

# TOWN and AROUND

ISSUE 190 AUGUST 2021

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NEWS FROM  
NW NORFOLK  
FREE



Local News • Events • Great Outdoors • Features

# First word



A Royal front cover this month; Prince William, Prince George and Princess Charlotte were the surprise guests at the Sandringham 10k where Ian Burt captured this lovely image. You can find our race report and more photos on page 8.

Our centre spread this month is all about electric vehicles. Written by Abigail Brown it is well worth a read.

Just before we went to print the news that Smithdon School has been included in the Schools Rebuilding Programme list was announced and initial reactions

can be found on page 70. I'm certain we'll be running more about this in future editions - what do you think? Letters to the Editor are welcomed.

Roger, who pens Nature Notes, is moving away so we are looking for someone to write the column - could it be you? Please make contact if you are interested.

Our thanks to Roger and all our writers, our readers and advertisers. You are all appreciated

Lastly, the events diary is back! It's on page 78.

With best wishes for an enjoyable and safe August

## Elaine

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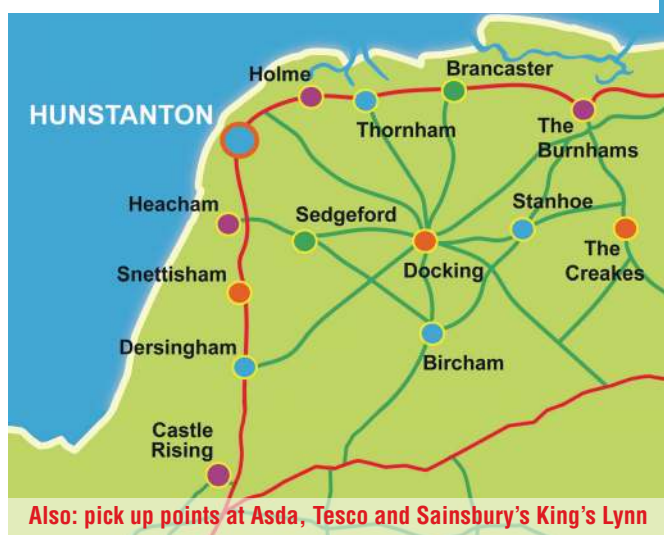
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## 7 summer driving hazards and how best to avoid them

Most driving dangers are associated with wintertime, but summer can bring a host of different risks. Here's a look at some of the most common summertime driving hazards and how to avoid them:

### Roadblocks, detours, and traffic jams

Most road works take place in the spring and summer months, and they can be a real nuisance to drivers, causing detours and delays.

Top tips:

- Plan your journey ahead of time and check for construction work.
- Avoid routes affected by road works if possible.
- Drive sensibly in work zones.
- Merge into the correct lane early when approaching a road closed for construction work.

### Motorcycles

There are undoubtedly more motorcyclists on the road in hot weather, which, in turn, increases the risk of motorcycle incidents.

Top tips:

- Be careful when making turns - make sure to double-check your blind spots.

### Pedestrians

As more and more people venture out to enjoy the sun, drivers need to be extra aware of what's happening around them.

Top tips:

- Double-check for pedestrians when turning.
- Be mindful of pedestrian crossings and ensure you stop for people waiting to cross.

### Holiday traffic

Now we have more freedom, many people are heading out for a summer holiday, and who can blame them. But, this increase in traffic can lead to a higher risk of incidents.

Top tips:

- Avoid driving during bank holiday weekends.
- Avoid driving at peak times, if possible.

### Drowsiness

Failure to keep high temperatures under control due to ineffective air-conditioning can induce tiredness and lack of focus in drivers.

Top tips:

- Stay hydrated.
- Check your car's air-conditioning before a long journey.
- Get your air-con serviced regularly.

### Sun glare

The glare from the sun can restrict your view and make it difficult to spot hazards and, ultimately, drive safely.

Top tips:

- Always have sunglasses in the car in case you need them.
- When planning a car journey ahead of time, note what time of day you will be leaving and prepare accordingly.
- Remember to use your car's sun visor - consider purchasing an anti-glare visor extension if your standard one is ineffective.

### Social events

Warmer weather encourages more social gatherings, many of which include alcohol consumption. Unfortunately, some people choose to ignore the law and drive home drunk, making them dangerous to other drivers, nearby pedestrians, and cyclists.

Top tips:

- Keep your distance from traffic ahead to avoid being involved in a collision should one occur.
- Always wear your seatbelt.
- Use extra caution at junctions and roundabouts.
- Don't drink and drive!

To book a free air-conditioning check or an air-con service at £57.50, contact K Brown Auto Repairs in Hunstanton on 01485 533786 or King's Lynn on 01553 786786.

Visit [www.kbrownautoskingslynn.co.uk](http://www.kbrownautoskingslynn.co.uk) for more information.

## Buzz created as pollinator paradises set for Norfolk roadsides

A County Council committee is to consider tripling the number of Roadside Nature Reserves in Norfolk. Fewer cuts for rural roadsides, a pollinator action plan, and 188 more roadside nature reserves are all on the cards as part of plans to boost biodiversity along roads and paths across the county.

Cllr Barry Stone, Chair of the Infrastructure and Development Select Committee, said: "These plans are designed to help make our roadsides a real pollinator paradise."

"We're clear that balancing safety and nature must be central to any new policy but we have a fantastic chance here to make some real changes for the better."

The report set for discussion next week states that the proposals will help support ambitions in the County Council's Environmental Policy that was approved in November 2019. It says that sympathetic management of roadside verges can provide a connected habitat for insects and wildlife.

Also on the agenda are plans to help boost cycling and walking across the county, and development of a new verge management policy which will include information for parish and town councils wishing to take on responsibility for verge cutting in their local area. The aim is to help involve local communities more in decisions about verge management near them.

Members of the committee will also be asked to note progress on a 3-year nature recovery demonstrator pilot project for roadside verges alongside Suffolk County Council. This will inform development of a monitoring mechanism for habitat connectivity for the emerging Norfolk and Suffolk 25 Year Environment Plan.





# Don't take your car's air conditioning for granted

*If you're wondering why your car's air conditioning isn't as effective as it once was, you're not alone, as **K Brown Auto Repairs** explains...*

**W**e've started to consider air conditioning a standard feature in our cars, but that means we've also started taking it for granted. Few people realise that it requires just as much regular care and attention as the rest of your vehicle, and even fewer know how it works.

"It's not simply a case of bringing air into the car from the outside and cooling it down," says Keith Brown, who started K Brown Auto Repairs with his wife Tamsin over 25 years ago. "Your car's air conditioning is actually quite a complex system comprising at least five integral parts, and it needs regular maintenance to continue working efficiently."

In fact, one of the most startling facts about in-car air conditioning (which will come as a big surprise to many drivers) is that the refrigerant generally needs to be refilled every two years - especially as up to 15% will evaporate from your car's system even if it's not being used.

K Brown Auto Repairs offers a totally free air-conditioning check, which is perfect to see if your car needs reconditioning - because your air-conditioning system is an ideal breeding ground for bacteria. It doesn't just result in bad odours, it can also have an adverse affect on allergies.

"Even if we have to re-gas your car's air conditioning it shouldn't take more than hour," says Keith, "and we're also now using a new refrigerant that contains 98% fewer climate-damaging pollutants than its predecessor. That's actually been a legal requirement on new cars for the last four years."

K Brown Auto Repairs has always been at the forefront of car maintenance, and Keith and his team of engineers are already fully-trained and qualified in the servicing of electric vehicles. Technology is transforming our cars and the way we use them, but we'll always need MOTs, regular services, diagnostics, tyre replacements and problem-solving - so we'll always need K Brown Auto Repairs.

"We've always been open and honest with our customers, and we'll never do any work to their cars without letting them know first," says Keith. "That's probably why we've got customers who've been with us from day one - and why we're now looking after their children's cars."

It's an approach to car servicing that is (if you'll excuse the pun) a breath of fresh air.



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# Samarathon along the Peddars Way

A group of walkers led by King's Lynn Samaritans branch director Rachel Goldsmith and trustee Richard James took part in the 2021 Samarathon on Sunday 11th July with the joint objectives of fundraising to keep the vital service running and raising the profile of the local Samaritans branch in the heart of King's Lynn.

The team was out bright and early, walking from Barton Farm, Little Dunham, up the Peddars Way to Ringstead, then to Hunstanton, to complete the full 26.2 mile marathon.

Meeting the walkers towards the end of their challenge at the Gin Trap Inn Ringstead, the Mayor of King's Lynn & West Norfolk, Cllr Harry Humphrey said: "It was a splendid effort and I congratulate all who took part, whether for the whole route, which was a great task, or those that supported for sections of the Samarathon. Well done."

Mayor of Hunstanton Cllr Adrian Winnington (pictured far right in his walking kit) said: "I was invited to join the walk at Ringstead for the last leg of two and a half miles through the Downs to Hunstanton.



"I was pleased to accept as I know Ringstead Downs well, I walk a butterfly transect there once a week for the UK Butterfly Monitoring and have also produced a flora list for the reserve.

"The walk finished at the prom by Oasis where I welcomed the walkers to Hunstanton and congratulated them on completing their Samarathon (I put my chain on there!)"  
Photo: Ian Burt

## £10,000 donation to QEH Macmillan Cancer Care from Mintlyn Crematorium



From left Cllr Paul Kunes, QEH fundraising executive Laurence Morlaas, Crematorium manager Chris Black and Cllr Brian Long. With the Mayor is QEH chairman Steve Barnett. Photo: Ian Burt

A scheme that recycles metal from medical implants after cremation donates the proceeds to charities twice a year.

The Mintlyn Crematorium that is managed by the Borough Council is a member of the scheme which is operated by the Institute of Cemetery and Crematorium Management (ICCM).

Under the scheme metal from medical implants is recycled after cremation, with the consent of the family of the deceased. Twice a year the institute asks its scheme members to nominate local charities, which help to support people to cope with the death of loved ones, to receive a donation.

The Borough Mayor Cllr Harry Humphrey with Cllr Brian Long, Cllr Paul Kunes, and Chris Black, Manager of Mintlyn Crematorium presented a cheque for £10,000 to Professor Steve Barnett, Chairman at the Queen Elizabeth Hospital King's Lynn (QEH), and Laurence Morlaas, Fundraising Executive.

Cllr Paul Kunes, Cabinet member for Environment, said: "Over the last ten years Mintlyn Crematorium has raised thousands of pounds for many worthy local causes through this scheme. I'm delighted to be presenting this cheque to the Cancer Care and Treatment Charitable Fund at the QEH. It has helped thousands of people affected by cancer."

Cllr Brian Long, Cabinet member for Corporate Services, added: "The work this unit continues to do has supported many local people as they fight cancer. I hope this donation helps the Macmillan Cancer Care and Treatment Centre at the Queen Elizabeth Hospital to continue the vital support they give to our community."

Professor Steve Barnett, QEH Charman, said: "We're extremely grateful to the Borough Council of King's Lynn & West Norfolk, the ICCM and to our local community for this donation to our Cancer Care and Treatment Charitable Fund. The funds will help us deliver the highest standard of care and support for our patients living with cancer, and their families."

Previously, the crematorium used money raised through the scheme to support the Big C Cancer Charity, the Central Delivery Bereavement Fund at QEH, The Norfolk Hospice, Tapping House, EACH, Scotty's Little Soldiers, SANDS (Stillborn and Neonatal Death Society), Friends in Bereavement, Nelson's Journey, The Norfolk Hospice, Tapping House, SOBS (Survivors of Bereavement by Suicide), and MNDA (Motor Neurone Disease Association), Theresa's Tiny Treasures and the Alzheimer's Society.

## Pandemic claims Hunstanton Tennis Tournament, Rotary Kite Festival and Norton Hill Railway weekends

As cases rise in the county, sporting and fund-raising events due to have taken place during July and August this year are the latest victims of the pandemic.

The Tennis Tournament Committee had hoped to run the event this year after the cancellation of last year's Centenary tournament.

Dubbed the 'Glastonbury of Tennis', the tournament attracts competitors from around the country and is the largest event of its kind in the UK. Having won the Competition of the Year in the Lawn Tennis Awards for their work in the community in 2019 the organising committee said that: "It is with a heavy heart that we sadly announce the cancellation of the 2021 Hunstanton Lawn Tennis Tournament."

In a statement the organising committee said: "Throughout our planning the Tournament committee remained extremely mindful of advice and information from the Government, the Lawn Tennis Association and the local authorities concerning the step-by-step approach out of the Covid-19 pandemic lockdown. With the postponement of Step 4 on the Government Roadmap, the continued uncertainty and the recent rise in positive cases the committee believes that it cannot safely promote this year's Tournament."

The impact on the local area and its residents and the consideration of the health of the spectators and competitors were also deciding factors.

The date for the very belated Centenary Tournament in 2022 is Sunday 14th August to Saturday 20th August.

Hunstanton and District Rotary Club's very popular Kite Festival and Classic Car Rally held at Smithdon High School in Hunstanton last took place in 2019 when it celebrated its 22nd edition is one of the club's major fundraising events. The other is the Norton Hill Light Railway Weekend held by kind permission of Michael Schumann in Snettisham.

The 2019-2021 Rotary President John Crofts said: "The stand out moments of my first year in office were Kite and Norton Hill where £25,000 was raised and that enabled us to do a number of things and help many local organisations.

"A year ago we knew we wouldn't be able to have these events but none of us really anticipated that they wouldn't be able to go on this year; it is very sad. Let's hope that 2022 we can get back to doing things in schools and other places that we so enjoyed in the past."

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## Sandringham Half Marathon gets the Royal stamp of approval



*Starting the event Prince William, Prince George and Princess Charlotte. Photo: Ian Burt*

The Sandringham Half Marathon took place on Sunday, 20th June and is sure to become an annual event in the local calendar after its debut success.

Whilst the drizzly weather conditions may have suited the runners rather than the spectators, the surprise appearance of Prince William, Prince George and Princess Charlotte, who hooted the start to the event, not only inspired the 1,500 runners on the day but also everyone in attendance.



*Marie French winner of 5K ladies event and 5th overall wearing number 2097 with Max Parsley (North Norfolk Harriers)  
Photo: Run Sandringham / Epic Action Imagery*

The scenic course weaves its way through the royal estate providing a glimpse of the wonderful grounds including a stage of the half marathon passing Sandringham House itself.

In the end, the blue ribbon events were comprehensively won by Dave Hudson (Huntingdonshire AC) who won the men's event in 1 hour 8 minutes and Kate Murrell (Tri-Anglia TC) who won the ladies event in 1 hour 26 minutes. The 5k event was won by Ashley Gilbert (Dereham Runners AC) and Marie French. The winner of the Community Run was local 17 year old runner Cameron Raven (Runners Next the Sea).

Race Director Aaron Murrell said: "We had over 1400 runners take part in the event at Sandringham Estate on Sunday.

"We were really pleased to see so many people join us for our inaugural event here.

"We were really happy that HRH The Duke of Cambridge joined us as our Official Race Starter - along with his two children George and Charlotte.

"The runners really enjoyed seeing them there as our special guests, and there was a fantastic atmosphere within the event village as they



*Dave Hudson (Huntingdonshire AC)  
Photo: Tim Keogh*

joined us on stage to start the Half Marathon event. We were pleased to support three fantastic local charities ourselves as organisers, in East Anglian Air Ambulance, Break and East Anglian Children's Hospices.

"Our fantastic participants too chose to raise money themselves for the causes close to their own hearts, including Asthma UK, Scotty's Little Soldiers and British Heart Foundation.

"Our special thanks also to our amazing team of staff and volunteers without whom the event would not have been possible.

"We are looking forward to being back at Sandringham Estate for the Run Sandringham 10K on Sunday 26th September 2021, for which there are limited entries still available, and the Half Marathon, 5K and Community Mile Running Festival in 2022".



*Kate Murrell (Tri-Anglia TC)  
Photo: Run Sandringham / Epic Action Imagery*



*Start of the 5K event. Photo: Ian Burt*



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## Free food for everyone at Hunstanton Community Fridge



Hunstanton's Mayor Cllr Adrian Winnington and Cllr Amanda Knight at the new Community Fridge. Photo Ian Burt

Hunstanton Town Council is fighting food waste with the Community Fridge project that was opened on 23rd June by the Mayor.

"On average every home wastes £500 worth of food a year", said the Mayor today as he officially open the project which was the birthchild of fellow Town Councillor Amanda Knight.

"Community Fridges have been shown to reduce waste significantly so it is great to have one set up here; we hope it will take off and reduce food waste in Hunstanton."

Based at the Town's Community Centre in Avenue Road, the facility is run by a team of volunteers and it will be open every Wednesday, from 9.15 to 10.30, and Thursday from 10am to noon.

Today was also the day that an agreement with Sainsbury's Hardwick Store was signed. This means that loose produce, freezer food and chilled items nearing their use-by date will be available for collection from the store for the project.

Cllr Knight said: "We are really pleased to announce that we have signed the agreement to be 'back of the store collectors' from Sainsbury's."

"We have a really lovely team of volunteers but if more come forward we will be able to open longer hours - and we are also especially seeking volunteers who can collect food for us from the Sainsbury's Hardwick Store."

Customer Experience Manager Diane Wells said; "We are really excited about this; not only is it a first for us it's also a great way to put this food to a good use rather than it going to waste."

The Community Fridge also has agreements with Snettisham Co-op and Kemp's greengrocers in Hunstanton.

One of the volunteers, Penny Leverington, said: "I went to the initial meeting and am amazed that it was happening here; it's a wonderful



Mrs Eileen Amis, who had called in to see what it's all about, selects some rolls. Photo T&A



From left Project Leader Cllr Amanda Knight, Sue Eracleous (Sainsbury's Hardwick Store) and Diane Wales (Customer Experience Manager Sainsbury's Hardwick Store) Photo T&A

idea and what a lot of people don't appreciate is that it really is free food for anyone who can use it.

