

TOWN and AROUND



ISSUE 246 APRIL 2026
PRICELESS!

Local News • Events • Great Outdoors • Features

First word



Welcome to Issue number 246. April is the best month for tulips, and the spectacular Tulips for Tapping returns featuring over 30 acres and 9 million tulips raising funds for our local hospice. The cover of this issue features a photo by Ian Burt of a delighted child at last year's event. Tickets will be on sale about ten days before the fields open to visitors. At the time of

writing, the exact date is unknown, so keep an eye on the T&A website and social media for up-to-date information.

A large crowd gathered for the opening of the new library in King's Lynn on 16th March; it has amazing facilities and is a wonderful addition to the area in this Year of Reading. Turn to page 8 to read the story.

Staying on the theme of books, page 65 has the story of a family memoir found in Heacham, that resulted in Sharon Ring's book 'Mischlinge', published by Harper Collins. It is described as 'one of the last untold stories of World War Two.'

Diamonds are a girl's best friend if you believe the Marilyn Monroe song from the 1953 film Gentlemen Prefer Blondes. The lecturer for the talk about the Wonderful World of Gemstones at Sedgeford Village Hall on 13th April is Antiques Roadshow expert Joanna Hardy and the article can be found on page 64.

The Open Gardens season has begun and our pick of gardens for the month can be found on page 17. If you are thinking about including some colourful marigolds in your garden this season, Wendy Warner has some tips on the facing page - and yes that is my husband in the photo with his crop of African marigolds last summer.

Our events listing is on pages 76-77. The online version of what's on is regularly updated and there's a QR code on page 76 you can scan if you have a smartphone.

My thanks as always to everyone who has contributed to this issue with articles, information, photographs and advertising.

With best wishes for a happy Easter and the month ahead,

Elaine

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Kings Lynn Model Railway Club

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2nd May 2026 10:00hrs to 16:00 hrs



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Club layouts under construction. Members' Layouts.

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Sinkhole filled in time for Easter

Dani Crawshaw



Tonnes of concrete have filled the hole in Hunstanton - and a 140m stretch of the prom, which had been closed for safety reasons, is now open.

Environmental Health Manager, Dave Robson, who spoke to us during the works, says, "The void, which measures about the size of a single decker bus, appeared in February.

"The council did a radar last year, and it wasn't there - recent bad weather's being blamed for the damage."

Patricia, who's walking nearby, stops to

have a chat and tells me, "I tried to see it when it first happened but it was all blocked off, it's amazing that it's taken quite so long to sort out, I can't quite make out why."

"It just takes a little bit of time to get things organised," says Mr Robson, "And go through the works, getting it signed off - make sure people are happy with what we're proposing."

The work has finished in time for Easter, a busy period for the town.

The repair bill will depend on the amount of concrete that's been used, but is expected to be around 100 thousand pounds.



Toad-ally worth it!

Dani Crawshaw

When I arrive I know I've found the right place, as there's a warning sign telling me toads are crossing.

The volunteers are out with their torches and hi-vis jackets, helping these amphibians get safely to their breeding pond and back.

I'm greeted by Richard Driver, who's the lead of Docking toadwatch, and tells me it's been a busy few weeks with crossings, "We've done in total over 1,200 in the last 10 days."



"Basically they are returning to the pond they were born in to mate, and because they have to cross roads to do that, some end up getting crushed," he continues.

"We just walk up and down with torches, and if we find a toad we move it in the direction that it was moving in. There're quite a lot returning from the pond now, going back to where they came from."

We're interrupted by one of the volunteers who tells us she's spotted a toad, so I rush over to take a look.

"Looks like a young female," Richard



says, "It's easier to tell when they're going to the pond, because the females are a lot fatter than as they've got their eggs still."

Melanie, who's holding it, says, "It's a couple of hours of your day, for about a month and you can really make a difference."

"They're called a common toad, but they're not common, because of habitat loss and they're separated from their breeding site by obstacles - like a road."

"We used to see such carnage on the roads, and it just seemed a really simple but useful thing to do to protect them."

She safely takes it to the other side of the road, saying, "Off you go, see you next year."

Until around the end of March the team will be out for a few hours most evenings, Richards says it's their second year.

"It started because I was walking down this road in the morning with my dog - and there were just hundreds of them squashed on the road, and I thought what can we do

about it?"

The group formed through Toadwatch, a volunteer-driven conservation programme in Norfolk, which warns that, 'Without this help many toad populations would become extinct'.

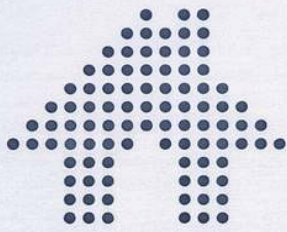
Richard tells me he's loved amphibians since he was a kid, "They're nicer than people think, people think they're these horrible warty sort of things, but they're actually quite sweet little things."



"A lot of people when they start say, I will come along and spot them for you, but I can't pick them up. Everyone picks them up now - it's not just me that likes toads, people fall in love with them!"

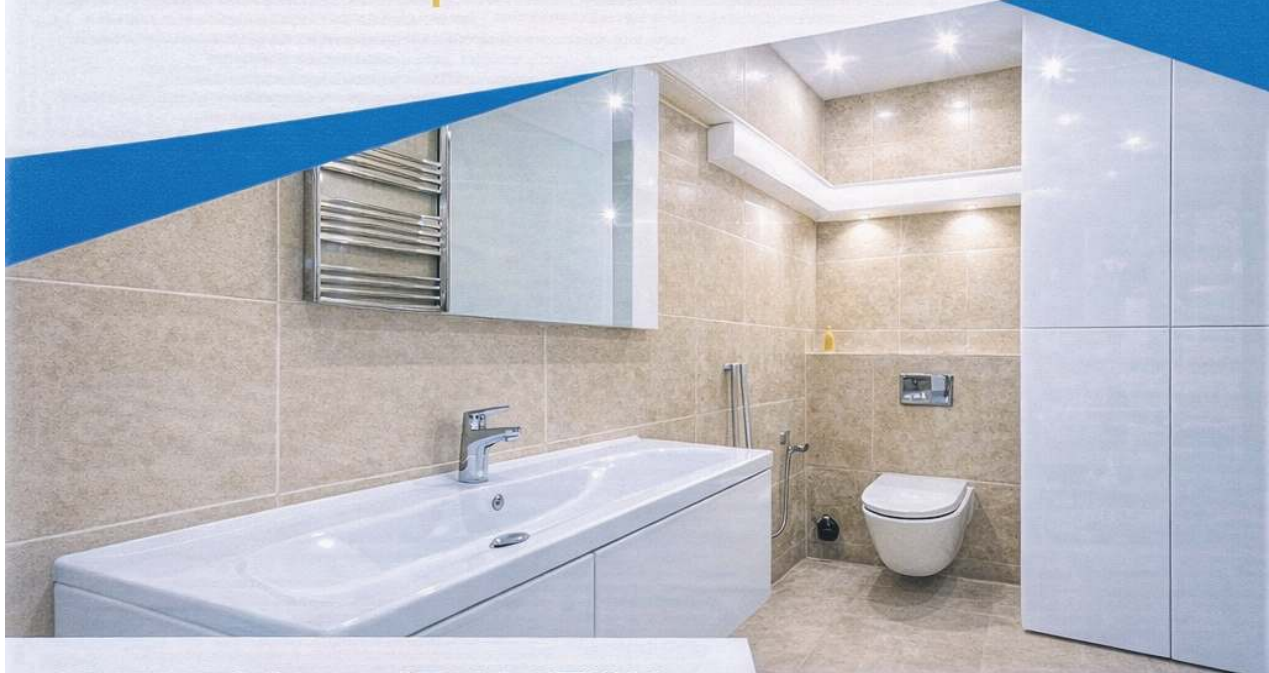
He ends by saying, "They do sometimes wee on you!" Now I understand the gloves. I shall have to bring some along next time and get involved.

What a toad-ally (couldn't resist using it again) brilliant community group doing its bit for nature.



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Starstruck

Dani Crawshaw



The first question I ask is when Terry's interest in astronomy began. "From a child really. I got a book for Christmas one year called, 'The Boys Book of Space', by Patrick Moore, he did more for astronomy for the public than anybody else on the planet I think, I've got it in front of me now this book - that was the start of it really."

He grew up in the West Midlands, moving to Heacham more than 10 years ago. The reason for his move? The sky.

"I came to this part of Norfolk originally because there were some dark skies, I come from the Midlands, Wolverhampton, and the skies there aren't particularly dark.

"When I first came to Heacham, in the winter, you could guarantee several weeks of nights of clear skies, where you could have a

good look."

He recounts some memorable sightings which sparked his interest further as a young person.

"In 1962 there was a satellite called Telstar that was launched - telecommunications - and it was a bright spot in the sky, a big balloon really, and all they did was bounce radio signals off it, and I went out, I lived in Birmingham then, you could see this thing go across the sky."

He goes on to talk about a trip to America with his son, Oliver, in 2017 - to see a total solar eclipse, it was dubbed the 'Great American Eclipse' - the first to span coast-to-coast in 99 years. In places onlookers experienced over 2 minutes of complete darkness, which he describes as an 'absolute wonder.'

"We saw the total eclipse on August 21st in Casper, Wyoming and drove on to several national parks including Yellowstone and the Rockies.

"We arrived at one site the night before, sharing a motel with dozens of others like minded from across the states and the world. We observed the eclipse from beginning to end and went to a rodeo in the afternoon.

"Everyone should witness a clear total eclipse of the Sun, a few minutes of absolute wonder."

Terry's also enthusiastic about planets Venus and Mercury passing directly between the Earth and the Sun, a rare phenomenon known as a transit.

"Mercury transit crossing the Sun is a fairly regular event, in your life time you've got a good chance of seeing it. Whereas the Venus one, is every 100 odd years."

In fact the last one was 2012 - and Terry wasn't going to miss it.

"I'd seen the Venus one when I was on holiday in Switzerland. People in other

hobbies collect badges, or birders go barmy about a bird that hasn't appeared in England for ages.

"I do attempt to see these things that are rare events, a comet that's not going to come back for a thousand years, or the transits, an event that's historically significant to me anyway, it's like most things - if you get a chance to see something, why not?"

And he's got some advice for complete novices, like me.

"Meteor showers are the things, because there are regular ones. The best dark skies are in the winter, so wrap up warm, you need to get your eyes accustomed, your eyes take about a quarter of an hour to acclimatise to the darkness.

"You need to have a seat in the garden, especially if you're my age! Be patient, and start looking at the sky."

He ends by saying, "If I had my way I'd have a big switch, and every time there was a clear night, I'd use the switch and all the street lights would vanish."



School children board HMS Trumpeter



The year 6 pupils from Greyfriars Academy in King's Lynn have been lucky enough to board HMS Trumpeter, the first Royal Navy vessel to visit the town in six years.

It moored at the Pontoons on the South Quay for a few days.

The Archer class patrol vessel's part of the Coastal Forces Squadron, based in Newcastle, and is designed for coastal operations, supporting policing missions, maritime security, and inshore patrol duties.

The children were warmly welcomed on board by the Captain, before being given a guided tour of the 24-knot craft,

In addition members of the general public were also given the opportunity to tour the boat while she was tied up, before she set off again for another town visit this time on the south coast.



EQUITY RELEASE MADE SIMPLE



James Batchelor, Principal of Evergreen Equity Release Solutions, based on the historic Tuesday Market Place in King's Lynn, on making Equity Release simple.

When my business partner, Nigel Barrett and I first formed Barrett Batchelor Mortgage Services LLP, the aim was to not only be professional and efficient, but also to ensure that the service offered was personal and friendly. We firmly believed that this was required to make our company successful and is also what the people of Norfolk required. We were, and remain, determined to treat our clients with the respect they deserve and to ensure that they don't feel as if they are just a number, as can be the case when dealing directly with the big banks.

When we made the decision to extend our range of services a number of years ago by forming Evergreen Equity Release Services, it soon became apparent to us that this personal approach was probably even more important when dealing with people who were considering Equity Release.

Important decisions have to be made when people are approaching retirement, and using your property to raise funds could well be the most important one of all. It's fair to say that Equity Release is not for everyone, and part of the process I guide people through is explaining other options that may be available to them. In addition to this, future plans and state benefits could be affected. It's not a decision that should be rushed into and it all depends on your individual needs and personal circumstances.

Having said that, more and more people are recognising the benefits of raising money this way, and that it can be a very efficient way of doing so.

Many of you will still be very active in retirement, and still have plenty of plans ahead of you. If you no longer have a wage coming in, and maybe your private pension has not performed as you had hoped for, the question that could be asked is how you can fund your future plans?

For many, it could be a case of having the majority of your wealth locked up in your home. Where some will look to downsize their property to release some money (not a cheap option in itself when you take into account the fees from estate agents, solicitors, potential stamp duty on the new purchase etc), more and more people are looking at the option of staying in their current property, and raising funds via Equity Release to enable them to do so.

One thing I am very keen to do is to explain to people how the Equity Release market has evolved over the last 25 years. You no longer have to sell your property to the bank, so you still retain ownership of the property. Another important point is the "No negative equity guarantee", which ensures that the amount you borrow will never exceed the debt on your property.

Examples of how I have assisted people with their Equity Release requirements are:

- raising funds to boost their income in retirement
- clearing an outstanding mortgage on their property
- property improvements
- assisting family members financially
- funding a new or existing hobby, such as caravanning

There are of course numerous other reasons you may be looking to raise money, and the importance of fully discussing such matters with a fully Qualified Equity Release Adviser cannot be stressed enough.

A big concern I have is that many people decide that Equity Release is not an option for them, without being in possession of the full facts. They could be missing out on a great opportunity due to this, and this is why I offer a completely free consultation, without any obligation. I'd even suggest that you bring a family member or a trusted friend with you to the meeting.

If you are fast approaching retirement (Equity Release is available to over 55's only), or indeed you have already reached this milestone in your life and would like to explore the options available to you, I'm here to offer a helping and guiding hand. To understand the features and risks, please ask for a personalised illustration.

If our service is of any interest to you, I'll be only too pleased to visit you in the comfort of your own home if you would prefer me to do so.



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Cheering crowds for library opening

Dani Crawshaw



There's a countdown of 3,2,1 - the ribbon is cut, the gathered crowd cheers - and then the new library doors are opened and people are invited inside.

I chat to 10 year old Phoebe, who's in the dedicated children's area, where there's even a slide, "I think it's even better than I thought it would be, and I'm going to really enjoy coming here."



Phoebe enjoying the space

Rebecca, who's here with her toddler Theodore (who's too busy playing to chat), tells me, "He thinks it's amazing, there are tables, toys, lots of books - I love it, I think it's really good."

It's 5 years since the initial idea to convert the old Argos store on New Conduit Street, and staff reassure me it's been worth the wait.

The space spans over 3 floors - everything from flexible event spaces, a training kitchen, a business library and a space where the town's historical documents will be displayed.

"There's something for everyone," says Kerry Murray, who looks after libraries across Norfolk, although she will miss the old building.

"I started my career as the library manager at the Carnegie Building, so it's got a special

place in my heart.

"But then I'm just so excited about what we are going to be able to offer in this building. We've got so much space to do so much for the community."



Kerry Murray

It ended up costing 17 million, 2 million over budget. Partly funded by the Town Deal regeneration fund and partly by Norfolk County Council.

MP James Wild, who's taking in the new space, says, "A modern, accessible library right in the heart of the town will inspire young people, create new opportunities for learning and skills, display more books, and give residents more reason to come into the town centre."

Outside I chat to project manager Verity Bennett, who's been involved from the beginning.



"It has come in over budget, but I think we've done well considering there's been the pandemic," Verity says, "And there have been extra costs, levelling the pavements outside for example."

"I think we could have cut corners, we could have taken things out, like the training kitchen, but we wanted to deliver something that was right for King's Lynn."

I overhear a few people say they're not keen on what it looks like, but most are impressed.

Peter, one of the first through the doors saying, "What a fantastic space, fantastic building, it's going to be a great space for King's Lynn."

And Mum, Tina, stops to add, "We just love books, and we think it'll be more than just a library - it's somewhere where people can come and be together."

Music to the ears of those involved in the build I'm sure.

All images Ian Burt.





*“The place is like
a Tardis it goes on and on!”*

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Protecting a vulnerable person's inheritance

By Kieran Athow, Senior Associate, Hayes + Storr

When considering your will, it's important to think not only about how much you leave to loved ones, but also how and when they will receive it, particularly where a beneficiary may be considered 'vulnerable' – for example, due to illness, disability, addiction, or financial difficulties. Without proper planning, an inheritance intended to provide long-term security could be spent too quickly or used inappropriately.

One effective tool is the use of a trust, including but not limited to a fully discretionary trust or a Disabled Person Discretionary Trust.

Discretionary Trusts

A discretionary trust allows you to leave money or assets in the hands of trusted individuals (the trustees), who then decide how and when your chosen beneficiaries receive support. Instead of one person inheriting a lump sum outright, the trustees can manage the funds and release money gradually or as needed.

This flexibility can be invaluable where a beneficiary's circumstances may change or where unrestricted access to funds could be harmful. Trustees could adapt distributions to meet changing needs, for example, by delaying payments, releasing funds gradually or to pay the beneficiary's essential living costs directly, without giving that individual

access to cash.

The trust's structure can also protect the assets from any claims by the potential beneficiaries' respective creditors or former spouses and from adversely affecting any means tested benefits they may receive.

Fully discretionary trusts are typically subject to the Relevant Property Regime, a set of rules that governs how such trusts are taxed. This can sometimes result in higher inheritance tax charges and increased income or capital gains tax.

Disabled Person Discretionary Trust

A Disabled Person Discretionary Trust operates in a similar way but is designed primarily to benefit a qualifying disabled person, by restricting the trustees' ability to provide for anyone else during the beneficiary's lifetime, subject to statutory exceptions.

To qualify, the trust must meet the statutory requirements under S.89 of the Inheritance Tax 1984 and, further, the primary beneficiary must be deemed incapable of managing their property/financial affairs due to a 'mental disorder' as defined by the Mental Health Act 1983 and/or be in receipt of certain disability-related benefits.

These trusts are not subject to the usual tax rules under the Relevant Property Regime. With the right election to HMRC, the trust's income and gains can instead be taxed as if



they belong to the disabled beneficiary, who will often benefit from lower tax rates and higher allowances.

Choosing Trustees and Letters of Wishes

The effectiveness of a trust depends heavily on the trustees appointed, who must be chosen with care. Many clients choose a mix of family members and a professional trustee to balance personal insight with technical expertise.

Alongside the trust deed itself, a detailed 'Letter of Wishes' is strongly recommended. Whilst not legally binding, it acts as a vital guide for your trustees in setting out how you would like the trust to be managed in practice.

For expert advice about making provision for vulnerable beneficiaries, contact Kieran Athow in our Private Client Team on 01328 863231 or email kieran.athow@hayes-storr.com

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

Meet Our Family Law Team...

Carly Sullivan is a family solicitor specialising in children law, advising on divorce, separation and child arrangements, including legal aid for children's services matters.



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Stepping up to help victims of domestic abuse

Norfolk County Council pledges more than 70k towards a domestic abuse legal advice service - after Police Commissioner ended funding.

The Council will help fund a free domestic abuse legal advice service, which offers a lifeline to many - pledging £72k over two years.

Councillor Andrew Jamieson, deputy leader for NCC, says, "Domestic abuse has a devastating and lasting impact on individuals, families, and communities.

"When the future of this specialist advice service was put at risk, it was clear that we needed to act. By stepping in, we're ensuring vulnerable people in Norfolk can continue to access the legal protections and guidance they urgently need."

It's after the Office of Police and Crime Commissioner for Norfolk decided not to renew a grant for Norfolk Community Law Service (NCLS), a decision the service says potentially puts vulnerable domestic abuse victims at more risk.

In a statement giving reasons behind her decision the county's PCC Sarah Taylor said, "Today, we are all working in a very different landscape. The new Police and Crime Plan has reprioritised prevention." Also citing changes to government strategies putting an extra strain on resources.

Last year, NCLS - which reaches out to Lynn and West Norfolk - supported 452 domestic abuse victims.

CEO David Powles, says whilst he's 'very grateful that Norfolk County Council has stepped in to fill this funding gap', the fight for more resources continues.

"It costs more than £200k per year to provide vital, life-saving support to more than 400 domestic abuse victims, mainly women, every year. Other than this £72k funding just announced, NONE of the service is currently funded by statutory agencies and that's wrong.

"We will continue to campaign about OPCC's cut in funding, which goes against their own stated priorities."

EGG-CITING EASTER FUN!

Nelson's Journey, Norfolk's child bereavement support charity, are delighted to be holding their annual Easter Egg Hunt in the beautiful grounds of The Octagon Barn in Little Plumstead. The event will run from 10.30am - 3.30pm.

The day will be filled with family fun, children will be able to follow the trail for their egg, meet the Easter Bunny, get stuck in with some crafting, meet farm animals and the Pets as Therapy dogs, take part in the raffle and tombola and so much more.

New for 2026, the opportunity to take part in some archery, fete style games such as Splat the Rat, Hook a Duck, Tin Can Alley and Cornhole.

Every child will receive a chocolate egg which has been generously donated by local companies such as Signs Express and Longwater Construction.

There will be a range of different local food suppliers, including a BBQ from the 1st Great and Little Plumstead Scouts, sweet treats from The Food Dude and coffee from Cuppa JoJo.

Megan Utting, Funding & Marketing Officer for Nelson's Journey said, "Thanks to our event sponsors EASE - East Anglian Site Engineering for their generous sponsorship and support of our work, we are delighted to run our annual Easter Egg Hunt for another year, its set to be a brilliant day, packed full of exciting activities for children and adults alike."

All funds raised from this event will support the direct work Nelson's Journey carries out with supporting children and young people who have experienced the death of a significant person.



Tickets can be booked here:
<https://www.tickettailor.com/events/nelsonsjourney/1751358>

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Return of the Sedgeford 'Wombles'

Roger Quick, Parish Clerk

Saturday 21st of February saw a group of 30+ hardy parishioners give up their time and effort to tackle unwanted litter around the village.

This was the third year such an event has been held and is now annual fixture on the village calendar.

The Parish Council hoped the exercise would result in the village being a nicer, cleaner place in which to live.

King's Lynn & West Norfolk Borough Council provided litter picking packs, containing fluorescent jackets, litter pickers and bags.

Over thirty bags of rubbish were collected, in addition to various car parts, including two tyres!



Most of the litter was found on roadsides suggesting it is traffic related.

Thanks to Sedgeford Village Hall for

hosting the refreshments afterwards which were very kindly donated and served by a local couple.

SEDFORD CRAFT FAYRE

Jacqueline Sindle

Hello everyone. The time has come to tell you about the next Sedgeford Craft Fayre which is on 26th April 2026. After three very successful fayres in 2025, we commence this year's three fayres in aid of Hillside Animal Sanctuary.

As we are all aware, every charity is struggling in these financially difficult times and none more so than animal charities who often slip under the radar for fund raising. Hillside Animal Sanctuary has two sites, the main one being at Frettenham near Norwich and the other at West Runton.

The sites are home to an array of animals from wild birds, rabbits, cows, goats, horses, pigs to donkeys and dogs. There are usually 50 dogs at any one time which have been rescued for one reason or another and all of whom are looking for their forever home. Please consider Hillside Animal Sanctuary if you are looking to own a dog. As you can imagine, it costs a lot of money to feed and look after these animals and provide great shelter for them all. The centre at West Runton is open to the public from March to October so go along and see for yourselves the great work done by Hillside Animal Sanctuary. Sedgeford Craft Fayre will be held at Sedgeford Village Hall, Jarvie Close PE36 5NG from 10.00 a.m. - 3.00 p.m. As usual there will be an great variety of artisan crafts from stained glass, pottery, jewellery to cakes and bakes, knitted items, wood turned items and on site wood carving, textiles and many more fabulous stalls. There is also a

fantastic selection of refreshments from hot foods to lovely home made cakes all of which are available throughout the day.

Entry is free and there is ample free parking on site. Unfortunately dogs are not allowed in the Village Hall. Please note that not all crafters offer card payment facilities. If any business wishes to provide raffle prizes to help raise funds for Hillside Animal Sanctuary then please get in touch at sedgefordcraftfayre@gmail.com or phone 07944 576 767.

We look forward to seeing you all on 26 April 2026.



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Last year's events in aid of Tapping House were a wonderful success, raising an impressive £868 thanks to the generosity and community spirit of all who came along. We hope you'll join us again this year and help make it another memorable and meaningful morning.



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The Solar Shed - taking charge of renewable energy

Dani Crawshaw

Founder Kevin Holland talks to us about helping to shape government policies on renewable energy and his hopes for West Norfolk. I meet Kevin at his home - where all this began and continues.



He shows me the solar panels on his 15th century home and says, "There're not many jobs in life where you wake up and you go, yes the sun's up!"

"I still feel like an 18 year old doing this. What we do for other people really floats my boat, you go to bed of a nighttime and you think that's another 20 penguins we've just saved, we're going to stop the ice from melting a bit more."

Kevin's a retired met police officer, his office wall covered in many accolades, including acts of bravery. His interest in solar panels didn't begin until he retired from the force and moved near to King's Lynn.

