by then probably just over 60 years old. She had given



most of her money away and travelled on foot or on local carts or donkeys. She must have been a very resilient strong woman and her faith kept her going.

Margery worshipped in her local parish church St Margaret's in Lynn – now the Minster. Her house was just round the corner from there. There are wooden face carvings on some of the pews in the chancel where Margery used to sit and receive mass. Local tradition says one is carved in the likeness of Margery which might be true. What is certainly true is a modern sculpture in the nave of "A Woman in Motion" by Rosemary Goodenough depicting the Margery in her white wide brimmed hat and flowing cloak with her dress a silvery aluminium. It's a suitable depiction of an indomitable brave resilient woman which celebrates the 650th anniversary of her birth.



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Hunstanton Lifeboat Station

Valentine's Day came early at Hunstanton RNLI, when a lifeboat helm proposed to a hovercraft commander.

Ed Napolitano popped the question to Charlie Parfitt, surprising her on the very spot where they first met in the boathouse 10 years ago.

Charlie, who was hoodwinked into thinking she was heading to Old Town Beach Café for breakfast, said: "When we got there, the boathouse door was open, Ed took me completely by surprise and dropped down on one knee to propose."



A navigation exercise over the station chart table first set them on a course for romance.

"We went to the pub after training and we shared a plate of nachos," said Ed. "I remember saying that nothing good can come from eating crisps for dinner - turns out I was wrong."

After an early morning photo-shoot to capture the moment for posterity, their engagement celebrations were put on ice as Ed took the lifeboat off to King's Lynn for navigation drills, while Charlie rolled her sleeves up for a mud rescue exercise with the hovercraft.

We're one of the region's busiest lifeboat stations, covering a demanding patch and have to be prepared for anything the sea might throw our way when someone finds themselves in danger.

Constant practise means we can be in the water and on our way quickly when we're needed - as we were on February 26, when we were paged just after 5pm to launch the hovercraft.

Hunstanton Flyer was quickly on her way

to reports of a woman cut off by the tide at Gore Point, to the east of the station between Old Hunstanton and Holme.

After locating the woman as dusk was falling, the crew then saw another man and woman who had become cut off without realising they were in danger.

All three were picked up by the 'hover and landed safely ashore, before the craft returned home to be washed down, checked over, refuelled and made ready for her next service.

Regular exercises and other training have helped several new volunteers who joined us in 2023 and 2024 pass out as sea-going and shore crew, while some of our more seasoned hands have qualified as helms or in other senior roles.

Most of our sea-goers had no maritime experience prior to joining our ranks. They just wanted to make a difference in a coastal community whose crew play a vital role in keeping people safe around its shores.

We're one of the region's busiest lifeboat stations. And we'd always like to hear from anyone who's interested in going to sea on our lifeboat and hovercraft, being part of our shore crew or working in other roles like our water safety, visits or shop team - not to mention our guild which raises funds towards our lifesaving work.

We're all one crew. And whatever you can

do could help us save lives at sea.

Our visits team are getting ready to reopen the boathouse daily from Monday, April 7.

From then we'll be opening Monday - Saturday (10am - 4pm) until Saturday, November 1, while we also exercise at the station on Sunday mornings.

More than 25,000 people came through our doors in 2024. They were shown around by volunteers who are on hand to talk about the work of our crew and their craft.

Recent visitors have included Nelson's Shantymen, who raised £4,000 from their regular performances up and down the coast during 2024, Allan and Maggie from ABC Tai Chi who've raised more than £1,000 for us from their sessions around town and Jack Goldie from Brancaster Staithes, who raised £579 selling cacti and succulent plants from his doorstep.

Our station could not operate without the kindness of those who support the charity that saves lives at sea.

If you'd like to find out more about what we do and how you could join us, either pop down to Sea Lane on a Sunday (10am - 12pm) or e-mail hunstanton@rnli.org.uk.

**Stay Safe, Respect the Sea,
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Images: RNLI/Chris Bishop



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NATIONAL COASTWATCH INSTITUTION (NCI) BRANCASTER

The last month has passed quietly for Brancaster Coastwatch Station, with no new incidents to report. Two new volunteers have joined – Matthew and Paul – and we wish them well in their training. There has been one new Watchkeeper certification, Michael: congratulations to him.

The Station is keen to recruit more volunteers by the summer season to bring numbers up to forty active members: there are currently twenty-nine certified Watchkeepers and five in training. Illustrated here is a recruitment poster, making the point of a requirement of three to four hours a week commitment, with full training given. This covers VHF radio, optics, map/chart work, operating the weather station, keeping the official log and dealing with the emergency services.

The photograph, taken by Richard C, shows a rainbow over Scolt Head Island, demonstrating that watchkeeping can have its unexpectedly lighter and uplifting moments.

For further information on NCI Brancaster, or to find out more about becoming a volunteer, please contact Richard Burrows, Deputy Station Manager and Watchkeeper on 07535 612777. You can also find us on Facebook, if you search NCI Brancaster.





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07955 621608 or john.allen@nci.org.uk
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CELEBRATING WORLD THINKING DAY!

For World Thinking Day, Girlguiding Freebridge Lynn District took part in an exciting Pyjama Party Sleepover.



Over 140 Rainbows, Brownies, Guides, Rangers, and volunteers descended on Alive Lynnsport on 22nd of February 2025, for a night of fun, friendship, and inspiration—celebrating the power of Girlguiding in a truly special way.



World Thinking Day is a time when Girl Guides and Girl Scouts all over the world connect, reflect, and take action to make the world a better place. It was no different for girls from across the

District, Dersingham, Gayton, Sandringham, and Snettisham units, joined over 21,000 other members across the Anglia region for an afternoon making life-long memories, having fun with friends, trying new activities, and thinking about the incredible things they can do when working and standing together. We were delighted to welcome members of Massingham Trefoil Guild too.

“We used Girlguiding Anglia’s Thinking Day theme: Pyjama Party and added to it.” Nicky (Snettisham Leader) explained, “We wanted to find a safe, relaxed and fun ‘Girl’s only’ place where we could all be ourselves without outside pressures. It was amazing to see so many without phones and enjoying life without electronic gadgets. I’ve never seen so many teenage Guides, Rangers and adult leaders laughing out loud with a parachute or when running around the Ninja Warrior course!”

This year, the Pyjama Party



was all about celebrating together and Snettisham Units planned a fantastic afternoon of sporting activities and an evening of fun too! Brownie leader Ruby said: “We had such an exciting time. Our event, held at Lynnsport Leisure complex in Kings Lynn, Norfolk, included sports: rock wall climbing, ninja warrior, table tennis, squash and more, plus a chillout zone using the Anglia activity packs. The day finished with a pyjama disco and sleepover for 140 members. It was a special way to celebrate World Thinking Day alongside many other members from across the Anglia region.”

To make the event extra special, every single member received a Pyjama Party giftbag. The girl packs included a teddy bear t-shirt, toothbrush,

bookmark, the official commemorative event badge.



The Leaders pack also contained one (much needed) gift – a tea bag kindly sponsored by Bird & Blend. This restoring much loved cuppa was consumed very quickly to help the adults get through a very short night.



These thoughtfully assembled packs were designed to inspire creativity, spark conversation, and encourage girls to explore the theme of World Thinking Day and were eagerly torn open;



teddies dressed in their new t-shirts and suddenly many girls wanting to clean their teeth!

One parent from Gayton expressed, "My daughter had the best time! Thank you all so much for making these memories possible."

Another parent from Snettisham added, "Thank you so much! My daughter had the best time and hasn't stopped speaking about it since she's been home. I'm so jealous I wasn't there!"

We would like to send a big 'Thank you' to all of the staff at Alive Lynnsport for hosting our event and also to NSL Audio for providing such a brilliant Disco.

There will be so many more, magic moments like these created in the future and is only possible by the adult Leaders that willingly give up their time to make it happen. Have you ever thought about giving back to your community? Want to be part of something amazing and join the fun?

Find out more about Girlguiding and how you can get involved at www.girlguiding.org.uk

Or for any further information please contact northwestdivision@girlguidingnorfolk.org.uk

About Girlguiding

Girlguiding is the leading charity for girls and young women in the UK, with nearly 400,000 members.

With over 24,000 groups meeting weekly powered by over 80,000 volunteers, we're active in every part of the UK offering girls and young women a space where they can be themselves, have fun, build brilliant friendships, gain valuable life skills and make a positive difference in their communities.

We build girls' confidence and raise their aspirations. We give them the chance to discover their full potential and encourage them to be a powerful force for good. We run Rainbows (4-7 years), Brownies (7-10 years), Guides (10-14 years) and Rangers (14-18 years) with a youth membership of 290,000. Registered Charity No 306016. <https://www.girlguiding.org.uk/>



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Girlguiding is alive and well in Docking, Heacham and Hunstanton, all part of Smithdon & Brothercross District. Apart from the weekly unit meetings, we have, as a District had 2 brilliant events recently. A 70-seater coach took our Rainbows, Brownies and Guides to Skaters at Wisbech for a morning of roller skating. This was for our annual District outing and was the choice of the girls.

We took part in the world-wide Thinking Day Sleepover, and ours was held at the South Creak Memorial Hall on Saturday and Sunday February 22 and 23. A fun-filled two days of activities prepared by the Leaders, with of course, a camp fire on Saturday evening complete with smores.

If your daughter would like to be part of a world-wide girl led organisation at a local level, please register her at www.girlguiding.org.uk/interested. You will then be contacted by a leader of your chosen unit and



invited to come to a meeting. We have Rainbows [4 – 7] in Hunstanton, Brownies [7 – 10] in Docking, Heacham and Hunstanton, and Guides [10 – 14] in Heacham and Hunstanton.

If you are interested in volunteering in an adult capacity then www.girlguiding.org.uk/interested is also the place to register. We would be delighted to hear from you. You will then be part of an organisation that encourages and helps girls to use their abilities, be independent young women, and along the way learn useful information for their everyday lives. We are all-inclusive, and at the moment have one Leader who takes an active part in all aspects of her unit's activities, including camp, although she is in a wheelchair. If she can do it, so can YOU!

Heacham Cubs

We have space for new Cubs to join!