"Throwing away food is criminal and it is astonishing just how much food we throw away."

Thanking the volunteers, the Town Council staff and her husband, teacher David Whitehill, who has been out collecting food, Cllr Knight spoke of plans for the future, "this is a community venture" she said, "we will be sharing food and recipes and hopefully in the future we can do more things including setting up a community cafe."



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## The Norfolk Hospice launches gin with WhataHoot

Local charity The Norfolk Hospice Tapping House have collaborated with King's Lynn-based distillery WhataHoot to produce a gin bottle to help raise vital funds.



With each bottle of The Norfolk Hospice Signature Dry Gin sold, £5 will be donated directly to the Hospice to support their vital work in the community.

The gin is available to purchase on the WhataHoot website and at their distillery on King Street, retailing for £30.

Hand-distilled at the distillery in the heart of historic King's Lynn, WhataHoot Signature Dry Gin is a refreshing blend of traditional botanicals including juniper, coriander and citrus, perfectly balanced with the iconic Norfolk flavours of sea-samphire and lavender for an incredibly smooth finish.

Anglia Labels kindly paid for the materials for the gin bottle labels and Prontaprint generously designed these free of charge.



Nicky Crown, owner of WhataHoot, said: "We wanted to support The Norfolk Hospice as it's a local charity very close to our hearts. They do an amazing job caring for patients undergoing palliative and end of life care, as well as their family and friends, and they are invaluable to the local community. We are delighted to be able to help."

Lyndsay Carter, Chief Executive at The Norfolk Hospice, said: "It has been wonderful to work with the team at WhataHoot and their enthusiasm, hard work and generosity has been fantastic. We are extremely grateful for their support following such a challenging year and we look forward to developing our partnership."

If you own or manage a local pub, bar or restaurant and are interested in stocking the gin, please contact AJ Bonnett on [aj@whatahoot.co.uk](mailto:aj@whatahoot.co.uk).

You can purchase a bottle of The Norfolk Hospice Signature Dry Gin online at [www.whatahoot.co.uk/nh](http://www.whatahoot.co.uk/nh) and at the WhataHoot distillery at 7a King Street in King's Lynn.

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# Piles and Tribulations Notes from a Rural GP

by Dr David Ince

Ganfyd sounds like a picturesque village just outside Aberystwyth – turn off the A44, 5 miles before Ponterwyd and you can imagine finding the gates to Center Parcs, Ganfyd – a relaxing haven of swimming pools, hot tubs and expensive burgers. However, Ganfyd is actually an acronym meaning ‘Get a note from your doctor.’ It is a phrase used, on occasion, by a broad church of employers, insurers, government authorities and schools (amongst others) to sometimes request information from your doctor but also to try and limit or share their liability.

Ganfyd can come in all shapes and sizes – sometimes very appropriate but at times an unnecessary bureaucracy and adding to the burden of paperwork that a practice can face. A recent survey suggested that 1 in 5 parents had written a note for their children to avoid PE on medical grounds which prompted an Academy in Luton to ask all parents to get a letter from their GP or their child would face detention – a deterrent for some but an invitation for others to use primary care for this service. This is non-NHS work and GP surgeries can charge for this service which can cause further debate and irritation all round.

I recall before moving to Norfolk doing a locum GP session in one of the less desirable areas of the capital city. It was a slow, warm, sticky afternoon in August and I was debating between getting a Magnum or an Orange Calippo (other ice-creams are available) on the way home, when I walked a serious looking guy. ‘Serious’ in the ‘the other guy wouldn’t do well in a fight here’ serious kind of a way. Six foot tall and arms the size of my thighs, he had chosen to wear one of his less politically correct T-Shirts emblazoned with the phrase ‘Yes, I am ANGRY (and DANGEROUS).’ Good start. He went on to tell me he needed a letter supporting his request to move home due to his anxiety. I gently explored his anxiety and he explained that he felt unable to leave the house unless he was armed. I tentatively asked if he was currently armed. At this point he pulled out what was more of a sword than a knife but either way I think Norris McWhirter and Roy Castle would have offered him immediate entry in the Guinness Book of Records for ‘Largest Concealed Knife.’ Anyway, he got his letter (and it was a good one). I chickened out and allowed reception to deal with the financial side of the transaction!

GANFYD also raises issues of confidentiality, consent and disclosure of patient data which is a political hot potato relating to the government’s latest proposal to extract all data coded by GPs and held in medical records. NHS Digital is the government agency that ‘uses the nation’s health data to drive research and transform services.’ – they describe themselves as the ‘national custodian for health and care data.’ Under the 2012 Health and Social Care Act, GPs have a statutory obligation to share data with NHS Digital. NHS Digital has

developed a new way to collect the data, called the General Practice Data for Planning and Research Data Collecting (catchy title!).

The new system is a streamlined way of collecting and analysing GP data for health and social care purposes. The extraction will support health and care planning and research in England, helping to find better treatments and improve patient outcomes. There is no doubt that data analysis saves lives and promotes better health – for example data extraction and analysis has helped confirm the safety of the meningitis vaccine, identified links between certain medications and cancer and has played a large role in the monitoring of the current pandemic and the interventions we have used. So it is vital, but equally what goes on in a GP consultation and gets recorded in the notes is not always of ‘data-worthy extraction’ but rather is personal, almost confessional details that patients and GPs feel rightly protective of. We cannot have a system where any data extraction discourages the patient from sharing information with their clinician or even where a clinician may hesitate to record something because of fear of extraction. Most patients (and GPs) are content for data to be shared in an anonymous way for analysis and health planning but are, understandably, concerned about it being used for marketing or insurance purposes. It is a really tricky ethical issue. Who owns the medical record – is it the patient or is it the doctor. Even if it is the doctor or the practice (and legally I think it is the organisation that owns the paper or database on which the record is stored), there is a responsibility for confidentiality as set out in the General Medical Council guidance that maintains the register of the medical profession. As a doctor you are open to litigation against you personally in the civil courts, in the criminal courts and also at the General Medical Council in terms of your registration. We are also, in terms of data control, registered with the Information Commissioner’s Office who enjoy handing out hefty fines for data breaches.

The new system was announced in May with a start in July but this has now been pushed back to September to allow greater consultation with patients, doctors and health charities. The concerns raised are:

1. The extraction is an opt-out meaning that unless you formally opt-out your consent will be assumed and your data extracted. Details are at [www.digital.nhs.uk](http://www.digital.nhs.uk).
2. What data will be extracted? It will be all ‘coded’ GP data – this means, broadly, data about diagnoses, symptoms, test results and medications – it will not record ‘free text’ or written notes that contain the precise details of the conversations with the clinician. So, as an example, I may see someone with ‘High Blood Pressure’ (this will be extracted) and record their blood pressure as ‘120/80’ (this will be extracted) and that they take ‘Ramipril

2.5mg tabs’ (this will be extracted) but then I also write in the notes ‘wife has left him having come home and found him wearing her underwear – has £5000 gambling debts – very upset’ (this, importantly, will NOT be extracted).

3. Will it be anonymised? NHS Data will not extract names and addresses but will extract DOB, NHS number and home postcode but will replace them with unique codes prior to uploading to NHS Digital so the data is called ‘pseudoanonymised’ and patients will not be identified directly in the data. NHS Digital do, however, have the software to convert the unique codes back if needed for specific legal reasons.

4. What will it be used for? The data is used to support research and analysis – it will aid the planning and commissioning of health and care services, policy, public health monitoring and enable research into areas such as coronavirus long-term impact and health inequalities.

So what do we do? GP medical records are a highly personal record of health and illness. They are confidential but full of important data that can influence and improve health. There has always been a risk of confidential data breach – be it a break-in at a surgery in the 1950s and paper notes stolen or an IT breach of the 2020s by cyber-hackers. I think the key is a patient should have some input about what is shared and the ability to give consent. Although yet to come to fruition, the government promised to enable patient access to their full medical records by 2018 including the facility to add to their own notes (this is another article in itself) – it is difficult to consent or consider an opt-out to something you have not had sight of. I feel comfortable with the level of extraction proposed – it is the difference between ‘coded’ and ‘non-coded’ or ‘free-text’ data that makes the difference. ‘Coded’ tends to be the dry data that the analysts are interested in rather than the ‘non-coded’ which offers the details and will not be extracted. Letters and images will also not be extracted. Although many may disagree my feeling is to allow the extraction as the benefits outweigh the risk. However as the extractions may become more sophisticated and inclusive, it is essential that patients have access to their full notes (at least in a read-only way) so that they can make an informed choice if asked. Ultimately there is an ongoing philosophical debate about whether the record of your health is owned by you and something you have rights over or simply a description of your health which is owned by the NHS or the state.

If you do wish to find out more information then look at the NHS Digital Website which also contains information on how to opt out. I, personally, don’t plan on opting out but my wife hasn’t caught me (yet) wearing her underwear.

I wish you good, confidential health.

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## Hunstanton Eyecare blog

It's Saturday, 10th July, and forty, yes FORTY, 40, years ago today I received my certificate confirming I was a qualified Dispensing Optician. We travelled to London for the ceremony in Apothecaries Hall in Blackfriars Lane. I guess that's an excuse for cake at work! I have been so fortunate to have had such an interesting career. Optics has not only provided a living, but taken me across the world to Malaysia and India as an ABDO examiner, and I've met many great people along the way. So if you have children who are wondering what to do with their life, optics might be a good suggestion!



As I am writing, we are looking forward to the relaxation of many of the restrictions placed on us by the Covid-19 pandemic. Understandably opinions are divided between getting businesses going again and the health of everyone. The one thing that is certain is that the virus has not gone away. We at Hunstanton Eyecare, like many other businesses, have been greatly affected and we are at the point of considering how we move forward. In our industry we are not only governed by Government legislation, but also our professional bodies, General Optical Council, College of Optometrists, Association of British Dispensing Opticians and the like, and they all have to agree a way forward, as you can imagine they don't always sing from the same hymn sheet, or should I say, read from the same eye test chart! Of course, we have had discussions amongst ourselves, and we have come to the conclusion that for the time being we will operate in the same safe manner. To quote our boss, Mr Leach, "I believe we need to continue as we are until the end of October. As health professionals we don't want to be responsible for spreading the virus over the next few months." So please bear with us using the "locked door" policy, appointments allocated for everything and gallons of hand sanitiser. We are open, we are here for you and can deal with all your concerns about your eyesight and can provide you with fantastic spectacles too. We look forward to seeing you soon.

Annette

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## West Norfolk Deaf Association

This month the WNDA has been spending lots of time discussing Men's wellbeing. As we know it takes people between 7-10 years before they do anything about their hearing problems, even to take the first step and ask for help, and men are traditionally even more reluctant to start looking for support.

I always joke to my patients that after 40 or so years as an Audiologist the only type of hearing loss I can't help is "Husband Hearing Loss" but that really hides a stark and important fact. Many men muddle through. Rather than ask for help this can cause arguments and isolation; withdrawing from social or family events, which we now recognise as being so important to our wellbeing.



At WNDA we are starting a Men's Group for men with hearing difficulties. We've found that even in our CHAT Clubs (Conversation Hearing Aids and Tea), which used to be called Hard of Hearing Clubs, men tend to sit on the fringes and not really get involved as much as they could. The Men's Group will provide a place to chat about things men are interested in, and also provide information and advice on communication, hearing and keeping connected to family and friends. They may decide to join our walking group or visit local places of interest, or just spend time together. Mae West famously said "It's not the men in my life, it's the life in my men!"; so let's keep them all hearing well!

Asking for help with your hearing is often the last thing on your list. I often hear people say they were waiting til it got "bad enough to do something about it", but you would not wait until you not able to see anyones faces before you did something about your eyesight.. research shows that the longer you leave a hearing loss the more your brain forgets how to hear those sounds and the longer it will take to relearn to listen again. This is why many people don't use hearing aids: because they have forgotten how to hear those sounds, so everything sounds strange and unusual and "not normal". Your GP can refer you for an NHS hearing test, or alternatively there are a number of local providers offering hearing tests. Is it time for you to do something about your hearing?

At WNDA we can help give you advice about everything to do with hearing well: from hearing aids to earwax, from loop systems and tv listeners to flashing light doorbells, lipreading classes and more. Watch out for the re-opening of our Hunstanton CHAT Club in August where we will be providing NHS hearing aid maintenance, and a good place to meet other people with hearing difficulties, so you'll know you're not alone. Our small local charity is growing and is always looking for volunteers and ideas to raise funds to support our work, so if you can help, please get in touch!

**Anna Pugh, Consultant Hearing Therapist Audiologist Manager, West Norfolk Deaf Association**



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## You In Mind

Hope you are coping well in this time of uncertainty. I know some of you may struggle with anxiety on a day to day basis. This time may indeed cause you to think more deeply about the negatives that are all around us now. But there is some solace in knowing that like most viruses they do and will eventually pass.

For some, this time may lead you away from worrying over your concerns of the past and future, of playing over in your mind the fears for you and your loved ones, and now, you find your mind's focusing on this pandemic.

It is indeed going to be worse for those of you who struggle with anxiety, as you tell yourselves that you have now a real solid reason to be concerned and to over-think.

I do understand that anxiety is a very real uncomfortable emotion that strips away any good feeling and can leave you in a state of complete panic and where you feel consumed by fear of life. Yes life can be fearful but it can be helpful to find comfort in the NOW! And when we only think of Now! and do not become distracted on concerns of the past and what may or my not happen in our future.

I wanted to let you know, because it would seem this could go on for a while yet, that I am still open to seeing clients. I am abiding by the government's safety guidance, keeping a safe distance of over 2 metres away from my clients at all times through the sessions.

Let me explain how I work: You will walk through my doors without having to touch anything, then will be seated on a clean throw (every one has a clean throw just for them) and then I will close doors and sit over 2 metres away from you. At the end of the session the same safe sequence will be repeated when you walk out of the premises.

So if you would like me to help you with what ever you may be struggling with, please get in contact with me. This has to be your decision not mine.

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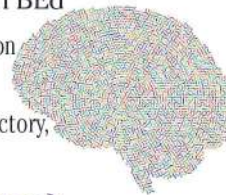
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## Stanhoe & Barwick WI



On 8th July, Stanhoe & Barwick WI welcomed 20 ladies to the annual garden party. Blessed with sunny weather, tea and cake was enjoyed whilst we caught up with friends not seen for many months.

This was our first 'proper' meeting since March 2020 and Vice-President, Nicola Smith, took the opportunity to recall the many and varied ways in which we have kept in touch. The pandemic has taught us the value of friendship and the importance of social activities. Stanhoe and Barwick WI has ensured that our members have been contacted regularly, via Zoom meetings, emails and phone calls, with walks, teas and trips when we were able. The delivery of Valentine and Easter treats was particularly appreciated by all. Nicola thanked the members for their continued and valued support.

Our photo album was available, containing a record of members' activities and projects during lockdown, as well as some 'lock-down hair' photos!

New members joined during lockdown and we are looking forward to welcoming more following our garden meeting. We are a diverse and friendly group, with members from ten local villages.

We meet on the first Thursday of each month at 2pm in Stanhoe Village Hall. We enjoy a variety of speakers and also arrange trips, teas and lunches. Our next meeting will be on 5th August with Rebecca Tate, The Norfolk Milliner.

If you are looking for something new or to meet people and make friends, then please come along and see what we get up to.

It's no longer all Jam and Jerusalem...but there is always plenty of cake !!

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The Hunstanton Community Choir, like every other choir, has had a quiet 15 months, without rehearsals. However, the committee members, most of whom were newly appointed in October 2020, and who fairly quickly began to anticipate a very quiet year ahead in 2021, have nevertheless faced several challenges which have required their attention – the quest for a new Musical Director, and for new premises for future rehearsals due to the repair work to be carried out on the Town Hall. We believe that both of these issues have been resolved, and we look forward to the resumption of activities as soon as it is safe for us to do so.

We would be very happy to see new members when we are able to start singing again: we do not audition, members are supplied with words and music, and all newcomers, whether seasoned singers or people who have always wanted to sing, along with those just seeking a new pastime and a renewed social life after the restrictions caused by the Covid problems, will receive a friendly welcome.

We all look forward to seeing each other, and new members, at the earliest opportunity. Look out for further publicity!

Hon Secretary (Pamela Austin)

Copy date for the  
September issue is  
12th August  
Please don't be late!

## SUMMER CONCERTS



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## Super fashion for less

**It's sale time at Castle Rising's Allez Chic with two wonderful events to enjoy super savings on summer fashion**

It's been a slow start to summer with less than stellar weather this year, but, as I write in early July, we're hoping that August brings us warmer temperatures to enjoy our summer wardrobes.

At Allez Chic, we are fortunate to have some fabulous summer collections from our favourite labels this year, with clothes to span all climates including beautiful dresses, comfortable trousers, chic tops and luxury knitwear – we've certainly been in need of these flexible, easy-to-wear layers in recent weeks.

August also brings the start of our Summer Sale, which kicks off at 10am on 3 August. With big savings on these wonderful collections, it's a great time to bag some brilliant bargains – after all, who doesn't love gorgeous clothing at great prices?

Then, later this month, we will be holding our second Slash It Sunday from 11am – 4pm on Sunday 22 August. This is a one-day only, clearance event and the opportunity to shop overstocks and previous season items at truly incredible prices. Mark your calendar and tell your friends – as the name says, we're slashing ticket prices and the bargains won't stand still for long!