"When I said to people I was going to create a solar nation from a shed at the bottom of the garden nearly 20 years ago - I was laughed at.

"We had just moved up to Norfolk and bought this 500 year old house and it was costing me a fortune, and we've now gone from about 3 and a half thousand litres of oil a year to about 700.

"Because I wanted this for myself, I wanted to show other people what is possible on old period properties."



So - in 2014 the Solar Shed was officially established, and since then it's been helping homes and businesses become more eco friendly - everything from air source heat pumps to custom-built solar sheds.

Kevin shows me on a map how many homes locally they've worked on, "There're about 16 hundred solar systems that we've done that are grid tied in the West Norfolk and Norfolk area.

"I want my customers to talk to their neighbours, I want them to encourage their neighbours to use local companies, who're going to support the local economy."

His business is now award winning and Kevin is a prominent advocate for renewable energy, being the CEO of The Solar Nation - made up of independent solar installation companies in the UK. It functions as a collaborative platform, often giving feedback and advice to the government on national policies.

"I'm determined to reduce the amount of waste we have in our lives. We've now got the innovation for balcony solar panels, so people in blocks of flats that couldn't traditionally have solar - can, we just need

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government and policy makers to make sure it fits.

"And I really think we need more solar panels on car ports, build canopies with panels at leisure centre car parks, it's just wasted space at the minute and could generate so much power."

You can't fault Kevin on his energy (pun intended) and enthusiasm, and like most successful business people, he's constantly adapting and moving forward. He ends by telling me plans to use the River Great Ouse, the banks of which are right by his home, as a source of renewable energy.

And although he's keen to use his knowledge to help shape national policies, his main interest lies in helping those close to home.

"And turning King's Lynn and West Norfolk into the greenest borough of the United Kingdom."

Well, if anyone can, it's him.

Images T&A and The Solar Shed

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Saturday 11th April - Music Night with Dr Phil - Vocalist

Thursday 16th April - Coach Trip to East Ruston Vicarage Gardens.
 (Booking Essential)

Wednesday 29th April - Cream Tea from 3.00pm

Saturday 18th April - Disco Night with Steve.

Regular Events

Mondays: Seated Yoga with Jackie Lee -12.00pm - 12.45pm
 Strength and Balance Class 4.30pm.

Tuesdays: Seated Yoga with Jackie Lee 12.45pm - 1.30pm.
 Richard's Country Disco & Line Dancing 2.00pm - 4.00pm.
 Cash Bingo starts at 7.30pm.

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Fridays: NIA at 12.30. Prize Raffle 1pm. Cash Bingo at 7.30pm.

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Wendy Warner's plant of the month - Marigolds

The cheery, bright coloured flowers of Marigolds are a firm favourite in summer borders. In shades of yellow, orange, bronze and red they come in a variety of shapes and sizes. Whether you grow them from seed or buy trays of young bedding plants they are an easy addition to your summer planting scheme for sunny borders or planted containers.



There are two main types of Marigold which are part of the *Tagetes* family. French marigolds (*Tagetes patula*), are compact and bear many small blooms up to 5cm across and the plants will grow to approximately 25cm. Most French marigold flowers are fully double. When buying French marigolds in plant form they tend to just be labelled as the colour rather than a specific variety eg. Yellow, gold, orange. They are also available as a bicoloured orange and red 'Bonanza Bee' or 'Honeycomb'. If growing from seed more varieties can be obtained; 'Yellow Jacket' is a bright yellow double; 'Red Cherry' is a

bronze-red semi-double with thin yellow rim to the edges of the petals; 'Naughty Marietta' has single flowers with bright yellow petals each marked with a central deep red blotch. For earlier flowering, seeds can be sown indoors from February to April and then brought on in a cold greenhouse and hardened off before planting out when frosts are over in May to June. Otherwise, seed can be sown outdoor where it is to flower in late April to May and they will still flower in the same year. You will often find marigold seedlings popping up where you had plants last year as the seed can remain dormant in the soil over the winter and then germinates as the soil warms up. Plants will flower throughout the summer but will be killed off by frost.

All have finely divided foliage, which is strongly aromatic and can be useful to deter insect pests from other plants. For this reason, they are often used as companion plants for tomatoes and other vegetables. Their bright blooms will attract ladybirds, which eat aphids. They also attract bees, butterflies, parasitic wasps and hoverflies and these beneficial insects, in turn, prey on harmful pests like aphids, whiteflies and thrips, creating a natural pest control system in your garden. They can also be grown as a sacrificial plant as they exude a sticky sap which aphids, whiteflies and thrips find appealing, luring them away from your vegetables. Once the French marigolds are covered in these insect pests, you can simply remove and destroy the

whole plant, leaving your vegetables unharmed. French marigolds also release a substance called thiophene from their leaves that deters whiteflies.

The larger relative to French marigolds are African marigolds (*Tagetes erecta*) which are taller and produce fewer, but larger, blooms, up to 10cm across and can grow to 75cm tall.



These are just available in shades of yellow and oranges and can be used further into the border but should be in a sheltered position to protect them from strong winds as their large flower heads can make them top heavy.

Add some beautiful brightness to your garden this summer with some Marigolds!

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Gardens to visit in April

The Open Gardens season warms up this month with fine displays of colour in some of Norfolk's favourite gardens, several of which have supported The National Garden Scheme for many years. Amongst these spring openings, special treats await at Holkham Hall which will be opening the gates to its private terraces and the magical East Ruston's fantastic spring containers will be in full flow the following day. Both The Elms and Wretham Lodge follow on boasting marvellous examples of quintessential English spring gardens.



Gayton Hall, Gayton, Sunday 12th, 11-4.

This rambling semi-wild garden has over two miles of paths that meander through lawn, streams, bridges and woodland. Primulas, astilbes, lysichiton, hostas and gunnera grow along the waters edge. Adm £6, children free, dogs welcome

Holkham Hall Garden, Wells-next-the-Sea, Fri 17th, 10.30-4.

Discover the hidden corners of Holkham not usually open to the public with a guided tour of the arboretum and private terraces. Stroll through the arboretum, home to rare, majestic trees from around the world with historic features including a shell garden and former rose garden. Adm £20 including refreshments in Lady Elizabeth Wing.

East Ruston Old Vicarage, Sat 18th, 12-5.30.

Large garden with traditional borders and modern landscapes. With different types of gardens inc walled, rose and exotic ones, topiary and box parterres, water features and fruit cage and containers to die for. Cornfield and meadows, vegetable and cutting gardens, parkland and heritage orchard, in all 32 acres. Rare and unusual plants abound. Adm £15.50, children free, wheelchair access.

The Elms, Beccles, Sunday 19th, 10-4.

Gardens are set around a beautiful moated Queen Anne house, with an extensive spring bulb display as well as the stunning herbaceous borders. Wander through the formal rose garden with rose arch and take in the view of the ponds, arboretum and year round interest. Adm £5, children free, wheelchair access.

Wretham Lodge, East Wretham, Sunday 26th, 11-5.

A ten acre garden surrounding former Georgian rectory. A massive collection of tulips, hellebores, fritillaries, daffodils and narcissi; bluebell walk and small woodland walk. Topiary pyramids and yew hedging lead to double herbaceous borders. Shrub borders and rose beds (home of the Wretham Rose) traditionally maintained walled garden with fruit, vegetables and perennials. Adm £7, children free., wheelchair access, dogs welcome.

Looking forward to May, gardens open include Stody Lodge, Melton Constable. Thursday 7 May 1-5 and Heath Farm Barn, North Walsham. Saturday 9 May & Sunday 10 May 11-5.

Before visiting a garden, it is advisable to check the website for up to date information at www.ngs.org.uk.

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Snettisham Gardening Club

RHS AFFILIATED CLUB

Our membership for 2026 is £10.00 with £1.00 at each meeting attended. The schedules for exhibiting in our Annual Open Show are available from Stockley Chemist in the village or at our meetings. This is open to all who wish to enter on Saturday 11th July. Classes are available for Adults and Juniors with prize money for those achieving 1st in class and they vary from Produce and Flowers to Crafts, Art and Photography, not forgetting all important cookery classes. It is perhaps time to think about what you might like to grow or make.

On 29th April we will be welcoming Michael Croot with his display of container plants for sale and advice on preparing our plants. For this event please note we will be charging Visitors £5.00.

As always visitors and guests are welcome to join us at our meetings at a cost of £2.00 for the first visit. Meetings begin at 7.30 pm in the Memorial Hall, Old Church Road.

For further information please call Gail on 07899933840 or Addie on 01485 544754

Downham Market and District Horticultural Society

Affiliated to: Royal Horticultural Society
Carolyn Hayes

We had a fascinating talk and slide presentation by Gwenda Kyd at our February meeting. Gwenda's main interests are in plants and how we can use them. She loves learning about new plants and sharing her stories in her talks, blogs and books. Gwenda is a Bach flower remedy practitioner and has published two books, 'Molecules, Medicine and Mischief', and 'The Plants of Dr Bach'. Just as a point of interest, 'Bach' is pronounced 'Batch' in this context, rather than as in the German composer and musician.

In Gwenda's talk we explored aromatherapy - what is it and how can we use it safely to improve our health and well-being? We also looked at some plants which are commonly used to provide essential oils or carrier oils.



Community Fair – Saturday 18 April. The Community Fair is being held at Downham Market Town Hall from 10am-2pm, with refreshments. This annual event, organised by Downham Market Town Council, is very useful for finding out about our many local organisations. We will be there! Visit our information stand and learn more about our Society and perhaps even join? At still only £10 per year, including 10% off most purchases from Downham Garden Centre in Railway Road, Downham, it is incredibly good value.

Our Howdale stall – Bank holiday Monday 25 May. Do visit our Plant Stall on the Howdale on Bank Holiday Monday 25 May. This is Carnival Day, part of Festival Week. If you haven't seen our Howdale stall yet, you are in for a treat! Our members spend the previous months growing an impressive quantity and variety of beautiful plants and vegetables, which we sell at very reasonable prices to go towards our funds, to ensure that our Society can continue.

Monthly meetings We meet on the second Monday of each month, in Downham Market Town Hall. Meetings start at 7 for 7.15pm. We have a different speaker each month. If you'd like any further details or if you'd like to come along to see what we're all about (with no obligation to join), please contact our membership secretary, Judith, on 01366 501466 or email: jt.mazur@tiscali.co.uk

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Nick Torry's book launch

On Sunday 12th April, Nick Torry will introduce his debut history of Old Hunstanton called "Hunstanestune. Old Hunstanton since the Ice Age" at Old Hunstanton Village Hall.

His book is the story of Hunstanton since the end of the last Ice Age. Ever since then people have lived here and left their mark. Sometime during the middle of the seventh century AD a significant Anglo-Saxon leader probably called Hunstane was the driving force behind the amalgamation of scattered homesteads, resulting in the village called 'Hunstanestune', an Old English name meaning 'Hunstane's enclosure or farmstead'.

There has never been a history of Hunstanton through the ages. Hamon le Strange's 1918 book dealt with the early history of the le Strange family; Kath Fryer's 2000 & 2004 books described Henry le Strange's life and family and the foundation of Hunstanton town; and Mary Rhodes described mainly the early development of the town itself. In recent years books by Cord Oestmann, Elizabeth Griffiths, Jane Whittle and Anna Keay have used the extensive le Strange archive to shine a light on the history of the village during the 16th and 17th centuries. This book is intended to build on their research to give the general reader an overall view of the history of Old Hunstanton. The author hopes that it will prove interesting not just to the people of the village but to those with roots in the village both in NW Norfolk generally and beyond.

Since retiring to Old Hunstanton in 2002 he served as Parish Councillor for Old Hunstanton Parish Council for 16 years. Ever since he wrote the historical introduction to the Village Plan in 2008, he has investigated the history of the village, not only through the vast archive of le Strange documents at the Archive Centre in Norwich but through the Norfolk Heritage Explorer Records and a wide range of other documents, including some at the British Library.

He has produced three historical booklets for St Mary's Church in the village. One investigated the background of villagers who were killed in the First World War; another drew a picture of what it was like in the village in 1833 when the Royal Coat of Arms to William IV was painted. Each September he leads a Heritage walk from St Mary's Church to the inner courtyard of Hunstanton Hall and, recently, to its historic gardens, now newly restored. He has recently given talks about the history of the village in the village hall and in the Hunstanton Heritage Centre.

On Sunday 12th April he will talk more about the fascinating history of the village and afterwards, if you wish, you will be able to buy a copy of his new book, signed by the author.

Old Hunstanton Open Gardens

Open gardens Sunday 14th June 10am- 4pm. Save the date. Gardens in the village will be open to visit.

Refreshments and lunches will be served at the village hall. The hall garden will be filled with specialist nurseries selling plants and other stalls relating to gardening.

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100 Members for 100 Years: A Century of Sisterhood

Ruby Goold, Division Commissioner- North West Norfolk

On Sunday, 22nd February, Girlguiding units across the country gathered to mark a monumental milestone: the 100th anniversary of World Thinking Day.

- * Young Leaders and Adult Volunteers
- * The Trefoil Guild

The afternoon was anchored in the traditions that have defined Guiding for a

the Renewal of Promise. In a moving



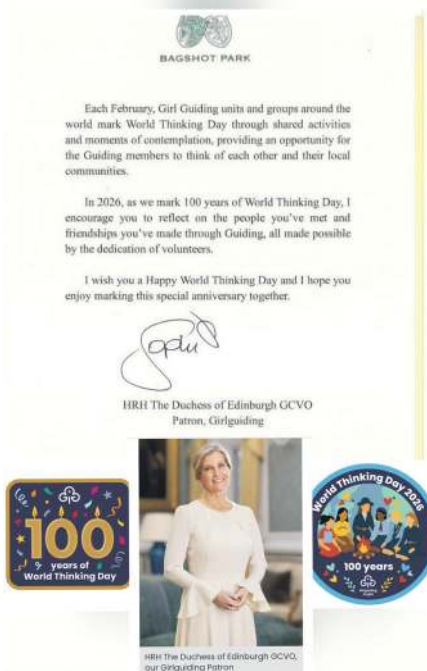
Since 1926, World Thinking Day has been much more than just a birthday party. It is a dedicated day to reflect on our global community and celebrate the 10 million sisters-in-guiding found in almost every corner of the world.



To mark the centenary, the Freebridge Lynn District (part of the North West Norfolk Division) hosted a vibrant celebration at Great Massingham Village Hall. From our youngest Rainbows to the lifelong members of the Trefoil Guild, 100 members came together to honour a movement that connects girls across 150 countries.

The event was a true representation of the Guiding journey, bringing together every generation of our local community:

- * Rainbows and Brownies
- * Guides and Rangers



century. The hall was buzzing with creativity as members crafted friendship bracelets and created a "Guiding Memories" paper chain to decorate the space.

Between high-energy games and global-themed activities, the atmosphere was one of pure joy. The heart of the day, however, was



ceremony, all 100 members stood together to recommit to our shared values of service, community, and empowerment.

The celebration concluded in the most authentic Guiding fashion: a traditional campfire singalong, where voices of all ages echoed through the hall, proving that the spirit of Guiding is as loud and proud as ever.

Join the Adventure

Girlguiding is the leading charity for girls and young women in the UK. We are dedicated to building confidence, raising aspirations, and providing a safe space for girls to discover their full potential.

We are always looking for new faces! Whether you are a young girl ready for adventure or an adult volunteer looking to give back, we would love to have you.

Get Involved: Sign up as a new member or volunteer at Girlguiding UK <https://www.girlguiding.org.uk/>

Looking Ahead: See Us at RHS Sandringham!

The celebrations don't stop here. We are thrilled to announce that our Division will be creating a Show Feature Garden at the RHS Sandringham Flower Show in July 2026! Our members are already busy planning and creating, and we can't wait to showcase the creativity and spirit of North West Norfolk Guiding at such a prestigious event. We hope to see you there!

The Burnhams Market

theburnhamsmarket@gmail.com

Now in its fourth year The Burnhams Market returns for a new season showcasing returning local artisan makers alongside new producers from the region.

Visitors to the monthly Saturday markets can browse over 30

varying stalls offering a range of curated products from handmade ceramics, jewellery and leather goods to homeware, artwork and delicious artisan food.

This season will see seven markets held at Saint Mary's Westgate Church, Burnham Market PE31 8DH open from 9.30am to 2.30pm

March 28th, April 25th, May 23rd, June 27th, July 25th, August 22nd and September 19th.

A Heart Full of Guiding

Linda Watkinson honoured with the prestigious Laurel Award
 Ruby Goold, Division Commissioner, North West Norfolk Girlguiding



This International Women's Day (8th March) wasn't just a global celebration—it was a deeply personal one for our Girlguiding community here in Norfolk.

On Sunday, March 8th, the air was thick with excitement and a very well-kept secret as friends, family, and fellow volunteers gathered at The Anvil in Congham to pull off the "ultimate surprise" for one of our most beloved members: Linda Watkinson.

In a moment filled with cheers and more than a few happy tears, Linda, who lives in Gayton and runs Gayton Guides, was presented with the Laurel Award. As one of the highest honours within Girlguiding, it is reserved for those rare individuals who go above and beyond, making a lasting impact across Districts, Divisions, and the entire County.

Linda's journey has been defined by a genuine passion for supporting and nurturing people. Whether she was leading a unit or mentoring new volunteers, her warmth has truly been the heartbeat of our Guiding community.

The celebration was a masterclass in Guiding teamwork! To keep the surprise under wraps,

we transformed the space with beautiful flowers and decorations, ensuring Linda didn't suspect a thing. The afternoon featured a delicious buffet, filled with treats and shared laughter, also a challenge quiz keeping everyone on their toes.



The highlight was the presentation of the beautiful Silver Laurel leaf brooch and certificate, presented by Pat Pinnington, President of Girlguiding Norfolk.

"I'm so delighted that Linda has been awarded the Laurel Award," shared Catherine, District Commissioner. "She has inspired girls and fellow leaders alike, creating so many Guiding memories and experiences!"

"The room was full of living proof of Linda's impact. I was personally so pleased to be there

to witness it; I was one of Linda's original Guides back in 1992, and she eventually inspired me to become a leader myself" Yo - Snettisham Guide leader.

As the afternoon drew to a close, the sentiment was unanimous: we were all so happy to see Linda's hard work and heart finally recognised. It was a perfect tribute to a woman who has given so much of herself to others.



Congratulations, Linda! Thank you for being the light that guides so many of us.



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OUR LOVELY LOW LIFE - BUT CHANGING CLIMATE

Edwin Salter



We live in a delightful and interesting region. The coast includes fine beaches, a designated area of natural beauty, and around the Wash a wetland nature reserve. Our ancient past is

represented by the Deep History coast with its mammoth remains, and revealed in beach sand have been astonishing human (H. antecessor?) footprints nearly a million years old and Bronze Age Seahenge. Inland are historic towns such as Lynn (once a Hanseatic major port and with a theatre preceding Shakespeare) and Ely (with its hill-top Cathedral). The wet Fens have long been drained (the peaty soil now shrunk down) and provide excellent farmland. With a tradition of isolation came the defiant Boudica and Hereward and the sarcastic 'Normal for Norfolk'.

We also live in a region imperilled by the sea. A massive storm brought disaster to Hunstanton in 1953 and in 1975 the pier was destroyed. Ours is Britain's most eroding coast, and the cliffs continue to crumble (as at Happisburgh). Inland is Britain's largest low-lying area, about 2000 square miles (Holme

lowest), some below sea level. Where the Great Ouse passes Lynn many buildings have flood level marks, the height increasing: defences were built about 40 years ago but now need improvement. The important Wash border ecosystems are liable to drown.

Some vested interests deny and mock climate concerns, but global evidence (thermometers don't conspire) is quite overwhelming. The warming (north highest) began 200 industrial years ago, a blink in geological time, as did the science. Simultaneously world population (now 8,200M) and energy use have soared. The greenhouse effect got its name, with a warning, early last century when the atmospheric role of carbon dioxide from fossil fuels was already proved.

Older people remember the weather of their youth as different, snowy winters and fewer odd extremes. Unfortunately the pace of change accelerates and feedback processes contribute, as when reflective polar ice melts to dark sea water that captures the heat of sunlight. Weather events become more extreme, frequent and costly (v. 'billion dollar disasters' site – increases exceed 5x since 1980s). Conflict over fresh water develops between hot dry countries. The demand for fossil fuels continues and some minerals become essential (as lithium). Added dangers are climate refugee problems and catastrophic wars for oil resources.



So what to do? The problem is global with basic circulation patterns of air (e.g. jet streams) and ocean (e.g. Gulf Stream) at risk. Cooperation is difficult in a divided world, but the need to slow climate change is urgent (v. Positive Health Online Sept. 2025, a simple introduction and suggestion). Nationally, we can pursue non-carbon energy. Wind and solar are erratic so we must improve electricity transmission and energy storage – new small scale hydropower uses a denser liquid (2026 RheEnergise). A substantial geothermal plant now functions (Porton Down) and Britain has varied water flow possibilities (river, sea, tide, waves) to increase, both reliable.

Locally, low flatness risks rain/river floods. A Wash barrage is plausible to prevent a huge sea inundation when storm factors (rain, tide, depression, on-shore gale) coincide. It would allow shipping access and maintain moderate tides to sustain ecosystems while generating tidal flow energy, the income paying cost and then profit. Current examples include the Thames Barrier (1982, protective only, operated over 200 times), an early French barrage (Rance 1966) and a recent long barrage in S. Korea (8 miles 2011 - across the Wash is about 12 miles).

It is everywhere foolish to await economic or human harm but, alas, perhaps a disaster (in a US of denial & aggression?) is a necessary trigger. Safe action is available and itself beneficial.



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Lee is a familiar face in King's Lynn, having been providing hearing care services in the area for the past eight years. Lee welcomes patients old and new to visit him for their hearing care needs.

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OLD HUNSTANTON FLOWER FESTIVAL

24-26 July 2026

Caroline Richardson

For more than fifty years, Old Hunstanton has been delighting visitors with amazing flower arrangements in our beautiful church. This year's theme is "A Few of my Favourite Things!" and if you would like to join our friendly team of flower arrangers, led by professional florist Gary Bocking, you will be made very welcome. No experience necessary! Please contact Sarah Bocking on bocking554@btinternet.com for more information.



Make a Difference - Volunteer!

If you're looking to give back to your community in a truly meaningful way, the Coastal Stroke Support and Carers Group is the perfect place to start. Our group is a friendly, welcoming hub for stroke survivors and their families, offering vital support that helps people rebuild confidence, regain independence and rediscover joy after stroke. We're now seeking passionate volunteers to help us continue this life-changing work.

Our sessions are relaxed, encouraging everyone to socialise and share experiences in a comfortable, supportive setting. Whether it's art, communication or fitness groups, or simply enjoying a cup of tea and a chat, every interaction makes a positive impact. Over the past year, we've organised outings to Thursford and the local library, and hosted talks from Care line, Lily, Norfolk Ambulance Service and ASPIRE researchers. These activities not only uplift our members but also bind our community together.

Volunteers are the heart of our group. With their help, we can expand our activities, reach more people and offer even greater support. You don't need any special qualifications – just a compassionate attitude and a willingness to get involved. Whether assisting during sessions, helping organise events or simply lending a listening ear, every bit of help makes a difference.



Costal Stroke Support Group - HUNSTANTON

Join Us – Volunteers Needed for varied roles!

Do you have a few Tuesday mornings to spare?

We'd love your help at the Hunstanton stroke group, a Stroke Association support group offering vital support, friendship and social activities for stroke survivors.

Whether it's serving refreshments, lending a hand with group activities or becoming a treasurer for the group your time can make a real difference, and we would love to hear from you.

• We meet at: **Wesley Methodist Church, Austin Street, Hunstanton, PE36 6AL** every Tuesday morning from 10.30am to 12.30pm.

• If you are interested in getting involved, please contact **Jane Larrington** on **07530074392**

• You can also email us at: **Emma.shears@stroke.org.uk**

Your support could be life-changing. Come and be part of something special.

Tea with a Pony Returns This May at The Magpie Centre

We're delighted to announce that our much-loved Tea with a Pony sessions are returning for the 2026 season! Sessions begin on 6th May and will run through until the beginning of October at The Magpie Centre in West Norfolk.

Tea with a Pony offers a relaxed, welcoming opportunity to meet our wonderful ponies up close, enjoy refreshments, and learn more about the work of Riding for the Disabled Association (RDA) and The Magpie Centre. These sessions are designed to be inclusive, friendly and accessible, creating meaningful experiences for people of all ages.

The sessions are particularly popular with:

- Local community groups
- Dementia support groups
- Care homes
- Schools and children's groups
- Social clubs and wellbeing groups



Spending time with ponies can be incredibly therapeutic. For some visitors, it brings back fond memories of horses from years gone by. For others, it's a rare opportunity to enjoy animal interaction in a calm and supportive setting. The combination of gentle pony interaction and tea and cake makes for a truly special outing.