At Heacham Cubs we focus on learning new skills and improving current ones from knot tying to axing and sawing! We do a range of badges most of which go towards earning The Silver Award which is the highest award a Cub Scout can achieve. Alongside making friends and growing with confidence there's so much the Cubs can learn, do and achieve!

Heacham Cubs is open to all boys and girls ages 8 – 10 ½ years old. If interested the details are: Thursdays during term time at Heacham Scout Hut, Sunnyside 6:45pm – 8:30pm.

CONTACT: Jemma on 07962 611122

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The Council would have no defence if challenged

John Maiden

Towards the end of February, I was driving to Lynn one Saturday morning when I had to brake sharply to avoid striking a motorcyclist coming towards me on my side of the road. This close encounter with someone obviously needing a refresher course on the Highway Code, reminded me of a casual remark I made in the spring of 2004. It was when I had objected to the borough council about a planning application to erect a hut on The Green to provide a roof over the head of the council employee responsible for collecting a fee for motorcycle parking on part of The Green. Treating the matter as trivial, compared with the awful decision to allow the 'hangar' to be erected the previous year, I expressed the view that motorcycles probably cause fewer problems on the footpath at the foot of The Green, than some of them do when they are being driven down the middle of the A149.

However, my complaint to the council was taken seriously and I was sent a memorandum to prove it. According to this document, on April 14th 2004, an officer in Planning received the following email signed by a Legal Executive in Legal Services.

"Planning Application 2/04/0573/CU: Parking of Motorcycles & Siting of Ticket Office

Further to your memorandum dated 14 April 2004 I enclose a copy of the relevant bye-law for your information, but please note that this only applies to the promenade and seashore. It does not include 'The Green'.

Extension of the bye-law could be considered by Leisure, but it will be very long winded, it cannot happen automatically.

With regard to the Deed dated 20 July 1955, the objector is quite right in that there is a restrictive covenant binding the Council in relation to 'The Green'.

When we purchased this land we covenanted with the Vendor that we would not allow anything to be done on the Green, which would cause nuisance to residents, inhabitants of Hunstanton and visitors. We also covenanted to keep the Green as an ornamental grass green only and would not allow any erections of permanent buildings on the Green. We also covenanted to maintain the Green as an open space and public recreation ground for the benefit of the inhabitants and visitors of Hunstanton.

It would appear that if we allowed parking of motorcycles or siting of a ticket office, then we would be in breach of that restrictive covenant. We would have no defence if challenged as we have knowledge of these restrictive covenants.

I hope this assists your enquiry, but if you require any further information, please do not hesitate to contact me."

Under the Legal Executive's name and position there is a list of documents relevant to the motorcycles, which should have been compulsory reading for the planning officers who recommended approval of the application to erect a hangar on The Green, and the seven members of the Development Control Board in 2003 whose votes contributed to one of the worst planning decisions to be inflicted on my hometown.

These are the documents.

Structure Plan Policy ENV. 11: The Coast. Policy ENV.13: Historic Buildings, Archaeology & Historic Landscape.

Local Plan Policy 4/12: Development in Conservation Areas; Policy 4/20: Areas to remain in Built Environment.

Policy 7/5: Holiday Development Zone. Policy 9/29: Planning Applications - General Considerations.

The reason for including everything in the Memorandum from Legal Services, is because I do not want to be accused of cherry picking the items that support my argument that the bigger the mistake, the greater the need to correct it for future generations.

As stated above, the restrictive covenant was imposed by the le Strange Estate when it sold The Green, together with much more land, to Hunstanton Urban District Council. To mark the seventieth anniversary of this event in July, it might be rather nice to celebrate the day with a party on The Green, at which representatives of the borough council could tell the beneficiaries of the covenant when The Green will become an ornamental Green once again...



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 A selection of special meals are available each day.
 Sundays - 2 course Roast Lunch.

Special events this month:

April 5th Quiz night starting 7.30 pm
 April 19th Music night Roy n Steve (Rock n Roll, Line Dancing)
 April 24th Coach trip to Lincoln (pre-book)
 April 26th Music Night Tom Jones tribute
 April 30th Cream Tea from 3.00pm

Regular Events

Yoga for U3A members on Wednesdays, Thursdays and Fridays.
 Mondays : Strength and Balance Class 4.30pm.
 Tuesdays: Cash Bingo starts at 7.30pm
 Wednesdays : Scrabble 10am, Whist Drive 7pm.
 Fridays : NIA at 12.30. Cash Bingo at 7.30pm.

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East Anglian Air Ambulance King's Lynn Fundraising Group, by Trevor Dane, EAAA Volunteer

East Anglian Air Ambulance (EAAA) is a charity providing advanced critical care 24 hours a day, 365 days a year to the most seriously ill and injured people in the region by air and road.

Our Helicopters: East Anglian Air Ambulance operates two H145 helicopters: G-RESU, call sign Anglia One (Norwich), and G-HEMC, call sign Anglia Two (Cambridge).



*Anglia One, Norwich, in foreground,
 Anglia Two, Cambridge in background*

Did you know? The EAAA helicopters are their distinctive yellow because the first sponsors of the charity's aircraft were The AA! Since then, our aircraft have changed significantly to best suit the needs of our patients and the communities we serve.

The two H145 helicopters, pilots and engineers are provided by our aviation partner, Babcock. The H145 helicopters can carry two pilots, up to three clinicians and a patient. It has an average cruising speed of 140 mph and can cover over 20 miles in less than 10 minutes. This allows us to get anywhere in the 5,326 square miles we cover quickly to bring urgent critical care directly to the scene of medical emergencies.

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The helicopters have a 400-mile range, 57% of incidents are by air, a 167mph top speed and can fly to anywhere in East Anglia in 25 minutes.

Five-blade (D3) upgrade: G-RESU (Norwich) was one of the first aircraft of its type in the UK to be upgraded to the brand-new state-of-the-art-five rotor blade 'D3' specification in 2022. Cambridge's G-HEMC also received the upgrade in June 2023.

The increase in rotor blades on the H145 aircraft from four to five means they benefit from a reduction in vibrations in-flight. This enhances patient safety through more stable monitoring during the transfer to hospital.

The D3 upgrade is of particular significance during nighttime operations as the aircraft now provide greater payload and range when there are fewer options for landing and refuelling sites. A greater weight allowance and carrying more fuel on board could result in an extra half an hour of flying time. I will cover more about our aircraft and the equipment they carry in future issues.

If you wish to learn more about EAAA and how you can support the charity, you can find the King's Lynn Fundraising Group (KLFG) at events near you in April. KLFG will be attending the following local events to raise awareness and fundraise for EAAA.

April 8 and 22 : Hunstanton Town Hall indoor market - 10.00am to 2.00pm

April 20: Sandringham Easter Egg Trail - 10.00am to 4.00pm

KLFG can be contacted by emailing either myself or my colleague

Terri: trevordane104@gmail.com . tfaye.100@gmail.com

EAAA enquiries 03450 669 999. Website: www.eaaa.org.uk

Hunstanton Town Council Street Party

80th Anniversary VE Day

Jan Roomes

Hunstanton Town Council are making plans for a 'grand celebration' in the town centre to mark the 80th Anniversary of VE Day – the end of World War Two in Europe on 8th May 1945.

Cllr Cynthia Easeman who is leading the events Task & Finish Group stated "VE Day is a huge and momentous occasion in our country's history, and Hunstanton is proud to play its part in marking its 80th anniversary. The VE Day 80th Anniversary is a significant milestone in our history, and it is an honour to be entrusted with creating such an important event that commemorates our history and community spirit.

As the occasion is fast approaching, Hunstanton Town Council would like to share with residents and visitors what is planned so far;

Taking place in the High Street from midday Sunday 11th May will be a Street Party, the aim of the event is to recreate the elation and joy of the street parties that marked the original VE Day (Victory in Europe) in 1945, and to bring the community together in remembrance, reflection and celebration.

We have some wonderful music at the Spinney from 2nd Sunset playing 40's music throughout the afternoon and entertainment in the High Street. The High Street cafés will be joining in the celebrations with some menu's similar to a 40's style lunch. Other shops will also be taking part with the themed day and colourful window displays.

Hunstanton Town Council in partnership with the Heritage Centre, will be producing ration styled booklets, where you can go along to participating shops in the town for some amazing offers from them.

There are so many wonderful things coming for the weekend, keep watching out for announcements as a fantastic majority of businesses are willing to participate.

If you are interested in getting involved and helping us over the 4 days, please do get in touch, as we want to keep this wonderful Victorian Town of Hunstanton on the visitors map.

Cynthia also wanted to announce that the VE Day Gala is being held in the Town Hall and tickets are available from the Town Hall, also that St Edmunds church will also be holding their Spring fair from 10am – 4pm, and would love for all to pop long.

If you would like more information on the event or to receive a FREE poster, please email the Town Clerk at:

clerk@hunstantontowncouncil.gov.uk
or cllr.williamson@hunstantontowncouncil.gov.uk

Hunstanton Town Council 01485 532402

John Harris presents VICTORY GALA on SATURDAY 10th MAY 2025

to commemorate the 80th Anniversary of VE Day
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Hunstanton & District Lions Club

12th CHARITY GOLF TOURNAMENT

FRIDAY 9th May 2025

Jane Scott, President Hunstanton & District Lions Club

We are delighted to announce that we are holding our 12th Annual Charity Golf Tournament with the kind permission of Heacham Manor Hotel. This is a great opportunity to have fun with friends and support local charitable causes.

As with previous tournaments, we are inviting Teams of 4 to play 18 holes (Stableford) and enjoy a Breakfast of Bacon Roll with Tea/Coffee and lunch in the Heacham Manors Pavilion Restaurant. There will be prizes for Nearest Pin on Hole 7, Longest Drive on Hole 4, a Hole In One competition and a raffle to be won on the day.

To take part please complete the entry form or if you wish to take the opportunity to advertise your business/company by sponsoring one of the 18 holes for £50.00 or require further details, please contact Gerry Desroches at desrochesjerry1@gmail.com

We sincerely hope you will be able to support this event and we look forward to welcoming you at Heacham Manor Hotel.



Lead Booker Details:

NAME/TITLE:

ADDRESS:

POSTCODE:

TEL NO:

EMAIL:

TEAM NAME

FULL NAMES	H/CAP	CLUB	CDH No. (IF Known)

Special dietary requirements:

Teams of Four: 18 Hole Stableford 75% of slope handicap allowance (maximum 28).