It's been wonderful to see so many customers in-store, now that life is returning to normal and as restrictions ease further. We are conscious that some customers may still be cautious and with plenty of space to park and shop, Allez Chic is an ideal place to enjoy some well-earned retail therapy this month.



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# When is 'next of kin' not enough?

By Jennifer Taylor, Solicitor, Hayes + Storr

Whilst you may anticipate that your spouse, children, or other close relatives can access your finances or have a say in your medical care should you become mentally and/or physically incapacitated, this is not necessarily the case.

## Next of kin

Many services will ask for details of your next of kin. There are no clear legal rules as to who you can name as your next of kin, and they do not necessarily have to be a blood relative. Naming a person as your next of kin does not grant them any legal rights or responsibilities. Rather, organisations ask for their details, so they know who to keep informed about your care.

## Legal position

All of your affairs, financial and medical, must be kept confidential and may only be released to certain persons, in certain circumstances.

The law is designed to help everyone retain their independence for as long as possible. However, later in life, you might need additional help. For example, during the early stages of dementia when the decline of mental capacity happens gradually but you can still understand and make your own choices.

## How to ensure your next of kin does have legal rights

One way to give a person legal rights and empower them to deal with your affairs during your lifetime is by appointing them under a Lasting Power of Attorney (LPA).

You can arrange LPAs at any time, so long as you have mental capacity. LPAs should therefore be created in advance rather than leaving it until your health deteriorates.

There are two types of LPA:

- **Health and welfare**, which authorises your attorneys to make decisions about your medical treatment and health care, and;
- **Property and financial affairs**, which authorises your attorneys to make decisions about your property and finances.

## What happens if you don't have an LPA and lose mental capacity?

If you lose mental capacity, and you have not made an LPA, then someone will need to apply to the Court of Protection to become your deputy.

There are several reasons why LPAs are a better option than a deputyship:

- An LPA allows a person to choose who they want to make decisions for them, but a person has no control over who is appointed as their deputy.
- A deputyship is more expensive.
- Deputyships for health and welfare are rarely ordered by the court, whereas an attorney can

be appointed under an LPA to make decisions with respect to a person's health and welfare.

- It can take a long time to apply for a deputyship in comparison to making an LPA. Without valid documents in place, no person, including your next of kin, can make these decisions for you during your lifetime.

**For further information, please call Jennifer Taylor on 01328 863231 or email: [Jennifer.taylor@hayes-storr.com](mailto:Jennifer.taylor@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.*



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# Food waste collections resume in west Norfolk

Now the Government has confirmed that England is on step 4 of the roadmap, the Borough Council has resumed weekly food waste collections.

Cllr Paul Kunes, Cabinet member for Environment at the Borough Council of King's Lynn & West Norfolk, wants to encourage residents to dig out their kitchen caddy and outdoor food waste bin again: "I'm delighted to see food waste collections resume; before the suspension our residents were recycling 3,000 tonnes of food waste each year, I urge them to get back into the habit and please start putting their larger outdoor food waste bin out with their waste or recycling collection every week."

"Nationally 1.3 million apples, 5.8 million potatoes, 5.9 million glasses of milk and 240 million slices of bread are thrown away every year. In west Norfolk we say please don't chuck it in your black bin, feed it to your food caddy. Around a third of what is placed in black bins is food waste, using your food caddy is environmentally friendly, will make your black bin smell better and create more space in your black bin."

Food waste from the collection goes to an anaerobic digester where it naturally produces methane gas, which is then used to generate electricity. Farmers use the material left at the end as fertiliser, which reduces the need to use chemicals on the land.

The food waste at the anaerobic digester facility is fed initially through a special machine that strips out any plastic bags and sends them off to produce electricity. Residents can line their kitchen food



Editor's granddaughter holding the outdoor food waste bin and kitchen caddy. Photo T&A.

waste caddies with old plastic carrier bags, bread bags, fruit and veg bags and other freezer/sandwich bags can be used to line the bin or to put food waste in. This will keep their caddy and outside bin clean and hygienic - and also provide an additional use for single-use plastic bags. Alternatively caddies can be lined with newspaper.

Cllr Kunes added: "If you've misplaced either your kitchen caddy or outdoor food waste bin you can get a free replacement by visiting [west-norfolk.gov.uk/foodwaste](http://west-norfolk.gov.uk/foodwaste)."

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This August Deepdale Camping and Rooms and Dalegate Market are hosting open air theatre.

### The Tempest - Open Air Theatre Friday 6 August 2021

We are thrilled to welcome back the critically-acclaimed Pantaloons for more open air theatre, their hilarious take on Shakespeare's Tempest.

Show starts at 7pm - Gates open at 6pm

<https://www.dalegatemarket.co.uk/events/1853183202/>

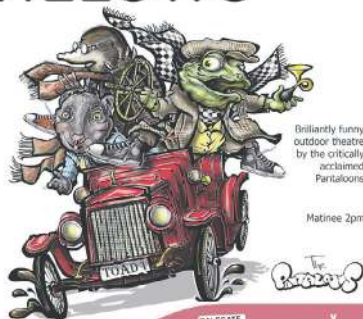
### Wind in the Willows - Open Air Theatre

Sunday 22 August 2021

Join Mole, Ratty, Toad and Badger on a wild adventure filled with motorcar madness, wicked weasels, exciting escapes and plenty of messing about in boats. Show at 2pm, gates open at 1pm

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## WIND IN THE WILLOWS



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Matinee 2pm

**Sunday 22nd August**

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[www.DeepdaleMusic.co.uk](http://www.DeepdaleMusic.co.uk)

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**Friday 6th August**

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# Pedalling for little discoverers

Every man rode every mile of this gruelling challenge

**E**ight men with ages ranging from 60 to 71 set about a challenge to ride bicycles from Kings Lynn around a 250 mile+ course over two days raising monies for Little Discoverers West Norfolk School for Parents, in conjunction with the King's Lynn Priory Rotary group.

On the morning of the second of July at 7.45 the group met up at Lynnsport for a photo call with Little Discoverers' representatives Hazel Colley and Katie Fisher.

Jonathan Holmes said: "Our route was organised by Phil Brown using Garmin mapping and he also acted as route master; he sent the map to all of us just in case we had to split up."

"This was a big job and we are grateful he took it on."

Day one saw this group of eight riders cover 121 miles at an average speed of 15.3 mph. They stopped 3 times for breaks at Wells, North Walsham, and Great Yarmouth reaching their overnight destination at 6.30pm in Beccles.

Phil Davies said: "Overall, the ride was very enjoyable; we took the decision to modify the route to avoid the busy coast road as much as possible, which added a couple of miles and a few more hills."

On day two the weather forecast was quite ominous with threats of heavy thundery showers, however, their luck was in, and they managed to avoid the downpours. After stopping at Eye, Brandon, and Sutton Bridge they arrived in Kings Lynn having completed 131 miles at an average speed of 16.1mph during the day.

En-route they encountered 3 punctures and a split tyre that fortunately one of their number had a spare tyre to replace.

Arriving in Kings Lynn at 6.30 (on time!) the group celebrated with the odd glass of bubbly before watching England's football match against Ukraine.

"We are pleased to have been able to raise money for Little Discoverers from our ride; donations on the Just Giving site have reached £1495 plus the gift aid contribution and are still rising", added Phil.

Further contributions can be made at: <https://www.justgiving.com/team/cycle-norfolk>

The challenge in numbers: Day one 7 hours 56 minutes in the saddle with 3,500 feet elevation covering 121 miles at an average speed of 15.3mph. Day two 8 hours 6 minutes riding with 2,500 feet elevation over 130 miles at 16.1mph.

These mature sportsmen are planning another major event next year 2022 when they will cycle top to toe in Ireland, a 445 mile trip from Malin Head to Mizen Head. Hopefully T&A will cover that ride as well.



*Standing from left: Jonathan Holmes, Jim Hopkinson, Phil Davies, Mark Nicholson, Mike Douglass. Front row: Stephen B, Phil Brown (on bike), Hazel Colley, Katie Fisher and Jerry Simmonds. Photo T&A*



*At Sutton Bridge. Photo: Rider Phil Brown*



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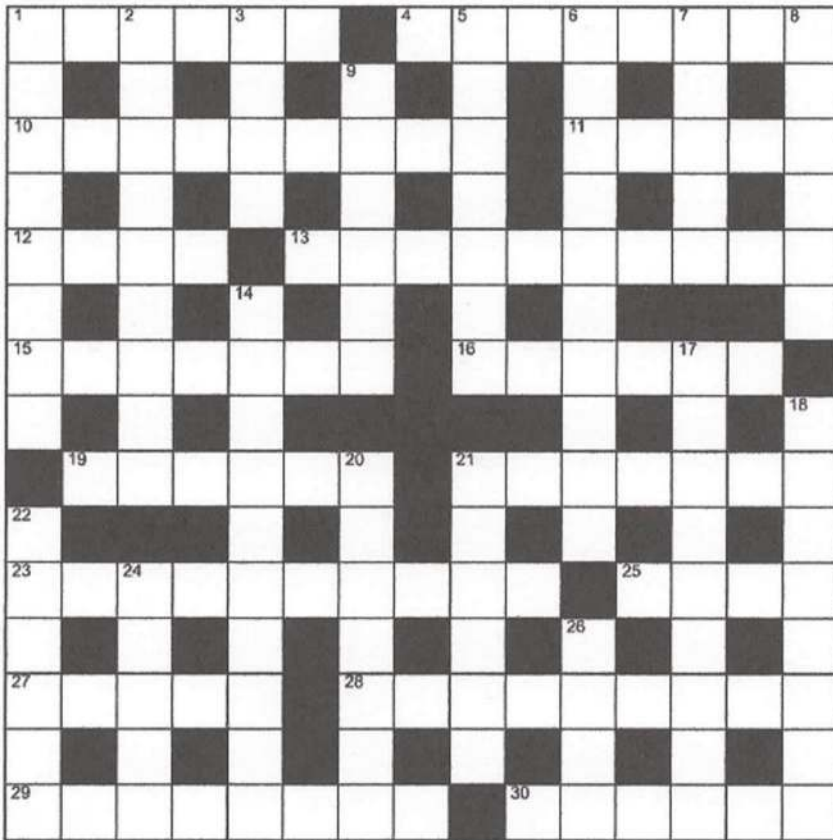
# David Elsey's Cryptic Crossword

## Crossword Clues Across

1. Ferryman in hot place needs drink when working (6)
4. Head of security had 3 put under surveillance (8)
10. Greek hero badly hurt by military leader soon comes round (9)
11. Played at a slow tempo, being quite big and round (5)
12. Tax system and suffer ultimate fate (4)
13. Get head on the ball first, showing expertise (10)
15. New place in America or Luxembourg? Sean is wavering (7)
16. Brewer takes meal by the pool (6)
19. I leave Maharishi off Hawaii to build a religious retreat (6)
21. To continue playing golfer must make this pitch in front of water (3,4)
23. It being central to bridge, express delight at moulding (10)
25. Listen up! Copper's on the way (4)
27. Press want to be heard (5)
28. A short time is needed to rest off-road after curry here in the US (9)
29. With some uncertainty Scarlet is back in university before the rest (8)
30. Restrained colt gets up to speed (6)

## Crossword Clues Down

1. Smashing guy embraces Mike in love-in (8)
2. Crazy stuff turned up at American plant (9)
3. Let everyone off who was in arrears (4)
5. Charity worker is blooming (7)
6. Dabbler lied about stake put on after race (10)
7. Swore condition was more serious (5)
8. Slur words at end of day, being half asleep (6)
9. Conductors take a bow with orchestras mid-session (6)
14. Just thinking of festival? (4-6)
17. Old girl is about to bandage cuts (9)
18. One who appreciates fine art on estate he runs (8)
20. Is Neymar about to tackle winger? (7)
21. Call out a greeting in old Rome to engage war heroine in uniform (6)
22. Like 1 down and 6, as a clue it could be better (6)
24. Game fellow is consumed by gas (5)
26. Wayward cop surprisingly revealed on tv 'to follow quarry was of the essence' (4)



Crossword solution on page 30

## Ray Butchers Su Doku

Easy first...

...then the more challenging

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

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



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## GUIDANCE ON HOW TO CLAIM THE FIFTH SEISS GRANT

By Kathryn Gigg Chartered Accountants, Hunstanton

Full details of the fifth Self-Employment Income Support Scheme (SEISS) grant, including a new turnover test which determines the level of the grant, are now available. Our immediate advice is do your homework first or otherwise you will fall at the first hurdle.

### Level of grants

In most respects the rules for the fifth SEISS grant are the same as for the fourth grant. What has changed is that the level of the grant depends on whether turnover has dropped by more or less than 30%.

The fifth grant is 80% of three months' average trading profits capped at £7,500 for those whose turnover has reduced by 30% or more. Those with a turnover reduction of less than 30% will receive a grant based on 30% of three months' average trading profits, capped at £2,850.

When the claim is made, the HMRC online service will ask for the claimant's turnover figures and compare them. The claims service will then state if the claim can be for the higher or lower amount.

### Eligibility criteria

Self-employed individuals and members of a partnership are potentially eligible for the fifth SEISS grant where the taxpayer:

- Submitted their 2019/20 self assessment tax return by 2 March 2021;
- Traded in the tax years 2019/20 and 2020/21;
- Is currently trading but is impacted by reduced demand due to coronavirus or has been trading but is temporarily unable to do so due to coronavirus;

- Intends to continue to trade; and
- Reasonably believes there will be a significant reduction in their trading profits due to the impact of COVID-19 in the period from 1 May 2021 and 30 September 2021.

The taxpayer's trading profits must be no more than £50,000 and at least half of their total income for either:

- The tax year 2019/20; or
- The average of the tax years 2016/17, 2017/18, 2018/19 and 2019/20.

These criteria are unchanged from the fourth grant. HMRC started to contact taxpayers in mid-July and claims will open in late July. Claims must be made by 30 September 2021.

### Turnover test

Claimants will need to provide two turnover figures during the claims process, and it is advisable to have these two figures available before starting to make the claim.

The two figures required are for:

#### 1. The pandemic period

The turnover figure required is for a 12-month period starting on any date between 1 and 6 April 2020. Those who prepare accounts on a tax year basis will be able to use the same figure as will appear on the 2020/21 tax return (it is not necessary to submit the return before making a claim but the turnover figure for the SEISS claim will be checked after the return is filed). Those who use a different accounting date will need to make a separate calculation. The turnover figure should be for all of the taxpayer's businesses but exclude COVID-19 support payments (such as: previous SEISS grants, Eat Out to Help Out payments and local authority/devolved administration grants).

#### 2. The reference period

In most cases this will be the turnover figure from the 2019/20 tax return but there is an option to use 2018/19 if 2019/20 was not a normal year for the business. There are provisions to adjust the turnover figure if the accounting period was longer or shorter than 12 months but there is no requirement to make an adjustment if the period covered is less than 12 months because the business started or ceased in the tax year (this can mean that the comparison is not between two 12 month periods).

Those who started or ceased business in 2020/21 should include the turnover received in year ended 5 April 2021, even if the period of trade covers less than 12 months.

If a claimant has more than one business as a sole trade the total turnover from all businesses must be included.



Partners will need to provide turnover figures for the partnership as a whole unless they also have other trades, in which case they can use their share of the partnership turnover.

Although as agents we cannot process your SEISS claim for you, if, having read through the information provided above, you require any assistance calculating your turnover figures, please contact either myself or my assistant Susan Fish FMAAT on 01485 534800 or email kate@kathryngigg.co.uk if we can assist in any way.

Mrs K H Gigg FCA

N.B. Article written in July 2021

Caution: The information listed above is for general guidance only. You should neither act, nor refrain from action, on the basis of any such information. You should take appropriate professional advice on your particular circumstances because the application of laws and regulations will vary depending on particular circumstances and because laws and regulations undergo frequent change. Whilst I endeavour to ensure that the information contained herein is correct, neither I nor my firm shall be liable in damages (including, without limitation, damages for loss of business or loss of profits) arising in contract, tort or otherwise from any information contained in it, or from any action or decision taken as a result of using any such information. © Kathryn Gigg 2021



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## Hunstanton & District Rotary Changeover at Jimmy's Field



*Outgoing President John Crofts presents the chain of office to Mick Harpley. Photo T&A*

Rotarians have long served as role models, demonstrating leadership, character, and the value of selfless service to the community. These values are parallel those articulated in the Scout Promise so it was fitting that this year's Rotary Changeover was held at the 1st Snettisham Scout Group at Jimmy's Field in Snettisham.

Despite there being fewer numbers in attendance than previous years to adhere to Covid restrictions, and warm jackets rather than evening wear, the event still included all the traditions of a pre-Covid Rotary changeover and the chain was passed from John Crofts who had served as President since 2019 to new President Mick Harpley.

Past Presidents in attendance included Adrian Evans, Hilary Farrell, John Hornsby-Bates, Peter Atterbury and Muriel Motley.



*A barbecue was prepared by 1st Snettisham Scout Group Rob Shears, David Scott (Leader) and David McGuinness. Photo T&A*

In another link between the two organisations, Mick is a fundraiser for the 1st Hunstanton Scout Group working with Scout Leaders and George Deverick, a local Parish Councillor and retired builder.

Outgoing President John Crofts expressed warm thanks to the Scouts for hosting the event and said: "The new building is a fine facility and one that Hunstanton Rotary is pleased to support".

Asked about his stand-off moment in office he said: "This was during my first year when we were able to raise essential funds from the Kite and Classic Car Festival and The Norton Hill Light Railway weekends. We achieved £25K and this enabled us to help local organisations, projects and charities.

"We knew we wouldn't be able to hold these events in 2020 but none of us really anticipated that they wouldn't be able to go ahead again this year which is very sad."