Each session offers the chance to:

- Meet our ponies
- Learn about their personalities and daily routines
- Discover the impact of RDA sessions at The Magpie Centre
- Enjoy tea, cake and good company

If you're part of a local organisation and would like to arrange a group visit, we'd love to hear from you. Full details can be found on our website

Local Talks Available



We're also pleased to share that one of our dedicated volunteers, Caroline, is available to give talks to local groups. Caroline shares the history of RDA and The Magpie Centre, the difference our work makes in the community, and how people can get involved. If your club, society or parish group is looking for an engaging and informative speaker, please do get in touch.

We look forward to welcoming both familiar and new faces to Tea with a Pony this season, it's a simple pleasure that brings smiles, sparks memories, and strengthens community connections.

For more information or to book please contact us:

Website: www.rda-westnorfolk.org.uk



HOLME-NEXT-THE-SEA PARISH COUNCIL Parish Clerk and Responsible Financial Officer

Holme is a small but busy parish which lies entirely within the Norfolk Coast National Landscape and includes Holme Dunes National Nature Reserve plus a key section of the National Trail / Peddars Way. Our Clerk is retiring in June and the Parish Council is looking for a suitably experienced person to support our team of seven councillors. This is a varied and interesting role offering a flexible working regime with the option of being based at home or at our office in the Village Hall.

Key duties include:

- Organising, attending and reporting to meetings
- Preparing agendas, posting notices and writing minutes
- Dealing with Parish Council business including correspondence and phone inquiries
- Maintaining Parish Council records in accordance with GDPR
- Keeping financial records, processing receipts and payments
- Preparing and monitoring budgets and information for auditors
- Liaising with Councillors, local organisations and external bodies

Good organisational and communications skills are important, together with solid experience of Microsoft 365 / Office (Outlook, WORD, Excel, PowerPoint). Applicants should be self-motivated and able to plan and manage their own workload. Previous relevant experience would be an advantage but may not be essential. Support will be provided and the appointee will be encouraged to take advantage of training to improve their knowledge and skills. Salary will be based on 40-50 working hours per month with actual working hours to be agreed. NJC local government pay scales will apply with spinal point dependent on experience and qualifications.

Please apply with CV / make contact for further information or an informal chat :

Dave Watkins (Parish Clerk & RFO) Email: ParishClerk@HolmeNextTheSea-pc.gov.uk

and cc to: Lynn Devereux (Chairperson) Email: Chair@HolmeNextTheSea-pc.gov.uk

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K Brown Auto Repairs: 30 Years of Trusted, Family-Run Motoring Care

When it comes to keeping your vehicle safe, reliable, and running smoothly, trust in your mechanic matters. That's why so many drivers continue to rely on **K Brown Auto Repairs**—a local garage built on honesty, quality workmanship, and genuine commitment to its customers.

Last year marked a major milestone as the business celebrated **30 years of serving the local community**. What began as a small, family-run workshop in a tiny unit in Heacham has grown into a respected and trusted name in vehicle servicing and repairs—while still holding on to the same values it was founded on.

A Proud Family Unit

At the heart of K Brown Auto Repairs is a **family-run ethos spanning two generations**. Keith and Tamsin Brown and their daughters, Abigail and Heidi, work together to manage the business - alongside Managing Director, Kelly and Company Manager, David - with the same dedication to hard work, integrity, and customer care that started it all three decades ago.

That continuity means customers aren't just dealing with a garage—they're dealing with people who have deep roots in the community and a genuine pride in the reputation they have built over the years.

Service Built on Trust

One of the key values at K Brown Auto Repairs is transparency. Customers are always kept informed about what their vehicle needs, why the work is necessary, and what it will cost. There are no hidden surprises—just straightforward advice and clear communication.

The team understands that a car is essential to everyday life. Whether it's commuting to work, school runs, or weekend trips, the technicians work efficiently to get vehicles back on the road as quickly and safely as possible.

Expert Servicing Without the Main Dealer Price

Servicing is a major focus at K Brown Auto Repairs, and the team takes pride in carrying out **manufacturer-approved servicing** that follows the same service schedules as the main dealerships.

Using the correct parts, oils, and procedures for each vehicle, the garage ensures that cars are maintained exactly as manufacturers intend—helping to protect reliability, safety, and long-term performance. Importantly, this can often be done **at a significantly more affordable price than main dealerships**, while still maintaining the correct service standards. The team understands that this type of service doesn't always appeal to everyone, depending on service history and personal choice. That's why K Brown Auto Repairs takes a customer-led approach to servicing - the team listens to each customer's individual requirements and budget and tailors a service to meet their needs.



Customers also benefit from something that's sometimes missing at larger dealerships: **friendly, personal customer service**. Instead of feeling like just another booking in a system, drivers receive clear explanations, honest advice, and a team that genuinely cares about keeping their vehicle in top condition.

Skilled Technicians, Quality Work

Experience and expertise are at the core of the garage's success. With decades of combined knowledge, the team uses both hands-on skill and modern diagnostic equipment to identify issues accurately and deliver dependable repairs.

From routine servicing and brake replacements to suspension work and engine diagnostics, every job is carried out to a high professional standard. The focus is always on doing the job right the first time—saving customers time, money, and stress.

A Local Garage That Cares

Unlike larger chains where customers can sometimes feel like just another number, K Brown Auto Repairs prides itself on building long-term relationships with local drivers. Many customers have trusted the garage for

years—and in some cases generations—knowing they'll receive honest advice and dependable service every time.

The Brown family believes great customer service goes beyond fixing cars. It's about listening, understanding each customer's needs, and providing solutions that work for them.

Driving Forward After 30 Years

Reaching a 30-year milestone is a testament to the loyalty of the garage's customers and the dedication of the family behind it. As K Brown Auto Repairs looks to the future, its mission remains the same: delivering reliable repairs, fair pricing, and the kind of personal service that only a family-run business can offer.

For motorists seeking a garage with experience, integrity, and a genuine commitment to its customers, K Brown Auto Repairs continues to be a name drivers can rely on.

For more information, head to www.kbrownautoskingslynn.co.uk or call 01485 533786 for our Hunstanton workshop or 01553 763763 for King's Lynn. Keep up-to-date by following K Brown Auto Repairs on Facebook and Instagram.



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News from The Barking Bugle

Ziggy Bear & Miss Zsa Zsa's April Paw-Prints

Hello dear readers! It's us again — Ziggy Bear and Miss Zsa Zsa, your resident canine correspondents, reporting with wagging tails and important doggy news for April.

First things first... the sniff-tastic countdown has begun! Preparations are well under way for the Hunstanton Fun Dog Show, our wonderful annual celebration of dogs, their humans and a whole lot of tail-wagging fun. The show takes place on the 9th May and we can already sense the excitement building as dogs across the area start practising their best sits, stays and waggiest tails.

For those who haven't been before, the Hunstanton Fun Dog Show is a relaxed, friendly event where dogs of all shapes, sizes and talents can take part. Whether you've got the waggiest tail, the most soulful puppy eyes, or simply the ability to sit (sometimes) when asked, there's a class for everyone. Most importantly, it's a lovely day out for the whole community — two-legged and four-legged alike.



Our humans are busy behind the scenes organising rings, rosettes and plenty of dog-friendly activities to make this year's show another memorable one. If you'd like to come along, take part, or simply watch the canine chaos unfold, you'll be able to find all the details on our website: www.thebarkingbugle.co.uk

While you're there, do have a sniff around the Doggy Events Guide. It lists lots of other dog shows and dog-related events happening in the area throughout the year. After all, we dogs do enjoy a good day out and the chance to meet new friends.

Now, April is also a very important month in the dog world for another reason — National Pet Month! It's the perfect time to celebrate the wonderful bond between pets and their humans. We dogs would like to gently remind our humans that celebrations can include extra walks, new toys, and possibly the occasional bonus biscuit. Just saying....

With spring properly arriving, many of us are enjoying longer walks, exciting new smells in the hedgerows and perhaps the occasional muddy adventure. Our advice? Check those leads and harnesses for wear, keep water bowls topped up after energetic play, and don't forget that warmer weather means more ticks about — something worth keeping an eye on.

We're looking forward to seeing many of you at the Hunstanton Fun Dog Show next month. Until then, stay happy, stay curious and keep those tails wagging.

Woofs,

Ziggy Bear & Miss Zsa Zsa

Canine Repawters – thebarkingbugle.co.uk

Photo credit; Chris Bishop

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Project Update

Project In-Reach Expands Support Across the Armed Forces Community in King's Lynn and West Norfolk
Laura Evans

The Bridge for Heroes is pleased to share an important update on Project In-Reach and the continued progress being made to support members of the Armed Forces community.

Thanks to the generous support of the Veterans Foundation, Project In-Reach has significantly expanded its reach to new members of the armed forces community. This funding has enabled The Bridge for Heroes to provide targeted support to members of the Armed Forces community who, due to physical, psychological, or mental health challenges, are not able to access the Bridge Centre without escorted transport.



The transport provided through Project In-Reach has been a vital lifeline, allowing otherwise isolated members of the Armed Forces community to safely reach the Bridge Drop-In Centre. Once there, beneficiaries can access a wide range of services, form new friendships, and enjoy a warm meal in a safe, welcoming space. This direct support helps combat loneliness and social isolation, ensuring no one is left on the side lines due to barriers to travel or mobility.

Encouragingly, those engaged with the project have shown clear improvements in their feelings of loneliness and isolation. Participants report increased confidence, stronger social connections, and a renewed sense of belonging. These outcomes highlight the importance of removing barriers and making support truly accessible.

The commitment remains clear: no member of the Armed Forces community should feel unable to access support because of physical, psychological, or mental health challenges.

Get in Touch

Any member of the Armed Forces community who requires escorted transport to access the Bridge Drop-In Centre is encouraged to get in touch with The Bridge for Heroes:

Address: The Bridge for Heroes, 52A South Clough Lane, King's Lynn, Norfolk, PE30 1SE

Phone: 01553 760230 (Monday to Friday, 9 am – 4:30 pm)

Email: contact@thebridgeforheroes.org

Website: www.thebridgeforheroes.org

Project In-Reach is more than a programme — it is a commitment to connection, accessibility, and care, ensuring that every member of the Armed Forces community has the opportunity to engage, connect, and feel supported.



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SEND provision

Terry Jermy MP

In the weeks since my last column, I have received the amazing confirmation that a new Special Educational Needs and Disabilities (SEND) school will be opening at Ryston End in Downham Market using £20 million in Labour Government funding.

Through my work as a youth worker prior to becoming an MP, and my experience in local government, I was acutely aware of how urgently more SEND provision was needed in West Norfolk. It was for this reason I set out to hire a SEND Specialist Caseworker to form part of my team – one of only two MPs in the country to do so.

Since the election, I have been lobbying the Government to fund a new SEND school and was thrilled when they announced £20 million in funding to do so in December. However, the choice for how to spend that money – be it on building a new SEND school or on creating more places in mainstream settings – was left with Norfolk County Council to decide.

In January, I launched a community campaign, calling on the Council to commit to the new SEND school. For too long, West Norfolk has suffered from a lack of SEND provision, which has resulted in children being forced to travel many hours for their education every single day. In many cases, children are stuck in entirely unsuitable settings or receiving no education at all.

Almost 800 residents joined my campaign, resulting in the Council approving the

decision. Thank you to everyone who supported the campaign. This is a victory for West Norfolk families, and most importantly, a victory for our children.

Also, over the last couple of weeks, the Government has set out its proposals regarding wider changes to education in the Schools White Paper.

I was particularly keen that the impact of rurality was considered by the Government whilst they were exploring changes to policy, and to help guide their decisions, I held several SEND roundtables for families and schools and conducted two SEND surveys over the autumn.

Through this work, we collected the views of more than 100 South West Norfolk families, and from there, compiled a list of key observations and recommendations which I then presented to the Government earlier this year.

One of the recommendations I called for was mandatory SEND training for all education, health and care professionals, and was delighted to see the Government announce a landmark £200 million SEND teacher training programme.

I also called for better provision locally, which is why the launch of the Government's 10-year plan to revitalise school buildings is so welcome. Children with additional needs and disabilities can thrive at our local schools, but schools need the support and funding to make sure they are inclusive and able to meet



the needs of all children.

For years under the previous government, our education system was underfunded, resulting in a lack of suitable and accessible settings, and I am pleased our Labour Government is working to address this.

Separately, another consideration I called for included a push to have farming in the curriculum. As MP for a rural area, farming and the environment are of particular importance to me, and I want to ensure our children are taught about these crucial topics. I regularly visit schools in the constituency and am always so proud of the great work undertaken by our teachers and other educators. I am determined to get them the support needed to allow all of South West Norfolk's children to achieve and thrive.

terry.jermy.mp@parliament.uk

Wild in Westminster and West Norfolk

As we move into spring, it is perhaps surprising to be talking about high heating bills. But events in the Middle East are having consequences here at home with disruption of fuel supplies increasing prices for people needing to restock their heating oil. Everyone hopes the disruption and impact on the economy of the military action will be short-lived but there's no guarantee of that.

Across North West Norfolk, and particularly in our rural villages, over 20,000 households are off the gas grid. Many rely on heating oil to warm their homes and have seen sharp increases in prices. I have had many constituents contact me to share examples of where orders had been cancelled unilaterally or they were charged much more to have them honoured.

As I write, the Prime Minister has responded to concerns from MPs and others to announce £53 million of funding to support the most vulnerable. In addition, the Competition and Markets Authority is investigating potentially unfair practices and I have shared examples from constituents.

Higher energy costs are also a challenge for businesses, particularly in hospitality, already facing higher national insurance, wage costs, and business rate rises from this month. One of the worrying trends I am concerned about, is increasing unemployment – particularly for young people. We are in the bizarre position where the government has put up the costs of employing people and is now having to pay employers to take on people.

Prices at the pump have also been rising. And things could get more expensive if the government removes the 5p a litre cut introduced by the last government. This would make it more expensive for people and businesses to get around. While not certain, it seems as if the Chancellor may think again – rest assured I'm encouraging her to do so.

Despite the challenges, I remain optimistic that we can get the economy moving and the recipe is simple. Keep the burdens on

business low so they can invest in their staff and businesses. Keep the burden on people low so they can afford to spend, enjoy a meal out or activities. And as with a household budget, keep government spending under control and live within your means.

While the prescription is straightforward, it requires determination to deliver and make difficult choices. If the government continues to duck them, then the increasing feeling that people are working harder for less will endure. It doesn't have to – there is an alternative if the government changes course.



Finally, it is encouraging to see the calendar of events shaping up well for this summer from open air cinema, to the new beer and gin festival, and of course the Soapbox Derby. And Wild West Norfolk Festival of country music returns on 4 July. Plenty to enjoy and support!

Have I got your attention?

If you are a business owner and you'd like to advertise, we have space for you in Town and Around.

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Borough Council news

Cllr Terry Parish, Heacham Ward which includes Sedgeford and Fring

Updates from the March article: The planning application in Docking, related to its proposed connection to Heacham Waste Water Treatment Works, was again deferred. This time, apparently, because officers could not understand the data provided by Anglian Water. The issue seems simple; the works does not have capacity to handle new developments until it has been upgraded which is scheduled for 2030-35. The Local Plan runs until 2040 so there is time for new development to connect to a functioning sewage plant.

A statement from the Environment Agency has revealed that Heacham Waste water Treatment Works has exceeded its permitted Dry Weather Flow in two of the last 5 years. DWF is the volume of treated water allowed in periods without rainfall. The excess is at a level which triggers enforcement. The statement also says that the works discharges into a tributary of the Heacham River that is classified as having a 'poor ecological status'; the river discharges into the sea and more ultra violet light treatment is needed.

The EA also states that there may be more constraints at the treatment works such as flood risks from increased flows or limited network capacity, which they are not aware of. Cumulative risks from planned growth should be considered. It remains clear to me that new development should be put on hold. The tourism industry will suffer otherwise and that might be taken more seriously than the impact on the people who live in Heacham and enjoy their local sea and beaches.

The budget was passed at Council and increases to Council Tax, fees and charges will be as predicted. There was a surprise just one week before it was signed off, £4.4 million extra has flowed into the Borough following corrections and changes by Government. Of this, £750K has been set aside to fund changes needed for Local Government Reorganisation; £1.5M for risks associated with savings and efficiency; £1.2M to bolster general reserves; AND £0.5M for a new Community Projects Fund.



This new fund is accessible by Borough Councillors who can put forward projects costing up to £75K. Details of criteria have yet to be revealed but, from limited information so far provided, they should be projects which support the community and not funded from elsewhere such as Parish Councils or the Community Infrastructure Levy. So, suggestions from you please. Heacham Library will be pleased to act as one 'collection point' for ideas and/or email them to me. The fund will, no doubt, be gobbled up so the early bird may get the tastiest worm. One large project or several linked ones could be considered. I will know more during April.

A large project, well out of the new funds league, has been completed. The new library in Kings Lynn which cost £17m overall with around £7m from Towns Deal (previous Government funding) supplemented by £10m from NCC. I joined other councillors for a pre-opening tour and was impressed. The three-storey conversion of the concrete block which was the old Argos building, provides a community hub with a well-stocked modern fiction and children's library on the ground floor, non-fiction and reference resources on the first, and class/study/meeting rooms, including a fully equipped food technology classroom, on the top floor. Each level also has well considered areas for individual working, reading, or chatting.

The building has essentially been retained but reworked far beyond its original function as a store and nightclub. Councillors who are native to the Borough shared their memories of the nightclub and skateboarding on the roof, apparently a popular activity in its time.

The rededicated building is the first in Norfolk to have a passport. This doesn't mean it can travel but is a record of all the materials, old and new, used within its construction and refurbishment so that any future changes, replacements, or demolition can enable full recycling. Together with solar panels, rain water harvesting, a green (living) roof, and minimal original structure loss, it is a very green building which will no doubt win awards. Visit it!

And visit Heacham independent library too. It is celebrating 25 years of existence supported by the Parish Council which currently leases the Church Hall on the High Street. The library is run by volunteers and the book selection, updated on a regular basis, is excellent. IT resources are very good. Frequent interesting displays celebrate local history and activities, and don't forget the jigsaws!

Next month the on/off/on County Council elections will take place. This is two years before both County and Borough councils will be replaced by a new unitary council. Whether this is a single one covering all of Norfolk or three unitaries, one of which will include West Norfolk, should have been announced before this article is published.

I think local interests will be best served by a County Councillor who is also a Borough Councillor so that the reorganisation period over the next two years can be used efficiently and effectively.

To that end, my intention is to stand for election as County Councillor for the Docking Division in May. This Division includes Heacham, Sedgeford, Snettisham, Docking, and villages between and beyond. I have not yet registered that intention but time is short and it is difficult for an Independent to arrange publicity as I have no party machine to create and distribute it.

County Council Elections 7th May 2026

Candidate: Terence Parish



I am standing for election in the County Division of Docking. This extensive area includes Heacham, Snettisham, Sedgeford, Fring, Docking, Great Bircham, Bagthorpe, West and East Rudham.

I have been an Independent Borough Councillor for Heacham Ward for almost a decade and a Parish Councillor for longer.

Borough Councils (District) and the County Council will end in two years and be replaced by one, two, or three Unitary Councils (government to decide and may have done by publication).

I have no political party interests and am not a former member of any. I have always been an independent and enabled the administration of the Borough Council to become Independent in 2023, leading it during its first year. I want the new unitary to be independent too, as that will serve the best interests of local people.

Change is best started now before reorganisation accelerates and political groups seek advantages to parties rather than to people.

Address: 1, Woodside Avenue, Heacham, Norfolk, PE31 7EW
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Hunstanton Society

Our February talk given by Brian Hallard at the Princess Theatre was definitely a good move as we had 102 people attending, a number we definitely would not have been able to fit into the Heritage Centre.

Those who attended were met with a comfy chair, a table light, a few drinks and a microphone sitting on the front of the stage in the theatre. We were entertained by Brian with an account of his life that started out with his birth (thankfully not too much detail about that) and ending up after having worked here, there and just about everywhere here and abroad. What a life he has led! The audience were duly amazed at the variety of work that Brian has done from shop keeping at his parent's shop, chauffeuring for the Kuwaiti Embassy, and organising concert tours for bands including his own (playing the piano that he actually was not able to play!).

Thank you Brian, and now you run the Princess Theatre and bring in bands, shows, films and endless numbers of entertainment programmes, not forgetting the pantomime. Keep up the good work!

EVENTS TEAM UPDATE

Easter is nearly upon us, and the Heritage Centre will be open over the bank holiday weekend, including Easter Monday on the 6th April. If any volunteers would like to offer additional hours from 1000 to 1400 on the days over the weekend, (that is Friday 3rd, Saturday 4th, Sunday 5th and Monday 6th April), we will be able to open our doors.

Barry will be with us on Good Friday, in addition to his regular Saturday slot, to entertain visitors with his expertise and fossil collection. We also plan to have an Easter Quiz in the Heritage Centre for visitors to enjoy. There will be some easter egg prizes so bring the grandkids along!

APPEAL FOR INFORMATION



Pat Richardson would like to know if he might be correct in saying this photo was taken on the cliff top at Hunstanton past the Lighthouse looking at Old Hunstanton in the background. With his knowledge of farm machinery, he thinks the date would be just post-war.

Does anyone remember such activity taking place there, and/or can confirm the location?

Please contact our Secretary on secretaryhunstantonsociety@gmail.com if you know the answers!

New features in the Heritage Centre for 2026

Overhead Railway in the Brian Holmes Railway Room. We have had one or two teething problems resulting in it being disabled for a few days but should be switched on again very soon. The work mainly carried out by Chris Evans of the King's Lynn Model Railway Club will continue to be worked on and enhanced.

Some displays continue to be revamped, in particular, the boards opposite the front entrance with the Boating Lake and Blue Lagoon

where we have added a section showing some of the World War II photos and memorabilia as well as the siting of the plaque that we organised last Summer in memory of Tony Armstrong along with the large files of photos and listings that Tony had left for us. Thanks must go to various members of the Society including Mags Armstrong and Jackie Cunliffe and some others for pulling all these together and presenting them in an impressive library. There is a huge amount of information in the files now kept in the Tony Armstrong corner.

We do have plans to create some new displays over the next month or two. One plan is to create a display about the Entertainment put on offer in Hunstanton since the start of the new town of 'Hunstanton St Edmunds'. This should be very interesting. If any member or others have any photos or material in this regard, we would be delighted to hear from you. We do have quite an archive of material so we are not short but it is always lovely to see what other stuff is available around and about.

Objects of Interest – Golden Lion Artifacts

The Golden Lion has always been central to the story of Hunstanton. Built for Henry Le Strange, it became known as "Henry's Folly" as it stood remote for 15 years on the cliff top, awaiting the rest of the resort.

In 1859 the only roads were a track leading up to the Golden Lion hotel and Chinglepit Road (top of Westgate). It was originally known as "The New Inn", and briefly "The Royal Hotel". By 1864 it was "The Golden Lion", the railway had arrived, and the seaside resort was being built.

In 1883 the Hotel was being run by Nourse & Rowell, and it was also being used as a bottling plant (Rowell later ran the bottling plant at the top of Chapel Lane). There are several bottles in the Heritage centre labelled "Golden Lion" – often beach finds.



The Heritage Centre also has on display a silver cup or small tankard. This is stamped "Golden Lion Hotel Hunstanton" on the base. Also there is a match book – with the telephone number "18", this dates it to before 1951.

The hotel also features on many postcards and souvenir items, such as this piece of Mauchline Ware.

Those of us taking cover in the "Mercy Gray Shelter" may not know that its maintenance is the responsibility of the Hunstanton Society, who moved it from Chapel Bank to its current site near the lighthouse. This was built for Captain Gray in memory of his late wife Mercy Gray. This 1926 advert shows the Golden Lion under the ownership of Captain (C. Ernest) Gray, who was responsible for several hotels in Hunstanton and Old Hunstanton.

Visit the Hunstanton Heritage Centre, just up the road from the Golden Lion, to find more of the history of Hunstanton through its objects. We are often told by residents that they have never visited before, not realising it is actually a museum (Free Entry! Donations Welcome...)

Philip Thomas, Hunstanton Society

See the diary pages 76-77 for details of the April talk.



"One pair of specs do everything", or perhaps not?

In today's world we have many things that make our busy lives easier, and that includes varifocal spectacles. One pair of specs, on your nose, see distance, middle and up close, perhaps make them in Transitions material so they react to the sunlight too? My Mum used to say she had four pairs in one if you counted the light reactive tint, and I would agree, I have specs like that myself.

When dispensing, I do like to mention that although varifocal lenses are great, they do most things very well, most of the time, but not everything perfectly all the time. It's a case of managing expectations.

There are rare occasions when a client returns who is not entirely happy with their new varifocals. After discussions it generally turns out that they are fine for most day-to-day tasks, but in certain situations they are not as good as the client hoped for. More often than not, it is work related.

One of the most challenging situations can be working in the office, it's busy, things have to be done with accuracy and often to a deadline,



demand on our visual system is high. Annoyance with your new varifocals is quite understandable when you consider the manufacturer of these complex lenses. Due to the changing focal power of the lens, the middle zone has the smallest field of view, and this is the part we would generally need for a computer screen.

Nowadays I hear folks say that they work with more than one screen at a time, thus making this field of view more impractical. So, our lens manufacturer, Essilor, have developed "Varilux Digitime", a new generation of occupational lenses for patients who use digital devices daily or have other near or intermediate vision activities. There are three versions, Room, Mid and Near, so we can tailor your specs to the demands of your lifestyle and workplace. It does mean that you almost have to do a task analysis before choosing the lens type but it is these discussions that are so important when dispensing spectacles.