Scoring Format: Teams of 4 best 2 scores on each hole count.

Nearest the Pin on hole 7 & longest drive on hole 4, & hole in one competition.

£220 Per Team entry Fee is inclusive of: - Coffee and Bacon Roll on arrival, 4 ball playing 18 holes golf & lunch in Heacham Manor's Pavilion Restaurant.

Please return the completed form with a £220 cheque made payable to: Hunstanton Lions, CO Mr Gerry Desroches, 28 Homefields Road, Hunstanton, Norfolk PE36 5HL

Closing date of entries Friday 2nd May 2025

Tee times from 09:28 will be advised from 5th May 2025

Hunstanton Society

TALKS

February saw the talk given by Anna Biesty and Fiona Borthwick owners of Burnham Deepdale Farm. They spoke very eloquently about their farm which, following some catastrophic flooding and bad harvests. They decided to go down the route of reconfiguring the use of their land bringing in some heavy machinery to reconstruct much of it whilst going organic. A lot of hard work but they do seem to have found a formula that is sustainable and involves people visiting and experiencing dying trades and techniques.

Their story was most interesting and we would encourage our members to go along on their open days and special events details of which can be found on their website at www.deepdalefarm.co.uk.

On 16th April we look forward to a visit by local artist, Izzy Wingham, to talk about the work she does producing some extraordinary images of buildings in this region. The examples shown on the poster for her talk cannot do them justice and you will just have to come and see how beautiful they are..

EVENTS TEAM REPORT

We are gearing up for the first big event of the year, Easter. We are taking part in the Easter Egg Hunt which is being run by BCKLWN; QR codes will be hidden around the town, the idea being that once one has been scanned, it will direct you to another...until you reach the Band Stand where you can meet the Easter Bunny and claim your egg. One of the QR codes will be in the Heritage Centre. We will also have a quiz for visitors to take part in where answers will be hidden around the Centre; small chocolate bunnies will be offered to people taking part in the quiz. We are hoping to open the Centre for extended hours each day from Good Friday until Easter Monday so are asking for members and volunteers to help us by manning the reception.

Things are starting to come together for the VE Day celebrations. We have been in discussion with the Town Council, and they have agreed to assist with our idea of having a "ration book" for the town. Rather than having coupons, the book will contain offers that local businesses are putting on just for the VE Day weekend. The Event Team joined two of the Town Councillors in visiting several towns' businesses promoting the celebration and the ration book, the feedback was very positive.

Within the Heritage Centre for VE Day, we have asked for help from the History Group to put together a display on WWII with personal stories and how the war impacted the town. We will also have more information about rationing and recipes from the era. Again, we are going to be opening for extended hours on Saturday 10 and Sunday 11 May to coincide with the main Town activities, so are asking members and volunteers to assist us to cover the additional hours.

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New Probus President

The new President of the King's Lynn Rural Probus Club is Alan Leventhall who took over from Nigel Day at the beginning of March. Alan was born in Welwyn Garden City but brought up in Croydon. He trained as a Librarian and worked in Devon and Lincolnshire before moving to Norfolk in 1991. He has worked at both the Fakenham and King's Lynn Libraries.

After 34 years as a librarian, Alan retired in 2019 and has been involved with a number of local groups as well as Probus, which he joined in 2022. He is also a member of Priory Rotary Club and has been a volunteer at True's Yard Fisherfolk Museum, the Arts Society King's Lynn, the local Studies Collection at the Lynn Library and the Fakenham Community Archive.

Alan has a special interest in maritime history and was part of a small team that found the lost grave of John Fryer, the Master of the Bounty (famous for the mutiny) in Wells Churchyard. He gives a very good talk on the Mutiny on the Bounty.

Married to Doreen, Alan has three grown-up children.



The World's Toughest Row

Michael Walker

In November 2024 the Rotary Club of King's Lynn donated £300 towards the cost of a trans-Atlantic trip aimed at raising money for a children's brain-cancer charity, Abbie's Army.



*Presentation of a cheque to Molly Hemeter
by Rotary Past President Mel Robson: Credit Michael Walker*

One of the four rowers in the 9 x 2 metre boat, Atlantic Fusion, was Molly Hemeter, a former Head Girl of King Edward VII School. There were three women and one man in the crew.

They set off from La Gomera in the Canary Islands and rowed 3000 nautical miles to Antigua in the Caribbean. It took them 44 days, 5 hours and 45 minutes, starting on 11 December 2024 and finishing on 24 January 2025.

The crew rowed 24 hours a day, doing 2 hours on and 2 hours off, so each member rowed for 12 hours a day.

They experienced major challenges on the trip. The winds always seemed to be in the wrong direction and they either had stormy weather

with huge waves of up to 30 feet or no winds at all.

Their diet consisted of dried food, reconstituted with hot water, along with sweet and savoury snacks.

Despite the many problems they faced, including illness and accidents, including two broken oars, they came an 13th out of 38 crews and they claimed an excellent second place in the mixed-gender class.



*The crew in their boat - Atlantic Fusion
Credit: Penny Bird*



*Holding their certificates at the end of the race
Credit: Penny Bird*

In total after the sale of the boat they will have raised some £65,000 for the charity, Abbie's Army.

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Hunstanton & District Rotary Swim marathon 2025

The 2025 Hunstanton and District Rotary Swimmarathon, the 2nd that we have hosted took place on Saturday 8th February 2025. The event was a joint enterprise with Kings Lynn Priory Rotary, and took place at the Alive swimming pools at St James, Kings Lynn and Oasis Hunstanton.

Building on the success of 2024 this year's event was bigger and better, with 12 teams of 6 swimmers, swimming in relay for 1 hour at a time. We had teams of all ages, including our own team of Rotary swimmers named Rotary Athletics, who managed a very respectable 100 lengths between them. Overall, our Teams swam 1,730 lengths of the 25-metre pool, a distance of about 27 miles and we collectively raised to date over £4,000 for local charities.

The funds will be presented to the charities at a presentation evening in Hunstanton.

This event is run in conjunction with our colleagues at Rotary Priory, Kings Lynn. the combined total raised for local charities to date is over £24,000.

We would like to thank our amazing sponsors, Specsavers, Fishers of Hunstanton, Denote Print Limited, Elite Builders, Hunstanton Dental and Glebe School, also the team at Oasis Hunstanton for their help and support with special mention to Cathryn Hancock and her unfailing support and encouragement of all our teams.

We would like to thank everybody for taking part and raising such a spectacular total and look forward to surpassing this incredible total in 2026.

Save the date: If you would like to take part in 2026, scheduled for 7th February 2026, please contact us at community@hunstantonrotary.co.uk to book your place.



Rotarians Chris, Vanessa, Janet, and Jean Marie Swimming



Hunstanton Mayor Michael Ruston



Rotarians Roger, Mary and Glen

To find out more about Rotary, who we are and what we do, please visit our website www.hunstantonrotary.co.uk.

Hunstanton Indoor Market Returning Tuesday 1st April

After the last couple of years success, Hunstanton's Indoor Market is returning for its 3rd year on Tuesday 1st April in the Town Hall. We see the continued support of old and new traders, with a total of 19 businesses on our books. The market is open from 10am-2pm from the 1st April through to the 28th October, and it is free entry to all, including well behaved dogs. The market also has a café selling light refreshments and homemade cakes, so it is definitely worth a visit.



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Rewriting the Hospice narrative: a place for living, not just dying

A spotlight on The Tulip Centre

So many people think that Hospice's are simply a place where people go to die. There really is so much more to Hospice care than you might think. As part of Tapping House's 40th anniversary celebrations, we're shining a well-deserved spotlight on one of our most cherished services: The Tulip Centre. For patients and their families living with life-limiting illnesses, such as Cancer, Respiratory disease, Heart failure, Neurological conditions, the Tulip Centre provides a supportive, holistic environment to help individuals to live well in mind and body for as long as possible, in a supportive and friendly environment. Helping people to live fully and ultimately have some fun, make friends and feel part of a very special community.



Located at Tapping House, the Tulip Centre offers a range of therapeutic services designed to enhance physical, emotional, and psychological well-being. The Centre's diverse range of interventions are aimed at alleviating symptoms such as breathlessness, fatigue, and anxiety. Our team of Occupational Therapists, Physiotherapist, Rehab Assistants and Complementary Therapist at the Tulip Centre are here to provide patients with more than just treatment; we help them live as fully as possible. Sarah Harper, Therapy Team Lead & Occupational Therapist says, "By focusing on holistic care, we empower patients to manage their conditions while also addressing their emotional and social needs. It's an incredibly rewarding part of our work."

The Tulip Centre fosters a sense of community among patients, where shared experiences lead to mutual support. Patients benefit not only from therapies aimed at symptom relief but also from social interaction and emotional support. Our short



term interventions range from a Men's Woodwork Group - a 6 week group giving men the opportunity to complete a woodwork project to groups like Seated Yoga, Breathlessness Management, Living Life Creatively and many more.



One patient, who recently completed the Energise Group said this about the Centre, "Very sad to leave class today - but thank you for your kindness, patience and for getting me moving again!" These sessions play a crucial role in enhancing patients' overall well-being and allows them to live life to the fullest despite their challenging circumstances. The Tulip Centre also considers the family and carers. Denise Hunt, whose husband currently attends the Breathlessness Management Group, shared how meaningful it was to receive some Complimentary Therapy herself. Due to the nature of his cancer, her husband was unable to have massages, but as his carer, Denise was offered one - a gesture of care and support that she deeply appreciated.

Patient Experience

One of our patients, who has received support at the Tulip Centre, shares, "The Tulip Centre has given me more than just physical therapy - it's given me hope. The kindness and support from everyone here have made a real difference in how I live each day."

If you would like to know more

If you know of someone who you feel would greatly benefit from all that the Tulip Centre can offer, then we're here to make the referral process as simple and straightforward as possible. Whether you're a healthcare professional or referring yourself, we're happy to guide you every step of the way. Just give us a call at 01485 601700 (Monday to Friday, 9 am to 5 pm). Our friendly team will take your details and work with you to complete the referral process.