Presenting President Mick Harpley with the chain he wished him a



successful term in office.

In his acceptance speech the new President thanked members and the committee chairmen for their support and promise of hard work in the year ahead.

To loud applause he said: "I'd like to thank John for doing such a fabulous job over the last two very difficult years."

The first fundraising event for the new President will be a Bra Day in Hunstanton on 28th August for Breast Cancer. This will also be a PR day for the club and membership drive.



*George Deverick is pictured right with the chefs while they take a break from cooking. Photo: T&A*

President Mick also said that he hopes to be able to work with the Scouts so that the building conceived by George and the Scouting team could be finished. Two years into the build the project now needs finishing off and fundraising is essential to provide a wet room for the disabled and two sets of three toilets, showers and wash hand basins. There are also plans to build an open sided building in the field so activities can go ahead whatever the weather.



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## Hunstanton and District Inner Wheel

June Sexton Club Correspondent (temp)



Today, Friday 2nd July the sun is shining and most of our members of Hunstanton Inner Wheel were able to meet in Rosemary's garden, one of our Joint Presidents. Both Presidents Rosemary and Susan served us the most delightful afternoon tea. We all enjoyed catching up and having a good chat.



This year Coral, one of our members, has taken on the role of District President so we are going to be busy getting ready for her District Rally in October as we are hosts. I am sure Coral will find us lots to do to make the event run smoothly.

As we left Hazel handed out seedlings from my garden for our members to plant in their gardens as a reminder of a delightful afternoon spent together.



## All the King's Horses

Gareth Calway

Nursery rhymes are among the first stories we hear. They are sung to us in infancy and by us in childhood. We learn them by heart. We literally take them in with our mother's milk and (child psychologists insist) they are equally essential for our early development.

They are also the way we imbibe a wider culture - a narrative, a fund of common stories - with a family and toddler group; a nation; a civilisation.

But there is more to many nursery rhymes than often meets the ear. Many researchers believe these cartoonish childhood rhymes with their strange dream-like, half-nonsensical, worlds, have a darker level of meaning. Secret coded meanings which will continue to speak to us when we have outgrown the nursery. On this level, nursery rhymes speak to older children, youths and adults about the eternal human condition and deeply troubled moments in a national history. (eg Ring a Ring a Roses as a folk memory of the Bubonic Plague.)

Three Blind Mice and Mary Mary Quite Contrary turn out to be about religious persecution, terror and torture during the reigns of Edward VI and Mary I. Little Bo Peep's lost sheep are the smugglers who hid contraband (the tails) from the customs men (Bo Peep) during the reign of Charles I; one of the latter's many ruses to raise money refused him by Parliament.

Humpty Dumpty has two extra verses which locate the rhyme at the Siege of Colchester in 1648 and identify 'Humpty' as the gun on the town wall which held Roundheads at bay for months before it was finally taken out in a 'great fall.' It was a decisive moment and Humpty in this way symbolises the king's last hopes of winning the civil war ("all the king's horses and all the king's men couldn't put Humpty together again.")

Nursery rhymes use the detached and unimpressed language of the common people (in the registers of childhood) not the propaganda of rulers. They are gnomic, numinous and use spell-like rhymes and rhythms. They have the oddness and profound simplicity of dreams and their nightmarish edge perhaps has the unconscious function as a way of preparing children in a safe, jolly environment for the many uncertainties of life.

Also, crucially, they remain elusive and open to many interpretations, notably the innocent and 'magical' meanings of childhood.

Modern spooky-folk artists are increasingly exploring nursery rhymes. Sedgeford storytelling folk duo The Pheasant's Tail is releasing "The English Civil War and Other Nursery Crimes," an album interpreting in a contemporary folk style the above rhymes (and others like Hot Cross Buns, Jack and Gill, There Was A Crooked Man, Banbury Cross and Hickory Dickory Dock) as coded accounts of The Reformation and 1642-1651 Civil Wars. They recount an England at violent war with itself: a conflict so divisive the memory of its hurt was avoided for centuries and often still is.

The album premieres live on YouTube on August 22 (anniversary of the start of the English Civil War) and will be featured in the September issue of Town and Around.

See <https://phezants-tail.bandcamp.com> for details.

Photo credit: Bhas Allan





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## The Barking Bugle

### Cleaning up after your dog!

I reckon most humans out there really like us woof woofs but I can totally understand why they don't like our poo. Let's be honest, it's not all that nice. After we've been we just don't know what to do with it – I have to admit that we are all clueless as to how to make it disappear.

It can be really frustrating when I have just had a pawtiture and then, a few minutes later while I'm on my walk, I step in something that one of my fellow furry friends has deposited. If my pawrents haven't noticed this immediately I may then bring it into the house, rub it into the carpet and then make my basket and bedsheets very smelly. This has happened to me several times and I can tell you, my pawrents were not happy!

It is sooooo impawtant that humans pick up after their doggies and then put the yucky stuff in a rubbish bin, preferably in one of those smart little red or green ones that you often see made just for us. Most pawrents use plastic bags to pick up and dispose of our poo even though we all know that there is too much plastic waste in the world today.

The other day my sister, Zsa Zsa, and I were doing some research in between the footie and Wimpawdon and we found some very interesting facts. According to Norfolk County Council, most poo from waste bins in Norfolk will end up mainly in the Netherlands where it is then burnt to provide heat and energy. Some of it here might be buried in landfill at Blackborough End.

We also contacted Environmental Services at Norfolk County Council for information about different types of poo bags. They told us that there is no such thing as a recyclable poo bag because once filled they can't be recycled and will end up in landfill or burnt. Our poo cannot be used as compost either; this can only be carried out at an industrial composting facility.

The other day I heard a very daft human tell their friend that it was alright to throw their poo bag on the ground and leave it there because it was biodegradable. What poppycock! These bags still take an extremely long time to break down and like all others can cause a lot of harm to wildlife. When biodegradable bags end up in landfill they still produce methane which is not good for our environment.

Plastic pollution is a real problem worldwide but it is vital that our pawrents pick up after us even if it means using plastic bags. There are an estimated 900 million doggies in this world of ours and that means that there is an awful amount of dog poo.

One of the things we do is to re-use any plastic bags and other forms of packaging as often as we can. We use bread bags for example because they are quite big and easy to tie a knot in the end.

We also make poo bags out of old newspaper; This is easy to do and you can find instructions at [www.reusablenation.com](http://www.reusablenation.com)

To all you human doggie owners out there, please please please, pick

up after your furry friend and don't just leave the bags behind. Make sure you put them in waste bins that are provided. If you can't see any then keep the bags and have the patience to wait until you can deposit them safely. My pawrents have a special doggie poo container attached to my stroller that can be zipped up. If we are out in the wilderness they put the bags in there and then dump them in the next waste bin we come across.



I don't want to sound preachy but this is so impawtant. I hate it when us doggies get a bad name because of the poo we leave behind. It's not our fault; humans can be very thoughtless and inconsiderate at times and this gives us a bad reputation that we don't deserve. However, I wish to give a huge bark of thanks and appreciation to the vast majority of doggie owners who do the right thing.

If you have any other ideas for us all to be a bit more environmentally friendly with our poo and the bags, please bark them to us. We would love to hear from you.

**Woofs Pupstar**

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## NEW BOOK CHARTS THE HISTORY OF 'SUNNY HUNNY': 'WIMBLEDON-ON-SEA: 100 YEARS OF THE HUNSTANTON LAWN TENNIS TOURNAMENT'

A new book celebrating the centenary of the Hunstanton Lawn Tennis Tournament is now on sale and available to order online at just £7.99 per copy (including postage and packing).

'Wimbledon-on-Sea: 100 years of the Hunstanton Lawn Tennis Tournament' has been researched and written by long-standing committee member and event competitor Ashley Martin, a retired career journalist who lives in Peterborough.

Detailing how 'Sunny Hunny' started and subsequently became an 'open' event, the 156-page book outlines its expansion over the years into what is now the largest tennis tournament in the UK - and possibly the world - annually attracting around 1,300 competitors from under-10s to over 65s. The book can be ordered via the Tournament's official website at: <https://www.hunstantonlitt.co.uk/centenary-book/>

While there is evidence that midweek tennis competitions took place on the courts at the Hunstanton Recreation Ground - the traditional home of the event - prior to the First World War it was not until peace broke out that a committee of Hunstanton burghers - "local bigwigs, squadron leaders, well-to-do-people and the like" decided to organise an annual tournament as a social event.

The book records the early days of the Tournament, features anecdotes from newspaper cuttings over the years, memories from players past and present and also details all the winners of the five prestigious 'open' events - men's and ladies singles, men's and ladies doubles and mixed doubles - from 1923 when first sanctioned by the Lawn Tennis Association until 2019.

The book also identifies the most successful players in terms of number of 'open' titles won in the history of the Tournament, which is fondly known as 'Sunny Hunny', and highlights the event's royal connections.

Unfortunately the impact of the Covid-19 pandemic meant the Tournament was cancelled in 2020. Furthermore, the 2021 event, which was scheduled to be held from August 15-21, has also been cancelled due to continuing Covid-19 uncertainty.

Tournament secretary Chris Holt, who has been involved in the Tournament for almost 50 years, said: "It is with great sadness that we took the decision to cancel this year's Tournament, but we felt it was the correct decision for many reasons not least due to regard for the health and safety of competitors, spectators and the residents of Hunstanton and the surrounding villages.

"Sadly, the pandemic coincided with the Tournament's centenary. Nevertheless, we have taken the decision to publish this very special book and sell it online via the Tournament's website.

"For everyone who loves the Tournament and has played in it or



spectated over the years, the book is essential reading and will bring to life to life dim and distant memories of what has become 'little Wimbledon'."

The event was dubbed the 'Glastonbury of Tennis' by the Lawn Tennis Association when named the organisation's Competition of the Year in 2020 based on 2019 events.

Author Ashley Martin (60) said: "From beginners to future Wimbledon champions [Ann Jones (nee Haydon) played in the Tournament in 1955 and won the ladies' singles at Wimbledon in 1969], the Hunstanton Lawn Tennis Tournament has attracted all-comers over 100 years and remains a unique fixture in Britain's summer sporting calendar. For me researching and writing the book has been a labour of love."

Everyone who buys the book will be supporting the Tournament's future as all proceeds from sales go towards the cost of staging the annual August event.

To order a copy of 'Wimbledon-on-Sea: 100 years of the Hunstanton Lawn Tennis Tournament' go to <https://www.hunstantonlitt.co.uk/centenary-book/>.

The 2021 Hunstanton Lawn Tennis Tournament is due to take place on the town's Recreation Ground from August 14th to 20th next year when it is hoped that the previously postponed centenary celebrations will be held.



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# On the turf with Charles Joyce

So close but denied by penalties England made their first major football final since Kenneth Wolstenholme's famous words. On the plus side punters should have done well with both semi-finals and the final ending in a draw before going into extra time. In the quarter finals the 3/1 about the Spain versus Switzerland match meant all square. For those brave souls who took on the last 16 games. Here there were 4 draws meaning more results coming in.

Gareth Southgate has stated he picked the players to take the England penalties. Irrespective of that there is no defence to the keyboard warriors who hurled racist comments at the players who missed the England penalties. The simple truth is all the players were wearing an England shirt and wanted to win the match. To suggest anything else or the pigmentation in the skin of players formed any part whatsoever in the result is ignorance exposing itself.

Emma Raducanu made the last 16 at Wimbledon. The eighteen year old retired after apparently overcome by performance anxiety when the enormity of what she was doing began to catch up with her. It's much more common than widely recognised. Some people are nervous before taking an exam or a performance while others just take it in their stride. Many try to work around their anxiety, Eddie Van Halen is said to have drank to help overcome the anxiety he felt on stage. Stars such as Sir Laurence Oliver, Barbara Streisand and Donny Osmond are reported to have been sufferers. Hugh Grant is said to have considered quitting totally. I remember Sir Bernard Ingham (former chief press officer at 10 Downing Street) giving a talk one day about some of the leading politicians he had dealt with. They varied in their political beliefs from Margaret Thatcher to Tony Benn. He told the audience that some politicians were hopeless and genuinely afraid unless they had a lectern to stand behind while others seemed to be unaffected marching on oblivious to their surroundings speaking as if they were talking to the bathroom mirror. I know from my own experience at the borough council some councillors have found it very difficult to stand and speak but were difficult to quieten if they sat. Others preferred to stand. The late Mike Tilbury would always stand to deliver a speech in Lynn town hall.

Golf made the headlines for all the wrong reasons when dual Major winner Angel Cabrera was jailed for assaulting his partner. It seems the Argentinian has a history for assaulting the women in his life. I don't begin to understand the reasoning for any man or woman to do that to someone who should be the most important person in their life.

In July, we lost Galileo the super stallion that has been the bedrock of Coolmore pedigree breeding for almost 20 years. His stud fee was kept confidential in later years, but was estimated to be between €250,000 and €600,000. It was estimated he earned his owners "the lads" of Coolmore over €40 million a year. He sired over 90 Group/Grade 1 winners, including the unbeaten Frankel and his close rival Nathaniel. 20 of his sons have already sired Group 1 winners themselves. Galileo sired 5 Epsom Derby winners which is itself a

record. Himself a son of another stallion legend Sadler's Well who sired over 70 individual Group/Grade 1 winners across the globe. By chance Noel Stapleton looked after both champion stallions. He has said both horses had a bit of the Sheldon Cooper from the Big Bang Theory about them in that they liked routine and no surprises. Unlike Sheldon Galileo had a quiet temperament an important trait he passed on. Though a horse maybe very successful during his racing career, it does not always follow he will pass on the genes needed to make a champion racehorse. Galileo will be a very hard act to follow.

For only the second time in twenty years an English trained runner won the Irish Derby at the Curragh. The race highlighted the need for the Irish racing authorities to review their policies on interference with other runners. In France, the winner, Hurricane Lane (a son of Frankel and grandson of Galileo), would almost certainly have been thrown out because of the interference caused on his way to winning. It was only by good fortune that Earlswood somehow found a fifth leg and did not crash to the ground after stumbling badly. At racing speed approaching forty miles an hour it was a very serious incident to both horse and rider avoided.

The dominance of Irish trainers at Cheltenham and in the Classics a light is being shone on the racing authorities in Ireland. In the UK sectional times are now standard on many courses. They are a great aid to punters taking out most of the guess work at judging the pace of a race which when known can lead to better winner finding. At a glance punters can see whether a race is being run at a fast pace or otherwise, and where in the race the pace differs. The switch of media rights may not have helped, but there is a clear lack of information available to the average punter.

The biggest issue for the horse racing industry is the use of drugs. Jim Bolger has been very critical claiming there is a 'Lance Armstrong' among the Irish training ranks, but following legal advice Jim did not attend the Oireachtas (Irish Parliament) Committee that was set up to examine the issue. Lance Armstrong was one of the most successful cyclists in history winning seven Tours De France which was two more than the legendary Eddie Merckx. But in 2013 he was stripped of the titles following revelations about his use of drugs. While Jim Bolger can be reasonably certain the horses he trains are clean because most are home bred that may not be the case for other trainers. At the Oireachtas Committee Dr Lynn Hillyer chief veterinary officer of the Irish Horseracing Board suggested there was no conflict on how the sport is policed. The questions that remain unanswered are not likely to go away in the near future. How endemic the use of drugs is, is crucial for the average punter and the well-being of the sport. It is unlikely to be confined to Ireland. One UK based trainer is understood to have spent ten thousand pounds on testing horses transferred from Ireland with some testing positive.

I was hoping I had found another Cross Counter when Yibir won the Bahrain Trophy at Newmarket on the July course. He was up close behind Epsom Derby winner Adayar and Royal Ascot winner Alenquer earlier this year. Although the Irish St Leger is not out of the question as a gelding he cannot run in the Doncaster St Leger and even with the extra quarantine the trip to Australia looked a possibility, but trainer Charlie Appleby scotched the theory. He may run in the Great Voltigeur at York's Ebor meeting which is the big meeting in August.

Elsewhere, the women's open is this year played at Carnoustie in Scotland. I like the chances of Jin Young Ko (the other Ko as she is known). But for a bet I'll be looking at who is in the front 3 on the Thursday night. Eight of the last nine winners were placed second or third on the first day. The ninth was Inbee Park who was world number one at the time. Although waiting until the first day has been played means the very big prices are not available there is still value to be had. In 2018, Georgie Hall was still 11/1, 2019 Hinako Shibuno was 50/1 and last year Sophie Popov was 20/1.

As always. Pay the bills first and under no circumstances bet if you cannot afford to lose, because even the best professional punters lose more often than they win.

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# Freya's Mayday Mile



**F**ive year old Freya Tandy has completed her Mayday Mile challenge in aid of Hunstanton RNLI walking 2.6 miles walking from the start of the cliff top by the Salad Bowl cafe to the Lifeboat station and back again.

She raised £200 and is pictured here with her Grandma at the Lifeboat Station where



they met members of the Hunstanton crew.

Locals may well recognise Freya's Grandma – Debbie Gunhill, who was

Hunstanton's first female police Inspector, now enjoying her retirement.

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# Dersingham Open Gardens 2021

From exotic to natural, perfectly manicured to wild, large to small, Dersingham Open Gardens has it all this year. After the success of opening in September last year we have decided to repeat the timing this year. Our gardens will be open on Saturday 4th and Sunday 5th September from 11am to 5pm.