Yes, it does mean another pair of specs, but it's a case of having the correct tool for the job and we do spend a lot of time at work. Essilor has introduced the multi-pairs promotion again this year, so the second pair of lenses can be half-price. Travel to work in your regular varifocals, change to Digitime at work and then swap back in time to go home, that's our routine in the practice and it works a treat!

Pop in for a chat about spectacles designed for your lifestyle and busy workplace. We look forward to seeing you soon.

Annette

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Fishers, Hunstanton, Norfolk

There are newer, more fashionable chippies on the north Norfolk coast, but I've eaten at them all, and the best is the shop on the Green that has been serving since the 1950s. Most fryers make a big deal about their "signature batter", but Fishers is the lightest and crunchiest I've tasted this year. There's a charming restaurant, but unless it's raining you'd be mad to use it when you could sit on the Green overlooking the sea, or walk for five minutes up Cliff Parade to find a bench in Esplanade Gardens and watch the sun set over Lincolnshire.

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Letters to the Editor

High Street Pedestrianisation plan

I hope the local council seeks a proper canvass of opinion before trying to turn Hunstanton town centre into a no-go area (sorry -'a lively, interesting friendly space'). Proposals to pedestrianise the High Street and Westgate area can only serve to decrease the footfall of people who live here all year round.

The provision of car parking spaces (after all, only for a maximum of 40 minutes)

at present is vital for many elderly people who want to access the shopping on the High Street.

We all know how difficult it is to get visitors from the seafront to the High Street-take away the option to drive and park there and businesses will suffer even more

Having visited towns the size of Hunstanton all over Europe in recent decades, almost all of them have retained accessible parking near shops and businesses.

Take away that, and the areas become a dead space for most of the year.

It's bad enough to see empty shops in Hunstanton centre now. Don't make it any worse by creating empty streets.

John Dickinson

-oOo-

SINK -HOLE v POT-HOLE

Have you heard the news from Sunny Hunny
How the Council is spending ratepayers' money
To fill a sink-hole they say they've planned
To spend at least a hundred grand
So every Harry, Dick and Tom
Can safely stroll along the Prom

Remember this when on the A149
You hit a pothole you can drop a line
To the Council, who obviously care a lot
And ask if they can use the pot
Where they found the 100 K to fill the sink-hole
Because to fix the pothole should also be their goal

Barry Beales

Thornham Village Hall news

As the first signs of spring begin to appear around the village, Thornham Village Hall is looking forward to a lively season of art, film and community events.

The Hall will soon be welcoming back a number of artists and artist collectives exhibiting a range of work. Visitors will also have the opportunity to bring along paintings and artwork for a free fine art valuation with Cheffins – so if you have a picture tucked away in the attic, it may be worth more than you think!

Our monthly Thursday Film Night returns on Thursday 16 April. Looking ahead to May, we will also be screening National Theatre Live's production of All My Sons. For those wishing to make a full day of it, there is the option to turn it into a "theatre Sunday" with a delicious two-course meal either before or after the screening at The Orange Tree.

Further ahead, on Saturday 6 June, Thornham Open Gardens will return in support of Thornham Village Hall & Playing Field and Thornham All Saints Church. A selection of gardens across the village will open to visitors, and the Village Hall will host children's activities, making it a lovely day out for families.

Full details can be found at www.thornhamvillagehall.co.uk or through our e-newsletter (email pr@tvhpf.co.uk to join the mailing list).

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News from Brancaster Village Hall (BVH)

Geoff Wingrove

It is always pleasing to report a success for the village: our resident artist, AJ, has secured a three-month slot at RSPB Titchwell to exhibit his wildlife pictures. Do come along to the Open Studio at BVH – it is a really worthwhile visit.

The Brancaster Baby and Toddler Group had a very successful half term and goes from strength to strength, thanks to the untiring efforts of organiser Annie. Do make contact if you have a baby or toddler (Tuesday mornings 9.30 to 11.30am): it's a great experience for children and adults.

Regular groups continue to meet, including Yoga, Baby and Toddler, Pilates, Scottish Dancing and Mobile Library: details on our website.

Dates for your diary

Saturday 4th April: Easter Bash, featuring Oz Unplugged performing two sets.

Saturday 23rd May: Thai Food Night, 6.30pm for 7.00pm, the return of a very popular event. £30 per person, with free raffle to win a magnum of red wine.

Saturday 25th July: Brancaster Summer Party: Annual village celebration to be held on the playing field and in BVH. There will be a BBQ, live music and Pimms tent.

Bar 71

Our usual events are taking place, including Quiz Nights and skittles, with facilities for snooker and darts; specialist beers continue to be stocked.

Brancaster Stores and Post Office

Staff are looking forward to spring and summer and the very busy times to come. The shop now stocks seasonal cards and gifts as well as the usual extensive range of food and drinks. Don't forget the wide range of services offered by the Post Office, which is open seven days a week.

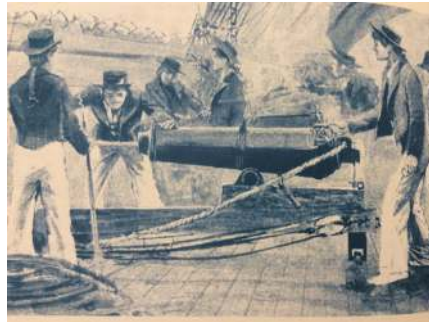
Further information about these and other activities can be found on our website at www.brancastervillagehall.communitybookings.co.uk or on Facebook and Instagram. For enquiries, please contact us at bvhsetup@gmail.com

FROM THE BRANCASTER PARISH ARCHIVE: THE LIVES OF ORDINARY SEAMEN IN THE NAVY OF NELSON'S TIME: PART TWO

The crew was usually organised in two watches, so that half was on duty at any one time, though this could be occasionally arranged by the captain into three shifts. There was a number of men known as "idlers" who did not serve a watch, but who carried out a range of non-seaman duties, such as cooking and assisting the surgeon. The day was divided into seven segments, each signalled by ringing the ship's bell at half-hour intervals – hence four bells sounded in the day watch indicated two hours into that watch.

Food and drink were very important to the crew. Portions were, on the whole, more generous than those that would have been available to the working class on land, if often of a very poor quality. Seamen's workloads were very arduous, and therefore sufficient food was vital to them being able to undertake their duties.

hold for years and was of very questionable quality. Each day, besides the gallon of beer, the men were given a pint of rum (grog), which was a quarter-pint of high-proof rum diluted with three-quarters of a pint of water. Tobacco was also commonly available, but was chewed rather than smoked for obvious reasons, given that the ship was principally constructed of wood.



Gunnery practice

Medicine and surgery were carried out by the ship's surgeon and his mates; treatments were very rough-and-ready and much depended on the skill and training of the surgeon. The only anaesthetic was rum and, occasionally laudanum, and the use of gags was commonplace. Most wounds to limbs resulted in amputation, and the death rate for wounds was very high. The ship had a sick berth or area, usually below the waterline, and operations were mainly carried out on the orlop deck, using the midshipmen's chests as an operating table. Disease was a major factor in illness and death, given the close proximity of living conditions, accounting for most deaths by far; a daily dose of lime or lemon was issued in order to control the incidence of scurvy. The key to the health of a ship's crew was to keep the vessel scrupulously clean and aired, along with regular washing of clothes.

On the rare occasions when the men had free time, they would amuse themselves by doing scrimshaw – a type of carving of ivory or bone – or embroidery. They would also sing and dance and tell stories, with the ship's

fiddler or fife player providing the music. Gambling was forbidden, but went on anyway, covertly.

Discipline was severe, and for more serious offences resulted in a flogging with the infamous "cat-o-nine-tails", which often left a man scarred for life. On board ship the captain had absolute authority to award and carry out punishments: taken to the extreme, this could result in mutiny against a sadistic captain. For the most serious offences, or those involving officers, a court martial was required, necessitating several captains to sit in judgement. These capital offences could result in the death sentence or flogging round the fleet, which often ended in the death of the seaman.



A frigate entering port



A ship of the line

Bread and beer were served daily – beer was infinitely preferable to ship's water – with a gallon of the latter for each man. Beef, pork, pease, oatmeal, butter and cheese were regular foods which could be supplemented by fish caught by the crew. Skillygalley, a type of porridge, was a favoured dish, as were duff, burgo and figgy dowdy. The bread was ship's biscuit (hard tack) when at sea, and often had to be rapped sharply to remove the weevils. The meat at sea was salted pork or beef, which had often been stored on land or in the

It may come as a surprise that women were often found on board ship on an unofficial basis. When in port, wives were allowed on board, but had to share the accommodation usually used by the crew. The captain, and at his discretion occasionally officers, could have wives or women with them at sea; the standing warrant officers who had their own cabins often had their wives with them. These women worked in the sick berth, undertook laundry and mending tasks, or looked after the younger boys who were on board. The pictures show a frigate entering port, gunnery practice and a ship of the line.

National Coastwatch Institution (NCI) Brancaster

It has been another quiet month as the volunteer Coastwatchers at the Brancaster station gear up for the spring and summer influx of visitors to the beach and coastal waters.

A number of Coastwatchers attended a workshop involving HM Coastguard, Inshore Fisheries, Home Office and Norfolk Marine Police. These sessions, which are very productive in terms of information exchange, demonstrate the importance of joint agency working and liaising.

There have been two new joiners this month and one successful certification: congratulations to Luke on completing his training.

The pictures show Barney Bear, the mascot of National Coastwatch Brancaster. He has become a social media sensation, and we encourage you to visit our Facebook page to see more of him as he progresses through his training. Barney may well be at the Costa Coffee Hunstanton event.

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



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A Slipper Chapel

Russell Lyon

The Slipper Chapel, the Catholic National Shrine of Our Lady or to give it full title: Basilica of Our Lady at Walsingham was the last stop for pilgrims on their way to the Walsingham and the then world - famous Walsingham Shrine at the Abbey. The Chapel is in Houghton St Giles about a mile south of Walsingham. An old railway line now called the Pilgrims Way leads directly to the Abbey at Walsingham and is an easy 30 - minute walk and very pleasant if the weather is good. Pilgrims would stop at the Chapel to go to Mass before slipping off their shoes or boots to walk barefoot as tradition dictated to the Priory of Our Lady of Walsingham where the vision of the Virgin Mary mother of Jesus was seen in 1061 by a Saxon noblewoman Richeldis de Faverches. The short walk replicates the journey that Moses took on Mount Sinai as he was walking on Holy Land. This has given the name "Slipper" to the Chapel due to the barefoot tradition although some think it might be due to an old English word "slype."



Wayside chapels were very common in Catholic England until the Reformation and Henry V111 put paid to all that. The chapel was originally built in 1325 as the last and most important stopping place before Walsingham. The focus of the Pilgrimage -the Abbey and Shrine in Walsingham was dismantled by Thomas Cromwell who was chief minister to the King and acting under the Kings orders in 1538. There was little doubt he (Cromwell) relished the job. The Priory Shrine was destroyed and the site sold to a Thomas Sydney for 90 pounds.

The Slipper Chapel was not pulled down and became instead at various times a poor house, a smithy, a cow shed and a barn which saved it from demolition before it was bought

and restored to the Catholic Church in 1896 by Charlotte Pearson Boyd. It was re -founded



Slipper Chapel



Inside the Slipper Chapel

in 1897 by Pope Leo X111 and the ceremony of rededication was conducted in the Lady Chapel of the Church of Annunciation in Kings Lynn as that was another Shrine on the Pilgrims Way relating to Walsingham. It was also the parish church for all Roman Catholics in North Norfolk and can still be visited today. The Slipper Chapel itself is small and quite lovely inside and a haven of peace and devotion for the faithful. The Holy Ghost Chapel next to the Slipper Chapel houses Holy Relics.

Most pilgrimages now end their journey here but a few go via the Pilgrim Way onto the Anglican Shrine of Our Lady in Walsingham or visit the Abbey ruins of the original Shrine before it was destroyed by Henry. The Anglican Shrine in Walsingham was restored by Father Hope Patten in the Parish Church of St Mary in 1922. He had a new beautifully carved statue of Our Lady and once dedicated it became once again a focus for devotion. The original statue was destroyed by Cromwell



Chapel of Reconciliation

probably at Smithfield. This Anglican Shrine being Episcopal is quite separate to the Catholic Shrine.

In Houghton St Giles the Chapel gardens has a Holy Well which is used for its healing properties and anointing. The Shrine grounds have 14 oak crosses which form a Way of the Cross through the gardens, a café, a shop and a visitors centre. The large barn like building which dominates the grounds is the Chapel of Reconciliation which inside is quite beautiful and can accommodate a large number of celebrants. This building has to be big as The Shrine receives up to 250,000 visitors a year.

When the original Shrine in Walsingham was built in 1325 it was dedicated to St Catherine the patron saint of pilgrims to the Holy Land. Her tomb lies in the monastery on Mount Sinai within the Basilica of the Annunciation. The first mass in the Slipper Chapel since the reformation was celebrated in the chapel in August 1934 and on 8th September it was reconsecrated by Bishop Youens of Northampton. In 2015 Pope Francis declared the Slipper Chapel as a minor Basilica. A Basilica is a church of special importance and designated as such by the Vatican for its spiritual, historical and architectural significance. A large number of pilgrims come every year and the Shrine calendar has a programme of major pilgrimages from March until October.

You can conclude your visit by visiting Walsingham village itself, see the ruins and grounds of the Abbey and the site of the original shrine. Especially in the Spring, a walk among the host of flowers growing there is even if you are not religious is a wonderful and uplifting experience.

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Dark skies of West Norfolk

Terry Parish

April, twixt Spring and Summer, the lengthening day means you have to stay up a little later to see things in the heavens. Fortunately, two planets visible this month are bright and a third appears close to the Moon one night which makes it easy to find.

Venus, the Evening 'Star', rises high in the sky so no need to go to a beach or the cliffs and it doesn't set until around 11pm. With a magnitude of minus 3.9 you won't miss it shining in the west (unless cloud comes in).

Venus can be a beautiful sight especially when it appears close to a Crescent Moon or a star cluster. It manages to do both on the 18th and the 19th. When the ancients gave it the name of the Goddess of Love, they didn't know what it was really like and neither did astronomers nor science fiction writers right up to the 1950's when Venus was portrayed as a humid jungle world perhaps populated by large creatures akin to Earth's dinosaurs. Venus, of similar size to the Earth, and covered by cloud, was seen as a sister planet, still evolving.



Landing on Venus 75 years ago. Internet

We now know that its clouds that reflect sunlight so well consist of sulphuric acid vapour suspended in a dense atmosphere of carbon dioxide. This exerts a pressure at the surface equivalent to that found at 900 metres depth in our oceans. If that wasn't enough, the temperature is at 460 oC, making Venus hotter than Mercury. Any surviving tourist would be entertained by volcanos of which there are 1600 large ones.

Jupiter is the other bright planet at magnitude minus 2.3 which, in the magnitude scale, means it is 1/19th the brightness of Venus. Jupiter has been with us for months and you can track it from ENE to the west as it moves across the arc of the sky named the ecliptic. Remember it is the Earth rotating towards the east which creates the impression that planets and stars are moving towards the west. Jupiter rises around Noon and sets in the early hours so plenty of time to spot it and its 4 largest moons Io, Europa, Ganymede and Callisto, discovered by Galileo Galilei (and less known Simon Marius who gave the moons their names) when I was a lad in 1610. Spotting it in late afternoon is not as daft as it sounds. Blue sky will block it out to your eyes but a phone app will locate its position and a telescope, or binoculars will find it. Take care not to point instruments at the Sun.

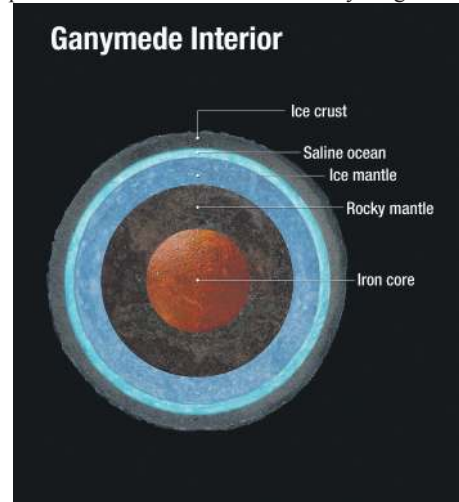
The Galilean Moons would be considered planets if they independently orbited the Sun, Ganymede being larger than the planet Mercury. The other 93 moons of Jupiter are lumps of rock or captured asteroids and make up a tiny amount of the mass which orbits the planet – it is almost all in the 4 you can see. Powerful binoculars or a small 'scope will reveal the moons, particularly Ganymede.

Ganymede has a very large internal water ocean, a liquid iron core, a magnetic field, and a thin oxygen atmosphere. Home from home except for the surface temperature which ranges between minus 203oC and minus 121oC.

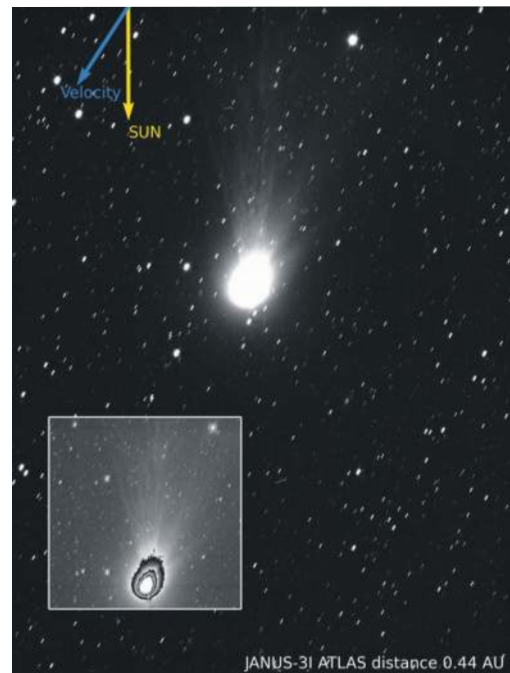
The Jupiter Icy Moons Explorer, JUICE, mission was launched by the European Space Agency in 2023 and will arrive at Jupiter in July 2031. It will look at Callisto and Europa before settling in orbit around Ganymede in December 2034. It will have company, as NASA's Europa Clipper will make several flybys of Europa from 2030. That craft will be near Earth this December for its final gravity assist – a

planetary enabled slingshot to reduce fuel requirements.

The third planet visible this month will need young or very keen



ESA Internet



JUICE saw a comet during its spiralling route that will lead it to Jupiter. Note the dust trail. ESA



Artist's impression of the Clipper at Europa, a moon with possible life! NASA

eyes as Uranus has a magnitude of +5.8 so is just at the limit of unaided vision and is 8000 times dimmer than Venus. Very steady binoculars or a small, mounted, telescope, will gather sufficient light for you to see a dim, bluish dot. You just need where to look. If you have an app like Stellarium on your 'phone that will do. Otherwise, on the 23rd, at 10pm, Uranus is just to the bottom left of the Moon about two moon widths away.

The dust trail left by Comet Thatcher is intercepted by the Earth from the 16th to the 25th. The Lyrid meteor shower is the result and peaks on the 22nd. If the sky promises to be clear and you are keen to see them, after 2am on the 23rd see the Moon out of the way so the streaks left by dust burning up in the atmosphere will stand out. Whether then or earlier, let your eyes become sensitive in the dark for 15 minutes, use red light torches (a normal torch with a red plastic lens cover, or a bike brake light if they still exist).

The Earth also intersects the dust left behind by Halley's Comet between April 19th and May 28th, the resulting Aquariid meteor shower peaks on the 5th/6th May. So, if you see any meteors between 19th and the 25th, will it be a gift from Thatcher or Halley? Backtracking meteor trails leads to the radiant and the Lyrid's is in Lyra whilst the Aquariid's radiant is in Aquarius. However, it is best to keep your eye on the whole sky which means reclining on your back if you can.



Zodiacal light. Internet

The area of space about 9 degrees either side of the ecliptic is called the zodiac and within this volume of space much of the dust particles that exist between the planets orbit the Sun. At this time of year, at dusk, the ecliptic rises steeply from the horizon and the Sun illuminates the dust particles creating an ethereal glow rising up towards the zenith shaped like a conifer. This is the Zodiacal Light only visible in a very dark sky. In the autumn it can appear before sunrise giving a false dawn.

In a very dark, clear, sky, Zodiacal light produced in the west is reflected back from dust immediately opposite in the east and vice versa. This weaker light is the Gegenschein or counterglow.

Finding Venus and Jupiter will be easy. Turn an instrument on them and see what phase Venus displays and what positions the Galilean Moons are in. They will change during a nights viewing and each night too. Set yourself a challenge to find Uranus and show yourselves better than politicians. Unless you are in a good spot, elsewhere in the world, and very lucky, the Zodiacal light might escape you and if you see the Gegenschein I will hand over this article to you. But you can still think of those billions of orbiting dust motes dancing in the rays of the Sun.



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Hunstanton Lifeboat Station



As Winter slipped astern we were sharpening our skills with some challenging exercises before our busy period from Easter onwards kicks off.

Our volunteers train regularly to ensure they are at the top of their game when it comes to everything from navigation and local knowledge, to beaches and harbours where they might be called out to, to casualty care and knowing their knots.

It's vital that we get every detail right first time when someone's in danger and the pagers go.

One crew member whose pager's probably gone off more than anyone else's over the years is Victor Dade, who was made an MBE in the King's New Year Honours List.

The Royal accolade recognised Vic's 47 years of volunteering for the charity that saves lives at sea, after signing up as a 17-year-old at our station.

Our crew celebrated International Women's day by marking the achievements of female volunteers past and present at Sea Lane.

They don't talk about lifeboatmen or lifeboatwomen in the charity that saves lives at sea, which operates our busy station and more than 200 like it.



They talk about lifeboat volunteers, because all of its lifesaving roles are open to both men and women.

Our team includes female shore crew member Emma, trainee boat crew members Louise and Ellie, plant driver Clare, hovercraft pilot Leesa, hovercraft commander and lifeboat helm Charlie, and trainee launch authority Tara.

Louise, now 22, who joined the crew soon

after turning 17, rang the boathouse bell to celebrate the achievements of women past and present at the station.

Families on the beach and outside the nearby café watched as the craft came ashore after two hours at sea.

'It's really cool when you come back in and you've got little girls watching,' said Louise.

'They always seem so excited when they see a girl on the boat or the hovercraft.'

'They see that they could do this too, it's not just something men do. If you want to do it and you believe in yourself, you can - just like me and all the other women in our crew.'

Hovercraft pilot Leesa Espley signed up to help save lives at the station more than 20 years ago.



RNLI/Charlie Parfitt

She went on to become the RNLI's first female hovercraft pilot and still takes her turn at the controls of Hunstanton Flyer.

'I was a bit nervous at first,' she said. 'I knew there'd been women in the crew before but I was the only girl when I joined.'

'But everyone made me welcome, they were all very supportive and I knew straight away that it was something I really wanted to do.'

'It's a lot like becoming part of a family when you join our crew. We all look out for each other, we all just muck in and get on with it.' Along with the women's names on suits and boots hanging up in the boathouse at Hunstanton, there are females in other senior roles at the station like its visits lead, water safety lead, souvenir shop manager, treasurer and operations administrator.

The crew has also been celebrating Mother's Day.

Louise adds she was inspired to join the

RNLI after seeing her mother and fellow volunteers in action.

'I was in the car with Mum and her pager went off,' she said. 'We were already in Hunstanton, Mum said do you mind coming with me so I can head straight down there and I said: 'Yes, sure.'

'I saw what they were doing and thought I could do that as well.'

Clare (plant driver) said: 'She's gone from someone who wouldn't say boo to a goose to going out on the lifeboat, full of confidence.'

'I'm major proud of her - they all are down here.'

Clare and Louise aren't the only mother and daughter at Sea Lane either. For Kate Craven, the station's visits and water safety lead and her mum Joy, who works in the station's souvenir shop also volunteer.



Claire & Louise

Get out and enjoy our glorious beaches as we head towards summer. But please check the tide times, is the warning from our water safety lead Kate Craven.

For danger lurks on the sunniest days in areas where even harmless looking troughs and depressions are flooded quickly by the incoming tide, leaving those who venture past them at risk of getting cut off.

Around half our "shouts" each summer are to people who had no idea they were going to find themselves in danger when they set off across the sands.

We're frequently called to areas around the fast-flowing harbour creek at Brancaster and Wreck Sands - where both visitors and locals have found themselves cut off in recent years after walking out to the shipwreck, along with Titchwell, Thornham and Gore Point.

But while it's easy to find yourself in danger, it's even easier to stay safe.

Just check when low water is predicted on any of the many websites which carry tidal information and you'll know when the tide's about to start coming in again.

If you do see someone in danger, dial 999 and ask for the coastguard.

Stay Safe, Respect The Sea

Hunstanton RNLI

Images RNLI/Chris Bishop

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County Council update by Deputy Leader Cllr Andrew Jamieson

Norfolk County Council's budget

On February 17th, I delivered my seventh robust and balanced budget to Full Council.