Tulips For Tapping Our spectacular Fundraising Event



As part of our 40th-year celebrations, our flagship fundraising event, Tulips For Tapping, is set to take place this April and by the time you're reading this, because the event is dependent on the blooming of the tulips, you might have already visited and marveled at the stunning tulip display. Funds raised will go directly towards sustaining our care and expanding the services we offer, including the invaluable support available at the Tulip Centre. "This year is particularly special as we celebrate 40 years of compassionate care. The Tulip Centre exemplifies the essence of what we do - providing a space for patients to feel seen, supported, and cared for. We are incredibly grateful for the ongoing support from our community, which makes all of this possible," says Niki Ellis, CEO of Tapping House. Niki goes on to say, "We encourage everyone to get involved in our 40th-year celebrations and attend Tulips For Tapping and see firsthand the incredible support we offer to those living with life-limiting illnesses. Keep a close eye on our Facebook page for the release date through spring."

For more information on the Tulip Centre and how you can get involved, visit www.tappinghouse.org.uk or call 01485 601 700

Old Hunstanton Village Hall news

Carol Greening

Our first film night screened Barnacle Bill and had a great atmosphere. Visitors to the hall enjoyed a nostalgic look at Hunstanton. Peter Brooke a local resident shared his memories of the filming and being an extra on the film. Look out for announcements of our next screening.

OPEN GARDENS SHOW- Sunday 22 June 10am-4pm

This popular event returns with around 12 gardens to visit. There are

a wide range of different designs to see. The specialist nursery stalls that were so popular last year will be back at the village hall, where we will also be serving lunch & refreshments.

Tickets to visit the gardens are £5 and are available on the day from the village hall and St Mary's church. Entry to the gardening show at the village hall is free. Parking is available at St Mary's Church with a free minibus running between the Church and the village hall throughout the day.

We hope you will join us in celebrating a love of gardening at what promises to be a great day out! If you have any queries or you wish to help in any way please contact Carol Greening on 07763 466325

Two years on...

Here we are again reflecting on The Spontaneous Cuppa, two years after opening. Firstly, we are still so very grateful to all our regular customers who come in to eat or to have coffee, tea, cake and a chat. We are so very grateful to all the visitors who travel to Hunstanton, from many different parts of the UK and different European countries who make a special trip to eat and drink with us. This year we launched our monthly Swedish Evening Event where customers get to eat a cold Swedish fish starter and a selection of hot foods from the Swedish table (Smörgåsbord) we do offer vegetarian alternatives.

We haven't managed to advertise as each month is fully booked by regulars on a mailing list, but customers are very welcome to pop in and ask us about the events and leave their contact details if they are interested in availability for future events.

We held a little private event in December to say 'thank you' from all of us at The Spontaneous Cuppa to those customers who visited regularly during the year. This year we also held our first special Swedish Christmas Lunch function for a local business.

We continued in 2024 to support Macmillan charity and again on the annual Hunstanton Christmas light switch on, we supported 3 local charities, thank you so much to Jackie & Mark Browne who volunteered and helped us greatly that day.

We featured in the Coastal Café Guide <https://www.coastalcafeguide.com>, sold some books ourselves and via By The Book Hunstanton <https://www.facebook.com/adrianbythebook> to customers who enjoy travelling the UK coastline and visiting independent eateries; some were bought to gift to someone special.

Amazing people came to work with us in 2023, including Wendy Wright who after 25 years working as a Teacher's Assistant has decided to spend more time with us. In 2024 we said 'goodbye' to Edward Bicknell who did a great job working for over a year with us and who is now focusing on his A Levels, we wish you every success Edward, for June and your future studies.

Thanks always to Town and Around our wonderful local paper for all your advertising support. Now, we're looking forward to our third year in this exciting business, we will make more Open Prawn sandwiches, a customer favourite, more cottage pies with sweet potato topping, more sausage rolls, daily homemade soups and homemade cakes for all our customers to enjoy!

Adrian and Anne

NORWICH 100/60/30 BIKE RIDE

Cycle for a cause this summer on SUNDAY 1st JUNE

Calling all cyclists! Join in a scenic summer bike ride to suit many abilities. The Norwich 100 is 28 years old this year and with three new routes to choose from there really is something for all levels.

Starting at Norwich City Hall, these rides take you through perfect cycling country, with quiet roads and picturesque villages. The routes take in the edge of the Broads, Horsey Mill, the coast (and some hills!), Felbrigg Hall at lunchtime then back past Blickling Hall - the medium option returns after the coast at Walcott, and the short after Ranworth.

Riders are looked after with signed routes, marshals, cycle mechanics, pick-up vehicles, medics and refreshment stops.

All routes join for music, beer tent, food and a Finisher's Medal at the Finish in Chapelfield Gardens in Norwich.

There will be refreshment stops indicated at regular intervals throughout the routes and Bike Events provide full back-up including route signing, GPX mapping, marshals, mechanics, medics and pick-up.

Choose to take part and fundraise for your favourite charity. This is an open event with several supporting charities including local charities Big C Cancer Charity, East Anglia's Children's Hospices, East Anglian Air Ambulance, Sue Lambert Trust, Star Throwers and British Heart Foundation.

For more info and to register online visit www.bike-events.co.uk

Norwich 100 <https://www.bike-events.co.uk/norwich100>

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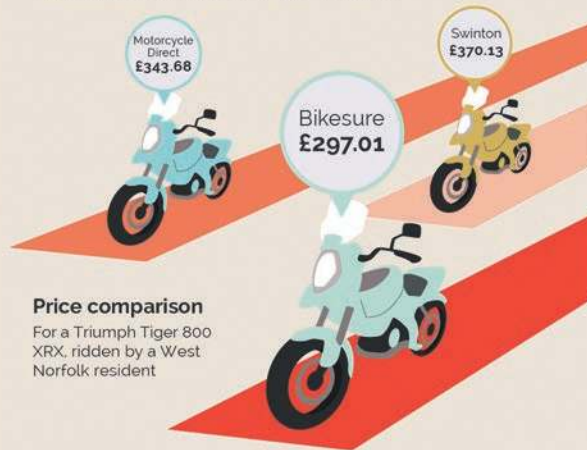


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Parkrun volunteering makes you smile.. the best way to start your weekend!!

At Hunstanton Promenade parkrun we have the most wonderful group of volunteers who show up week in and week out to kick start their weekends with the camaraderie and fun of a passion shared. An Event Director and seven Run Directors, all taking it in turns weekly to "run the show". Joined ably by an army of other volunteers who make themselves available when they can. No matter the weather, the smiles and banter are enough to raise any spirit and are sure to set you up for a fabulous weekend.

Volunteering is easy and the roles varied. Roles include marshalling along the course, where your "job" is to encourage runners and walkers alike. The roles in the funnel at the end of a parkrun course include timekeeping, handing out position tokens and scanning parkrun barcodes. These roles are perceived by some to be a bit scary but we will always support newcomers to a role and will have experienced volunteers offering back up during training. Other roles include Parkwalker and Tailwalker, both roles providing support and company to the back of the field of participants. The Tailwalker will always cross the finish line last and has the added bonus of receiving not only a volunteer credit but also a runner credit! Double bubble.

Many regular volunteers have their favourite role. At Hunny volunteer Henry can usually be found most Saturday mornings manning our furthest turning point on the course. Sophy, David and Tania all love to timekeep, steady nerves always on hand. Most volunteers love to "mix it up" and do different roles every week. All approaches and preferences are welcomed and accommodated. We have welcomed many a young local Duke of Edinburgh participant to our team, many trying their hands at all of the available roles for the full breadth of experience.

It is widely known that volunteering your time in the community in which you live brings countless benefits, with even the NHS extolling the benefits of voluntary work through its social prescribing programmes. Our team of volunteers will certainly attest to the benefits. A friendly group of parkrun colleagues, a sense of purpose and being a part of something, new friendships, support in tough times, just some of the benefits we all experience, and some of the reasons so many are hooked and now have Saturday morning parkrun volunteering firmly embedded in their weekly routine.

It is absolutely our belief that volunteering should be done simply for the pleasure of helping out and for the benefits that are gained from doing so. Volunteering at parkrun is an equal form of participation, where the act of volunteering itself is the reward.

The guiding principles:

- Volunteer for the love of it
- Treat everyone as a friend
- Be kind and respectful
- Unite as a team
- Be reliable, responsible and attentive
- Be helpful and enthusiastic
- Do your best
- Respect our principles

Volunteering at parkrun is a hugely positive experience, and is a form of participation that is inclusive, respected and accessible to everyone.

If you've given volunteering at parkrun a fleeting thought but not taken action, or never even considered volunteering, why not get in touch and come along and see how you find it. There is absolutely no obligation to be available every week or even regularly, volunteering your time is on your terms. Thing is, you could come along and find a whole new social outlet and source of wellbeing. Our gang can definitely recommend it!!!

Hunstanton Promenade parkrun takes place on the clifftop, starting outside the Salad Bowl Cafe and running towards the Lighthouse, every Saturday morning at 9.00am from 5th April 2025 (volunteers meet at 8.30am to prepare). (Our last winter course run will be 29th March).

Come along and say hello or email on hunstantonpromenade@parkrun.com.



King's Lynn parkrun No. 643

The 8th March saw 419 brilliant runners gather, on a bright sunny morning, in The Walks for parkrun in celebration of International Women's Day.

Our all lady volunteer take over was led by women's group, King's Lynn Soroptimist International, who agreed to join King's Lynn parkrun to mark International Women's Day with their members stepping up as part of an all-women squad of volunteers.

Soroptimist Club President Karen Wadham said, "Our club celebrates International Women's Day with an event in King's Lynn every year. We are delighted to have joined forces with King's Lynn parkrun this year, especially as International Women's Day falls on a Saturday and parkrun famously takes place every Saturday! The parkrun movement has a lot in common with Soroptimists - we are all working to encourage equality and opportunities for people in our community and the wider world. With the theme for International Women's Day 2025 being Accelerate Action, volunteering at parkrun seemed very appropriate."

This week also saw 19 first time parkrunners attend together with 20 first time visitors from other parkruns, all of whom were made very welcome.

Well done Gavin Caney, who was first to finish in a time of 16:47 and once again to JW 11-14 Libby Sibthorp, our first female finisher in a great time of 19:39, closely followed by another young runner, JW10 Felicity Allen, who finished in a PB time for her of 19:43.

These two young ladies also achieved the highest age gradings for the day, 86.56% for Felicity and 84.65% for Libby.