We have approximately a dozen gardens opening their gates and their owners will be on hand, not only to welcome you but to chat about their garden and exchange knowledge with you. Hopefully, everyone will end the day wiser than they started it. It has been another strange year from all aspects, and it will be interesting to see how our gardeners have coped with the restrictions and the unpredictable weather. The warm wet spell has certainly helped many plants (and weeds!) flourish. Will projects begun last year have been finished, have new ones been started, or have the gardens just been enjoyed as they are. Gardening, in the widest meaning of the word, has played a major part in the mental and physical welfare of many people during the pandemic and its popularity has grown enormously. Gone are the days of only "retired" people having the time to garden. Now, from very young children upwards, all age groups are discovering how even a few minutes tending to plants is a very calming activity and takes us away, even for a short time, from the worries of the world! So we are hoping that, after spending time wandering through our gardens, our guests will feel



completely relaxed without a care in the world. At least for a while!

St Nicholas church will be hosting a number of floral arrangements entitled "Together Again", showcasing the amazing skills of the flower arranger. The subject is a feeling we can all relate to and it will be fascinating to see how it is interpreted in flowers.

Dersingham has a wonderfully diverse group of artists and some of them will be show-casing their work alongside their open

garden.

As if that's not enough, there will be light refreshments served from 10.30 in the Village Centre. We are looking forward to meeting old friends and new visitors for a celebration of all things floral.

Tickets will be on sale in advance from Dersingham Post Office priced £4, and on the day from The Village Centre priced £5. Proceeds from the weekend will be shared between St Nicholas Church and the Village Centre.

## Here we hoe again

### Old Muck

Chairman Paul's filled five sacks full of weeds and he's still got more to pull.

"Don't know where they all come from," he shrugs, admiring his handiwork. "Well I guess that gets hot, then it rains, then it gets hot and then it rains again."

I nod in that supportive kind of way that you nod when your carrots and onions look like they're smothered by unwanted extras auditioning for a Day of the Triffids remake.

Maybe John Wyndham had an allotment, which inspired his dystopian vision of the plants taking over before they eat us one by one as featured in the celebrated novel and 1960s horror film.

There's something moving in the carrots, as I return to my plot. The weeds twitch, like they're sizing me up for the cameo bloke that gets eaten in the opening credits scene, dragged headlong into his raised bed screaming before they belch and spit out his sandals.

I reach my hand in anyway, like danger's no stranger. I freeze when I feel cold, clammy movement between my fingers. Then out pops an indignant-looking frog that nearly makes me jump out of my skin.

Amid the weeds, the wildlife's flourishing. I spied two deer the other morning - a muntjac doe and fawn.

When they clocked me and the dog, they soon scarpered. Talk about jumpy. One leapt clean over a 5ft pallet fence to prove the point.

One or two courgettes have gone missing around the area where the deer have been seen, making Bambi the prime suspect.

I've seen muntjac everywhere from the clifftops to one of the

overgrown alleys between the backs of the houses on the Avenues, so they're probably more common in town than most of us realise.

As ever, we have a bulging waiting list of people hoping to join our midst.

But before you take on a vacant plot, be warned. They're looking a bit weedy right now. If you don't believe me, ask Chairman Paul.

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# Nature Notes with Roger

## In the footsteps of Peter Scott

At the beginning of July I made a trip to the East Lighthouse on the River Nene at Sutton Bridge. This is actually just in Lincolnshire, but I am sure readers of this publication are broad-minded enough to allow a little rambling beyond the county boundary! I have long wanted to visit this particular spot, ever since I learned that the lighthouse was the former home of Sir Peter Scott, the famous naturalist and artist, son of the renowned polar explorer, and father of modern conservation. Peter Scott lived in this building between 1933 and 1939, and it was here that he devoted himself to painting the wild landscapes of the fens and the wildlife that inhabited them, leading to his subsequent career as a painter. Here also he wrote and illustrated his first two books 'Morning Flight' and 'Wild Chorus', in which he vividly describes his life and exploits there. He also created a small series of tidal pools beside the lighthouse, and began a wildfowl collection that went on to form the basis for his new conservation organisation, based at Slimbridge on the banks of the River Severn, which was to grow into the Wildfowl and Wetlands Trust.

I have to admit as to Sir Peter being somewhat a hero of mine, and certainly a character whose life and writings impacted me most and influenced me towards a lifelong interest in wildlife. I just missed meeting the great man, as I was scheduled to attend an 80th birthday party arranged for him in September 1989 by the Youth Hostel Association in Slimbridge, when tragically he died just two weeks before the event. Later, however, I did get to meet his widow, Philippa, and was able to discover something more about Peter first hand. In setting up his Wildfowl Trust, along with conservation and protection of wildfowl, particularly endangered species, his aims were always centred around research and education as well, and today the Slimbridge centre consists of pools, riverside fields, numerous wildfowl collections, as well as major research, breeding, and re-introduction programmes. There are now ten of these centres around the UK, and our 'local' one here in Norfolk is situated on the banks of The Hundred River on the Ouse Washes near Welney. It was first established in 1970, but a brand new eco-friendly visitor centre was built and opened in 2006 and is well worth a visit.

But back to the lighthouse. My visit here was on the first really warm and sunny day after about three weeks gloom so made a wonderful day out. It is approached along a straight, flat road from the bridge over the River Nene at Sutton Bridge, and runs the whole length beside the river, which must have been straightened for drainage purposes, so appears more like a canal. The small car park at the end is in a sunken dell and surrounded by trees, from which the songs of Blackbirds and Blackcaps poured forth. The lighthouse itself is a private dwelling now so it is not possible to go in, but a footpath skirts the building and then climbs on to the bank which forms the sea wall. Walking along this, butterflies danced in front, finding a particular liking for the Marsh Thistles which grew along the edges. There were Meadow Browns, Ringlets, Small Tortoiseshells, Red Admirals and two Painted Ladies



as well as a single Brimstone, and it was a delight to see so many, particularly after the very slow start to spring. There was no shortage of bird life either; from the bankside vegetation a Whitethroat let forth its jumbled, scratchy tune, while a Reed Bunting sat up on top of a bush to deliver his rather monotonous three note call. Skylarks and Meadow Pipits were singing above with a wonderful background of bright blue sky, and a single Yellow Wagtail passed overhead. At the end of the river bank, where the outfall of the Nene passes into the Wash, there was a single Oystercatcher probing in the mud, while a Little Egret flew over the sea wall and into one of the creeks.

The whole area surrounding the lighthouse is dead flat and now consists of arable fields, which exist on reclaimed land, but in the 1930's when Peter Scott was here, it was all saltmarsh and tidal right up to the lighthouse. Some of the pools he created for his collection of wildfowl still exist, or have been re-created, in a sheltered grassy enclosure, to house a small captive flock of geese. There are some Nene or Hawaiian Geese, which interestingly were the first inspiration for Peter Scott's conservation programme, several Red-breasted Geese from eastern Europe, and a few Pink-footed Geese. The importance of this area, and indeed the wider Wash estuary, as a habitat for wildlife has resulted in it being designated a Site of Special Scientific Interest. It is also a Ramsar Site, that is, a wetland of international importance (given this title following a convention at Ramsar in Iran in 1971), and a Special Protection Area, due to its importance for many migratory bird species. It is so heartening and very fitting that this whole area, where Peter Scott made his home and began his life's work in conserving wildlife and protecting natural habitats, and which has influenced so much of modern conservation thinking, is now set aside for the wildfowl and other wildlife which he loved and to which he dedicated so much of his life.

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# Plant of the month - Salvias

Wendy Warner

Salvias are a huge family of plants including everything from the herb sage that you would use in cooking, through the traditional red or blue bedding plants, herbaceous perennials to the more shrubby plants that give a wonderful colourful display throughout the summer and autumn. Here we will focus on the latter group that have become very fashionable in recent years due to the fact they are both easy, spectacular and suitable for most gardening styles. They are attractive to pollinators, bees and butterflies during the day and moths at night.

Most shrubby salvias have aromatic leaves and will remain evergreen unless we have a hard winter with many frosts, like the one we had this year. Their flowers can vary from white, through peach, pink, red and purple to the darkest blue. Choose a sunny position for your salvias and they prefer a light well-drained soil rather than anything too heavy. If you have clay soil add plenty of grit and sand to aid drainage. These shrubby salvias can be grown in pots if you think your soil is unsuitable and use John Innes no. 2 loam-based compost with a little peat or peat-free compost and some grit added. Salvias in pots will require a feed in the Spring but those in the ground are unlikely to need feeding as this may cause too much lush foliage and weaken

the plant. These requirements mean they are ideal for coastal or drought gardens.

If you think there is a chance your salvias may not be hardy, or you want to create additional plants, you can take cuttings in August or September. Use non-flowering stems that are about 3 inches long, removing the lower leaves and trimming each cutting just below a node. Insert cuttings into a pot of pre-watered seed and cutting compost and cover the pot with a clear plastic bag – insert a small stick in the middle slightly higher than the cuttings to avoid the bag touching the foliage. Place cuttings in a cool greenhouse avoiding strong sunlight. Cuttings should be rooted within about a month and can then be potted on and kept frost-free before planting out in the Spring.

When shrubby salvias first became popular it was thought they were frost tender but certainly in our local climate they seem to be hardy in most winters. It would be advisable not to cut them back until the Spring as this will protect new emerging shoots from late frosts. They can in fact be cut to back to within a few inches of the ground and will make full size shrubs within a couple of months.

Salvia "Hot Lips" is one of the most popular and one we always get asked for at



Thaxters as we have a border full of it at the front of the garden centre. It is unusual in that when it first blooms in midsummer the flowers are predominantly red, then white with the red "lips" at the bottom through July and August and lastly white into the autumn. The reason for this isn't really known but is most likely to relate to temperature and daylight levels. Recently introduced have been "Amethyst Lips" and "Cherry Lips" with purple and deep pink flowers which are just as spectacular.

Introduce salvias to your garden this summer!



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# From The Ground Up: A Thistle in Hand...

Hanneke Robson

Recently my husband, bravely and optimistically, bought me a sewing kit as he had a hole in his jeans. It seemed to me that creating a meadow from a scratch of pre-cultivated ground was much simpler than such a bothersome task.

To launch the 'Acre per Village' initiative I wrote about in previous issues, success for our meadow along Peddars Way South was essential. But, we needed practical guidance and more muscle than our small group could tweak between us to get this land right.

The visit from the Norfolk Wildlife Trust (NWT) on that wet and blustery day in May led to the proposal of diverse actions and for most of them we needed our farmer, James Young. Failure could be expensive and no good for land crying out for restoration.

You see, once land has been used for decades, or maybe hundreds of years, the soil balance is an unnatural one and unwelcome plants can thrive. This is not leaving it to nature. Leaving it to nature when so much has been pulled from the soil means never getting it back to the way it was; in our case most probably a chalkland meadow. These are extremely rare in Britain and we needed the best advice available to create one.

Once more, the NWT stood at our elbow - metaphorically speaking - as we tugged at brome, were perforated by thistles and introduced us to Rory Hart; a man who knows the Norfolk sod and everything that grows above it.



One June evening, the Peddars Meadow group gathered between some ominously large cotton thistles to await his arrival. His visit could not come at a better time and on eager ears fell his words of wisdom. This man was part of the earth and knew what he was talking about and definitely knew how to restore land from the ground up. He told us that we had a unique opportunity here. We learned some interesting facts; arable plants, for instance, were more threatened than coral reefs. They bore delightful names, like field madder, corn spurry and night flowering



catchfly. If we didn't have to eat, these plants would undoubtedly thrive.

Unbelievably, three steps from where he stood, Rory found the latter; so named as its pale delicate flowers open at night releasing a sweet fragrance to attract night flying moths. The buds he showed us were sticky and I assumed they caught the flies they were named after.

Rory advised us to collect the seed and those of other plants growing about us such as the Jersey cudweed that appeared to be doing well.

Thankfully, we were not to worry about the brome we had spent several evenings pulling out, but, just in case we had ideas about spreading a picnic blanket on soft grass and watching the delicate sway of rare blooms next summer, there would be a three year plan of creation, followed by yearly management.

Creation could involve dedicated herbicide to halt the march of creeping thistle or, the beneficial exercise of pulling them up. Some thistles are good, creeping thistle, not so much. The more we looked the more we saw. Ouch! (My husband has been briefed for this enterprise. In return, I have mislaid the sewing kit, but a scythe is in the post.)

For now there would be discing, mowing, cultivating, seeding then repeating these actions next year. If we dallied, we would incur more expense and ultimately fail.

The most joyous thing to hear was that we were on the right track. If we could restore this land, recreate a natural balance, nature would do the rest.

Our 'Acre per Village' project inspired us to create a three roomed art gallery in the

garage of our home in the village of Ringstead. The gallery grew from just an idea, to twenty fabulous and supportive Norfolk artists. Our commission goes in full to creating our meadow. We all hope that Peddars Meadow will be a success and we all hope that this idea of reclaiming an acre of land from agriculture will spread amongst other villages of England. Expenses depend on the land you are taking over and can easily be covered by one or two annual fund raising ideas.

In a few weeks, author, botanist and ornithologist Simon Harrap is coming to lead us on a plant identification walk, which I am pleased to say is fully booked.

If you would like to find out more, join our group, or drop into our gallery, please visit our website. If you are reading this online, please share. Peddars Meadow needs a twin! And besides, it is hugely enjoyable!

[www.thegaragestudionorfolk.co.uk](http://www.thegaragestudionorfolk.co.uk)  
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Above: Grey Partridge - watercolour by Deane Clark

Below: Garage Studio entrance - there are three rooms.



# Bats in Thornham Church

Megan Greef

As many of you know we have a maternity roost in Thornham Church and each year between May and September the bats make their presence known by their droppings all over the Nave. Hence the plastic sheeting covering much of the Nave each summer. Over the last few years, we have been part of the "Bats in Churches project" which aims to help Churches and Bats live together more harmoniously. Many surveys have been carried out which involves careful counting of the bats as they emerge in the evening and when they return after feeding, this involves quite a team as every corner of the church must be intently watched and sometimes filmed.

Following these surveys in

Thornham Church a plan has been devised to provide the Bats with comfortable boxes to roost in without entering the church. This process was begun in the spring and will be completed in the autumn after the Bats leave for the winter.

We will be holding a Bat Night (Covid Restrictions Permitting) on 7th August at 7pm when more information will be given by Phil Parker our Bat Ecologist. It may be the last chance to see and hear [using a Bat detector] 200 bats flying around Thornham Church Nave as next year they may decide to emerge straight from their new cosy boxes and not enter church at all, fingers crossed!

The last Bat night held in 2019 we had well over 125 attending and this year we may need to



limit numbers, so if you would like to come along to the Bat Night, please phone Megan on 01485 512334 to book a place, there will be a charge of £5 per adult, children free.

## Mudpies and Butterflies

by Louise Barby

*'Learning how to be still, to be really still and let life happen - that stillness becomes radiance'*  
Morgan Freeman

August is the month that we hope to spend lots of time outside in the sunshine. The potential heat of August brings a mixed blessing however. The perennials that were looking lush and vibrant in June start to become tired. However there are plants that lift the garden. Three, dahlias, salvias and penstemons, are sun-loving, drought-tolerant plants from the Americas and they begin to perform strongly as the days shorten, going on until late summer. Mulch, feed and deadhead the perennials that are looking a little sad, the attention will do them wonders!

**Flowers** - Cut back flowering stems of hardy geraniums to ensure a late flush of colour. Try heleniums, aster and salvias for yet more colour. If you would like to inject colour on to a wall or fence, try a Viticella variety of Clematis. Many will tolerate semi shade and any aspect too. If planting at this time of year, they will need regular watering. Watering is essential for camellias and Rhododendrons to ensure next years buds set well. Prune shrubs if they have finished flowering to maintain shape and form.

**Bugs** - Remove slugs and snails. Continue to spray should you find green/black fly. Black spot

on roses should be treated with a natural spray and affected leaves removed from the plant and ground in order to contain the infection. Even a seaweed foliar feed will help, as it ensures the plants are strong and healthy in order to cope with the bugs and beasts!

**Lawn** - Keep blades high during dry weather, water with your water butt or sprinkler if necessary. Rest assured, even if the lawn is looking a rather pale version of it's former self, it will soon recover with a few good downpours.

**Vegetables and fruit** - Many crops have been harvested by now, if not, feed and water regularly. You can re-utilise the space by planting onion sets or garlic. Sow spring cabbage or winter lettuce to further extend your growing season. Take advantage of the new strawberry plants that are currently runners. Pin them down in order for them to take root, they can be removed from the mother plant later.

**Ponds** - Keep the water topped up and aerated. Scoop floating weed and algae from ponds where necessary. Doing this now will reduce work in the Autumn.

Enjoy the August sunshine and long evenings, sit in the garden and enjoy the fruits of your labour. However, If you are looking at your garden, regretting not investing time in it, start to pop some ideas on paper and get planning for the cooler months, this is the best time to develop your garden for the coming seasons.

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# Electric vehicles — the torque of t

With technology advancing rapidly and the world becoming more eco-conscious by the day, it's no surprise electric cars are considered 'the future of motoring' among some.

According to 'Next Green Car,' as of the end of May 2021, there were nearly 260,000 pure-electric cars on UK roads; and, despite coronavirus, this year has seen the largest increase in electric car sales to date.

But, what is all the fuss about? And, are they worth the hype?

Here, Abigail Brown takes a closer look at electric cars, covering everything from how they function to their potential impact on the future.

## How do they work?

In simple terms, electric cars are powered by an electrically charged battery pack, rather than a traditional internal combustion engine (or ICE) like petrol and diesel cars. These batteries are rechargeable, meaning, at some point, fully electric cars have to be plugged into a public charge point or a private one installed at home. How far an electric car can travel before the battery runs out depends on the model and manufacturer - some have a longer run time than others.

Another option besides the pure-electric car is the hybrid, which runs on two different energy sources.

## The different types of electric cars in detail

There are three different types of cars that are considered 'electric' - they all differ slightly, but share in the fact that they utilise electricity in some way to better the environment.