As a result, NCC's approved a balanced £613.8m budget for 2026–27, demonstrating strong financial leadership and prudent management, in what remains one of the toughest funding climates in decades. Under Conservative leadership, the council has again delivered stability and certainty for residents, while identifying £42.3 million in savings and efficiencies and committing £76.3 million in targeted investment to protect vital services and strengthen Norfolk's economy.

The budget enables the council to continue:

- Protecting frontline services
- Investing heavily in adults and children's services
- Delivering new libraries and modern learning hubs in key towns
- Supporting for heritage, culture, and tourism
- Driving transformative reforms to improve efficiency and outcomes
- Backing economic growth and infrastructure
- Maintaining long-term financial sustainability

Councillors also agreed a 4.998% council tax increase, in line with national governments' funding assumptions: the continued reliance on local taxation to safeguard core services has worsened significantly under this government. 92% of future funding growth for rural and shire counties is assumed to come from council tax, only around 8% comes from additional Government grants.

This is not fair and it is not sustainable.

The removal of remoteness from all but one funding formulae, the continuation of a Recovery Grant that does not benefit Norfolk,

and the ongoing redistribution of funding towards urban areas all work against counties like ours, where services cost more to deliver.

County council elections

Elections for all 84 divisions of NCC will now go ahead on 7th May, following a late reversal by the Labour Government to withdraw its previous decision to postpone (which was to allow councils to focus on preparations for local government reorganisation and devolution).

Despite the shifting national position, NCC had responsibly prepared for all eventualities with financial provision and operational plans to ensure elections could proceed. Attention now turns to ensuring a clear choice for voters about the future direction of the county and continued stable leadership for Norfolk.

Investing in community led highway improvements

There are 99 new highway improvement schemes for 2026-27, delivered in partnership with town and parish councils across Norfolk.

The Parish Partnership Programme will deliver:

- 68 small highway improvements—such as new signage, surfacing, benches.
- 31 vehicle activated speed sign (VAS/SAM2) projects, helping encourage safer speeds.

The full report can be found from page 788 in the cabinet papers online.

Support for vital hospitality sector

Hospitality businesses are to be offered bespoke training and support through a new £250,000 campaign launched at the Norfolk Market Towns Conference.

A practical, people-centred support programme for independent retailers is being introduced by NCC, following the success of its High Streets Matter initiative, which has



won praise from central government. The scheme is part of a £1m package of support and funding confirmed by the council to support high streets.

NCC launches 2026 Rural Business Awards

NCC is once again shining a spotlight on the county's outstanding rural enterprise as nominations open for the prestigious Norfolk Rural Business Awards 2026.

From pioneering food and drink producers to forward-thinking farming innovators and dedicated community champions, the awards celebrate the very best of rural Norfolk.

Businesses, individuals and organisations are invited to apply across nine categories, closing date for entries is 21st April.

Boost for water safety as new rescue boats arrive

Norfolk Fire & Rescue Service has taken delivery of six new Zodiac Milpro ERB400 rescue boats to strengthen its response to water emergencies across the county. The boats will support rescues on inland waterways and the Broads, as well as assist during major flooding incidents. They will replace ageing vessels at King's Lynn, Great Yarmouth, Dereham and Carrow fire stations, ensuring firefighters are equipped to respond quickly and safely.

The Benefits of Soft Tissue, Sports and Remedial Therapy

Gavin Ashfield

When people hear the term “sports massage,” they often assume it is only for elite athletes or those training intensely. In reality, Soft Tissue, Sports and Remedial Therapy can benefit almost anyone. From office workers and manual labourers to runners, gym-goers, and people simply wanting to move more comfortably, this form of treatment supports the body in many ways.

Soft tissue therapy focuses on the muscles, tendons, ligaments and connective tissues that allow the body to move efficiently. Over time, these tissues can become tight, strained or restricted due to repetitive movements, poor posture, physical activity, stress, or injury. When this happens, it may lead to discomfort, reduced mobility, muscle imbalance, and an increased risk of injury.

Through a combination of assessment and targeted hands-on techniques, soft tissue therapy aims to identify and treat these problem areas. Techniques used during treatment help to release muscle tension, improve circulation, and restore more natural movement patterns within the body. This not only helps relieve existing aches and pains but can also support the body in preventing future issues.

One of the key benefits of regular soft tissue therapy is improved mobility and flexibility. Tight or overworked muscles can limit movement and cause the body to compensate in other areas, often leading to additional strain. By maintaining healthy muscle function, the body can move more freely and efficiently.

Soft tissue therapy can also play an important role in injury prevention and recovery. Whether preparing for an event, returning to activity after injury, or simply managing everyday physical demands, treatment can help reduce muscle soreness, aid recovery after exercise, and support overall performance.

Many clients also notice a reduction in general tension and stress. Modern lifestyles, long hours at desks, and daily pressures can cause muscles — particularly in the neck, shoulders and lower back — to become tight and uncomfortable. Soft tissue therapy can help release this tension and promote a sense of relaxation and wellbeing.

My treatments are tailored to each individual's needs, whether the goal is recovery, injury prevention, or simply improving how the body feels and moves.

Looking after your muscles and movement is an important part of maintaining long-term health. Soft Tissue, Sports and Remedial Therapy helps keep the body functioning well so you can stay active, mobile and comfortable in everyday life.

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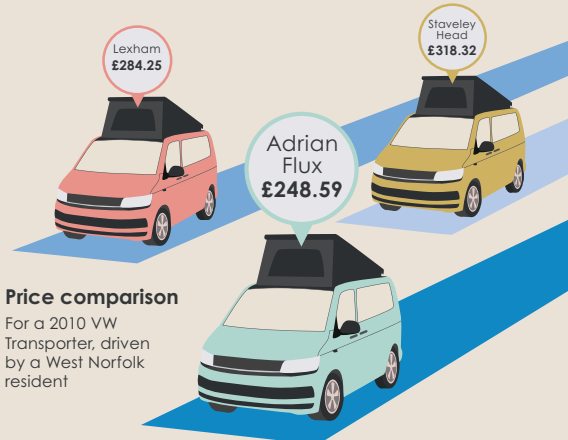
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East Anglian Air Ambulance King's Lynn Fundraising Group

by Trevor Dane, Volunteer

King's Lynn Fundraising Group (KLFG) started in 2023 to raise awareness of the East Anglian Air Ambulance in the area which covers King's Lynn, West and North Norfolk and fundraise in aid of the charity. In May we will complete two full years of fundraising. Thank you to everyone who has supported us during this time!

This month's news

Our thanks to Gemma Twite for organising a bingo fundraising event on 17 February at the Masonic Centre in King's Lynn. Gemma and her team put a lot of work into arranging the event which raised a brilliant £1,430.80! This was the first time Gemma had held a fundraiser, and she is looking forward to doing the same again next year. It was a great evening of bingo, raffles and competitions. More than 100 people supported the event. Thank you to everyone who supported Gemma and East Anglian Air Ambulance.

Other donations have been made by King's Lynn ex-Fire Service Association that donated of £102 from their presentation evening on the work of East Anglian Air Ambulance on 13 February at Ferry Lane Social Club, and Haydn Baty for £130 from his 70th birthday celebrations at Walton Highway Social Club on 6 February. Haydn supports the East Anglian Air Ambulance lottery and is the cousin of Philip Horn from the West Norfolk Morris Minor Owners Group, who have been supporting the charity for many years with their fundraising.



Would you like to be involved? KLFG can be contacted by emailing myself or my colleague Terri : trevordane104@gmail.com tfaye.100@gmail.com

Rotary Club supports local hospice

Downham Market Rotary Club were delighted to visit their local hospice - Tapping House, Norfolk Hospice, to pass on £1,700 raised by a combination of initiatives.

Back in September 2025 they helped with the Downham Market Heritage day by looking after one of the car parks. Many of the users kindly made donations.

Then in December the club held collections at both Morrisons and Tesco in Downham Market over three days.

Finally the proceeds of the club's very successful Burns Supper in January, when eighty people attended, were added to the funds.



Club members with Lindsey Atkin, the fund raiser for the hospice

The King's Lynn Rural Probus Club

Michael Walker

A recent article in Town and Around focused on the King's Lynn Probus Club. In fact, there are two Probus Clubs in Lynn. Although the one I belong to has the word Rural in its title, the 40 members are from both the town and the Woottons, as well as from surrounding areas, including Hunstanton, Ingoldisthorpe, Snettisham, Dersingham, Gayton, Grimston and Great Bircham. We even have one member who lives in Longham although he mostly joins the meetings online, along with two members who for health reasons cannot attend meetings in the normal way. We meet weekly on Thursdays at the Knights Hill Hotel. Most weeks it is for coffee from 10.30 to 11.30 am but on the first Thursday in each month we meet for lunch followed by a guest speaker. On two occasions each year, at Christmas and when the presidential changeover takes place in March or April, our partners join us for lunch. In addition to the weekly meetings, the Social Secretary organises visits such as ones in the last year to West Acre, the Cromer Pier Show and to Duxford.

Probus stands for Professional and Business and members come from a wide range of backgrounds. The Club welcomes new members and anyone interested in joining us should contact the President, Alan Leventhall, on 01553 671204, or come along one Thursday morning at 10.30 and join us for coffee.



The annual Past Presidents' lunch held recently at Congham Hall

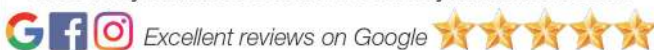
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Fun of the Fair! – Children's Rotary Day at The Mart

Bob Foster

Trinity Rotary Club of King's Lynn organised the annual Children's Day out at The Mart on 24th February. 250 children from local schools, along with teachers, parents and helpers, were given special free use of the fairground attractions for two hours.



The schools which were invited to come by Trinity were Greyfriars, Green Park, Howard, Eastgate, Churchill, Whitefriars, St Marthas, West Lynn and St Michaels; some of the schools included their young carers.

Schools' comments afterwards: -

Janet Moyle, Assistant Head, said "On behalf of the pupils from Greyfriars Academy who attended the Mart this morning, we would like to say a huge thank you to the Trinity Rotary Club for enabling us to have such a wonderful opportunity. The children and adults loved the rides and were smiling throughout. They will remember this



experience for a very long time, I'm sure."

Elaine Oldroyd, Operations Manager for The Eastgate Academy, added "Thank you for arranging our visit to the Mart today. The children had a great time; it was brilliant to see them so happy.

Please pass on our thanks to everybody involved from the Rotary club and The Mart community. Every body's time and effort are greatly appreciated."

Trinity member, Lawrence "Nipper" Appleton, as the Regional Chairman of the Showman's Guild organises the members to open the rides early so the children could have exclusive use for two hours. "The Guild

members like to do community projects, and we are minded that not all children are not able to have so much fun without this help."

Trinity President, John Hardy, "Thanked the Showmen's Guild for putting on a great day for children, especially those who would not otherwise be able to come and enjoy The Mart. We are very grateful for their efforts and the support of The Mayor Andy Bullen"

Anyone interested in what we do and would like to get involved is welcome to come along to see us and find out more. Contact Malcolm Wood, the Club Secretary, on 07710 762588 for details.

Teams cook up a storm at Rotary charity cooking experience

Phil Davies



Four teams of enthusiastic food lovers rolled up their sleeves and got stuck into a lively evening of cooking, tasting and friendly competition at a recent Charity Cooking Experience hosted by Rotary King's Lynn Priory Satellite in partnership with Foodie Friends with Linda Taylor.

The interactive event saw participants cook and taste a range of dishes using the Thermomix, including a refreshing Champagne Lemon Slush, a vibrant Super Quick Broccoli Salad, and a comforting classic Mushroom Risotto. Alongside the cooking, guests sampled an impressive variety of foods prepared in the Thermomix, from butters, dips and sauces to peanut butter and mini pizzas, giving everyone a real flavour of just how versatile the appliance can be.

Adding to the fun, teams went head-to-head in a lively foodie quiz, testing their knowledge of pantry ingredients, drinks and cocktails, and global gastronomy. There was also a "Name the Chocolate Bar from

the Clue" round and a challenge to identify the mystery ingredient hidden in three different cakes – which proved surprisingly tricky.

The evening was rounded off with a raffle and plenty of laughter, making it a thoroughly enjoyable event for everyone involved.

Proceeds from the evening will go to Forward Day Centre, continuing Rotary's ongoing support for charitable work within the community.

The event was expertly led by Linda Taylor of Foodie Friends with Linda Taylor, whose warm and engaging style kept the energy high throughout the evening.

Linda hosts charity cooking experiences across Norfolk, helping organisations raise funds while bringing people together for a fun and memorable evening around food.



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Rotary Swimathon Presentations



To celebrate the success of their recent Swimathon, Priory Rotary invited all the swimming teams and business sponsors to a presentation evening at North Wootton Village Hall on February 19th. Ken Banks, head of the Priory team who ran the event, thanked all the sponsors for their generous contributions, and all the swimmers and volunteers for their efforts on the day. In total, the events at the St James pool in Lynn and the Oasis pool in Hunstanton raised the fantastic sum of over £17,000, most of which is being distributed to the 18 charity teams who took part, with the remainder earmarked for other Rotary charities.

Special thanks went to our main sponsor, Adrian Flux insurance, who have covered the pool costs every year.

Medals were presented to all the children who took part, and to Chantelle Simpson of the Lavender Hill Mob Theatre Company who has not missed any of the previous Swimathons since the first one in 2019. The QUH Rehab first team also received medals for the most lengths swum - 235 in 55 minutes.

Thanking everyone for attending, Mr Banks announced that next year's event will be held on February 6th 2027, and hoped everyone will again support this annual Rotary charity event.

Fenland Family History Society

Did you know that there were no official marriages records, before the Marriage Act in 1837? In 1538, Thomas Cromwell ordered all English parishes to maintain registers for baptisms, marriages, and burials, however, non-conformist (non-Church of England) were not recognised.

Lord Hardwicke's Marriage Act of 1753 required every marriage in England to be performed in the Church of England. Only Jews and Quakers were exempt from this Act.

After the 1836 Act, Registrars could hold non-religious ceremonies in designated offices. In the past there were also Handfast marriages and Over the Broomstick ceremonies. More about them in our next report.

Our experienced and friendly team of researchers offer free help to anyone wishing to find out about their family. We hold sessions at various times and at various places to suit everyone needs.

2nd Monday of the month - Baytree Garden Centre Hilgay near Downham Market 11- 2.30 we will be in the restaurant. Why not pop in to see us and enjoy a coffee or a meal.

3rd Wednesday of March & May in Red Lion Pub North Brink Wisbech 6.30 - 8.30pm These are held every other month. You will find us in the restaurant of the Pub.

4th Thursday of the month Wisbech St Mary Sports Club off Station Road from 7-9 pm

No need to book just drop in to any of those sessions.

Our monthly meetings are held on the fourth Thursday of each month except December & August.

Visitors always welcome to join us with maybe a donation to help to pay for the hire of the room.

We have 2 speakers willing to give talks on various subjects to local groups.

For further details contact Bridget on 01945 587723 or bridget25hunter@btinternet.com

abcTaichi

On the last Saturday in April every year over 80 nations around the world celebrate World Tai Chi and Chi Kung Day. (Qigong)

At 10 am local time members of the public are invited to join tai chi practitioners in a free tai chi and chi kung session. The aim is to promote this gentle low intensity form of exercise and show how accessible it is to all.

ABC Tai Chi will be involved in this years World Tai Chi and Chi Kung Day on Hunstanton Green, Saturday the 25th April from 10 am to 12 noon. The first session, 10 to 11 am will be standing and the second session from 11 am to 12 noon will be seated. This will be to show how adaptable the art can be for people with limited mobility. Donations will be appreciated for the local RNLI.

The whole idea of the event is to educate the world about the physical, medical, and spiritual benefits that both tai chi and chi kung have to offer.

Tai Chi first came about in the 16th century in north China. The Yang style of tai chi is the most popular form practised nowadays due to martial arts expert Yang Luchan in the 19th century.

In the 20th century the Chinese government standardised tai chi making it the most popular form of exercise for the people.

The most practised form of Yang style tai chi is the 24 posture "simplified" short form. There are various other forms ranging from 8 postures (movements) to 108 which is called the long form and takes about 20 minutes to perform.

To learn the long form takes dedication and lots of practise whereas the short form would be a lot easier for a beginner to learn. The Yang 8 form is a good one to start off with because it only requires a small space to practise and there are only 8 movements to learn.

Although there are only 8 movements there are also many layers within each movement. You only need to peel away as many layers as you feel comfortable with.

Chi Kung (also spelt Qi gong) means energy cultivation through breath and movement. Tai Chi contains elements of chi kung theory although the movements are more specific and involve the whole body. Chi kung does not necessarily use tai chi movements.

Both offer low intensity forms of exercise and help to reduce stress and bring the body back into balance.

Both tai chi and chi kung are fully adaptable for people with limited mobility. It is important to stay faithful to the principles of the art when adapting the movements.

This may apply to a seated version of the tai chi short form, tai chi ruler, tai chi bang and tai chi sword which is great fun to practise both standing and seated.

Tai Chi workshops are a good way of learning the basics and getting to grips with both chi kung and tai chi in their most basic form. This gives the student a good understanding of the principles which will help them on their tai chi journey.

We run occasional workshops for absolute beginners and more experienced practitioners locally in Heacham. Normally the workshops are of a three- or four-hour duration although they may be customised to suit the individuals. All our workshops are affordable and include a work booklet, DVD, and refreshments.

We run a seated tai chi and chi kung class in the Public Hall, Heacham on the first and third Wednesday of the month from 10.30 to 11.30 am, this is also suitable for wheelchair users and a standing class at Hunstanton Town Hall from 10 to 11 am on the same days.

Our aim is to encourage more people to experience the health-giving benefits that the art has to offer and to show how accessible it is for all.

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Tim Keogh interviews

Toby & Faith Turner



Two young local sailors are gearing up for a big season on the waters this year, it begins with the first 3 National Open back to back events of the UK International Laser Class Association 4 (ILCA4) calendar. They then head to their UK Training camp in Weymouth in preparation for the Europa Cup in Mar Menor in Spain, followed immediately by the European Championships.

14 year old Toby goes into the events ranked 4th male, and 15 year old Faith 9th female for Team GB.

The pair from Snettisham, performed well in the Junior Topper Fleet in 2024, topped the charts in 2025 and have high aspirations for the coming season. They take some time out from their busy schedules to give T&A an insight into their expectations, dreams and hectic lifestyles.

Age when you when you started sailing?

F: I was 6 years old and started at my home club at Snettisham doing Cadet Week.

T: I was 5 years old and the same. We both started in Novice group and worked our way through to Gold group and then Sea group. It all went from there really. We are now both Assistant Instructors so it's good to be able to help the youngsters. We had some great role models at the club when we were younger.

What made you choose sailing?

F: We moved to the Beach during Covid and live on a bird reserve where we literally sail from our back garden. And the sea is almost our front garden so it's just the love of being surrounded by water and the enjoyment of being on it.

T: I just feel at one on my boat. I was recently spotted meditating on the front of my boat in Weymouth during a break in training!

Sailing as a sport has a lot of categories, what is your speciality?

Both: We are dinghy sailors, so specialise in single handed sailing.

Who's the World Number One and have you raced against them?

T: In Toppers I was World Number One for 2 days at Topper World Champs 2025. The last day I was slightly over the start line which cost me the championships but I secured bronze place which was not even on my radar, and have since learnt that pushing the start line is a good thing but I don't always have to win the pin end!

F: The top ILCA4 Female sailor is Jess Powell, who I trained with in Toppers at

Draycote Academy for a couple of years and more recently Chloe Grayton.

How much training is involved?

F: Over the Winter we have been training once a month since September at Draycote Academy. We have also qualified for all 3 of the National Training weekends in Weymouth which have been great to compare and learn from the top sailors we compete against. It was a bit of a shock suddenly finding ourselves in the position to be able to train at National level so I'm really looking forward to seeing how the race season plays out.

What's the ultimate goal?

T: Brisbane Olympics 2032 ILCA7

F: Brisbane Olympics 2032 49er

What are your trainers like, do they put you through your paces?

T: Steve Irish is what we call the Wizard! He has known us for 3 years and really puts us through our paces for the 10 hours each weekend we are with him. We are out from dawn til dusk and we train with a great group of friends at Draycote. Joe Rowe is amazing too. We often have extra sessions pre event sessions with him on the water.

F: I really also like Kai Wolgram when we train out of Weymouth. He's been helping me with my fitness program too.

Do you have to be careful with your diet?

T: We are growing teenagers so make sure we have 4 big meals a day. When we are sailing we have double breakfasts and plenty of food in our drybags on the water. I am really into eating clean, protein rich foods and gallons of coconut water!

F: I do have a sweet tooth but I am all over any piece of fruit and make sure I eat a lot of it as well as more pancakes than you can imagine.

Who are your idols, both in sailing and generally?

F: Matilda Nicholls and Hannah Snellgrove. In fact I have been in touch with Hannah and she is going to support my World Record Channel Crossing sail for Breast Cancer.

T: Everyone looks up to Micky Beckett! I saw him in the boat park at Weymouth and had a chat and he signed my jumper which I have never worn since.

Had any injuries?

F: No, I've been really lucky. I've death rolled a few times but that's part of the course!

T: I've also death rolled - spectacularly, being caught under my boat in freezing conditions which I suffered a bit of shock from.

Funny incidents?

F: Too many! We both muck around with our friends for fun in the summer and do handstands on our boats and silly stuff.

T: I like cracking jokes and singing silly songs.

Biggest achievement to date?

T: 3rd at Topper World's Medemblik, Holland 2025.

F: Top Female at Topper Nationals in Largs, Scotland 2025.

How important have your parents been in your progress?

B: VERY! They are a great team. Mum looks after all our kit, nutrition, training and race entries and Dad is on top of our boats and parts we need and sponsorship.

Do you have any 'second' sports or is it all sailing nowadays?

F: I swim twice a week with West Norfolk Swimming Club and recently competed at Counties Breaststroke events and made the 100m final. I have a lot of friends I swim with so it's nice to have another box in my life which I take great pride in. I do feel quite different to my school friends but it's a nice feeling that I have so much else in my life. I bike 2-3 times a week, run once a week and go to the gym.

T: I have recently gone back to the pool after a break - I was feeling suffocated being indoors but have missed the training so I now swim on a Monday night and very early on a Wednesday morning. I am slightly addicted to running and often go for a run when we get back from a sailing weekend in the dark and cold. I also play a lot of table tennis!

What's your favourite venue you have sailed at?

T: Draycote and Weymouth. Draycote because they have a table tennis table and we all play when we get off the water.

F: Weymouth all the way!

Favourite holiday destination?

F: Greece.

T: Chamonix in France.

Both: Also Lanzarote. We want to live there. Our parents were Ironman athletes when we were younger so we spent many years there on holiday.

Do you have a friendly rivalry?

T: Err, sort of but I am better than my sister.

F: Keep in your lane Toby! You don't always beat me!

UK, European and World Championships expectations?

T: UK Top 3; Europeans Gold Fleet top 50%; World Champs Gold Fleet.

F: UK Top 10; Europeans Silver Fleet; World Champs Gold Fleet.

Can you make a career in sailing?

B: You can if you also coach but the main money is in winning but you will need a career end goal outside of sailing really.

If not, what would you like to do as an alternative career?

F: I want to be a Yacht Captain.

T: I want to be a pilot.

Finally, can we mention the Los Angeles Olympics in 2028?

B: Probably too soon as (Faith) will still be doing her A Levels and (Toby) his GCSE's. Realistically, it is Brisbane 2032.

The pair are sponsored by Rooster who provide their kit, they have also secured Performance Sail Craft Europe for their 2026 campaigns. They are still looking for funding for their 2026 World's Campaign in Denmark. Please reach out to their mother Hayley at hayleytooke@hotmail.com



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Fakenham Sixth Form celebrates outstanding success with some of the best results in Norfolk

An ambitious Sixth Form is celebrating remarkable academic success after achieving the third highest value added score in the whole of Norfolk. This impressive result places Fakenham Sixth Form as one of the very best in the county for student progress, confirming its reputation as a nurturing, academically challenging environment where young people truly thrive.

Value added is a key measure used nationally to show the progress each student makes from their starting point. Rather than simply looking at final grades, it reflects how far each individual has travelled in every subject. The latest data reveals that students at Fakenham Sixth Form are achieving over a quarter of a grade higher with them than anywhere else in Norfolk — a testament to the school's commitment to stretching, supporting and inspiring every learner.



Leaders attribute this success to a combination of factors that have become hallmarks of Fakenham Sixth Form's ethos. Students benefit from excellent lessons delivered by highly qualified, passionate staff, whose subject expertise and enthusiasm create

a culture of high expectations. Joe, Year 12, states that "teachers push you to achieve whilst



still being supportive". The Sixth Form prides itself on being ambitious and determined, encouraging students to aim high and believe in their potential. This ambition has resulted in the study room being used until 5pm most nights with students such as Bertie working late to take advantage of teachers being nearby for advice. Marina also particularly likes the fact that "knowledgeable staff are always willing to give time for advice and support". Lucy, Year 12, enjoys timetabled study periods. She goes on to say that the expectation to work in school leads to 'stress free weekends'.