It is also worth noting that of the 419 participants, 165 were women of all ages and abilities but the first 4 top age gradings were also females, all very appropriate for the day.

Congratulations to our very own Canon Mark Dimond on his 50th parkrun, Mark Whiskens, Chris Shorthouse, Heidi McWade and Karen Wiggins all on their 100th run, Joel Espley and Trevor Lamb on their 150th and Matt Hitchcock on his 250th.



Photo courtesy of Emily Nichols

5k Your Way – Move Charity Celebrated its One Year Anniversary



On February 22nd 5k Your Way (5KYW) - Move Against Cancer' group celebrated its one-year anniversary at Sandringham parkrun. Move Charity is a supportive community that inspires and empowers people impacted by cancer, including their family, friends and healthcare professionals, to live an active and fulfilling lifestyle. We have ambassadors, from The Queen Elizabeth Hospital King's Lynn NHS Foundation Trust, there each month to welcome people and to walk and talk around the beautiful 5k route in the Royal Parkland. 5K Your Way links in with parkrun a charity organisation which manages every parkrun event. Sandringham parkrun started in September 2021 and has gained in popularity since then. Saturday February 22nd in parkrun language is "TuTu" day and for Sandringham parkrun and 5KYW we had plenty of participants wearing TuTu. Thank you as always to all the amazing volunteers from Sandringham parkrun and 5KYW who make the event possible, as well as our ambassadors, who work tirelessly to promote the initiative to patients and their families and accompany people around the route.



Sandringham parkrun: A free, fun, and friendly weekly 5k community event. Walk, jog, run, volunteer or spectate – it's up to you!

When: Every Saturday; Please arrive by 8:30 to 8:40 for the parkrun briefing, event start time is 9:00 am Where: The event takes place at Sandringham Royal Park, Sandringham, Norfolk, PE35 6AB

We all take part for our own enjoyment. Come along and join in whatever your pace. We encourage participants to bring friends and family members and increase the number of walkers at parkrun events. Please register before you first participate. Only ever register with parkrun once and don't forget to bring a scannable copy of your barcode. Car parking for parkrun is free for parkrun until 11:00 am.

Sandringham 5K Your Way: Welcomes anyone impacted by cancer - If you or anyone you know has been affected by cancer, please join us. Participants can walk, jog, run, cheer or volunteer or sit and have a coffee and enjoy the surroundings.

When: Last Saturday of every month. Time: 8:30 for a 9:00 am start Where: The group meet at Sandringham Visitor Centre at the picnic tables underneath the stretch tent near the children's play park area.



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April, longer evenings and (slightly) warmer days are here at last and many of us will be looking forward to transitioning to spring styles, featuring lighter fabrics, brighter colours, and layering pieces for potentially unpredictable weather, with denim jackets and floral dresses being popular choices.

Allez Chic's Cheryl Daubney who says, "this season I have chosen some super pieces from the Gloucestershire based family company, Lily and Me that I'm sure customers will love as much as I do; their clothes are so attractive, wearable and well-priced you can't go wrong.

"This dress is a great example; a classic spring look that's both stylish and practical in stretch cotton jersey it offers a comfortable fit in a very flattering midi length with a soft v-neckline and slightly gathered cap sleeves, so perfect for early in the season with trainers and a denim jacket or dressed up with sandals and statement jewellery.

"It is machine washable at 30 degrees, and did I mention? – it has pockets!

"The super geometric patterned organic cotton blouse pictured in my advert is also machine washable at 30 degrees has been teamed with trousers in a soft drapey Tencel™ denim, a great choice for relaxing weekend wear.

You are guaranteed to find a warm welcome from Cheryl and her staff at Allez Chic, they are fashion specialists, and they've got you covered! Head down to Castle Rising where you'll find free, easy parking and excellent customer service as you browse the rails in the light, airy store.



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Sporting corner with Tim Keogh

New Bowls Season Ready to Launch

No sooner has the year turned and the indoor bowls season reached its mid-point, than thoughts turn to summer months of outdoor bowling on warm summer nights and freshly mown greens. As one of the counties playing Federation Bowls, this area is well covered with opportunities to play both league and friendly matches, although the general countrywide fall in participants in team sports has seen a contraction in the number of greens over recent years.

Five local leagues (plus one county - and one English Bowls Association league), provide fixtures across Monday to Saturday nights, with several clubs also organising friendly or in-club events on Sundays. This means that any player, of any gender and age, wishing to play or learn the game has the option to play on any night according to their availability.

It is true that becoming a bowler can be expensive (a new set of bowls can be over £400) but most clubs will have sets to borrow to try the game or be able to point people in the way of second-hand sets, which can last a lifetime. Flat shoes are a must, to protect the green. Otherwise dress is optional, with wind/waterproof jackets being recommended in the British climate!

Leagues also run various cup competitions throughout the season, bringing an extra



challenge and a potential final at season's end.

As secretary of both the Countryside and North West Norfolk Bowls leagues, Kevin Johnson can put anyone interested in trying the game in touch with either a local team or another league secretary who can help. The season runs approximately from the beginning of May to the end of August, with games usually starting at 7pm, lasting around two hours. Fees are set by clubs, but usually cheap for such a period of fun.

The general nights of play for leagues are;
North West Norfolk - Monday and Thursday
Albert Victor - Friday
Bridges - Saturday
Brewery - Wednesday
Countryside - Arranged by clubs.

Should a bowler want to play on a combination of nights, many clubs play in more than one league, or they can play for different teams in different leagues. Indoor Bowls at Alive Oasis Hunstanton take place on Tuesday and Thursday mornings. The annual Hunstanton Bowls Tournament, which attracts players from far and wide, takes place from the 5th-11th July this year at Cliff Parade Bowls Club. However, you will need to be quick to enter as the closing date is 1st April. For more information, please email Joe Murfitt at community@alivewestnorfolk.co.uk.

For more information about the new bowls season, please contact Kevin on 01485 541684 or by email at cagey45@aol.com

National Award for Snettisham Beach Sailor

Adrian Tebbutt was presented with the Royal Yachting Association Guiding Light Award at the RYA Awards Reception and Presentation event held at the Dinghy and Watersports Show held at Farnborough International Exhibition Centre in February.

The Guiding Light Awards are made to individuals who have been involved in leading projects that have made a significant positive impact to their organisations.

Adrian has been involved in sailing for many years, serving in various capacities on a number of committees, plus racing regularly. He is currently President of North West Norfolk Sailing Association and a member of the RYA East Regional Team. He retired from the position of Commodore of Snettisham Beach Sailing Club at the end of the sailing season, having served in the position for 10 years and is now the Accessible Sailing Coordinator.

In that time he has been involved in the 'greening' of the club with the installation of Solar PV and Solar Thermal systems replacing a diesel generator and gas boilers, thus greatly



reducing pollution and improving sustainability, installation of a community defibrillator, and helping to upgrade some of the vital equipment used by Snettisham Beach Sailing Club RYA Training Centre.

Peter Hutchinson, long term club and committee member says "Adrian is a powerhouse and has demonstrated how BIG ideas should not be dismissed as impossible but just need breaking into manageable parts to be addressed one at a time. The club will always be grateful for his example for members to follow and for making Snettisham

Beach Sailing Club a better place for all to enjoy."

Most recently Adrian has been integral in establishing an Accessible Sailing programme, fundraising to install a floating pontoon, hoist and wheelchair pathway at the lakeside as well as purchasing 3 adapted sailing dinghies to add to the club fleet. The new facilities can accommodate a wide range of disabilities, and welcome individuals who would like to learn to sail and also those who would simply like to spend time on the water. Adrian says "Our aim is to encourage and develop participation in on-water activities for all ages and abilities and to train individuals requiring accessible sailing to be able to sail independently in a friendly, community environment, and, hopefully, to join in our main club activities where appropriate."

The award was presented by Hannah Diamond, member of the 2024 Women's America's Cup team and Emirates GBR Sail GP Team, and Sir Michael Arthur, RYA Chair.

The location is: Snettisham Beach Sailing Club 61-62 The Beach, Snettisham, PE31 7RB
What Three Words : vent.entire.snuggled

Local golfer Bates looks to build on a solid start to the season

Professional golfer, Warren Bates, who is based at Heacham Manor Golf Club, has made a great start to the 2025 season.

The 25 year old is part of the Clutch Pro Tour which starts in April. In preparation, he has been participating in the Norfolk Golfers Alliance, which includes professionals from Norfolk and Suffolk as well as players from the Clutch Pro Tour.

He won an event at Great Yarmouth and Caister GC in January which kick-started his 2025 season, and has since had two 4th place finishes at Bungay and Waveney Valley GC and Sheringham GC, with a Championship final expected at King's Lynn GC on the 27th March.

Warren said, "I've been playing a winter tour called The Norfolk Golfers Alliance; it has lots of pros from Norfolk and Suffolk in it; a few mates from The Clutch Pro Tour play in it



as well as it's a great way to keep competitive over the winter months!

"I joined in January and my first event was at Great Yarmouth & Caister (9th Jan), and I won, which was a great start to 2025 then went to Bungay and Waveney (23rd Jan) which I came 4th and then Sheringham (6th Feb) which I also came 4th.

"I won at Halesworth on the 13th March with a minus six score and the championship finals will be at King's Lynn on the 27th March.

"The Clutch Pro Tour starts second week in April at Surrey National which I'm very much looking forward to."

All the captains at Heacham Manor GC were also pleased to present cheques for their nominated charities last month. Ladies captain, Phyllis Taylor, and Seniors Captain, Keith Whiting, raised over £2,500 for Prostate Cancer UK. They felt that Prostate cancer is something they wanted to raise awareness of and to encourage more people to get tested.

Mens captain, Denny Turner, raised over £900 towards Theresa's Tiny Treasures, which is a West Norfolk based charity that offers photographs and keepsakes for families who have suffered baby bereavement.

Armchair Sports Trivia sponsored by Berni Beans of Hunstanton

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

QUESTION: Which horse has run the Grand National in the quickest time?

ANSWERS TO: editor@townandaround.net or by post to: The Editor, Town & Around, 18 Tapping Close, Snettisham PE31 7FF Please note we do not accept entries by any social media channels or text message. CLOSING DATE 15.04.2025.