### 1) Pure-electric

Fully electric vehicles are the cleanest on the road as they don't emit any harmful CO2 or other greenhouse gasses into the atmosphere while driving. They are generally powered entirely by a rechargeable electric battery. They tend to be the most cost-effective as well, as they are easy to run and maintain.

### 2) Conventional hybrids

These are a combination of a battery and electric motor and a petrol or diesel engine, such as those in 'ordinary' vehicles. The idea is that you get the best of both worlds; short trips can be covered by the electric motor, and you can fall back on the petrol or diesel engine on long journeys - the car can even run using a combination of the two at the same time. A computer within the car determines when and how different elements take over. The battery in conventional hybrids is fairly small, meaning they can be charged up on the move, either by the engine or electricity generated when the vehicle is coasting or braking. These



hybrids don't need to be plugged in to recharge.

### 3) Plug-in hybrids

Plug-in hybrids are very similar to the conventional version, except the battery is bigger, allowing the vehicle to drive much further on electric power only. As the name suggests, another key difference is that the battery cannot be recharged by the car - like a fully electric car, they have to be plugged in to recharge the battery. However, as this is a hybrid, you can still rely on its petrol or diesel engine to get you to your destination if your battery empties along the way.

## Are they worth it?

Whether an electric vehicle is right for you depends on your wants and needs. Considering the advantages and disadvantages of electric vehicles will help you decide:

### Pros:

- They are better for the environment
- There are multiple buying incentives, for example, the UK Government's Plug-In Car Grant is providing up to £2,500 off the price of an electric car (eligible models must have CO2 emissions of less than 50kg/km and a zero-emissions range of 70 miles or more), and electric car owners can benefit from government grants towards the cost of installing a charge point at home or work
- Low running costs
- Low maintenance needs
- Quieter drive
- Discount on congestion charges
- Free, priority, or dedicated parking bays with easy access
- Increasing resale value

### Cons:

- Few charging stations
- Some models have a long charge time
- Limited driving range

- High upfront costs

- Not as many options to choose from (in terms of style)

## Interesting facts about electric cars

They are not a new concept

The very first electric car was built in 1884 by English inventor, Thomas Parker. He also introduced both the electrification of the London Underground and worked on electric tramways for multiple cities. Electrically powered vehicles were even being used as taxis in London by 1897. Following this, there were major improvements in petrol and diesel technology, which marked the end of the buzz around electric vehicles, until recently.

### They are not completely silent

As of July 2019, a new EU rule was introduced that instructed all new electric and hybrid cars to make an artificial noise for the safety of cyclists and pedestrians. The noise can be heard when driving at 13mph and below.

### Tesla 'Dog Mode'

Tesla cars now offer a feature called 'Dog Mode' which ensures your furry friends are kept at a comfortable temperature inside the vehicle. The car even displays a message on the centre touchscreen panel letting passers-by know that the pet inside is being kept at a cool temperature.

### There are more charging points now than petrol stations

According to 'Zap-Map', as of May 2019, the amount of public electric vehicle charging points surpassed petrol stations in the UK. It appears the number of petrol stations is actually decreasing, while more charging points are popping up all over the country.

### They could be charged whilst driving

Similar to how mobile phones can be charged wirelessly, electric vehicles may be charged

# the town, or not worth the energy?

simply whilst positioned over a similar device. These charge panels may be built into sections of the road, drive-through lanes, and parking spots.

## *They may get their own priority lanes*

As part of the government's efforts to motivate more people to drive an electric vehicle, the environment department has suggested introducing priority lanes and priority exits at traffic lights, like what currently exists for buses.

## *They are used on the moon!*

NASA's Lunar Rover was designed to operate the low-gravity vacuum of the moon and runs purely on electricity. There are talks of developing the next generation of electric vehicles for future lunar missions to allow astronauts to cover further distances.

## **The future of electric vehicles**

The UK plans to ban all sales of petrol and diesel cars by 2040 in a bid to fight climate change, which means the future is looking pretty bright for electric cars. With all the incentives available and the obvious benefit of doing your bit for the planet, many will view the idea of driving an electric car in the future as exciting. And, they are looking more appealing by the day, with charging speed, run times, the infrastructure to support them, and the cost to build them set to improve tenfold in the coming years.

They're not quite the flying cars many predicted we'd be driving, but it's clear that we're entering a new and exciting technological age.

## **Where can I find my nearest charging point?**

North and West Norfolk offers multiple electric vehicle charging points.

To discover the exact location of the charging points nearest to you, go to [www.zap-map.com/live/](http://www.zap-map.com/live/), type in your postcode, and see the charging points on the live map.

You can download the ZapMap app to your mobile from the App Store or get it on Google Play. This app has live updates every five minutes and covers 95% of public charge points.



The Electric Vehicle Homecharge Scheme (EVHS) is a grant that provides a 75% contribution to the cost of one chargepoint and its installation. A grant cap is set at £350 (including VAT) per installation. The main requirement is that a person owns, leases, or has ordered a qualifying vehicle and has dedicated off-street parking at their property. A person may apply for 2 chargepoints at the same property if they have 2 qualifying vehicles.



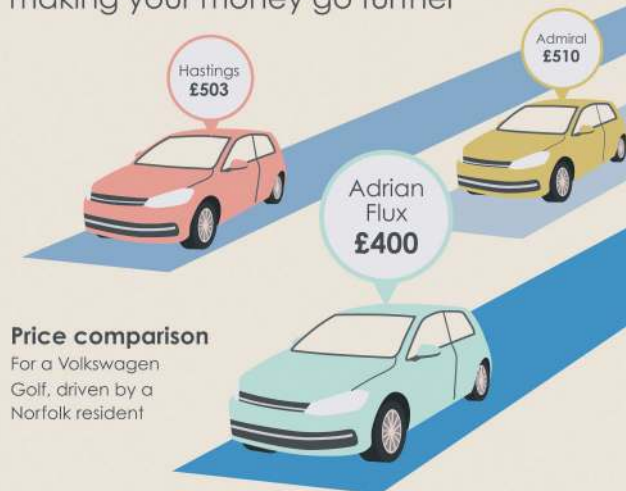
*Map of local charging points.*

*The website [www.zap-map.com/live/](http://www.zap-map.com/live/) allows you to zoom in to find the exact locations*



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## A fine wine

My husband and I were enjoying our Sunday lunch the other day with one of our favourite bottles of Chilean wine. He then compared Norfolk Holiday Homes to wine. His reasoning was that with a holiday home you get to like one and re-book it as you like the area and what the property offers. In basic detail; has it the right amount of bedrooms you need; is pet and/or child friendly; perfect position as close to beach, amenities and shops; quietly situated in country or town centre; ground floor or with stairs; wet room or plain bath room. Does it have a dishwasher, washing machine, Wifi, etc? One week or two? All these factors come into consideration when choosing a holiday home, but and most importantly is the price is within your budget? After all, this can be a big annual decision for a family's happy holiday.

With wine; are you planning to just enjoy a glass and chill or eat with red meats, white meat or vegetarian cooking; so sparkling, red, white or rose? You may prefer a light wine or one with rich deeper flavours; fruity, oaked or easy drinking; high or low percentage or non-alcoholic; sweet, medium or dry; southern or northern hemisphere production or maybe a preferred grape variety, wine grower, vineyard or it's age? Just the one bottle or do you want more? All these deciding factors, plus it has to be a price within your budget.

Scouring the supermarket drinks aisle can be intoxicating in itself with a myriad of bottles from all over the planet. A compulsive buy might result in the inappropriate choice. So, you spend an equal amount of time perusing the shelves as you have actually doing your entire shop.

In comparison, the whole process of finding the ideal holiday home and cruising the internet and then being becoming befuddled with a plethora of properties and websites is enough in itself to drive you to drink. Then you forget where you saw that perfect property..... and start over again.

However, unless you are actually in a wine merchants who have knowledge, the supermarket only offers you tempting advice on the label so this is also like cruising the internet only on shelves.

Norfolk holiday Homes is that wine merchant. So many people re-book each year because they know exactly what they want. They save themselves time and effort and let's face it, we all do not have this nowadays. I know I am repeating myself again but newcomers to Norfolk Holiday Homes find exactly what they want by just calling us and speaking to a human who has knowledge. No waiting in call queues, no frustrating decisions by searching sites - just a call and we can help you book then you can go and enjoy a relaxing drink knowing that your holiday is not far off and it is exactly what you want.

So, I can see my husband's line of thinking. Find one or a few and stick to them. Better the devil you know and all that. Talking of which, Casillero Del Diablo make some pretty good wines. That's Cellar of the Devil to those who cannot speak Chilean wine.

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# SAVE OUR QUEEN ELIZABETH HOSPITAL

By Gordon Taylor



Our Queen Elizabeth Hospital is a vital part of the lives of the catchment area it covers – some 1500km<sup>2</sup>. It provides employment, training and volunteering opportunities and, of course, its primary purpose – to supply us with the health services that we need. It serves a population of 331,000 people across three counties.

The hospital was opened in 1980 as a “best by” build. So when it was designed, planned and built, it was known to have a 30 year shelf life. The main reason for this is because of the material used to construct the roof of the building. Reinforced Autoclaved Aerated Concrete (RCC), is a light weight form of concrete, commonly used for roofs from the mid-fifties to the mid-eighties. Problems with this type of roofing have been well known since the 1990's. Other hospitals using RCC have been awarded funding to rebuild, but the QEH has not been successful so far.

Despite it being known that the hospital was in need of being replaced in 2010, no steps were taken until recently to start preparations for either a new hospital, or for some sort of rebuild. Currently, the roof is in the process of being inspected, with around 50 – 60 % completed. It was as a result of this inspection back in March that serious issues were detected in the roof above the Critical Care Unit. This resulted in the unit being closed, and seriously ill patients having to be moved out of the area with thirty minutes notice. The EDP launched a petition, which is ongoing, on the 26th March titled 'Rebuild the QEH'

Currently, over 200 props are holding up parts of the roof. The situation is so dire that the Hospital's own risk register, which was reviewed by its governing board on March 2, stated: "There is a direct risk to life and safety of patients, visitors and staff due to the potential



of catastrophic failure of the roof structure due to structural deficiencies."

On the 14th of April, the 'Save our Queen Elizabeth Hospital' campaign (of which I am part of) was launched, supported by the Kings Lynn Trades Council. For nearly three months, it has been holding weekly demonstrations outside of the QEH, as well as town centre rally's, in order to highlight the desperate need for a new hospital. Last Saturday, it held a rally and march in the centre of Kings Lynn.

Love West Norfolk launched a new petition on 8th April, hoping to gain 100,000 signatures, which would trigger a debate in Parliament. It's ambassador James Bagge, says staff need 'fit for purpose facilities'. The day after, West Norfolk Council unanimously supported a motion put forward by the council leader Stuart Dark and Independent Jo Rust, calling for funds to be made available for a rebuild.

There has been a lot of talk about the hospital, with recent visits from the previous Health Secretary, local MP James Wild, and just today, from South West Norfolk MP Liz Truss. Each one has made statements saying that they are aware of the seriousness of the situation. Let's be clear though, despite these reassuring words, no promises have been made, and any future funding is not guaranteed. Even if the QEH is on the list of hospitals promised Government funding in September, it may be 2025 before anything happens.

This issue is so important that everyone is willing to work together to get the problem sorted. All political parties are in agreement on this. The Queen Elizabeth Hospital in Kings Lynn needs to be rebuilt, and this community needs a new hospital, not in 2025, not in two years, it needs something to be done now.

## WE MUST HAVE A NEW BUILDING – SAVE OUR QUEEN ELIZABETH HOSPITAL

EDP petition:

[www.change.org/.../build-a-new-hospital-for-king-s-lynn](http://www.change.org/.../build-a-new-hospital-for-king-s-lynn)

Love West Norfolk petition:

<https://petition.parliament.uk/petitions/590390>

Facebook group: Save our Queen Elizabeth

Twitter: @save\_lynn

### Editor's note:

In a news release dated 15th July, commenting on the launch of the selection process for the next 8 new hospitals, James Wild MP said:

"This week in Parliament I was again making the compelling case to ministers for QEH to be one of the new hospital schemes that is strongly back by the local community and councils. This marks the next phase of the campaign and I will continue working with QEH to develop proposals for a fit-for-purpose hospital based on modern construction methods that meets the needs of patients, staff, and visitors."

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# Letters to the Editor

## The Sage

I just wanted to pass on my thanks to the 'Sage' Dick Melton. I've grown up (and still live) in West Norfolk (Snettisham) and look forward to reading his monthly page. Have really learnt a lot about places and history thanks to him.

All the very best,

**Kevin Finney**

## Monorail

Regarding an article in the June issue of Town & Around, this obviously got their feathers ruffled about looking at the possibility of a Monorail as opposed to a rail line.

Firstly, I was not 'unnamed', but signed as Cookie of Sunny Hunny.

Secondly, I was not suggesting that Hunstanton's transport could be 'easily solved' by a monorail but to look at the possibility against a rail line.

Thirdly, are you assuming that only Monorails have problems, if so you have a very short memory. What about the unmanned railway crossings, to name but a few! Are all your crossings going to be manned? Also if it is built correctly it should last for years, but it appears that we cannot even build a Hospital to last more than 35/40 years.

Fourthly, There are many more Monorails around the world than you state, but you do not want to know, as you are intent on going ahead with this white elephant. I have yet to come in contact with anyone in Hunstanton who thinks this will ever get off the ground.

Have you spoken to anyone in Hunstanton? I doubt it.

And lastly you have not mentioned the mile long walk you expect people to walk to the beach from the station east of Downs Road School.

I resent the implication that I caught sunstroke just because you do not agree with someone else's opinion.

Also you might laugh at 1950s Dan Dare Comics which was called the 'Eagle' and unlike a lot of modern comics was actually very educational, especially the centre spread which had an exploded view of planes, cars, etc. and a lot of what was in the Eagle, science wise, has come to fruition. Therefore it is better to be forward thinking rather than sticking one's head in the sand.

**Cookie of Sunny Hunny.**

**Sorry, D Cook.**

## Monorail

I have just read Howard Johnston's letter, re- Monorail idea belongs to children's comics.

Not only is it inaccurate but rather Luddite etc .

There are currently 82 customer paying Monorail systems in the world and even more under construction.

To be fair to your readers then the other half of the argument should be presented .

So, on U Tube then - Why not Monorail? (2000) .This gives all the pros and cons, warts and all, to enable a more informed choice .

The Monorail system can travel down to ground level, for passenger use, then back up again. Also the rails are of pre-fabricated steel and not concrete blocks.

At the end of the day IF and When, any system goes ahead, it will be down to the bottom line, profit /loss.

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**From  
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## A permanent home for Hunstanton Library

By John Maiden

Planning application 21/00629/FM to convert the redundant Primary School into residential apartments provoked the following objection from yours truly, which I hope a majority of former pupils will endorse.

"Hunstanton Library is due for demolition. Rather than locate its replacement within the massive residential development on the bus station site, the former Primary School is the obvious home for the town library, ideally incorporating a conference centre.

Amongst other things, this could be used to plan ahead for the possible effects of climate change, caused by man-made global warming.

This would be the perfect tribute to the dedicated teachers and their pupils who spent many years in its classrooms, gaining basic skills and learning how to get along with one another. It would also be a fitting memorial to all those lives that were cut short, because the town was unprepared for the exceptional tidal flooding, which occurred on the night of January 31st 1953."

In 2021, a year when Hunstanton should be celebrating its 175th



birthday, I can think of very few improvements to the town that have occurred since its 100th birthday in 1946. Perhaps other readers will start compiling a list, but I do not expect it to take up much space in this most excellent publication!

## Docking Festival of Books

Peter Cook

Following a break for Lockdown, the Docking Festival Books will be back again this year for the tenth time! We have even more books to offer the discerning reader than usual - as we received a number of books last year as well as this.

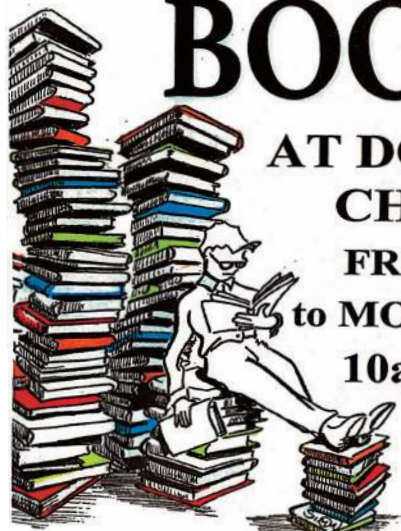
Lockdown has shown us all the value of a good book and we want to offer people in Docking and the surrounding villages the opportunity to stock their shelves with good material for the rest of this Summer and into the Autumn as well.

In order to do that we will be running the Festival over four days this year instead of the usual two. This will give people a greater opportunity to come and simply browse whilst enjoying a cup of tea and a slice of cake or maybe to take a break for a tasty lunch before returning to the hunt for paper 'treasure'.

As usual we will have a great selection of fiction books to choose from as well as other non-fiction sections of history, gardening, cookery, sport and travel. There will also be a huge children's section too with dozens and dozens of titles to choose from.

This Tenth Festival of Books will be held at St Mary's Church in Docking (postcode PE31 8LH for satnav users). It will run from Friday 20th August through the weekend to Monday 23rd August. On each of those four days we will be open from 10am until 4pm. Entry is free and the books are very reasonably priced. There will be some real bargains to snap up so, come and by an armful (or two) of books to carry you through your Summer holidays.