Alongside academic rigour, Mrs Marshall-Smith, Head of Sixth Form, Mrs Marshall, Pastoral Co-ordinator and Mrs Harvey, Sixth Form Administrator, ensure that Fakenham Sixth Form offers personalised support tailored to each student's needs. Whether through mentoring, targeted intervention or one to one guidance, staff ensure that no student is left behind. A rich programme of extra curricular activities — from societies and sports to leadership opportunities — further contributes to a vibrant, well rounded student experience. Ofsted appreciated this when they wrote: 'Pupils are very well prepared for life beyond school. Sixth-form students get practical guidance, such as cooking on a budget, and all pupils get lots of useful careers guidance'.

Students describe the Sixth Form as having a "university feel", with an atmosphere that blends independence, intellectual curiosity and a strong sense of community. This unique environment helps students develop the confidence, resilience, and study habits they need for life beyond school.

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Mrs Marshall-Smith notes "I am extremely proud of our ever-improving Sixth Form and the Sixth Form Community. It is a pleasure to work alongside the committed staff and determined students and see the year-on-year growth and improvement. Mr Green, Head of Fakenham Academy and Sixth Form, said "the improvement in results that we have achieved in a short space of time have placed us alongside the very best in Norfolk. The hard work put in by Mrs Marshall-Smith and the Sixth Form Team, including students, has resulted in our small centre making a big impact and giving young people the very best possible start to their futures. We are excited for our next chapter".



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RESCUE : WOODEN : BOATS Spring update 2026

Wendy Pritchard

We are very much looking forward to seeing you both ashore and afloat in 2026. The Maritime Heritage Centre in Stiffkey is open from Easter on Sundays and Bank Holiday Mondays 11.00 - 4.00 with new displays and merchandise. Lots to see and do; history of local fishing, boatbuilding and lifeboats, films, displays and artefacts, quiz, knots and more for children. And you can take a break, sit down with a cuppa and watch a film, and perhaps see some boatbuilding in action.

Lucy Lavers Heritage Tours also start daily from Easter - you can join a 90-minute tour or book the whole boat to celebrate your own special occasion (maximum 12 people) for 90 mins or 1.5hrs. The tours focus on 'heritage' (Lucy Lavers, lifeboats, Dunkirk, local wooden fishing boats, Wells Harbour).

You can see the dates and times and book on our website www.rescuewoodenboats.com. Volunteers are currently working hard on varnishing and painting her.

Maritime Heritage Festival: Saturday and Sunday June 20 & 21. Flotilla 11.30am on Saturday June 20. We hope to gather together as many of the local wooden fishing boats as possible. Boats arrive on Friday June 19 morning and leave on Sunday June 21 morning. As well as the boats on display there will be stalls, demonstrations, food, drink and shanty bands.

Sea Shanty Summer BBQ Thursday August 13 from 7.00 - 8.00pm

at Stiffkey. Live shanty band and self-pay BBQ and bar.

External talks and group visits to Stiffkey. We are very happy to give illustrated talks about local Maritime Heritage and our work as a charity to your group or society. We also welcome weekday pre-booked group, society or school visits to the Maritime Heritage Centre (including boatyard tour). Do get in touch to arrange these.

Recruiting volunteers of all sorts

We always are keen to recruit volunteers and fit with their skills, interests and time availability to join our friendly team to:

- help with visitors at the Maritime Heritage Centre and boatyard
- Help on the stalls with the Maritime Heritage Festival weekend
- help with sanding and painting boats each year
- occasional DIY and repairs at Stiffkey

We are also particularly looking for someone:

- skilled in website content management to support our web manager for a few hours a month
- with good writing /PR skills to support our publicity manager for a few hours a month

If you are interested or know anyone who might be, and would like to talk it through do get in touch with Wendy on wwp@wendypritchard.co.uk 07796 95961414

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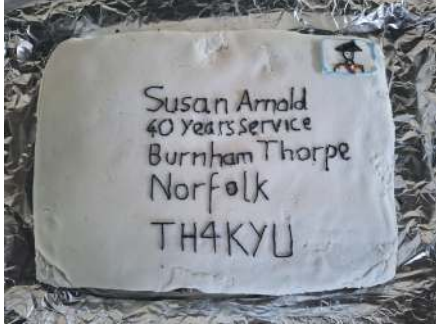
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Community says thanks to Sue after 40 years of First-Class Service!

More than 80 residents gathered at the Nelson Memorial Hall, in Burnham Thorpe on Saturday to celebrate the retirement of Sue Arnold, the beloved local "post lady" who has served the Burnhams for four decades.



*Celebration cake 40 years.
Photo Holly Smith*



Lady Glenconner (left) and Sue Arnold showing replica post box. Photo Holly Smith

Since joining the postal service in 1986, Sue has been a fixture of the community. Her career began at the Burnham Market sorting office before later transferring to Hunstanton to sort the mail, driving back to the Burnhams for delivery. Throughout those 40 years delivering post in the Burnhams, she became known as much for her selfless spirit as for her mail delivery, helping bring shopping, newspapers and doing odd jobs when needed.

Debbie Butcher, a local resident who was at the celebration, says: "Sue was always just happy to help people. She would change a light bulb or just do something for someone that they couldn't do themselves. It made such a difference to people."

The celebration was marked by the attendance of Lady Anne Glenconner, who made a special presentation to Sue of a replica

postbox on behalf of the Burnhams residents. Lady Glenconner highlighted Sue's extraordinary work ethic, noting that she rose at 4:30 AM every morning and rarely took a day off, sorting and delivering Sunday newspapers and working evening shifts at a local shop in addition to her postal duties.

For many, Sue provided a vital link to the outside world. Resident Holly Smith noted that for those living alone, Sue was often the only person they would see in a day. "She has gone above and beyond, keeping an eye on people and helping anyone who needs it," Smith said. "The turnout today shows just how much she is valued."

As Sue hangs up her mailbag, she leaves behind a legacy of kindness that proves she was delivering far more than just the post.



Sue cutting postbox cake. Photo Di Black

'Great British Spring Clean'

Community volunteers across Springwood, Gaywood and Reffley took part in litter-picks at the weekend as part of 'The Great British Spring Clean'. The two day event along Spring Lane was organised by Liberal Democrat Norfolk County Councillor Rob Colwell.

The annual event is held across the country with communities encouraged to take part by 'Keep Britain Tidy'. The events this year locally saw the largest turn out since they started five years ago.

Cllr Rob Colwell said "I'm so grateful to members of the community that gave up their time on Saturday and Sunday to help smarten up our area."

"We collected over 30 bags at two sites, plus a couple of discarded bikes and a broken trolley."

"We are so lucky to live where we do in beautiful West Norfolk, and we want it to stay looking great".

Attendees were advised to take their own gloves, but pickers and bags were kindly made available by the local Borough Council, who also collected the rubbish afterwards.

Many of those who attended were also part of the recent 'Save Spring Wood' and 'Save Jubilee Wood' winning campaigns that protected urban woodland and rights of way. Cllr Colwell encourages local residents to contact their councillors if they want to help arrange an event in a 'grot spot' near them.





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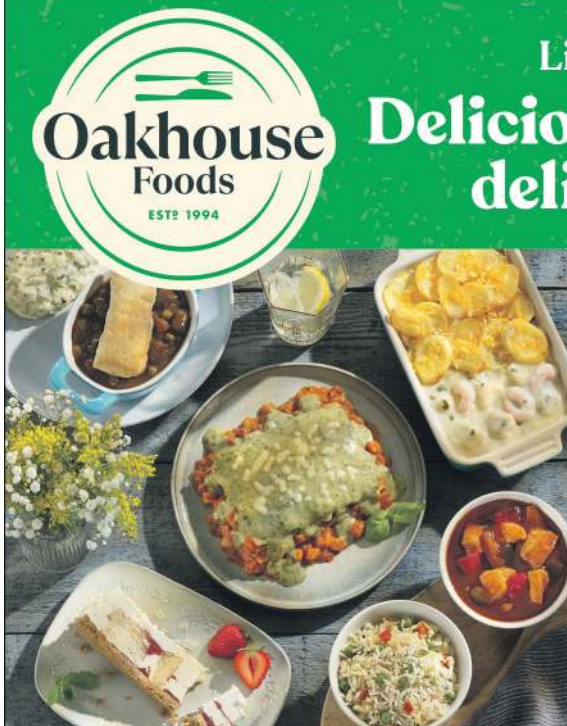
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Sporting corner with Tim Keogh

Time to dust down those woods ready for the Summer Bowls Season

With the Winter Indoor Bowls season reaching an exciting climax as both Hunstanton's men and ladies teams contest divisional titles, it is time for players to polish their bowls ready for the Summer season which starts in May.

There are six key leagues locally, with all local teams around the area participating - the Bridges 3 Wood, Albert Victor, North West Norfolk (NWN), Countryside, Norfolk County and Brewery leagues.



The popular annual Hunstanton Open at Cliff Parade Bowls Club also takes place from July 4th to 11th. Attracting entries from across the country, there really is no better setting for a tournament with T&A entering this year. You will need to be quick though, as the deadline for all events is 1st April. More information can be obtained by emailing community@alivewestnorfolk.co.uk.

Kev Johnson, secretary for the NWN League, is inviting anyone looking to take up bowls or re-ignite a dormant career to get in touch with their local club, although he can point you in the right direction if you email him at casey45@aol.com. The League are also holding their annual presentation evening on Thursday, 16th April at Searles Golf Club. The event is open to all players and their guests and commences from 6pm.

Brian Stockdale, secretary of the Bridges 3 Wood League, named after founder Alan Bridges, says the League is as strong as ever in its 28th year and is proud to announce new league sponsors Supreme

Carpets. A wax-lyrical Brian is excited about the season ahead, and simply said, "happy bowling to all outdoor bowlers, enjoy your season".

Searles BC, based at the golf club, are hosting a roll up event on Saturday, 4th April inviting new and old bowlers alike down for a taster session and to enjoy their club facilities from 2pm onwards.

As mentioned, the County Indoor Bowls season reaches a pulsating finale over the next few weeks, with Hunstanton Men's team travelling to Lynnsport B on the 28th March in a Division Four final match title decider - Hunstanton lead by six and a half points but Lynnsport have a game in hand. Hunstanton's comprehensive 6-1 home win over Wymondham C on Saturday, 14th March also ended the visitor's aspirations of gate crashing the title race party. The Ladies also have it all to play for, presently sitting 3rd in their division with just two games to go. A comprehensive round up will follow in the May edition of T&A.

Norfolk CIBA County League 2025/2026

League Tables @ 14/03/2026

Division 3	P	W	D	L	SE	SA	Pts	SD
Gallow 'B'	11	7	0	4	834	665	46	169
County Arts 'B'	11	6	0	5	802	694	44	108
Dereham 'A'	10	6	0	4	699	648	40.5	51
Beccles 'B'	10	5	0	5	660	661	37	-1
Diss 'B'	10	6	0	4	665	686	37	-21
Acle 'C'	10	5	0	5	649	695	32.5	-46
Roundwood 'B' (R)	10	1	0	9	570	830	15	-260

Division 4	P	W	D	L	SE	SA	Pts	SD
Hunstanton	13	9	0	4	1023	739.5	62	283.5
Lynnsport 'B'	12	9	0	3	887	729	55.5	158
Wymondham 'C'	13	7	0	6	917	867	49.5	50
Gallow 'C'	13	7	0	6	853	871	48.5	-18
Lowestoft Rail 'B'	12	7	0	5	828	776	46.5	52
Dereham 'B'	13	6	0	7	839	873	45	-34
Norfolk BC 'C'	12	4	0	8	723	790	32	-67
County Arts 'C'	12	1	0	11	600.5	1025	11	-424.5

Good luck to all bowlers this Summer, T&A will be doing the rounds as the season evolves.

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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. CLOSING DATE 15.04.2026.

Last month's question was: What caused the postponement of some of the matches in the 2001 Six Nations Championships? The answer was an outbreak of foot and mouth disease and the first correct answer pulled out of the box was from Jennie Foster of King's Lynn.

Don't miss Tim's weekly sports update
that is published on our website
www.townandaround.net

Bates geared up for big golf season

Whilst many golfers play all year round, the Clutch Pro Tour runs from March to November. This is aimed at younger golfers who have the potential to make the step up to the Challenge Tour, DP World Tour and, ultimately, the main PGA Tour alongside household names such as Rory McIlroy and Bryson Dechambeau.

Local professional, Warren Bates, who is based at Heacham Manor Golf Club, has earmarked this year to be his best ever.

Whilst the popular 26-year-old has experienced success on the Tour in recent years, he is hoping to use this season as a launchpad for bigger and better things. He will also be participating in qualifying for the Holy Grail of golf, The Open, in June, with the main event taking place at Royal Birkdale Golf Club in Southport in July.

The curtain raiser tournament of the Clutch Pro Tour in Dubai was cancelled this month due to the unrest in the Middle East, so he begins his campaign at Aldwickbury Park Golf Club in Harpenden on 2nd April and is raring to go.

Having spent the Winter months tweaking his game with respected PGA Master Professional and coach, Paul Ashwell, Bates is confident and has high expectations for this year. Ashwell said, "at the end of last season Warren reviewed his season by reflecting on what had gone well, what areas he wanted to develop and how he would do that. Over the Winter months he has practiced hard, has his golf game in a very good place and is looking forward to the new season getting under way.



Warren is an outstanding player, and I wish him all the best for a successful year".

He has also recruited Dave Woolley to improve the psychological and mental side of his game. It is not a case of now or never, but it is certainly a case of moving up the golfing pyramid system.

Bates said, "I have done some Winter training out in the Canaries to iron out a couple of flaws Paul and I noticed creeping into my game and, as well as to keep competitive, tested these improvements out in the Norfolk Winter Alliance".

Bates added, "really pleased to have Dave on board particularly for making me confident leading up to events, handling pressure during

tournaments and reflecting more positively on performances".

He also thanked his main sponsors, The Daly Group, Heacham Manor GC, Stephenson Smart and Oliver Burns. Bates made an additional reference and special acknowledgement to Oliver who is also his personal trainer, saying, "I have been training with Oli who has helped me strengthen my core, build up more speed and facilitate a wider range of movement from the body". Good luck Warren.

T&A will be keeping you up to date with his progress throughout the season as well as the results of all the local golf club Summer Championships.

Golfers donate £11K to NARS

Searles Golf Club held their AGM on Friday, 27th February where they presented a cheque for £11,000 to Norfolk Accident & Rescue Service (NARS). The money was raised through various events held by the club and its members over the last 12 months.

Searles chose NARS as their charity of choice for all fund raising in 2018 and have now raised over £60,000 in total.

Rose Jackson, Fundraising & Events Manager, said, "NARS is Norfolk's emergency medical charity and relies almost entirely on donations from the public. We respond to over 2000 events a year in a fleet of rapid response vehicles. Our team of volunteer Doctors, Nurses and Paramedics give their time to save lives and be there when every second counts.

We are hugely grateful to the whole team and community at Searles Golf Club for their generosity and commitment to our cause. Their continued support goes a long way in helping us to keep our vehicles operational, as well as providing essential medical equipment to deliver hospital-level care across Norfolk. Thank you from all of us here at NARS".

Searles Men's Captain, Dave Cox, added, "We chose NARS as our charity, as we knew that they would see an immediate benefit with various items of medical equipment being purchased over the last few years using our donations."



Photo shows Martin Palmer, Bob Higginbotham (Seniors Captain), Louise Palmer, Dave Cox (Men's Captain), Pete Goodey (NARS), Egle Goodey (NARS), Rob Hills

Sporting corner with Tim Keogh

Focus on football

It has certainly been a crazy few weeks at King's Lynn Town FC which has seen the saga of Sprinklergate, the departure of manager, Ian Culverhouse, and the introduction of previous Hereford boss, Paul Caddis, at the helm. Ex football professional Caddis (37) - who had spells at Celtic, Birmingham City and Swindon Town - led Hereford to their highest position as this level where he was exposed to a similar environment that Lynn are experiencing.



Paul Caddis

Chief Executive, Bal Srail, said, "Paul brings energy, character and experience of this division, and we believe he is the right person to guide the team through this period".



Goal scorer Jayden Davis

His reign has certainly started well with a deserved 1-0 win at home to Marine, courtesy of a goal from Jayden Davis, and a 1-1 draw at promotion hopefuls Scarborough with a crucial injury time equaliser from Adam Marriott. Despite a 4-1 defeat at new champions elect Fylde, Lynn produced a game of the season performance in a 3-0 home



Paul Caddis and assistant coach Adam Rooney

win over previous league leaders South Shields, the rearranged Sprinklergate game.

With seven points from twelve Challis and his assistant, Adam Rooney, have instilled some confidence in the side with fine tweaks and an inner belief that has reaped immediate dividends. Modestly, Caddis has been quick to praise his players such as the game management experience of midfield duo Mike Clunan and Martin Wood in the Marine match, the bigger squad as a whole, new signing Carlton Ubazuonu from Scunthorpe United and Norwich City loanees, Brandon Forbes and Harmony Okwumo.

Lynn are now seven points clear of the drop with eight games left to play (at the time of going to print). Caddis simply said, "I am pleased with the reaction of the players since coming in".

Six weeks ago, Heacham FC were bottom of the Thurlow Nunn Premier Division. Despite a recent 3-0 home loss to play off hopefuls Haverhill Rovers, wins against Lakenheath (3-2), Hadleigh United (2-0) and Walsham-le-Willows (3-2) plus a hard earned 1-1 draw against Dereham Town has launched them out of the relegation zone and six points clear of the drop. It is no mean feat and fully deserved for manager, Mark Hunter, and his young squad. He had promised to make Heacham more compact, harder to beat and competitive and he has delivered. Hunter said, "getting three wins and a draw from six games is excellent for the group but we are always looking for more from everyone. Progress has been very pleasing for us and we are not resting on our laurels".

In Division One of the Anglian Combination League, Dersingham Rovers are now resigned to a battle for a top three finish after a key 5-2 loss at Blofield Utd, despite leading 2-0 from a Sam Smith double. It looks like heartbreak for the local outfit again who just missed out on one of the top two promotion places last season.

In Division Four, Ingoldisthorpe FC's promotion challenge has hit the buffers of late with two big losses at Dereham Town Development and Watton United Reserves. However, they managed a point at fellow challengers, Bradenham & Mattishall Reserves to stop the rot in a thrilling 3-3 draw. A top three finish is not out of the question just yet with five games left to play and 15 points to fight for.

Dersingham Women continue their fantastic form in what is their debut season in Division Three of the Norfolk Women & Girls' Football League. A recent 2-1 win over Watton Utd Women, with a brace from captain Anne-Marie Harris, means they now impressively top the table with a tasty encounter at 2nd placed Dereham Women on the 26th April that could well determine the title.

There are sure to be twists and turns with all local teams involved in promotion or relegation battles, poised for interesting and exciting run-ins as the 2025/26 season reaches a conclusion. Don't forget, you can keep up to date with all the weekend results on the weekly online sports update every Monday on the T&A website.

Images: Ian Burt



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Golfers donate to Tapping House



Heacham Manor Golf Club raised over £5k for the Norfolk Hospice Tapping House throughout the last year. Men's captain, Tim Hoare, Ladies captain, Mary Stanton, and Seniors captain, Keith Whiting (all pictured) are proud to continue their support for this very worthy cause.

Thornham Bowls Club

Caroline Harper



As I write this well in advance of publication date, there is a miserable mixture of rain and snow falling. By the time you read this, I hope the weather will be very different and by the time of opening day at the club I hope it will be positively balmy!

Opening day is Saturday 11th April at 2pm and we would love you to join us. It doesn't matter if you are a complete beginner or an experienced bowler, you are most welcome. You must wear flat soled shoes - the grass is precious - but bowls are available to borrow and tea, biscuits and friendly chat will be provided. We have social roll-ups on Wednesday and Saturday afternoons, weather permitting. We hope to gain some new members and start playing some matches and/or in leagues again.

The club has been in existence for over 100 years and is still a bit of a hidden gem. If you are unsure of where to find us, there is a map on our Facebook page. You can pop us a message there or email thornhambowlsclub@gmail.com for more information.

The sign for the club can be seen by the private drive. Simply park on the road and walk up the drive and you will see the club.



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Rolling into Summer.....

Hunstanton Bowls Club (Cromer Road)

Glimpses of better weather to come have galvanised the outdoor bowlers of Hunstanton into action!

April is the month that plans made during the dark winter months begin to take shape. The clubhouse will be thoroughly spring cleaned, leagues and competitions entered, and those niggly maintenance jobs finally completed. Of course, work continued throughout the winter on the green to ensure the high standard that Hunstanton BC green offers is maintained and, of which, we are justifiably proud.

This season Hunstanton BC will be entering two teams in the EBA Norfolk County league, as well as teams in the EBA King's Lynn Ladies league and local EBF leagues and competitions. Our new competition secretary, Nick Pugh, has the Club competitions well organised and members are invited to enter on Registration Day, April 11th, when the green officially opens.

The Tuesday afternoon Friendly league is, once again, well supported and already has a full complement of teams entered, some from the other local clubs.

Club nights are Fridays when we meet for a social get-together, roll a few woods and just enjoy the company of other bowlers over a drink or two!

During 2026 we will also be welcoming visiting teams for Sunday afternoon friendly games. In fact, something to suit every bowling taste!

On Saturday 2nd May we are holding an Open Day...this is a FREE event and if you have ever thought that you might like to give bowls a try...this is for YOU!

Just come along between 10.00am & 1.00pm - all equipment provided - just wear flat shoes; we would love to see you - for more details contact Dave (07508 134099) or Debra (07521 871689)

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Hunstanton Croquet Club

Zena Penty, Publicity Officer

After a long winter break, both the first session of the 'Introduction to Croquet' course and first club afternoon start on 13th April. We intend to trial a club evening (probably a Tuesday evening) to make the game more accessible to people not so available during mid-week daytime hours. There are changing rooms, tea/coffee facilities, a bar and outdoor seating available at the clubhouse.

To keep members in social contact we always hold a couple of coffee mornings in the winter and enjoyed the last one at the end of February at Norfolk Lavender.



Our members were invited to try 'indoor croquet' at the Bowls Club in Long Sutton on 10th March and a few members attended the handicapped tournament. The carpeted ground ran really fast which called for very accurate shots. It was a really friendly and enjoyable day and Hunstanton players Zena Penty and Maria Crompton who are still very much learning the game were delighted to come away with a celebratory bottle of wine each!

There will be lots of activity behind the scenes in April preparing the lawns for club play but also for the many internal and external competitions which happen every summer. Please see our news and events page on the website for details and results. www.hunstantoncroquetclub.co.uk

If you like the idea of learning a new sport and meeting some lovely new people in a relaxed environment please contact Andrew Vickery by email abvickery@hotmail.co.uk to find out if there is any availability on the introductory course. Please provide your email address and contact number.

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Move Charity – 5K Your Way

Malcolm Senior

February 28th and Sandringham parkrun welcomed the '5k Your Way' group who were celebrating their 2nd birthday since launching in February 2024 at Sandringham parkrun. 5K Your Way aligns perfectly with the ethos of parkrun, being a free, community-based programme, and it carries the tagline 'a support group with a difference.' Like parkrun, it also relies on volunteers in the form of our 'ambassadors' - these may be those who have been personally affected by cancer in one way or another, a health care professional, or those working in cancer services. Sandringham 5K Your Way are fortunate to have the support of such dedicated individuals, many of whom are affiliated with the Queen Elizabeth Hospital in King's Lynn.

When: Last Saturday of every month – Next Meetings - March 28th / April 25th 2026. Time: 8:30 for a 9:00 am start. Where: The group meet at Sandringham Visitor Centre at the picnic tables near the children's play park area. To run, walk or just sit chat and have coffee and delicious cake.



5KYW members after the parkrun enjoying cakes

The Move Charity founded by Gemma Hillier-Moses to help and support cancer patients following her own cancer diagnosis and treatment. Along with professional triathlete Lucy Gossage they setup "5k Your Way". Their mantra is Power of Movement - Exercise is one of the most important things anyone diagnosed with cancer can do to enhance well-being and improve health outcomes both during and after treatment. 5k Your Way (5KYW) welcomes anyone impacted by cancer - people living with or beyond cancer, family and friends, healthcare professionals or those who have lost someone to cancer. At MOVE Against Cancer their mission is to support and empower everyone impacted by cancer to be more active because movement matters. Exercise - all movement - is one of the most important things anyone diagnosed with cancer can do to enhance wellbeing and improve health outcomes both during and after treatment.

Although not a parkrun partner 5KYW uses parkrun location for their meetings. With over 125 groups at designated parkruns across the UK. The only 5KYW in Norfolk is based at Sandringham parkrun. 5k Your Way has testimonies from hundreds of participants who speak of the physical and mental wellbeing benefits from attending the group's meetups. <https://www.moveagainstanccancer.org/5k-your-way/>

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King's Lynn Soroptimist members and Sandringham parkrun no. 224

Malcolm Senior



Club member and Soroptimist Regional President introducing the Soroptimist Club

Sandringham parkrun were pleased to welcome The Soroptimist club of Kings Lynn to Sandringham parkrun on March 7th. To celebrate International Women's Day (March 8th) Kings Lynn Soroptimist members organized a Sandringham parkrun takeover. Club member and Soroptimist Regional President Kim Bramham said: Soroptimist International clubs across the world mark International Women's Day every year, joining women to raise awareness of the importance of gender equality globally and to celebrate women's achievements. The United Nations has released the official theme for International Women's Day 2026 as 'Rights. Justice. Action. For all Women and Girls', - what better way for our club to celebrate than by taking action to volunteer in key parkrun roles. Parkrun and Soroptimists make a great

partnership - both are volunteer-led, inclusive and supportive, working to enable all people to achieve in a safe and supportive way. Members were also available during the run to chat about Soroptimists and International Women's Day.