The answer to last month's question: What was the name of the first computer to beat a Grandmaster in a regular tournament game at chess and in what year? was Deep Blue in 1997. (It was an IBM computer that beat a chess world champion for the first time. "He can't believe it," were the words commentators had for a speechless Garry Kasparov, a world chess champion, after he lost to IBM's computer named Deep Blue.) Ray Hawkins is the lucky winner from many correct entries.

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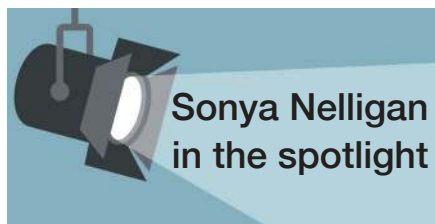
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The Norfolk Coast Mighty Hike, in aid of Macmillan Cancer Support, takes place on the weekend of the 10th & 11th May, with the Marathon, starting near Cromer and finishing at Holkham Hall, on the Saturday and the Half Marathon on the Sunday (more information at www.Macmillan.org.uk).

Local athlete, Sonya Nelligan, a Safeguarding Officer at Thornham Cricket Club, is taking part.

Name : Sonya Nelligan

Age: 47 years young!

Star sign: Libra

Where born: King's Lynn

Where live: South Creake

Family: Three children (Megan, Lillie, Ryley)

Cat or dog person: I love all animals but have two poodles, Tiggy and Dixie

Sports team support: Thornham Cricket Club

of course, where I am the Safeguarding Officer

Funniest memory: A bus trip in Jamaica through tiny lanes with ravines on both sides - and the driver didn't slow down!

Hero: Carl Fogerty

Hobbies/interests: Walking, love to dance and watching cricket. I also love being near sea

Best memory: Too many to mention but having my children is my top one

Favourite cuisine: Has to be Italian pasta dishes

Favourite drink: Coffee and port by night

Favourite singer: Pink

Favourite film: Top Gun

Favourite holiday destination: Jamaica or Italy

Three items for a desert island: Coffee, hammock and music

Worst habit: I can't say no and try to please everyone

Pet hate in others: Liars and bullies

Biggest achievement in life: Beating breast cancer

Best advice received: Everything happens for a reason and don't go quicker than your guardian angel

Like to live forever: I want to live to see my children happy and grown up and to just enjoy old age really.



Crufts Award for Duo who Trekking Around England

You may remember the story featured in Town & Around last year of Nick Johnson and his dog Louis who were trekking around the English coastline and border in aid of Ovarian Cancer Action in memory of Nick's late wife Lisa, who had Ovarian Cancer. T&A interviewed them as they passed through Sunny Hunny. They were nominated for the Kennel Club Hero Dog Award at Crufts recently. Unfortunately, they didn't win but, as Nick said, "all the dogs were winners in their own right".

Nick added, "not our day this time but what an honour to stand in the main arena as a finalist at Crufts, such an internationally acclaimed event. As winners anyway we are proud to have represented ourselves and shared the message of Ovarian Cancer Action over the last year.



Our prize money is to be shared between two great canine charities Hounds for Heroes and the Cinnamon Trust. A huge thank you for all the support and donations from Town & Around readers".

World Book Day 2025



Brancaster School

We have had a nice time so far. We are growing things again in Thrift Class and Year 3 came and helped with some of it. We are chitting potatoes so we can plant them before Easter. We learnt this makes them grow better.

We had a Valentine's Day tea and our parents came. We made invitations and decorations for it. Lots of people came and it looked lovely. The food was really good too. Thank you to Mrs Robinson who did so much work for it even though she wasn't well. And a big thank you to Sam, Miss Winterbourne, Miss Able, Toni-Lea's mum and Eddie, Stanley and Martha's Mum who also helped lots.



We had Safer Internet Day and it was all about "Too Good to be True" and we learnt all about scams and how to protect ourselves and how to keep private information safe and not share it.

Last week Doobie the Dog came from the Blue Cross to teach us about dog safety. We LOVED Doobie and we know more about being safe with dogs now. It's not just asking if we can pat them.

All year groups have done tests in the last few weeks and in Thrift Class Mrs Bocking is really pleased with how we have done. Year 2s are already reaching expected standards in most subjects and there are still two more months to go before SATS.

This week Mrs Bocking made pancakes for everyone in the school and we could choose different toppings like chocolate sauce. They were really good. We learnt it was to use up all the nice food before Lent in the old days and it was a day to say sorry for what we did wrong and get forgiven.

We just had World Book Day and we dressed in book costumes or pyjamas and had a whole day about the book "Leaf". As well as Literacy we did art and had a lovely day.

The Baby and Toddler group are coming again soon and we are going to help them make Easter nests and some Easter art.

We are also writing our Mothers' Day Service ready for 28th March 2pm in the Church.

Need help with GCSE Maths?



Grade 5? 7? 9?

Contact Mrs Bee
(01485 532207)

We are planning an Easter Egg Hunt for the end of term, making Easter Gardens for Titchwell Church, having an end of term Disco and an Easter Bingo, so lots to look forward to.

Term finishes on 4th April and restarts for children on 23rd April



Sandringham Federation Flitcham Primary school news



Back in December, the whole school donned some antlers and braved the winter drizzle to complete a sponsored Rudolph Run around our school fields. We have children as young as 3 who were ably supported by our older children, some of whom continued to complete a mile! We have been collecting sponsorship money since the Christmas holidays and we have now been able to donate a grand total of £535 to Tapping House.

This is a phenomenal amount of money considering the school has only 48 children on roll but is testament to our generous and compassionate families as well as the outstanding work of Tapping House which has supported several of the children's grandparents and parents over recent years.

PS - watch this space for reports and pictures of World Book Day fun!

GLEBE HOUSE SCHOOL & NURSERY UPDATE

February may be a short month, but it's been a busy one at Glebe House School & Nursery! With plenty of opportunities and learning around the half-term break, from exciting trips to sporting achievements, there's lots to share. We hope you enjoy catching up on all the latest news from our fantastic school!

Inter House Football



Just before the half-term break, all our Prep pupils took to the football pitches for an action-packed Inter-House Football Tournament!

Despite the grey skies, their energy shone through with plenty of goals, tackles and some great teamwork. House points added up quickly, spurred on by enthusiastic cheers from parents on the sidelines.

A huge thank you to our sports staff for organising another brilliant inter-house event. Next up—Inter-House Netball!

Year 3 History Trip to Norwich Castle



At Glebe House School, learning goes beyond the classroom! Year 3 stepped back in time at Norwich Castle Museum & Art Gallery, immersing themselves in the world of Ancient Egypt. They debated the ethics of tomb

discoveries, handled 5,000-year-old artefacts and even created stunning Egyptian collars with a modern jeweller.

With so many fantastic resources nearby, we love giving our pupils hands-on experiences that make history truly unforgettable!

Prep Uppingham Orchestra Day A Celebration of Music



Music plays a central role at Glebe House School, both in the classroom and beyond! Recently, seven of our Prep pupils joined musicians from 15 other schools for the Uppingham School Orchestra Day, performing classics like 'Rhapsody in Blue' and 'The Pink Panther' - an unforgettable experience!



Closer to home, our latest Informal Concert just before half-term provided a wonderful opportunity for pupils to showcase their talents, build confidence and perform for family and friends in a supportive setting. We love seeing our young musicians flourish!

Pre-Prep Christingle Service

Pre-Prep enjoyed a bright and joyful Friday afternoon with a beautiful Christingle service led by Reverend Sandra from St Mary's Church, Old Hunstanton. As part of their Wellness Afternoon, the children also made their own Christingles before learning about their meaning in the service itself.

The children embraced the opportunity to sing some cheerful songs which they had learned at their music lessons, filling the Pre-Prep library with warmth. The



sight of their candles glowing in the dark was truly magical and a wonderful way to bring light and hope to a winter afternoon!

Mental Health Week

This year's Place2Be Children's Mental Health Week at Glebe House School was packed with adventure, reflection and fun!



Pre-Prep kicked off their annual 'Pause Day' with a whole-school "holiday," complete with check-ins, inflight snacks and cultural experiences from Japan to Germany. Meanwhile, Prep pupils embraced a week of well-being activities, from 'Dress How You Feel' day to a relaxing beach walk and sand sculpture competition.

While mental well-being is a priority all year round, each year we love taking this special week to give it the extra focus it truly deserves.



Nursery Update

February is the month of love, and at Nursery, we've loved every moment of it! From making Valentine's cards and biscuits to painting and drawing with red media, creativity has been in full flow. Sensory play, outdoor adventures and listening to the sounds of our town have kept us busy too!



A highlight this month was welcoming special visitors, including the Hunstanton lifeboat crew, Fire Brigade and a Paramedic. The children were fascinated, especially when the sirens and flashing lights came to life! What an exciting month of fun and learning.

Come and see us! Does your child start school in September 2025? Is your child looking for a new school? Would your child benefit from a new start?

Did you know we offer a comprehensive co-curricular programme until 6pm? And that we provide daily transport from many convenient locations across North West Norfolk?

Find out more about life at Glebe House School. Contact Mrs Fraulo on 01485 532809 or email tjf@glebehouseschool.co.uk to book a visit.

EYFS Family Fun Morning

10:00am - 12:00pm Saturday 26th April 2025

Join us for a morning packed with fun and excitement!

Activities for Ages 2-8. All the family welcome!

FREE Refreshments and FREE Onsite Car Parking

See you there!

Glebe House School, 2 Cromer Road, Hunstanton, PE36 6HW

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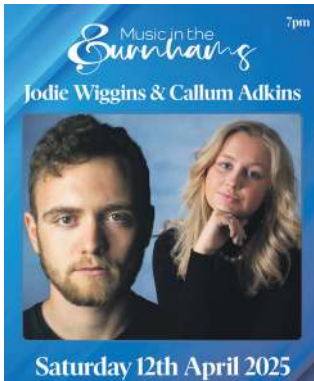
Wartbeeps

Nursery Open Morning

Come and explore our Outstanding nursery!



Two successes



Jodie Wiggins and Callum Adkins are two young musicians we are particularly proud of. When they first performed for us, they were first year students and now they have blossomed into first class performers.