## DOCKING'S 10<sup>th</sup> FESTIVAL OF BOOKS



**AT DOCKING  
CHURCH**  
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to MON 23<sup>rd</sup> AUG**  
**10am – 4pm**

If you would like to donate books you can leave them in the church porch or call Jenny (534944) or Peter (517157) if you need help.



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\*According to figures from [campaigntoendloneliness.org](http://campaigntoendloneliness.org)

# Round the bend with Dean Baker

The Anglo-Saxons called August 'Weodmonath' which means 'weed month' as so many weeds grow at this time of year. For this Hunstanton plumber many of my August jobs are call outs to holiday lets. This can be simple things like guests not understanding how to work the shower or the hob to more complicated jobs like blocked drains.

You can buy drain cleaners over the counter but they are packed with nasty harmful chemicals. So here is a recipe to effectively and safely clean a drain.

½ cup of baking soda

¼ cup of table salt (cheapest)

1 cup of vinegar

Pour down the drain and cover for at least 15 minutes.

You do need to clean the shower trap at least once a month. This is a job Mrs B will only do under great duress, she describes it as 'yuck'. If you don't like it either you put the 'kind' drain cleaner down the shower drain before cleaning the trap. Remember to brush your hair before washing it. Hair conditioner is a 'clogger offender', if you like using lots of it, just be prepared to clean your drains often.

The best way to clean the pipes under the sink and wash basins is to fill the sink to the brim with cold water and pull the plug out. If the



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flow of water is sluggish try a quick clean with the recipe above.

What about those August weeds? Well, you can use a variation on the drain recipe. One gallon of white vinegar, 1 tablespoon of vegetable and 1 cup of salt but only if you don't want to plant in that spot. Then, spray it on and watch it work.

Next month is Gas Safety month, but why wait, late Summer is the perfect time to get your boiler serviced.

See you in September!

[plombierdean@yahoo.com](mailto:plombierdean@yahoo.com). Tel – 07973 131 906.

# Walking for Save the Children

Over £800 was raised for Save the Children's Hunstanton Branch by members and friends taking part in the Walk the World campaign on Friday 9th July.

In their first fundraising event for sixteen months the group met at Heacham North Beach and walked to the Spinney in Hunstanton then on to The Terrace where refreshments were provided. As some of the group are Hunstanton residents, they chose to get up extra early and clock up extra miles by walking to Heacham for the event.

Branch Chair Christine Earnshaw (pictured holding the bucket) said that the walk was also intended to be a new membership drive for the branch.

Proprietor of The Terrace Vicky Kirk said: "Congratulations to all those who walked from Heacham to Hunstanton today for Save The Children. Thank you for choosing to finish at The Terrace, hope you enjoyed your refreshments."

The target for the fundraising element was £1000 and anyone wishing to contribute can do so at: <https://www.justgiving.com/fundraising/HunstantonBranchWalk2021>



Photo T&A



# Save the Children

# Linking up - Live Locally and Prosper

Andrew Jamieson, Norfolk County Councillor, North Coast & Cabinet Member for Finance

In this second staycation year, the holiday season is now with us as never before. While in economic terms this is not a moment too soon and I extend my heartfelt congratulations to all those enterprising, striving entrepreneurs for surviving thus far: I hope that this will afford them the space to recover and develop.

However, the increase in the numbers of people, combined with the pace of development in Hunstanton and our villages recently, requires a joined up approach, not just between Borough and County, but also with a coherent vision, rather than as a pile of separate pet projects. This is what I have been working on as it is only by looking across the piece that we can make a difference.

This is one reason why I was pleased to be appointed Chair of Norfolk Coast Partnership (NCP). NCP co-ordinates the management of Norfolk Coast Area of Outstanding Natural Beauty (AONB). The AONB is there to protect our beautiful and sensitive coastline; my immediate task is to ensure that we work to make a difference to the area, as well as those settlements, like Hunstanton, who were left out of the original designation but clearly have a lot to offer, and to influence, the area.

I have taken the opportunity of renewed interest by Central Government in Active Travel, in bus transport (Build Bus Better Fund) as well as the new Levelling Up initiatives to refocus the County on AONB. This requires fully worked up schemes to be 'shovel ready' so as we can capitalise on grant as and when they occur. I will focus on five, in three linked work streams:

1. Within Walking and Cycling, we are writing a Local Cycling and Walking Infrastructure Programme (LCWIP) for AONB. Previously, these LCWIP's have focussed on urban areas, so Norwich has been the main beneficiary, although Kings Lynn now has an LCWIP too. This is the first time we have seen a rural approach and it will mean that within AONB, including Hunstanton, we are able to bid for better pedestrian links between villages, more and



better local footpaths, better cycling links and new cycling routes that avoid A149. Funds for a new cycling/footpath along A149 between Hunstanton and Old Hunstanton have been bid for as part of active Travel tranche 3 as an example of the latter (the longest journey starts with a single step, as Confucius might have said!).

2. In addition to LCWIP for AONB, funds are also being sought from DfT for the Greenways project. For us in and around Hunstanton, this means developing a route from the centre of Kings Lynn to Hunstanton. This phase will take us from Kings Lynn centre, though South and North Wootton, up to Sandringham, back down to Dersingham along the old railway to Snettisham. The next phase envisages two routes to Hunstanton, one along a segregated cycle route along the A149 and a second more leisurely route nearer the coast.

3. 'Bus Back Better' is a £3 billion central Government initiative to look beyond the capital, seeking to get us to a position where main road services run so often that you don't need a timetable, just like services in the main cities. We want facilitate better services in the evenings and weekends, to reflect people's 24-hour lives and to provide safe, reliable transport for key workers. In places unserved or barely served by conventional buses, such as rural villages and out-of-town business

parks, we want funding to pump prime more demand responsive services with smaller vehicles. Park and Ride, or Park and Stride schemes will be created, or encouraged, in order that inexpensive parking can be linked across the AONB to expanded local bus routes.

4. There is no altering the fact that for many, cars are a basic requirement in a rural communities. However, long-standing and well documented issues in our towns and resorts have now been exacerbated by 'staycation' tourist congestion and invasion parking in residential areas. Many local stakeholders are now supportive of change and there are strong drivers to support economic vitality of high streets, town centres and local businesses, aided by more efficient and effective use of kerbside parking to solve legacy parking issues in Hunstanton and surrounding villages. This support is obviously important, as any proposals will require local buy-in and, as part of that I have made clear that it is imperative that this is not a money making exercise but one of traffic regulation; income from any programme would allow reinvestment into local sustainable transport services, parking-related schemes, bus services and locally-focussed improvements.

5. In conjunction with this, and in consultation with individual villages, we will be looking to lower speeds throughout the AONB, reinforcing the message that this is a special area that needs to be taken care of. Parking restrictions, such as increased yellow lines, no waiting or 20 MPH limits will also be entertained, as will a network of Quiet Lanes across AONB.

I hope that this gives a flavour of what I will be looking to achieve over the next four years in relation to traffic management. It will only be possible with a mind set of Working Together for Norfolk from all of us involved with local government, including those agencies, such as the Police, NHS, Natural England or the Environment Agency. I will certainly play my part.



## HUNSTANTON CONSERVATIVE CLUB

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The Club is now open from 10.00am on Mondays to Saturdays and from 11.00am on Sundays. Closing times on all evenings will be 10.00pm.

Hot/Cold meals are available from Mondays to Saturdays and you can choose from our **New Menu** or one of the Specials of the Day. On Sunday there will be a 2 course Sunday Roast Lunch at only £7.95 for Members and £8.95 for Guests.

The Snooker Room is open each day. On Friday lunchtime there is a Prize Raffle and in the evening a Cash Bingo is held starting at 7.00pm

[www.hunstantonconservativeclub.co.uk](http://www.hunstantonconservativeclub.co.uk)



# Wild in Westminster & West Norfolk

The Euro 2020 defeat is still raw as I pen this piece but it was a great effort to reach the first final for 55 years and there is enough youth and talent in this team to go a step further – hopefully in next year's World Cup.

Unlike the traditional timing of tournaments, that will be played in the winter which will be a strange experience. However, I'm looking forward to enjoying this summer at home as we proceed to step four and removal of the legal restrictions that have been in place for so long.

This is not the end of the pandemic. We need to take this step cautiously as the approach shifts from rules and regulations to making personal judgements. Living with the risk and managing the virus means wearing face coverings in crowded and enclosed spaces, people returning to workplaces gradually rather than all at once, and meeting people outdoors where possible.

I understand the concerns that people have, however with the successful rollout and effectiveness of the vaccines, and the weakening of the links between cases, hospitalisations, and the loss of loved ones but if not now, then when? We have the advantage of the warmer weather and schools being off. Delaying until the colder months would give the virus and advantage at a time when the NHS is normally under pressure.

My campervan is booked again for a stay-

cation on our coast which along with the wildlife is one of the main attractions for local people and visitors to the area. Last month I was pleased to join the RSPB team and volunteers at Snettisham beach to talk about its "Plovers in Peril" project to protect the vulnerable ringed plovers and the challenges facing these beach-nesting birds face on this stretch of coastline. The Norfolk coast holds a large proportion of England's plovers and this study will monitor population levels of this red listed bird that is in worrying decline.

Volunteers are also playing an important role in raising awareness among dog walkers about keeping dogs on leads in areas where the birds are nesting and with other beach users about the role we can all play a part in boosting the numbers of this species by respecting their habitat.

As part of the government's response to the Glover Review of areas of outstanding natural beauty (AONB) and national parks, it is looking at options to strengthen the status and support given to AONBs. One issue that is still up for discussion is whether to rebrand AONBs as "national landscapes." That strikes me as a rather bland description that doesn't begin to do justice to the beauty of the Norfolk Coast. If you have a better suggestion then please drop me a line! [james.wild.mp@parliament.uk](mailto:james.wild.mp@parliament.uk)

Finally, to return to my focus on broadband there is a welcome update with Openreach



**James Wild MP**

House of Commons, London SW1A 0AA

[james.wild.mp@parliament.uk](mailto:james.wild.mp@parliament.uk)

[www.jameswild.org.uk](http://www.jameswild.org.uk)

@jamesowild

having just announced plans to increase its full fibre rollout to cover 25,000 homes and businesses in North West Norfolk. This is commercial rollout and their coverage map includes Hunstanton, Heacham, Sedgeford, Stanhoe, Dersingham Snettisham, and the Burnhams. This is in addition to the taxpayer funded Project Gigabit and more details on the coverage for Norfolk is expected soon.

Enjoy the summer!

## Plovers in Peril - MP asks visitors to respect their habitat

James Wild MP joined the RSPB at Snettisham beach to talk about its Plovers in Peril project to protect and monitor the vulnerable Ringed Plovers and the challenges facing these birds and other wildlife on this stretch of coastline.

He met Wynona Legg, RSPB Ringed Plover Project Manager who is leading the work to ensure that birds choosing Snettisham beach as their nesting site get the support they need to raise their young. The Norfolk coast holds a large proportion of England's breeding Ringed Plover, but this red-listed bird is in worrying decline. He also heard from local volunteers who help support the project which includes observing and recording the efforts of the birds across the beach from Heacham to the Snettisham reserve.

James was invited to visit after terrible footage released last month by the RSPB which showed quad bikers driving recklessly on Snettisham Beach, one of Norfolk's strongholds for vulnerable breeding birds including Ringed Plovers. The clip, filmed by the RSPB, showed five quadbikes driving at speed across both Snettisham Beach and the RSPB's Snettisham nature reserve, over several miles of vital nesting habitat for the fast-declining species as well as other birds such as oyster catchers.

Working with Norfolk Police, the RSPB is urging visitors to be mindful of wildlife in the countryside, with over half of England's most threatened breeding bird species nesting on or near to the ground.

Speaking during the visit James said: "Our coastline has such outstanding nature and wildlife and the RSPB and volunteers are doing important work to protect these vulnerable birds. Through this project more people will hopefully appreciate how we can all play a part in boosting the numbers of this species by respecting their habitat."

Wynona Legg, Ringed Plover Project Officer said: "A national survey, completed by the British Trust for Ornithology, in 2018 showed the number of breeding pairs of Ringed Plovers in Norfolk had

declined by 79 per cent over the past 35 years. The work we're doing at Snettisham and Heacham South through the Plovers in Peril project is proving that this area is a stronghold for these birds which tells us how vital this stretch of coastline is for the UK breeding population of Ringed Plover. What keeps me going is the knowledge that I am part of a project that has the capability to generate real, positive change for a species that is hurtling toward being lost from our coastline altogether. A project that will hopefully be a catalyst in reversing their decline here to a point where we can look forward to them being present in our future."



From left: Steve Rowland, James Wild MP, Wynona Legg project officer and Hayley Roan senior sites manager. Photo: Ian Burt

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## Thornham Village Hall and Playing Field

### Chairman's Annual Report 2021 AGM

I would like to start my report by paying tribute to our friend and colleague, Tony Morris, who died earlier this year. Tony was the Hall Committee Chairman, who just quietly got on with the business of running things without any overt fuss. He worked away assiduously behind the scenes and made sure that things got done. We will miss him and his quiet sense of humour. Jeremy Cave has taken on Tony's role as Hall Committee Chairman and the work continues under Jeremy's able stewardship.

2020 was the Year of Covid for us all, and the Hall was no exception. We shut down all our operations in line with the Government guidelines, and only now are we beginning to open up again, slowly and cautiously, wherever we can do so safely. Fortunately, thanks to our cost cutting exercises and Government grants we were able to get through the year without any serious depletion of our reserves, and the Hall finances remain in good shape. Once again we are reminded of the importance of a sound Reserves Policy which has stood us in good stead. Should the need arise, we would be able to cope with another two years of adversity. Thanks are due to Stephanie and her team, Sally and Emma, for keeping the accounts in good shape.

During the year, we addressed the increasing H&S concerns regarding congestion and bottlenecking due to heavy usage of the car park at peak periods, by constructing a new exit. Work on this has been

completed, new signs have been erected, and an "In and Out" one way system has been introduced. In addition, a Pay and Display system was introduced last October which is further helping to control numbers using the car park. Proceeds from the car park charges will be used, in the first instance, to offset the expenditure of almost £30,000 on the new exit. The Trustees will keep the tariff system under review and will try to ensure that Hall users can, as a general rule, use the facilities at no extra charge.

To enable us to keep in touch with our customer base during lockdown, an electronic Newsletter was launched by Stephanie. This has proved to be most popular and is widely read by more than 550 people on our mailing list.

Throughout the Covid crisis, our groundsman, Adrian Siddle, has worked hard on steadily improving the playing field, which looks better than ever. His efforts are being rewarded and this year the Cricket Club has been chosen to host a Norfolk wide three day cricket event.

I end my report, as I do every year, with grateful thanks to my fellow Trustees, members of the Hall Committee and all our volunteers, without whose unstinting efforts, simply nothing would happen.

**John Warham, Chairman,**  
**Thornham Village Hall & Playing Field Ltd.**

### Old Hunstanton Parish Council

The Parish Council had its first face to face meeting in the Old Hunstanton Village Hall, since the start of the pandemic, on 17th June, it has been a long time. It also marked the return of the PC to the Village Hall since the demise of the Old Hunstanton Social Club and I would like to thank the Lodge Hotel for their hospitality during the intervening period until the outbreak of Covid 19. We had the added pleasure of meeting with our new Parish Clerk, Caroline Boyden and gave her a warm welcome. The Neighbourhood Plan consultation period came to an end on 26th June so, we will be evaluating the response and amending the NP where necessary. Unfortunately, our NP Administrative Assistant, Lynne Butters, has had to step away from the role but we have a new addition to the PC to continue the good work. Lynne has done an amazing job over the last 3 years and has received plaudits from her peers for the accuracy and alacrity getting us to this point. Considering we had the pandemic to contend with it shows what a marvellous job she has done, and we wish her all the best for the future.

After the debacle over the cones, we have tried to meet with Highways to discuss their plans for the future. Up to date we have not been able to find a convenient time for a meeting, but we are still trying.

The Village is alive with the preparations for the Village Flower Festival and we, as the PC, are fully supportive of the celebrations which this year includes Open Gardens and a Scarecrow theme.

Please contact the PC through the Clerk, email below, if you wish to attend and/or speak at the meeting, to give us your views on the above, or anything else you think we should know or do something about. Thank you all for helping the village through this pandemic and, hopefully in the same vein, continue until the virus is under control. Email address, clerk.oh@gmail.com.

**David McLeod, Chairman OHPC**



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# Pride in our Neighbourhoods - 58

Cllr Andrew Murray

## The Emerging Local Plan 2016-2036

Following on from the article in the July issue, the Full Council meeting of the Borough held on 8 July did approve that the pre-submission document should go out to public consultation. This is the stage when everyone can make their opinion known and the consultation is expected to be from late July until September. At the time of writing, the main document and the supporting ones are purely in a read only versions. The document contains 41 policies as well as defining the settlement boundaries and allocations of land for development.

They can be viewed at <https://west-norfolk-consult.objective.co.uk/kse/event/36249/section/s1569245529599#s1569245529599>.

I intend to extract the parts that are most relevant to Hunstanton and its surrounding villages and these will be displayed in the Heritage Centre during the consultation period.

### Is it healthy to live near the sea ?

Kelly's Directory in 1908 stated that "New Hunstanton, now a well-known, and much frequented watering-place, occupies one of the most healthy sites in the kingdom; the climate is usually dry and bracing, owing to the scanty rainfall and the absence of fog, except at very rare intervals, and the air is known to be strongly impregnated with ozone; in spring the east wind is less keen than in the midland counties."

Designed as a memorial and thanksgiving for the recovery of the Prince of Wales from his severe illness in 1872, the Hunstanton Convalescent Home was established and opened by Edward and Alexandra in 1879. It is now apartments known as Valentine Court. Similarly, Addenbrooke's Hospital in Cambridge had a recovery home in Clarence Road from 1899 to 1973 which has become the Marine Court flats.