If you are not able to make it to the Parkrun to find out more about our work visit Our Work to stand up for Women and Girls | Soroptimist International Great Britain and Ireland (SIGBI) | SIGBI or About our Club | SI Kings Lynn | SIGBI

International Women's Day (IWD) are celebrating 115 years 1911 - 2026 <https://www.internationalwomensday.com/>

Fittingly in first place was a lady Marie Duhig in a time of 19.31, which again gave her the highest age grade of 83.30%, and in 2nd place was Daniel Wilson in a time of 19.28. Highest age grade male was Kenny Addis with a 75.77%. With 334 finishers 178 female and 145 males with 10 unknown there were 69 first timers to Sandringham and 18 first timers to parkrun. Milestones were achieved by Bob Carrick - 50 parkruns, it was also Bob 50th time volunteering. Other milestones Jonathon May - 100, James Leeman -150, Sally King 350 parkruns. With 48 participants achieving a PB, 31 ladies and only 17 men and with 5 participants in the 500 club (Jen Bates 570, Stephen Brookes 545, Sarah Byatt 530, Mick Bates 524, Ian Galloway 510) that's 2 ladies and 3 men. Well, done to all finishers whether you walked, ran or jeffed (in memory of Jeff Galloway, an American distance runner and Olympian who's run-walk-run method revolutionized the approach to running, the strategic walk breaks reduces fatigue and

virtually eliminating significant running injuries, who sadly passed away February 25th 2026).



Volunteers prior to the start

Parkrun cannot go ahead without our volunteers, Thank you to our 28 volunteers, several were from the Soroptimist. The Soroptimist ladies were sporting rather natty mimosa springs - Soroptimist Kate kindly made and gifted these as a thank you for volunteering. The background information (because every day is a school day, after all!): the tradition of gifting mimosa on International Women's Day began in Italy after World War II and has become a gesture of respect and solidarity, with the custom spreading worldwide, making the mimosa a symbol of admiration, empowerment and celebration for women everywhere. Mimosa flowers represent hope, optimism and renewal, while its soft yet resilient petals mirror the gentle strength that women display every day.

So, how about carrying on this tradition and gift women and girls flowers to mark International Women's Day each year?

Hunstanton Sailing Club welcomes new youth representative

Hunstanton Sailing Club has welcomed 14-year-old Finn Roan to its committee as the club's new Youth and Wing Foiling Representative.



Finn Roan (centre) and Dave Gambell (left of Finn) with members of the committee at Hunstanton Sailing Club after joining as the club's Youth and Wing Foiling Representative in March 2026.

Finn is one of the youngest members to join the club's committee and will represent younger members while helping encourage more young people to get involved in watersports.

Finn, who attends Smithdon High School,

has grown up by the sea in Hunstanton and has been a member of the sailing club with his family since he was born. He developed a passion for watersports from an early age and is now a keen wing foiler.

In his new role, Finn will represent younger members of the club and help encourage more young people to get involved with the sailing club and activities on the water.

Finn said: "I'm really happy to join the committee and would love to see more young people like me getting involved. I hope I can help the club reach even more young people and show them what a fantastic place the club is to be part of."

Dave Gambell, Commodore of Hunstanton Sailing Club, said: "Finn's appointment shows our commitment to supporting young people and giving them a voice within the club. We want to help more young people overcome any barriers to getting on the water and enjoy the confidence, friendships and sense of community that watersports can bring."

Established in 1949, Hunstanton Sailing Club has been part of the seafront community in Hunstanton for more than 75 years. The club provides a base for a wide range of

watersports including windsurfing, kitesurfing, wing foiling and paddleboarding, as well as a welcoming clubhouse with changing rooms, kitchen facilities, a bar and a terrace overlooking The Wash.

The club welcomes sailors and watersports enthusiasts of all ages and abilities and hopes Finn's new role will help inspire more young people to get involved.

For more information visit: www.hunstantonsailingclub.co.uk

-o0o-

Thank you to all who supported the Charity and Park Run Coffee Morning on 7th March 2026. £200 was raised for Target Ovarian Cancer.

Events in April

3rd 19.00 - 21.00 - Bar open all welcome
4th 9.30 - 11.30 - Hot drink and Cake available
7th 19.00 - 21.00 - Castaway Crew singing sea shanties and bar open
25th 10.00 - 14.00 - the club will be open as there is a working party tidying up if you want to come and have a drink and see inside the club. All members and non-members welcome

The Art of Jewellery

Lesley Nadel

We often have a deep emotional connection to jewellery, particularly when it has been passed down by a loved one. A single piece can hold memories, express individuality, and even form part of our personal identity. Jewellery has always served many purposes beyond decoration. Religious crosses, Stars of David, wedding rings, and milestone pieces mark significant life events. Hairpins and brooches secure clothing and hair, while talismans are worn to ward off evil spirits. Jewellery can also represent wealth, power, and social status, and has long been viewed as a valuable investment.

Throughout history, jewellery has been closely linked to rank and authority. The Romans, for example, decreed who could wear certain items to indicate status. Pearls and gold became powerful symbols of wealth and influence. One does not need to be an expert to appreciate the craftsmanship of antique jewellery, particularly the exceptional workmanship that has allowed these pieces to endure. Jewellery is far more than a simple adornment.

The desire to adorn the body stretches back tens of thousands of years. Beads dating back around 100,000 years have been discovered at Mount Carmel in Israel, while pierced shells have been found in South Africa, Algeria, and Morocco from even earlier periods. Early necklaces, bracelets, and pendants were crafted from grasses, feathers, animal teeth, and bones. Over time, skilled craftsmen developed increasingly advanced techniques. Metals and alloys such as copper and bronze, along with gold and silver—always prized for their beauty and rarity—were hammered, polished, soldered, and forged.

Gold has held particular significance throughout history. In ancient times it was often ritually buried with the dead, intended to accompany the owner into the afterlife. During the Medieval period (1200–1500), enamelling, inscriptions, and protective talismans such as the “evil eye” were common. Jewellery at this time reflected both spiritual beliefs and social hierarchy, with colour and precious gemstones highly valued.

The Renaissance (14th–17th centuries) marked a period of jewellery splendour. Religious and mythological engravings became popular, and gemstone cutting techniques flourished. Diamonds, rubies, sapphires, and emeralds were increasingly used, with advances in cutting enhancing their brilliance and visual impact. This emphasis on luxury and display continued through the 17th and 18th centuries as global trade made gemstones more widely available. Jewellery became a clear symbol of wealth and status, and many superstitions surrounded gemstones, which were believed to protect against illness, ward off evil, encourage bravery, or banish melancholy.

By the late 19th century, most affordable jewellery was no longer handcrafted but produced through factory-led systems. The Arts and Crafts movement rejected this approach, favouring individual craftsmanship instead. Its jewellers believed that handcrafting improved not only the final design but also the moral and spiritual well-being of the maker. Regular, repetitive settings were replaced with flowing, figurative designs rich in symbolism.

Jewellery can also be understood as wearable sculpture, interacting with the body in an intimate, three-dimensional way. These pieces are not always purely decorative; they may carry narratives, act as social commentary, or express personal stories. Historical movements such as Art Nouveau and Art Deco are clearly reflected in jewellery design. While traditional precious materials continue to be used, many artists push creative boundaries by incorporating unconventional and varied materials.

Since the 1960s, the boundaries of jewellery have expanded significantly. New generations of independent jewellers, often trained in art colleges, have introduced radical ideas and materials. Plastics, paper, and textiles have challenged traditional notions of value and status in jewellery. Today, jewellery is often viewed as wearable art, requiring the same level of skill, creativity, and aesthetic judgement as fine art—though this is still a matter of debate.

The Arts Society North West Norfolk will be hosting a talk by Joanna Hardy – well-known from The Antiques Roadshow – on The Wonderful World of Gemstones, on Monday 13th April 2026, at 2pm in Sedgeford Village Hall. She explores the magical world of coloured gemstones, their mining, their lure for the powerful, and their use in jewellery. New members are welcome to join our friendly Society. www.artsocietynwnorfolk.org.uk.

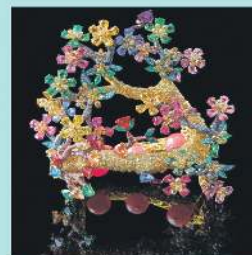


Have you always wanted to learn more about the arts?

Then start now with our next talk at Sedgeford Village Hall at 2:00pm on Monday 13th April

The Wonderful World of Gemstones

Lecturer:
Joanna Hardy



Joanna, well-known from BBC's *Antiques Roadshow*, explores the magical world of coloured gemstones, their mining, their lure for the powerful, and their use in jewellery.

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The Arts Society King's Lynn

The Arts Society King's Lynn continues the 2025-26 season on Thursday 9 April 2026 when they welcome Hillary Williams to give a talk on Rembrandt's “Night Watch”: The Anatomy of a Masterpiece.

Hillary was formerly a curator and Print Room Superintendent at the British Museum, now Art History Education Officer in the Department of Learning & National Partnerships at the Museum. Lectures for BM and Wallace Collection. Founding Artistic Director of The Arts Society of North Kent Evening. Specialist in 17th century art and has published on Rembrandt. Hilary has vast experience of giving gallery talks, of lecturing and of leading art history tours in UK, Europe, New York and Boston. For the Royal Collection Trust, she has guided Special Interest Private Tours of the State Apartments at Buckingham Palace.

'The Night Watch' of 1642 is Rembrandt's greatest painting and the most famous painting in the Netherlands. But why is it so special? It has become an icon of the Golden Age and of the modern Dutch Nation. Why? How was it commissioned and constructed? How did Rembrandt paint it and where has it been hung throughout its life? Who are the characters represented? Why is there a lone woman and what is meant by the dead chicken trussed up in her waistband? What does this all tell us about changing Dutch society? This work redirected how group portraits were conceived. The traditional Dutch 'schutterstuk', a military group or shooting piece, became majestic and grandiose in Rembrandt's hands.

The lecture will take place in West Winch Village Hall where there is ample free parking available and starts at 2.30pm. 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 01760 724823 or via email at info@theartsocietykingslynn.org.uk.

THE WORLD WAR TWO SECRET HIDDEN IN HEACHAM

Sharon Ring

As a lifelong journalist I've had my name on many front-page newspaper stories. But it wasn't until I embraced a quieter life on the Norfolk coast that I stumbled upon the incredible dramatic and true story in my own family, that is now for sale as my first book *Mischlinge* being published by Harper Collins.

I uncovered this incredible family secret in Heacham, of all places, with the discovery of a manuscript that had lain hidden away in a box at the back of my mum's wardrobe. While looking for her will I found a yellowing manuscript that had laid unread for 30 years. When I began to read her brother's memoir, I soon realised I had unearthed one of the last untold stories of World War Two and the Holocaust.

It was a revelation - the story of an innocent brother and sister - my mum Edie and her brother Heinz who were just 5 and 9 years old when Hitler came to power. They were raised as Christians in central Berlin but condemned as Jews by Hitler because they had two Jewish grandparents. Hitler took the German word for mongrel dogs *Mischlinge* and cruelly applied it to people who had both Aryan and Jewish ancestry - that meant persecution and even death.

Mum had kept her childhood a secret and only ever told me was she was "rescued" by my dad, at the end of the war. A soldier in the Norfolk regiment - the Desert Rats - the teenagers fell in love and lived happily ever after. Mum explained she decided happiness lay in not speaking of those times and looking forward and not back. Her family had neither money or connections and had to survive on their wits in Nazi-era Berlin. Some endure interrogation and torture at Gestapo HQ and Buchenwald, some are murdered while others are saved by the kindness of strangers. Their story is both gripping and uplifting.

There were thousands of *Mischlinge* like them across Europe, but their stories are unknown and untold ... until now.

The memoir inspired Mum to tell me about her experiences for the first time which was emotional for us both. When Mum died, I stopped writing for a while, but I always knew it was my duty to persevere. It took several years of researching the family in archives, on the web, then writing and re-writing the 70,000 words to complete the book.



Young Edie's passport photo



Heini in his early 20s

I had around 30 rejections before I found a top agent who quickly got major publishers to bid for my non-fiction book and negotiated an advance from Harper Collins in the UK and the US. Now, just over a year later, my book *Mischlinge* will be for sale in bookshops and on the web in the UK from Thursday March 26. I know Mum would be proud.



Sharon and her mum

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Have I got your attention?



Hunstanton & District Camera Club



Peeping Tom Print Chris Holt

The club meets on the first and third Thursday of each month from 19.30pm at the Orchard Close Community Centre, Orchard Close, off Post Office Road, Dersingham PE31 6LN (behind Dersingham Library).

If you are interested, just come along or if you need further information contact Chris Holt on 01485 541534.

Come and see our exhibition of members' work on display in Hunstanton Library, Valentine Road during the week beginning 14th April, and meet some of the members.

PHOTO EXHIBITION
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Hunstanton & District Camera Club organise group outings around Norfolk. Photographing our wonderful countryside is a great way to discover more about our county and at the same time improve your camera skills.

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Intruder in Yellow (Daniel Harvey)



*Customs House reflection
Malcolm Hayward*



The King's Lynn Community Cinema Club has two screenings in April plus a members club event. The screenings are as usual at The Majestic in the accessible downstairs Screen 2 at 7.30pm. On Thursday 9th April the film *Dragonfly* will be shown which was conceived during the Covid 19 pandemic and described by Peter Bradshaw in the Guardian as a 'haunted, social-realist drama... with moments of thriller and even horror'. He also went on to state that 'it's a stark, fierce wonderfully acted film.' Starring Brenda Blethyn as Elsie, Andrea Riseborough as her neighbour and with Jason Watkins in support as Elsie's son the film explores the themes of loneliness and alienation.

On Thursday 23rd April *If I Had Legs I'd Kick You* will be screened with a club event of a pre-film meal which members will be invited to attend, the details will be emailed to them separately. The film is a dark psychological comedy about a woman navigating her child's illness, absent husband, a missing person and an unsatisfactory relationship with her therapist. It stars Rose Byrne, Conan O'Brien, Danielle Macdonald with A\$AP Rocky and Christian Slater.

KLCCC is open to anyone over 18 and costs £20 a season. There are 2 seasons a year each with 8 scheduled films that are free for members. Membership can be arranged by emailing communitycinemaclub@googlemail.com. Alternatively, you can just come along to any film as a day member for £6 cash on the door. Full details of all the club's films and events can be found on the club website www.klccc.uk and Facebook page.

NORFOLK & NORWICH FESTIVAL 2026

One of the oldest arts festivals in England, having been established in 1772, Norfolk & Norwich Festival presents world-class international performances alongside emerging talent and homegrown East Anglian artists in an expansive multi-arts programme featuring theatre, dance, music, film, literature and visual arts.

Lasting for 17 days the Festival takes over the city of Norwich and spills out into the surrounding areas, this year taking in Wells-next-the-Sea, Lowestoft, King's Lynn, Great Yarmouth, Sheringham, Diss and Swaffham, transforming the county into a hive of cultural activity. This year there will be over 20 free events in a programme that welcomes artists from all over the world for over 100 events. Tickets at www.nnfestival.org.uk.

Artistic Director & Chief Executive, Daniel Brine said: "We're thrilled to share this year's programme. It's a wonderfully eclectic mix featuring international artists, bold new performances, and electrifying work by local artists."

The festival will run from 8 – 24 May.

Full information on Norfolk & Norwich Festival and all events at www.nnfestival.org.uk

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More information on www.solosaxclarinet.com



King's Lynn Festival announces stellar line-up for landmark 75th anniversary

The two-week extravaganza (12–25 July 2026) will transform historic venues across the festival town, marking three-quarters of a century of world-class music, arts, and cultural celebration in the heart of West Norfolk.

Since its founding in 1951 the festival has grown into an international destination and one of East Anglia's most enduring cultural celebrations. With some 40 events spanning classical music, jazz, folk, dance, theatre, visual art, talks, walks, and more, 2026 promises to be its most ambitious yet.

Anniversary festival highlights

The 75th anniversary line-up features an extraordinary array of artists and genres, with a particular focus on these world-renowned performers:

- Sheku Kanneh-Mason & Isata Kanneh-Mason: The celebrated cellist appears at the Corn Exchange on Thursday 16 July alongside his sister, pianist Isata Kanneh-Mason. Their programme includes Mendelssohn's Cello Sonata No. 1, Rebecca Clarke's Viola Sonata, and music by Schumann and Nadia Boulanger. An opportunity to hear two world-class artists not to be missed!
- Roderick Williams: The acclaimed baritone makes two major appearances. On Sunday 19 July he joins King's Lynn Festival Chorus for Vaughan Williams' Five Mystical Songs and returns on Thursday 23 July with pianist Iain Burnside for a quintessentially English songbook including music by Ireland, Gurney, Holst, and Vaughan Williams, who has strong links to the festival and the town.
- Academy of Ancient Music with violinist Director Bojan Čičić: The ensemble makes a much-anticipated return to the festival with 'The art of the Italian concerto' including music by Vivaldi, Corelli, and Locatelli. The festival has enjoyed a long association with Academy of Ancient music and its founder, Christopher Hogwood was a past Artistic Director.



Boris Giltburg, picture credit: Sasha Gusov

- Boris Giltburg: On Tuesday 21 July, the virtuoso pianist takes to the stage at The Minster. His formidable programme, which he takes to the Wigmore Hall just three days later, features the Bach/Busoni Chaconne in D minor, Liszt's Sonata in B minor, and Ravel's visionary

Gaspard de la nuit.

- Denys Baptiste: Jazz takes centre stage on Friday 17 July at the Corn Exchange. MOBO award-winning saxophonist Denys Baptiste completes the Gary Crosby Quartet for a special celebration of John Coltrane's seminal album, A Love Supreme.
- Craig Ogden: The chart-topping guitarist brings a vibrant "Fantasy to Flamenco" programme to the Town Hall on Wednesday 22 July. His performance will span works by Vivaldi and Rameau to the invigorating tangos of Piazzolla.
- Mark-Anthony Turnage is this year's featured composer. As well as joining Ambrose Miller in conversation, the Contemporary Consort presents a fascinating programme of music by Turnage with Copland, Stravinsky, and Bernstein.



Craig Ogden, picture credit: Olivia Wild

Celebrating 75 years of excellence

As one of the most significant regional festivals to emerge after the Second World War, 2026 reflects the festival's bold vision for the future while celebrating an extraordinary history. The programme continues a commitment to the next generation, showcasing young talent with the Young Musicians' Prelude Concerts, and nurturing a young audience with the Family Concert Club, which offers £5 tickets for music students under 18 to selected events.

Artistic Director, Ambrose Miller says: "As we warmly welcome Ben Horden as our new Festival Manager, we look forward to a spectacular celebration of music and the arts for both West Norfolk residents and visitors to the area."

Festival Manager, Ben Horden says: "Our aim remains to deliver a cultural offering as dynamic and inclusive as the community we serve. In combining rich traditions and strong history with a dedication to future development, we don't just celebrate 75 years of King's Lynn Festival — we lay foundations for the next 75 with a bold vision for culture in West Norfolk."

Booking:

- Online: www.kingslynnfestival.org.uk
- Telephone: 01553 764864 (Monday–Saturday, 9am–5pm)
- In Person: Box Office at the Corn Exchange (Monday–Saturday, 10am–5pm)



World-leading musicians to celebrate composer Sir Karl Jenkins at fundraising concert in King's Lynn



Photo credit: Rhys Frampton

Internationally renowned classical musicians will gather in the beautiful setting of St Nicholas Chapel, King's Lynn, to honour the music of beloved composer Sir Karl Jenkins during a special fundraising concert hosted by Music in the Burnhams.

The unique concert, taking place on Saturday 9th May from 7.30pm, is the centrepiece of Music in the Burnhams' 2026 programme, and will be raising funds for Norfolk and Waveney Mind to expand mental health services for young people across West Norfolk.

The evening, which the composer is due to attend himself, will include performances from the UK's leading independent orchestra, the British Sinfonietta, the King's Lynn Festival Chorus and Norwich School Choir, accompanied by acclaimed musicians; cellist Adrian Bradbury, violinists Benedict Holland and Joo Yeon Sir, harpist Alis Huws, euphonium player Dan Thomas, bass baritone Paul Carey Jones and soprano Khrystyna Makar.

Conducted by Ben Horden, Music Director of the King's Lynn Festival Chorus, together they will perform some of Sir Karl's most celebrated works, such as Cantilena from Symphonic Adiemus, Benedictus from The Armed Man, and Cantata Memoria, which was written in commemoration of the Aberfan disaster.

In 2015, Sir Karl was named the world's most popular living composer in the Classic FM Ultimate Hall of Fame and a movement from his harp concerto was performed at the coronation of King Charles III.

Tickets, priced from £40, are now on sale and can be purchased from the Music in the Burnhams website – <https://musicintheburnhams.com>

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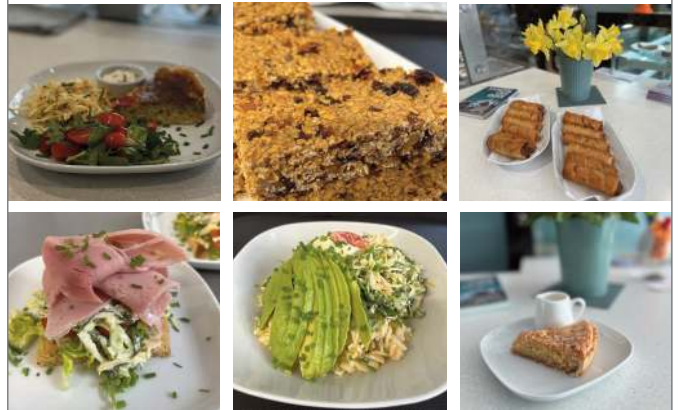
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Saturday 25th April 2026

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Coach leaves Heacham Church car park PE31 7ER at 10am, where cars can be left FOC, to commence the visits. Returns to Heacham Church for BYO lunch (drinks supplied), fun quiz and 1pm recital by Thomas Burt, local young and accomplished organist. Coach leaves again for further organ visits and returns to Heacham 4pm.

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The Hunstanton One-Act Drama Festival, July 2026. Come and join us, do!

This year's One-Act Drama Festival will take place at Hunstanton's iconic Town Hall and we have a full programme of groups performing over three days from Friday 3rd to Sunday 5th July, 2026.

Coming from Norfolk, Suffolk and Lincolnshire, the amateur groups bringing

their one-act plays to Hunstanton will be competing with each other in front of you, our audience, so they will be pulling out all the stops to keep you entertained and be in with a chance to win a coveted award.

Last year, we were delighted to welcome Sir Stephen Fry who opened the Festival,

reminding us that live theatre needs to be encouraged and supported wherever possible and the Hunstanton One-Act Drama Festival aims to do just that, wherever and whenever we can.



Supported by Hunstanton Town Council, Hunstanton Rotary & KL1 Radio, we have been able to keep tickets to 2025 prices; just £7.50 for a single session of three short plays, and £20 (season ticket) gives you access to all 12 (or as many as you choose) sessions over the three days including Sunday evening's Gala Award Ceremony.

You can find out more and book advance tickets, on our website oneactdramafestival.com or simply turn up on the night at pay at the door. Whichever you choose, please come and join us for what promises to be an excellent year for live theatre!

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2026, GLEBE HOUSE SCHOOL, HUNSTANON****wildwestnorfolkfestival.co.uk**

The Wild West Norfolk family-friendly country music extravaganza, presented by KL1 Radio in partnership with the Rotary Club, promises a full day of toe-tapping live performances, Wild West adventures, and community spirit from noon until sundown at the scenic Glebe House School field.

Headlining the main stage is powerhouse country artist Jade Helliwell, delivering an unforgettable set of hits and high-energy showmanship. Joining her on the bill is an exciting lineup of talented performers celebrating both new and classic country sounds:

Tennessee Twin
Adam Brucass
Lincoln Skins
Scarlett Whincup (appearing as Scarlett & Her Rednecks)
Owen Morton
Country Chicks (Country Chicks UK)
Guy Surtees
P and J

Buckin' Boots Line Dancing

Attendees can look forward to a packed schedule of activities suitable for all ages, from beginners to seasoned pros.

Highlights include:

Almost non-stop line dancing sessions throughout the day

Thrilling rodeo bull rides

A vibrant fun fair and kids' activities

Authentic Wild West shows, staged gunfights, and sideshows

Delicious cowboy-style food and drink options catering to all tastes and requirements

Craft stalls, a Trading Post, and an American Car Show.

This one-day celebration is designed as a proper family day out—children under 10 go free with an adult ticket, kids are actively encouraged to join the fun, and friendly dogs on leads are welcome too.