Jodie will graduate in a degree from Trinity Laban Conservatoire this summer and in the last year has been singing in major music venues and productions in the UK to great reviews. She aims to

continue her studies in Vienna (funds permitting!). Callum graduated from The University of Chichester where he studied Music with Theatre and has since been performing in several theatre productions in the last year. Both have been running the summer workshop at Burnham Market Primary School for the last three years and this year they have written a special production just for this event. We therefore feel they need lots of encouragement and thanks.

On Saturday April 12th at 7pm in Burnham Overy Village Hall they will provide the entertainment for our Music Supper Club. Building on the success of our December event, there will be finger food, good wine and lots of friendly people to make it another evening to remember. Music will include songs the West End and other well-known composers and Callum will bring his usual wit and skills as a raconteur to make it another relaxed, informal and friendly evening.

Tickets are £20 each (free for The Friends of Music in the Burnhams) and booking is essential.

"Look towards Easter!" the title of the first concert with Burnham Market Primary School this year. On Friday March 28th at 4pm at All Saints Church Sutton cum Ulph in Burnham Market, the children alongside the small chamber choir at Sutton Church will perform songs about the coming season together with appropriate readings.

Look Towards Easter Friday 28th March

'Seasonal Songs and Words'



From 3:30pm Start 4pm

All Saints Burnham Sutton cum Ulph, PE31 8UR

Hot Chocolate & Cookies Available!
www.musicintheburnhams.com
www.sumtrust.org.uk/burnhammarket

The charge is just £5.00 to help us fund the large workshop we have in the summer and there is hot chocolate and cookies on offer before the concert. Do come.

Opening concert of the 2025 series

The first concert of the 2025 series is at Brancaster church and the season opens with pianist Peter Hewitt.

Peter Hewitt loves Beethoven, and the recital will include four of Beethoven's most famous piano sonatas: Pathétique, Tempest, Moonlight, and Appassionata.

Of his playing, the famous pianist John Lill said: "I am very impressed with this splendid CD. It is outstanding playing from a masterful musician which does full justice to these great works. This playing deserves a wide public."

Tickets are £20 and book on www.musicintheburnhams.com or ring 07989 177079



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Arts Society North West Norfolk

ARCHITECTURE AND ART

Lesley Nadel

Frank Lloyd Wright is quoted as saying that architecture is the 'Mother of all arts'. Undeniably different forces but with a connection that binds them together. To many it is the ultimate form of art with its combination of artistic and aesthetic beauty, together with the scientific and mathematical precision used in building design. It requires so many disciplines to design a structure and many of the steps are intrinsically artistic in nature. Where would we be today without all the beautiful classical and historical buildings constructed with the aim of displaying the objects and the building as the whole experience.

Art is recognized as creative activity that can turn the mundane into the sublime. It negates the necessity to be practical or to apply strict rules. We know that painting, sculpture and architecture are the three traditional visual arts, and we also know that 'the arts' includes literature, music, drama, poetry, interactive media, decorative arts, etc. Definitions such as "fine art" or "low arts" may concern the art experts or the well-informed but for most of us it's a subjective exercise; do we like it or don't we?

The term fine arts has traditionally been attached to works of the highest artistic expression, unique, pleasing to the eye and ear. Low arts may also be pleasing to the eye, but the main purpose of their design is for practical purposes. Designing a beautiful structure is considered one of the classical forms of fine art known as architecture. Architectural works are often symbols in physical form of the meaning of a culture or ideology and encompass artistic elements of historic civilizations. Roman structures were often decorated with floral patterns, columns embellished with scrolls and between 1890 and 1910 the Art Nouveau architectural style was characterized by organic

features, intricate ornamental shapes and the use of a diverse range of materials. The Victorian era saw the revival of the ornate aesthetic Gothic style which was used to characterize architectural elements of buildings and define our national landscape. Art is all about creative freedom, breaking the rules, whereas architecture must always have certain practical forces behind it.

Architecture is the process of creating buildings which include functional components, but by choosing the practice of architectural design, aesthetics and not just function is introduced. This architectural hybrid of art, technology and building is a form of human expression that is there to be shared and interpreted. A mixture of individuals come together to craft a master plan that leads to a properly constructed building. Therein lies the similarities between art and architecture, with the added element that humans are part of that environment. We take part in it, experience it and make connection to the objects, buildings etc. as we move about them. We experience the artistic element as well as the functional.

Not everyone agrees that architecture is art. The critics believe that the least useful definition in circulation is that it is 'art' - misleading to the public and damaging to society. But art and architecture often co-exist, either after completion of the project by adding art to blank walls, vaulted spaces for sculpture, or even murals to exterior walls. Often there will be an integrated approach during the early stages of planning where the art is part of the architecture itself. An artist would then be hired to create an installation that will become a major feature of the building. In the best projects, the architecture can support art and vice versa. The work of architects such as Thomas Heatherwick, Norman Foster and Zaha Hadid demonstrate that the appreciation



THE ARTS SOCIETY
North West Norfolk

Have you always wanted to learn more about the arts?

Then start now with our next talk at Sedgeford Village Hall at 2:00pm on Monday 14th April



The Studio-Houses of the Holland Park Circle
Lecturer: Daniel Robbins

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www.theartsocietynwnorfolk.org.uk
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of art is creating a change in the architectural scene. They are now merging with the use of digital tools and 'Parametric design' that allows artistic creativity to blend with technology for the better design of buildings. The potential for the relationship between the two is exciting.

If you would like to know more about the arts, on a wide variety of subjects, come and join us, The Arts Society North West Norfolk, at Sedgeford Village Hall, PE36 5NG. The next monthly talk will be on Monday 14th April 2025 at 2 pm - 'The Studio Houses of the Holland Park Circle'.

Details can be found on our website www.theartsocietynwnorfolk.org.uk. £5 will enable you to come for one lecture to see if you would like to join. Annual membership £45, less when joining later in the year. Large free car park. Our aim is more art for more people, with enjoyment and friendship.

The Arts Society King's Lynn

The Arts Society King's Lynn continues the 2024-2025 season on Thursday 10 April 2025 when they welcome Brian Slater to speak on the topic of "World Famous Photographs: Images that shaped our culture".

Our lecturer will be Brian Slater who has lectured at University College London for 25 years, retiring in 2021 as a Senior Teaching Fellow. His principal academic interest lay in the appreciation of architecture and he has a lifelong enthusiasm for photography. He therefore offers lectures to The Arts Society on each of these subjects.

Brian has written on architecture for a wide range of publications and an exhibition of his own photographs was held at UCL. He is a member of the Association of Historical and Fine Art Photography and he works with a pre-War Leica camera, as used by his great hero, Henri Cartier-Bresson, and many others. Brian is an engaging and amusing speaker who seeks to entertain as well as inform his audience.

The lecture will take place in West Winch Village Hall where there is ample free parking available and starts at 2.30pm. (Note new time). TASKL meets once a month on the second Thursday from September



to May and anyone is welcome to become a member.

The annual subscription is just £55 or you can go along to individual talks as a guest for £10. Anyone interested in finding out more about TASKL can visit their website at www.theartsocietykingslynn.org.uk or to join the Society contact the membership secretary on 01366 328648 or via email at info@theartsocietykingslynn.org.uk.

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A playlist is available on request.

Have a chat with David on 07754 497562 or 01485 534220
or email solosaxclarinet@btinternet.com.

More information on www.solosaxclarinet.com





The winter season 2024/5 of the King's Lynn Community Cinema Club concludes in April with two screenings at screen 2 of the Majestic Cinema. The first of these will be Thursday 10th April at 7.30pm, *The Outrun*.

This film was nominated for impressive 27 awards including 2 British Academy Film and Television Awards for Best Leading Actress and Outstanding British Film of the Year. Winning five awards, of which, the actor Saoirse Ronan won the Irish Film and Television Awards Best Lead Actress and the London Critics Circle Film Awards British/Irish Performer of the Year. In her career she has been nominated for 4 Academy Awards, 7 BAFTAs and has won a Golden Globe for her part in the film *Lady Bird*.

The film is about Rona an alcoholic in London. She is in love with Daynin one moment and then aggressively drunk with no sense of control the next. She heads for her childhood home in the Orkney Islands where she learns to embrace 'one day at a time'.

The second film being shown in April is on Thursday 24th at 7.30pm and is the *Radical*, a subtitled Mexican film. Nominated for 23 awards and winning 18 including winning the 2023 Festival Favourite Award at the Sundance Film Festival.

A fact-based uplifting drama about a new teacher looking to unlock

the potential of some of Mexico's worst performing sixth grade students. In an environment of violence and hardship plus classrooms of overbearing discipline Sergio Juarez, played by Eugenio Derbez one of Mexico's best known comedic actor/directors, tries something new and different whilst not knowing what he is doing.

Films are free to members; non-members can attend for £5 cash on the door. Anyone over 18 is welcome to join. More information can be obtained by emailing communitycinemaclub@googlemail.com or on the club's website www.klccc.uk and Facebook page.

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Easter Extravaganza

**Arts and Crafts
Easter Extravaganza**

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— all included in the price of admission
and meet the Easter Bunny!

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**Children free when
accompanied
by an adult
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FUN Tombola

FUN For a small fee you can have
your face painted, try some
yummy cakes, cream teas
and refreshments

**Heacham Public Hall
Saturday 19 April
12 - 3.30 pm**
the.old.dairy.heacham@gmail.com
A fundraiser for the Old Dairy charity
Encouraging Individuality Acceptance and Understanding

**The Old Dairy
Heacham**

On Saturday 19 April, Heacham Public Hall will open its doors to invite members of the public to try their hands at various arts and crafts. The event runs from 12 – 3.30 pm. Children enter for free when accompanied by an adult. The cost for each adult is just £5. Admission also includes a ticket to win a big Easter egg.

One of the organisers Esther Boehm said, "It's a great opportunity for children and adults to come, have fun and try making a number of arts and crafts. There will be numerous activities on offer including Easter bonnet and card making, pebble painting and clay animals. Plus we are promised a visit from the Easter Bunny!"

Also on offer on the day for a small fee

children can have their faces painted and yummy cakes, cream teas and refreshments will be available.

We want as many people as possible to get creative this Easter and come join us.

This is all in aid of raising funds for The Old Dairy charity. We aim to purchase The Old Dairy in Heacham and transform it into a Community Arts Hub. We hope you'll all come out to support us.

For further information please contact the.old.dairy.heacham@gmail.com or visit theolddairyheacham.org.



2025 Music Festival

Hunstanton & District Festival of Arts is excited to announce that this year the Music Festival of live bands will be able to go ahead. Thanks to the help of the community and local businesses plus the use of our remaining funds will be able to cover the costs.

The HDFA is very grateful for the heartwarming response we have had to the possible loss of this popular Festival

Please support our Craft Fairs at the Town Hall as they are a big part of our funding and are now in their 30th year. The first one is on April 19th.

Chairperson Wendy Croucher says, "We are hoping to put in place measures that ensure the Music Festival continues in the future years, but we do need your help. The removal of the grant has been a great blow,

and our current committee has come to the end of its ability to continue. It is hoped that younger people in the Community will respond and step up to take on this important role as there is funding out there".

For this year the HDFA are proud to announce that the Hunstanton Music Festival will take place on Saturday August 2nd and Sunday August 3rd from 12 noon till 7pm on the lower green.

We have an exciting line up including popular band Second Sunset plus some regular and some new artists with music in the pop, acoustic, reggae and folk style to suit all tastes.

Come along and join us for a wonderful weekend of music on Hunstanton's sea front. More info: Wendy Croucher 01485 532988



There will be no meeting at the Community Hall in April as the date clashes with Easter Monday this year.

However we will be pleased to welcome you to our May meeting on Monday 19th at the Community Hall, Avenue Road, Hunstanton at 2.00pm when Sandra Foley will be talking about Poetry and her life which will include reading some of her own poems. We look forward to seeing you then.

For further information please see our website hunstantonu3a.org
Telephone 07443763679

**Turn to the centre pages for
event listings and the QR code
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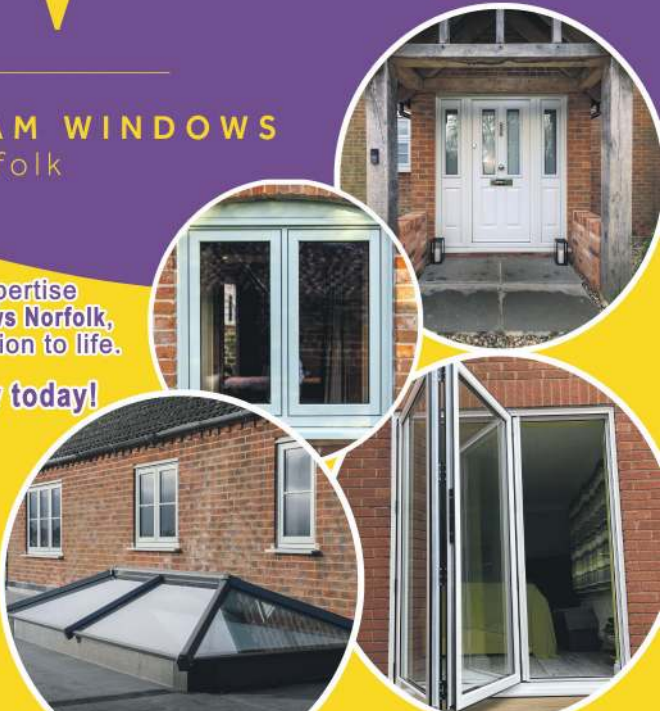
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In the Limelight

Everyone loves a quote from a Film. Who can guess where these quotes come from? – answers at the end of this newsletter.

"Some day when spring is here, we'll find our love anew"

"Frankly, my dear, I don't give a damn."

"Life is like a box of chocolates"

"Are People Born Wicked? Or Do They Have Wickedness Thrust Upon Them?"

Yes - our Film Club this is getting the Limelight this month!

You may have noticed we have had the privilege in bringing much more of a variety of Films and Musical Screenings from Cinema Live to our Princess Theatre Film Club.

Last month we had two films and two screenings, this month we have start off with Billy Elliot the Musical Live (20th Anniversary celebration).

Based on the Academy Award nominated film, Billy Elliot the Musical has won the hearts of millions since it opened in London's West End in 2005. Music Legend Elton John heads up the creative team music in this funny, uplifting and spectacular theatrical experience that will stay with you forever. You can enjoy this on Tuesday 1st April.

We have taken time to select some fascinating Films for April. "Touch" A romantic and thrilling story, A beautifully and elegantly told heartbreaking story of lost love. Some asked - Is Touch 2024 inspired by a True Story? It is Based on Ólafur Jóhann Ólafsson's novel, the screenplay is co-written with director Baltasar Kormákur. The story is fictional, but it's based on real emotions and historical events, particularly the COVID-19 pandemic and Swinging Sixties London. This screens on Tuesday 8th April starring Egill Ólafsson an Icelandic actor and composer.

Now for something Wicked! During the easter Holiday we have scheduled something families on Wednesday 9th April at 2.30pm.

A Matinee screening of "Wicked" in a Sing-a-long version. We encourage all to come along in Green and Pink. Arrive early to meet & greet our theatre mascot "Hunny Bear" AND, as some might say, get "Galinda-fied" with Glitter or a face painting glow – up! (Please note there will be a charge per

child for the glow-up – cash or card accepted at the box office).



Further Films for April are; Gladiator II on Tuesday 15th April, Small Things Like These on Tuesday 22nd April and Lord of the Rings War of Rohirrim on Tuesday 29th April.

Why not get a small group together and form a mini film forum to discuss the previous film you enjoyed. We encourage you to come in before the film and enjoy a light refreshment in the Sunset Bar pre film. Apart from the Matinee we are keeping to the showing time of 7pm for the moment.

Moving onto Music from this Month. I have seen this tribute and honestly feel he's the best Tom Jones I have seen – apart from Tom Himself! Adam Parker Brown delivers a definitive tribute to the greatest Welsh singer of all time.

With a live band and sensationally sassy backing singers, this show pays the ultimate tribute to the legend himself and his incredible catalogue of music. It is clear from the outset, in every detail of his performance, just how much this established entertainer has studied his idol.

We have two wonderful Choir collaborations coming up this Spring!

Norfolk Choir Your Choir are set to perform with two of our shows this spring. On the 7th May Your Choir join Aled Jones and on 21st May with Britain's Got Talent singing sensation Tom Ball.

Let's talk about Aled Jones. He's been ever-present in our lives for more than 40 years. He was the boy treble who captivated the world with his angelic voice. Selling over seven million albums, Aled was the original, classical crossover star. His recording from the animated film The Snowman, firmly established him as a household name and he has become an integral part of the nation's festivities. Equally at home on the classical stage or starring in musical theatre productions in London West End,

his credits include lead roles in Joseph and the Amazing Technicolour Dreamcoat, Chitty Chitty Bang Bang and Irving Berlin's White Christmas. As a singer, Aled is in demand globally and has performed in the world's most iconic venues, from London's Royal Albert Hall to the Sydney Opera House.

A favourite with the Royal Family, he even gave a private performance to King Charles III in Kensington Palace. He is an award-winning television broadcaster and radio presenter who's interviewed hundreds of A-List stars over the years. He heads up BBC's Songs of Praise and his own Saturday and Sunday morning shows on Classic FM. Now, after 40 years in the business, he's looking back on a remarkable career with a one-man show, that will feature never-before-heard music, tales from the decades and for the first time, his story told in his own words. It's time to come Full Circle.

Full Circle is the title of both his book, released last spring, and his tour, which will celebrate his life. Fans can enjoy that unmistakeable voice, as well as amusingly told stories from the man who's synonymous with Classic FC, BBC Radio 2, and BBC TV's Songs Of Praise.



Aled Jones

Having recently been to Number One on the Classical charts with his latest album, One Voice, which paired boy-Aled with man-Aled, he's looking forward to telling his story.

Finally, I must share with you a real discovery of music – Peter Donegan! Having listened to his music during long drives recently I am confident this is a show worth a mention. Anthony & Peter Donegan Present – Lonnie Donegan – The Stories! Award winning songwriter and star of

The Voice UK - Peter Donegan and his older brother, Anthony Donegan, present a fantastic and unique evening of Lonnie's songs plus stories about their legendary father, 'The King of Skiffle' - Lonnie Donegan.

This is a unique, 'behind-the-scenes' glimpse into life growing up with a musical legend as a father. "There's gonna be some outrageous as well some heart-warming stories." (Some profanity included)...We consider this 'pay-back' for all the stories he used tell about us!" Laughs Peter Donegan! We look forward to welcoming them to the theatre on Friday 25th April 7:30pm Tickets £21.00

(For audiences of strictly 18+)



Pop in for a refreshment, have a look at what we have lined up this month, this spring is super loaded! Be spontaneous, book a show, surprise someone or plan a gift for Mothers Day!

We look forward to welcoming you to the Little Theatre with BIG shows!

Best Wishes

Anna



Answers to Film Quotes
Snow White – (1937)
Gone with the Wind – (1939)
Forrest Gump – (1994)
Wicked Movie part 1 – (2024)



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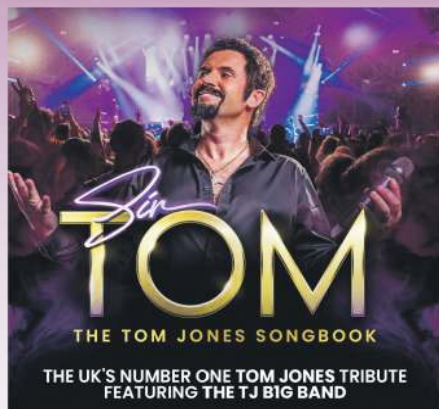


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What's on April 2025

See Website & Theatre Programme for dates & more!
There's so much on at "The Little Theatre with BIG Shows"!



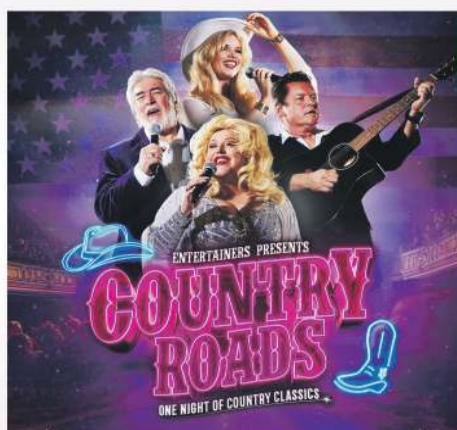
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SAT 12 APRIL



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