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Giving young people a stage in rural Norfolk



In January, we wrote about the quiet disappearance of performing arts from school timetables across England. The statistics: GCSE entries in drama, music and dance have fallen by nearly half since 2010. In rural areas - where specialist staff and facilities were already stretched - provision has, in many cases, vanished entirely.

What is harder to measure is what young people lose when those opportunities disappear. Not just skills, or even a potential career path - but the chance to collaborate, to build confidence, to be seen, and to belong.

It was precisely this gap that inspired the creation of Westacre Theatre in 1999. Founded on the belief that rural communities deserve access to high-quality cultural experiences, it has quietly become one of West Norfolk's most important creative hubs for young people.

Today, with more than 80 events a year and a flourishing youth programme, Westacre is doing something increasingly rare: ensuring that creativity remains part of growing up.

A theatre home for teenagers

For many young people across rural Norfolk, it is more than a venue - it is where confidence begins. One of the most exciting recent additions to the theatre's youth programme is Glee Club Majors, an after-school musical theatre group for secondary school students.

Held every Monday during term time, the sessions offer teenagers a dynamic mix of singing, acting and dance.

Leading the group is professional performer Eloise Cubbin, whose career has included leading roles in productions such as *Les Misérables* and *Legally Blonde*. Bringing this level of professional experience to rural West Norfolk is rare - and, for many young people, transformative.

"There's always a moment in workshops when something shifts," Eloise explains. "A young person who arrived quiet and unsure suddenly finds themselves mid-scene, mid-song, fully present."

Her aim is simple but powerful. "I want every young person who walks through the door to feel that this is a serious creative space - not intimidating, but ambitious. We expect great things of them, because they're capable of great things."

For families unsure whether the club is right for their teenager, Westacre offers taster sessions - an open invitation simply to come along and experience the atmosphere.

A creative lifeline for many families

Glee Club Majors is just one part of a youth programme that has quietly become one of the most comprehensive in the region.

Drama practitioner Camilla Falconbridge, from MissAdventures Theatre Company, leads the much-loved drama programme, guiding young performers through Act 1, Act 2 and Act 3 - progressive groups that develop acting skills, teamwork and confidence.

Alongside these sessions Camilla also runs:

- Off Script - creative writing workshops
 - LAMDA tuition through the London Academy of Music & Dramatic Art
 - Holiday workshops, including the upcoming 'Pop-Up' all day Easter Drama sessions in April (9th + 10th) 'Costumes and Capers' and the 'Awesome Movie Making Week' this May
 - Artful Dodgers - afterschool and home education art sessions exploring painting and mixed media, led by local artist Carolyn Ash.
- Westacre's flourishing education programme, designed for the home-educated community - many of whom travel considerable

distances through the Norfolk countryside each week to attend, is hugely popular and growing in numbers. For some families, these sessions represent the only regular access their children have to professional creative education.

"It felt like we got our daughter back"

One parent, L Butler, describes the difference Westacre Theatre has made. "Our daughter was in autistic burnout and had completely lost her confidence. She'd fallen out of love with drama after a previous class that felt rigid and exam-focused. Over the past three years the team here have gently supported and encouraged her back into performing. Seeing her perform on stage again - I truly felt like I had my daughter back."

Real opportunities on a real stage

Earlier this year, young performers from local secondary schools and the home education community took part in the prestigious National Theatre Connections, staging their own production of *Fishville* by Afsaneh Gray. Following its success at Westacre, the production will travel to The Garage in Norwich this spring, giving young actors the chance to perform on a professional regional stage.

Why it matters

Every year, hundreds of young people take part in Westacre's youth workshops, holiday programmes and performances. Some discover a lifelong love of theatre. Others simply find a place where they feel comfortable being themselves. But the impact is often the same: confidence grows, friendships form, and creativity flourishes.

Come and be part of it

Families interested in learning more about Westacre Theatre's young people's programme - including Glee Club Majors, Saturday drama groups, home education workshops and holiday activities - are warmly invited to find out more by visiting our website or checking out our socials. Taster sessions are available for many workshops. Visit: www.westacretheatre.com

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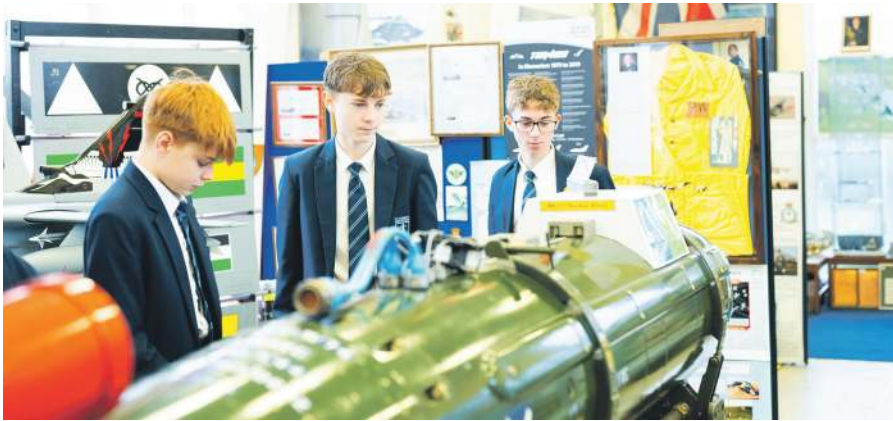
Performance Dates
MAY 7:30PM
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 14th | 15th | 16th
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Tickets | £16
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"A super professional Theatre! A rare gem set in such a gorgeous setting."

**6 - 16
MAY**
Directed by Matt Grist
Written by Yazmina Reza
 When two sets of parents meet to discuss a playground incident between their children, civility is the first casualty. What begins as a polite exchange soon unravels into a razor-sharp comedy of manners (and bad manners), as wine flows, tempers flare, and chaos reigns.
Brilliantly funny, brutally honest, and wickedly relatable, God of Carnage is a masterclass in social meltdown - a fast, furious, and gloriously uncomfortable night at the theatre.

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History brought to life for school children



History was brought to life, when students from Terrington St Clement spent the day at RAF Marham.

The Year 8 and 9 group from St Clement's High School received a tour of the Aviation Heritage Centre and Air Traffic Control Tower, courtesy of curator Steve Roberts, MBE, who outlined the history of the Royal Air Force from World War One to modern times.

"The tour allowed the students to view over 12,000 artefacts and memorabilia that reflect the history of the Royal Air Force in Marham, East Anglia, and beyond," said Jenny Ford,

Librarian at St Clement's.

"The displays were arranged in chronological order to help the students understand the historical timeline from the Royal Flying Corps, the First World War, formation of the RAF, World War Two, Suez Canal Crisis, the Cold War, the Falklands conflict, and Gulf Wars, up to the present day."

Organised by the school's Head of History, Anton Modica, it was the first time the trip had taken place.

"The students were particularly interested in viewing armaments used by RAF Marham

aircraft, including the Sidewinder and Brimstone missiles," continued Mrs Ford, who accompanied the group, along with Mr Modica.

"Another highlight was a WE177 Freefall nuclear bomb, a significant artefact from the Cold War era. Another item of interest on display was a Victor Bomber ejection seat and historic aircraft propellers."

There was also an interactive element to the visit, with some students able to experience for themselves the drama of World War Two, thanks to a flight simulator which took them on a 1943 night raid over Berlin via Virtual Reality Headsets.

"The students could join the aircrew virtually and listen to communication over internal radios," explained Mrs Ford. "This allowed the students a brief insight into the bravery and resilience of the personnel from Bomber Command."

"We enjoyed the unique view of the airfield from the tower, and were very fortunate to observe a F35 fast jet taking off during the visit," added Mrs Ford.

"Some of our students wish to pursue a role in aviation and the Armed Forces, and this visit was very beneficial to learn about the opportunities that are available to them."

Images Ian Burt



Calling all young amateur photographers

It is time to get snap happy, with amateur photographers at schools across West Norfolk invited to showcase their talents in a photography contest.

Held in conjunction with the King's Lynn and District Camera Club (KLDCC), the West Norfolk Academies Trust (WNAT) Photographic Competition is open to staff and pupils across the Trust's member schools, as well as those within the Windmill Federation.

"It is open to all students from the Trust who are in Key Stages 2, 3, 4 and 5," explained WNAT Confidential Administrator Emma Pearman. "It's also open to school staff. There are five categories – each of the Key Stages, plus a Staff category."

"This year we will also be inviting students and staff from the Windmill Federation Schools to take part."

The annual competition is taking place for the third year running, with past themes having included 'Our Environment' and 'My Community'.

"There is an open theme this year, covering any subject the student or staff member thinks would make an interesting picture," said Mrs Pearman.

WNAT high schools taking part include Marshland in West Walton, St Clement's in Terrington St Clement, Smithdon in Hunstanton, and

Springwood in Lynn; alongside Trust primaries Clenchwarton, Gaywood, Heacham Junior, Snettisham, Walpole Cross Keys, and West Lynn.

Initial judging will be carried out by the WNAT Senior Leadership Team, with ten entries chosen from each category to go through to the final at Springwood on 25 June, where winners will be chosen by a panel from KLDCC.

"There were 147 images submitted last year," continued Mrs Pearman. "It is expected that there will be more this year, with it increasing in popularity year on year, and also with the fact that the Windmill Federation Schools are invited to take part this year."

Each category winner will receive £20 of Amazon vouchers, while one overall winner will be awarded the Dave Ashfield Cup, which last year went to Year 13 Springwood Sixth Form student, Ava

"The Trust places a huge importance on extra-curricular activity for all of our students, alongside excellent relationships with our community including the KLDCC," added WNAT CEO Andy Johnson.

To enter, send a jpeg format photograph, no larger than A4, and a maximum of 3600 x 2400 pixels, to e.pearman@wnat.co.uk before the closing deadline 1 June.

Author inspires Hunstanton Students



Image Ian Burt

Aspiring writers were put through their creative paces, when an author visited their school as part of a two-week celebration which also included World Book Day.

The Literary Festival at Smithdon High School was brought to an

appropriate close when Year 7 and 8 students were joined by Lisa Thompson, whose novels include *The Goldfish Boy*, *The Day I Was Erased*, *The Boy Who Fooled the World*, and *Owen and the Soldier*.

"During her visit, Lisa delivered an author talk in the school hall, sharing insights into her writing journey and creative process," said Marie Taylor, Librarian at the school.

"Following this, she ran a small writing workshop for a group of our most talented young writers. Events like our annual author visit are an important part of building a strong reading culture in school, meeting a writer such as Lisa Thompson helps students see that books are created by real people, making reading feel more relevant and inspiring."

"Hearing about the writing process, including drafting, editing, and overcoming challenges, can help our students to understand that writing is a skill that develops over time," she added. For aspiring writers, workshops can provide valuable encouragement.

"After Dan Freedman visited last year, demand for his books in the school library increased significantly, with many students keen to read his books.

"This demonstrated the powerful impact that author visits can have on reading engagement, enthusiasm, and library use across the school."

From mosses to magnetism at school science celebration



Ingoldisthorpe Primary

Budding scientists were put through their paces, when students led a series of experiments as part of British Science Week.

The Year 9 group from Smithdon High School visited pupils at Fritcham, Snettisham, Ingoldisthorpe, Dersingham, and Hunstanton primary schools, delivering workshops for the children which featured a range of different activities designed to promote a love of science.

Smithdon, which is a member of the West Norfolk Academies Trust, has been taking part in British Science Week for more than a decade.

Science Teacher Veronica Roper, who accompanied the students, explained, "We took five different activities, including a moss safari using microscopes to look at the moss and organisms living in it; a mini light show using coloured ray boxes, lenses, and screens; making a compass and investigating magnetism; using static electricity to make straws spin; and building electrical circuits to test the conductivity of different materials, as well as drawing graphite circuits to light an LED."

"The theme this year was 'Curiosity:

What's Your Question?'," said Head of Science Claire Pike.

"We took part in a poster competition, researched what it's like to live and work in the Antarctic, and used microscopes to look at things like cobwebs and pet hair to see what they look like."



Ingoldisthorpe Primary

Ten Year 8 students also attended a WNAT Science Technology Engineering and



Fritcham Primary

Mathematics (STEM) 'Race to the Line' challenge at Springwood High School in King's Lynn, which tasked participants with designing, building, and racing their own CO2-powered model cars.

"It is always fascinating to be able to look at science outside of the curriculum," added Mrs Pike.

All Images Ian Burt



Fritcham Primary

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Hunstanton Society

**Presentation by
Rob Spray — Diver**

**Visit Norfolk's Unique Chalk
Reef (and a little wartime history)**

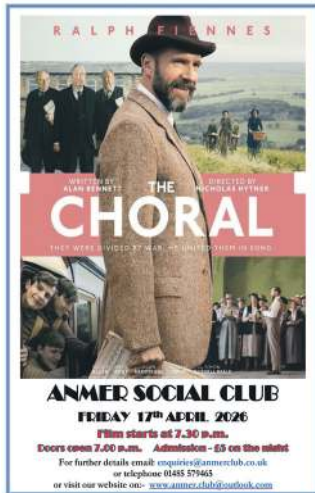
Rob Spray has been diving off the North Norfolk Coast for many years and produced some amazing videos and photographs some of which will be shown during his talk.

Wednesday, 15th April 2026 @ 7.30pm
in the Heritage Centre (doors open 7.00pm)
Admission £1.00 Members, £5.00 Non-Members
-Refreshments included-

King's Lynn Easter Egg Hunt
hosted by King's Lynn Round
Table 54 in the Walks PE30 1PE.

The Hunstanton Society talk in the Heritage Centre, Hunstanton. Doors 7pm Talk by Rob Spray – Diver: Norfolk's unique chalk reef and a little wartime history. 7.30pm £1 members, £5 non-members incl refreshments.

Friday 17th



Anmer Social Club Film Night THE CHORAL – 15 - Starring Ralph Fiennes and Roger Allam in an Alan Bennett drama based in Ramsden, Yorkshire, 1916. Club opens 7.00 p.m. – Film starts 7.30 p.m.

Admission £5 at the door. For further information email enquiries@anmerclub.co.uk or telephone 01485 579465

Massingham Historical Society 7.30pm at the Village Hall. Kevin Clarke presents Commonwealth War Graves plus a photographic display of gravestones. Guests £3 Bar open

United Services Club Hunstanton 01485 533360 Quiz night. £50 first prize. Teams up to 4 persons £3pp. 8pm

Saturday 18th

Hunstanton Promenade parkrun 9am See Sat 4th

Sandringham parkrun See. Sat 4th

North Wootton Village Market at North Wootton Village Hall PE30 3PT 9am-2pm. Fresh local produce and unique hand-crafted goods from over 20 local traders. Enjoy refreshments, and shop seasonal Norfolk flavours - all while helping to raise funds for the Village Hall.

Wereham Village Hall Arts & Crafts de-stash sale 10am-2pm Info: Karen on 01366 502214 or karen.villagehallwereham@gmail.com

Live music at Deepdale

Camping and Rooms PE31 8DD 7.30pm The John Ward Trio. Info 01485 210256 Booking <https://deepdalecamping.co.uk/vents/1853190582/>

United Services Club Hunstanton 01485 533360 Splash duo 8.30pm

Sunday 19th

Glebe House School Car Boot Sale PE36 6HW. See Sun 5th

RAF Bircham Newton Heritage Centre Open Day PE31 6RB 10am-4pm Info: Jamie Heffer 07807 098348

United Services Club Hunstanton 01485 533360 Find the joker draw 2.30pm. Followed by live music & dancing in the lounge with Julie Bunn 3.30pm Karaoke 8pm

Tuesday 21st

Knit and Natter at Old Hunstanton Village Hall 10am-12 noon. All levels welcome. Join our small friendly group. £3 includes coffee and cake. Info Carol 07763 466325

Norfolk And Waveney Mind Group Meeting 11:00 a.m. See Tues 7th

Thursday 23rd



Creative Arts East Live screening at Hunstanton Town Hall 1pm Shakespeare's OTHELLO rages to life like never before in a 'compelling' new production starring David Harewood, Toby Jones, Caitlin FitzGerald, Vinette Robinson and Luke Treadaway. Tickets 'pay what you can' <https://www.creativeartseast.co.uk/whats-on/othello-3/> T: 01953 713390

New Hunstanton WI meeting Methodist Church Hall, Austin St PE36 6AJ 2.15pm "An Author's Life" Talk given by best selling novelist Gillian Harvey. "Failing better: lessons learned on route to publication" Gillian Harvey's route to publication was far from smooth. It took twenty years,

seven novels and lots of lessons along the way to secure her first publication deal. Join Gillian to hear about the ups and downs of author life, and the invaluable lessons she's learned. Talk includes refreshments: Visitors £5. WI members £4. contact 07789 687893 or 24wisec@gmail.com

The Wolf Folk Club 7.30pm at Fritcham Community Centre PE31 6BU Sing Say Play or just sit and listen All genres and abilities. Info: 07803 725583

Friday 24th

Prize Bingo at Docking Ripper Hall PE31 8NG. Doors 6.30. Eyes down 7pm. Refreshments available. 07771 774089

Anmer Social Club Quiz Night – Club opens 7.00 p.m. Quiz starts 7.30 p.m. Entry £3 pp Fully Licensed Bar Raffle For information email: enquiries@anmerclub.co.uk or telephone; text or WhatsApp 07899872351

Saturday 25th

5K Your Wy – Move Charity. Sandringham Royal Park 8:40 for a 9:00 am start For anyone affected by cancer, friends & 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

Hunstanton Promenade parkrun 9am Starting at the Salad Bowl and running towards the Lighthouse. Volunteers 8.30am Info: 07804 927764

King's Lynn Merchants Market, Tuesday Market Place, 9am-3pm.

info@discoverkingslynn.com Snettisham Flea Market at the Memorial Hall PE31 7LX 9am-3pm 50p entry Info 01585 543608

The Burnhams Market at Saint Mary's Westgate Church, Burnham Market PE31 8DH open from 9.30am to 2.30pm 30 stalls with handmade ceramics, jewellery, leather goods, homeware, artwork and delicious artisan food.

Tai Chi on The Green, Hunstanton. A fundraising weekend for Hunstanton RNLI. Suitable for all 10-11am standing, 11am-noon seated. Free event, donations welcome

for the RNLI. Contact Allan or Maggi on 07960229726.

Hunstanton Craft Fair at the Town Hall PE36 6BQ 10am-4pm Info: hunstantoncraftfairs@gmail.com

Sisterhood Drumming Circle – Heacham 2pm -3.30pm Heacham Scout Hut PE31 7DU Donation £10 per person. A prepaid event. Sisterhood group through the power of the drum we unwind, destress and rebalance in a safe space. All donations go to Nelsons Journey Charity supporting Bereaved children in Norfolk. No 1170605 To book your place: Contact Margaret on 0795 140 2717 or email Tranquilitytobe@hotmail.com

United Services Club Hunstanton 01485 533360 Kenny Lee & Hustler band 8.30pm

Sunday 26th

Glebe House School Car Boot Sale PE36 6HW. See Sun 5th

United Services Club Hunstanton 01485 533360 Find the joker draw 2.30pm. Followed by live music & dancing in the lounge with Steve Moyse 3.30pm Karaoke 8pm

Monday 27th

Anmer Social Club Coffee Morning 12noon. Coffee; tea; cakes & biscuits available to purchase. For information please email: lee.suckling78@outlook.com or telephone, text or WhatsApp 07899 872351

Tuesday 28th

Norfolk And Waveney Mind Group Meeting 11:00 a.m. See Tues 7th

Snettisham Bingo night at the Memorial Hall PE31 7LX Doors 6.30, eyes down 7.30pm. Info 07941 643807

Wednesday 29th

Snettisham Gardening Club: Michael Croot with display of container plants for sale. 7.30pm The Memorial Hall, Old Church Road, Snettisham 7.30pm. Visitors £5 Info: Gail on 07899933840 or Addie on 01485 544754

Thursday 30th

A musical afternoon with Country singer Chris at Hunstanton Town Hall 1-3pm. £4 cash on the door. In aid of East Anglian Air Ambulance.

In the Limelight

As Easter bank holiday weekend approaches, we are bringing back live music on the Terrace. On Sunday 5th April Gary Elvis Lee – the king of rock, country charm and timeless ballads will be entertaining from 1pm to 5pm, weather permitting. And what's a Sunday session without something delicious to enjoy? Fishers of Hunstanton will be serving their famous fish and chips straight to the Terrace so you can soak up the music and the sea views.

We had a fun time at the Princess Theatre last month celebrating World Book Day! There was no need to encourage anyone to arrive in fancy dress, instead, everyone simply chose a book that relates to their role here at the theatre. Did you know that Brian has his very own book, *The Life of Brian*? Diana is a huge *Archers* fan, and Andy is a fully qualified First Aider. Carol dug out her copy of *Cinderella* – yes, it's this year's panto! Charlie chose *Women in Lighting* as a special nod to International Women's Day, and Jess dived into the complexities of sound engineering. Meanwhile, Lee explored *Beers From Around the World*, so be sure to ask him about his discoveries next time you're in the bar!

My book of choice was Musicals: The Definitive Illustrated Story. I adore watching Musicals and often have a soundtrack ready for long drives. I worked Front of House at the Lyceum Theatre in Drury Lane while training at Theatre School in London. This was when *Oklahoma* was on with Maureen Lipman and Hugh Jackman. Then *Lion King* took its place – that's how long ago! Speaking of musicals, the Princess Theatre is proud to be hosting the Klods Theatre Company production of *We Will Rock You*, the smash-hit musical featuring the unforgettable music of Queen! Tickets are selling fast with 4 shows running from Thursday 9th April – Sat 11th April with a 2pm and 7.30pm on the Saturday.

April brings us some truly nostalgic nods to some music legends and music genres. We welcome back the Bob Dylan & Joni Mitchell Tribute Show on Sunday 12th April. It's an exhilarating evening of songwriting genius, expertly presented with passion and humour.



'Bob and Joni' 12th April

Uncle Funk Presents: This Is Disco on Sunday 19th April. Grab your dancing shoes, flares and feather boas as Uncle Funk takes you on a whirlwind trip back to the 70s with the world's greatest live disco review. This sensational 9-piece supergroup, famous for electrifying performances at Glastonbury, Standon Calling and London's O2, delivers timeless hits from Donna Summer, Bee Gees, Chic and Earth, Wind & Fire, including *Stayin' Alive*, *Le Freak* and *Boogie Wonderland*, all performed with dazzling costumes and spectacular choreography.

On Friday 24th April, step back to the swinging sixties with *This is Merseybeat*, celebrating the iconic sound of Liverpool's Number 10, Mathew Street, the birthplace of the British Invasion. The show features the Cavern Club's resident Merseybeat combo, The Shakers, delivering their authentic 'Maximum Merseybeat' sound, joined by guest artists Danie Cox as Cilla Black and Neil Ainsby as Gerry Marsden. Liverpool Everyman/Playhouse actor Paul Codman hosts, with keyboards from Toni Baker of The Dakotas and The Merseybeats. A vibrant, foot-stomping celebration of the beat that started it all.

Returning on Saturday 25th April, *Simon & Garfunkel: Through the Years* is the most authentic tribute to the legendary American folk-rock duo. Dan Haynes and Pete Richards, performing as Bookends, have toured the globe to rave reviews, delivering concerts described as

"simply breath-taking." With delicate recreations of Simon & Garfunkel's unmistakable sound, set against iconic imagery, this world-class performance brings hits like *The Sound of Silence*, *Mrs Robinson*, *The Boxer* and a stunning rendition of *Bridge Over Troubled Water* to life. Bookends have performed in some of the finest theatres and concert halls across the UK, Europe, and the United States, making this the closest experience to seeing Simon & Garfunkel live today.

Looking ahead, we have some actual *Live Theatre Plays*! These plays couldn't be any more different! Club Mistero – Friday 8th May. Meet a flighty barman, an outspoken diva, a secretive showgirl, a neglected wife, and an owner with eyes on every corner – all become suspects when someone mysteriously goes missing... clutch your pearls, old sport, murder is afoot!



Anna



Club Mistero

Desperate Scousewives – Sunday 7th June. Get ready for a riotous, fast-paced comedy following the lives of three loud, no-nonsense Liverpool women and one nervous newcomer, all navigating life, love, loyalty, and plenty of lipstick on their tightly knit street. Starring TV comedy legend Crissy Rock (*Benidorm*, *I'm A Celebrity*), this is one night of laughter not to be missed.

Did you know you can support the Princess Theatre and enjoy exclusive perks by becoming a Patron or Friend? Enjoy 10% off theatre tickets and bar purchases, a free pantomime ticket each year! Join the Princess Theatre community and help support the shows and events you love. Memberships can be purchased online or in person at the Box Office, where the team will be happy to assist you.

We have scheduled some smashing kids shows this year! Live theatre helps children grow in confidence, imagination and empathy by bringing stories to life right in front of them, encouraging them to think, feel and connect in ways screens simply can't. We had a blast with Sooty last month! On Sat 2nd May we have Bippo's Circus Adventure! Book today and create memories that last a lifetime.



'Bippo' - 2nd May

From music to plays we look forward to welcoming you this spring. Keep in the loop with our newsletters and find out what is going on behind the scenes.

Thanks for reading.



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SATURDAY 25th - SIMON & GARFUNKEL
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