I had always thought that living on the coast was healthy whereas living in the industrial midlands or in large cities was not. However, a paper published this year in the Journal of Public Health written by Professor Sheena Asthana of the University of Plymouth has put a big question mark over this notion.

By defining Coastal areas as those Lower Super Output Areas (LSOAs) which include or overlap a built up area within 500m. of Mean High Water Mark, Sheena has shown that these communities tend to be older and more deprived than the national average and have a high prevalence of non-communicable diseases. The 2019 Index of Multiple Deprivation suggests that 16.6% of coastal residents live in one of the most deprived 10% of LSOAs in the country, whereas only 5.1% live in one of the least deprived. The coastal labour force tends to be relatively low skilled, low paid and service sector orientated. Coastal economies that rely disproportionately on tourism will have been particularly hard

hit by Covid-19. Low pay and low job security reduce access to material resources such as housing and healthy foods.

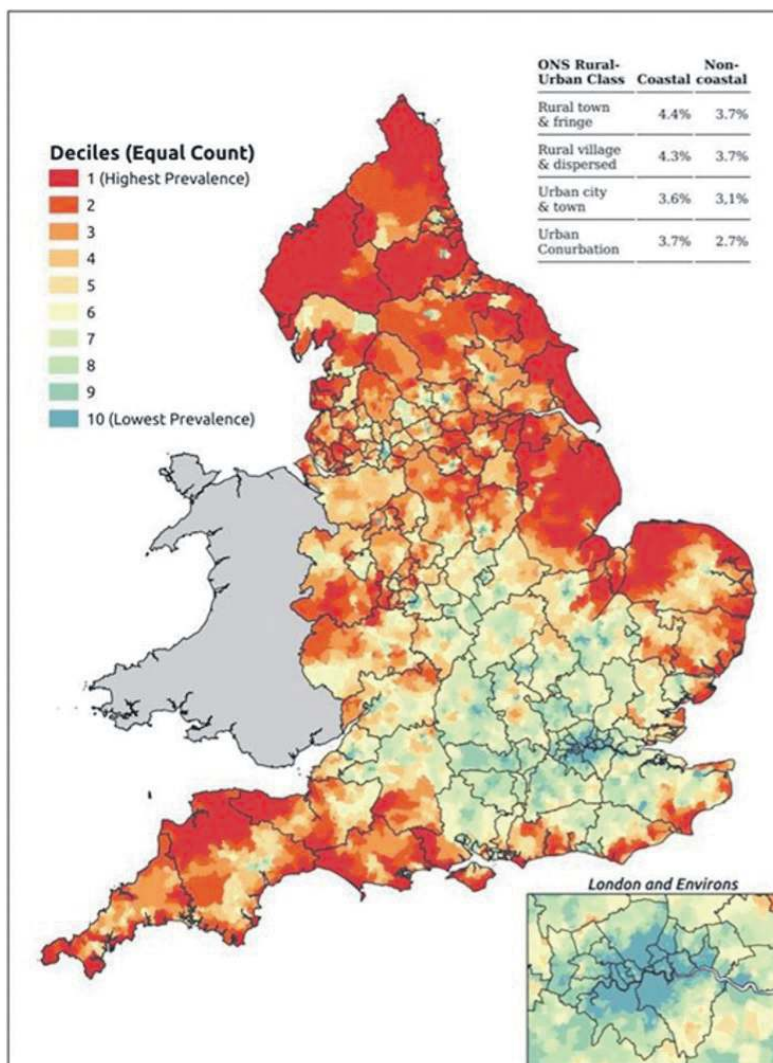
You may ask 'What has this to do with planning ?' which is the theme of the articles in this series. Well quite a lot really. The main reason why local residents do not welcome large scale housing developments is that there is already difficulty in obtaining an appointment at the local doctor's surgery or at a dentist. Increasing the population will only make that situation worse, unless it is accompanied by a proportionate increase in health service funding.

What this research demonstrates is that far from being a north-south divide, there is a divide between the central areas of the country and the periphery or coastal regions. This in particularly noticeable in the prevalence of coronary heart disease but it also applies to mental health, diabetes, congestive obstructive pulmonary disease. Low rates of participation in higher education contrast with high rates of hospitalisation for self-harm, alcohol and substance abuse. The area in and around King's Lynn is remarkable for its low rate of



participation in Higher Education. This is serious because education leads to better paid and more stable jobs with greater autonomy and less exposure to psychological stress. The paper makes a plea for more research into the complex and inter-linked problems facing coastal communities.

**Sheena Asthana, Alex Gibson - Perspectives - Averting a public health crisis in England's coastal communities. Journal of Public Health 2021 pp 1-9.**



## Borough Council News Heacham, Sedgeford and Fring

Terry Parish Borough Councillor and Leader of the Group of Independent Councillors (16)

The time of writing is the day before 'Freedom Day'. I assume it will last until at least publication date. Meetings at the Borough Council are mixed at the moment; those involving voting are live, those just involving discussion are on Zoom or TEAMS.

Officers are often only present on a screen and this is causing problems as sound is sometimes dire. One to one chat is also lost at the end or beginnings of meetings. I expected my Group, the 16 Independents, to leap at the chance of live meetings again but there is reluctance due to travel time. So, the Council is a reflection of the wider business world, live or virtual? Hybrid if screens and sound can function better? I much prefer live in the early evenings after useful work in the wider environment has been completed.

A new hospital for Lynn is one thrust at the moment. Jo Rust has been a leading campaigner on the ground. The Council Motion to support the case was unanimous and there is now an on-line government petition to demonstrate public support:

<https://petition.parliament.uk/petitions/590390>

A second thrust is the work needed to ensure the £25 million Towns Fund money is realised with proper projects because, if they don't pass muster, the money doesn't flow. There are some issues around this as projects sometimes seem to appear 'ready' with little consultation with councillors or the public. Assurances have been made that they will be scrutinised before the button is pushed. It's all for Lynn, the principal Town, by the way so you might not be too bothered. Just remember though that it is public money.

Speaking of which, the Parkway development, the controversial half of which has been cancelled, has cost £3,790,567. Taxpayer money has subsidised it £2,314,716. Of the £1,425,851 shortfall, I have been told £820,240 is irrecoverable. Questions are being asked and some answers may come out in

August.

Summer generally means holidays and the 'staycation' has arrived on the back of Covid. Cashing in on this, caravan site owners are up for expansion. With caravans selling on site for up to £200,000 and with site fees a regular income there is money in 'temporary' homes. I call them 'homes' as they often have 11-month occupancy and are made to a housing standard which has the added benefit, so a site owner told me, of attracting no VAT. Good job really as you can still get decent houses for £240K.

One site owner wants to utilise an adjacent field because caravans are getting bigger and the numbers, they have a licence for, won't fit on existing fields. It's called, 'breathing out'. Another site owner, currently in the process of an expansion permitted two years ago would like to roll it into a further, larger, expansion.

Such expansions, and I am sure there are more in the pipeline, are usually, like these two, on land deemed countryside. If they were applications for house building then they wouldn't succeed as they would be contrary to the Local Plan. Caravans are seen as 'temporary' and 'mobile' and may be given permission though may not – there are considerations to be made.

So, what do you think? More caravans or are there enough? Leave green fields alone or fill them up to expand a business? A case can be made either way though a line will have to be drawn in the sand at some point.

Thinking of housing development, on the 16th July the reserved matters application for phase 2 of the Cheney Hill development, up to 64 houses, appeared in the weekly lists. Application number 21/01412/RMM. The reserved matters for phase 1 are tucked into the documentation using the application submitted in 2018 but never progressed, 18/00226/RM. This is for up to 69 houses.

For those of you who have forgotten or are new, Phase 1 was essentially accepted by the



public and Parish council though there was argument about the increase from an original 62ish to 69 houses. Phase 2 was contested and refused by the Borough's planning committee. The developer took it to appeal and the inspector upheld that appeal. Consequently, up to 133 houses will be built off Cheney Hill. The current applications are for reserved matters, design, layout etc. If you live close and, particularly, adjacent to the site, then you should look at the documents or discuss them with those who have. Two years ago, the developer did promise public consultation. I have no knowledge of that now taking place. I hope that provision can be made for a residents' meeting. It will have to be advertised on the village Facebook page if it happens.

Last month I wrote a little about ensuring verges and other green spaces were not hacked down but utilised for nature. An excellent letter appeared in the Heacham Newsletter too – serendipity. Plantlife have a Road Verge Campaign where you can share your thoughts. Google Plantlife and look for it

And a word for Fring. I have asked a Borough Council officer to determine how best to get Fring represented on a Parish Council. I hope to be able to report more next month.

## Citizens Advice outreach service to open in Hunstanton

Norfolk Citizens Advice are proud to be supported by Hunstanton Town Council to provide a much needed outreach service in the town. This will be on Wednesday each week for drop-in assessments between 10am and 12 midday and 12 midday - 2pm for appointments in Hunstanton Community Centre.

The service is due to start early August 2021: watch press for further details.

Jon Cheyette, CEO at Norfolk Citizens Advice said "collaboration and partnership working with local councils is important so we can better meet the needs of local communities. As a local charity we manage to support around 20,000 Norfolk residents each year with over 60,000 issues. However, we also know there are many more people who need our help but cannot access us to get impartial and accredited advice. This brilliant initiative with Hunstanton Town Council will ensure people in the town will find it easier to get the help they need to find a way forward"

In order to provide the much needed service Norfolk Citizens Advice

is looking for local volunteers:

If you are interested in joining Norfolk Citizens Advice as a volunteer giving a few hours of your time each week in Hunstanton or King's Lynn please do get in touch. Full training would be given; previous experience of giving advice would be an advantage and is desirable but not necessary, but confident and competent IT skill are needed.

Hunstanton Mayor, Cllr Adrian Winnington, said, "I am very pleased that Hunstanton Town Council is able to provide the facilities for residents to access help and support from Norfolk Citizens Advice within the town. This is something we have been working at to bring to Hunstanton and is going to be another important use for our recently refurbished Community Centre. We look forward to working with Norfolk Citizens Advice."

To apply please go to I want to volunteer — Norfolk Citizens Advice ([ncab.org.uk](http://ncab.org.uk)) and complete and submit the forms.

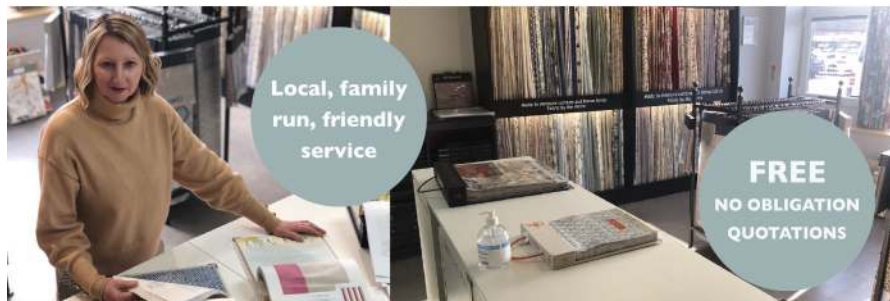


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We do not hold a meeting in August but will be participating in the HDFA Live Music Festival to be held on the Green in Hunstanton on Sunday 8th August in our a gazebo when information on our group will be available for all. There will be members in attendance to answer any questions.

There will also be details of our forthcoming Open Day, to be held on Wednesday 1st September at Hunstanton Community Centre, Avenue Road PE36 5BW when there will be exhibits of many of our activities on display between 11.00 am and 3.00 pm

Do come along to see what might interest you most, you can be sure of a warm welcome.

For further details see our website at  
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# Coastal schools explore nature

Pupils at coastal schools in West Norfolk have been getting up close and personal with nature recently.

Children at Snettisham Primary were introduced to lambs while those at Heacham Infant and Primary School have been watching beautiful butterflies emerge for the first time.

As part of a 'growing and changing' topic, the Heacham children have been watching caterpillars and how their stages of change result in a painted lady butterfly which they were then able to release back into the wild.

The Snettisham children had the chance to meet lambs when they were taken to the school by the village's Park Farm.

"Seeing these creatures first-hand enables our pupils to gain valuable insights, enhancing progress and enriching their educational experience," said Emma Hunt, executive deputy head teacher at both schools which are both part of the 11-strong West Norfolk Academies Trust.

As part of the topic by the early years and foundation studies pupils, they were asked questions about how much they have changed since their birth and how much animal babies also change.

"They were completely intrigued by the caterpillar to butterfly transformation and have enjoyed watching the whole process take place. The children at Snettisham loved the lambs when they visited, it was really nice to have them at our school," said Mrs Hunt.

Most of the children at Snettisham Primary School have visited the Wild Ken Hill this term, with Oak Class of Year 1 and 2 visiting on Wednesday (23). They 'hunted' mini-beasts and classified them before building bug hotels to provide shelter for them. The pupils at Heacham school are due to visit the site during the autumn term.



## Glebe House School begins renovation work for their younger pupils

Glebe House School in Hunstanton have started their renovation of the Pre-Prep building this summer to create a vibrant and exciting space for the younger children at the school.

Through the academic year 2020/2021 we all know the challenges that schools and parents faced with the difficulties brought by home-schooling and online learning. As the children returned to full time schooling, it became clear at Glebe House School that more space was going to be needed for our youngest school aged children.

The younger age groups at Glebe House School have a maximum class size for Reception of 18 pupils, with Year 1 and 2 of 20 in each class. From September 2021, those classes will be full and the school wanted to do something long lasting to support those children's education.

Rated 'excellent and outstanding' in all areas in their 2018 inspection, Glebe has a record number of pupils on role from September. The area for the youngest pupils is to be renovated to create more space, more learning opportunities and better facilities for this vital part of their education.

"We are excited to be making bigger and better classrooms for the younger children" said Louis Taylor, Headmaster at Glebe since 2018. "There will be more space for each class, better equipment and more opportunities for interaction between the classes, once our Covid restrictions are gone and we are allowed to mix again".

The Headmaster couldn't resist getting involved; striking the first hit into a wall that is coming down between two classrooms to make one of the bigger learning areas.

'It was fun to get stuck in, but I will definitely be sticking to the day job!' Mr Taylor remarked.

Glebe House School is an Independent Prep School in Hunstanton. With means tested bursaries and a bus route that goes through the local area, it is a great option for parents who are ambitious for their children – with a nurturing, family atmosphere and wonderful facilities and grounds – now being added to by the new Pre-Prep renovations.



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# News From Brancaster CE VAP School

Samphire class is learning all about chocolate this half term! We had a fun workshop when Craig came in and brought us some interesting things to look at whilst he taught us all about it. One thing he brought was a 2kg bar of chocolate which was fifteen years old. Can you believe it would still be safe to eat? He said it wouldn't taste as sweet and delicious as when it was fresh, but wouldn't make us ill or anything. As part of the session, we learned about how chocolate is made (from pod to product) and then finished by creating our own chocolate. There was a competition between adults and children to see who could make the best chocolate - we're glad to say the adults lost!

This half term we have been really fortunate to have a specialist art teacher coming to work with us. She has helped us do some great work - collages of our favourite things, learning shading techniques, printing, and we have also started some paintings.

KS2 have been enjoying our French lessons, learning colour words and the names for the different parts of the body and also colours. If you ever want someone who can sing Heads, Shoulders, Knees and Toes in French, just ask one of us! We're doing a lot of singing generally at the moment, learning and singing some cool songs and practising singing in parts and also in the round. Sometimes we all sing the same song but start at different times, other times we have different songs that we all sing at the same time - it actually sounds really good. It was challenging to start with but worth it.

We are all celebrating the end of tests and looking forward to a fun end of the year. Years 5 and 6 have the opportunity to undertake Bikeability training in the next few days. We have to bring our own bikes and helmets into school and are going to be taught to ride more safely. We are going to gain confidence riding our bikes and using hand signals on the playground at first and will then have some time off the school premises to practise on the actual roads.

Sports Day is on Thursday 15th July. Luckily parents are still allowed to come because we are outside, but we have to keep to groups less than 30. We're doing lots of traditional games - egg and spoon, sprinting, skipping, tunnel ball and the bean bag race. It's good that Miss O'Quigley has returned just in time to help!

We are expecting to still be able to have a Leavers assembly in the church on Tuesday 20th July - all restrictions due to Covid should be lifted by then, thank goodness! Parents will be able to attend. It's been so long since we have been allowed to go into the church that one of the Year 6s has never even been in there at all. The Year 6s are feeling excited about going to high school, but a bit nervous as well since the building will be so much bigger and there will be so many more people.

Thrift Class had a Zoom meeting with a Victorian Lady all about the seaside. We liked the funny costume she wore that covered her all up and we found out about the penny lick which was disgusting because you paid a penny for a lick of ice but everyone licked the same ice.

On Monday we went to Hunstanton and the Sea Life Centre. We found out about the animals. Did you know that the starfish's bottom is on the top? They have 5 eyes, one on each leg, and two stomachs. Then we had fish and chips on the Green before we did some geography about the human features like the amusements, and the physical features like the cliffs. We had time to play on the lovely new playground before we went back to school.

Thank you to the lovely lady in the village who gave us a donation so that we could have our Zoom meeting and go on our trip - and have an ice lolly while we were there.

We are meant to go to the beach in Brancaster on Monday but it says it is going to rain.

We are looking forward to sports day and leavers' assembly and then in September it will be strange because the Y2s will be Y3s and everyone moves up a year group and we get new children in Reception. It will be nice to have them.

We hope everyone has a happy and relaxing summer time - let's hope the sun shines! Term finishes on 21st July and children start again on 6th September.



# Norfolk students plant-up a sustainable future

Students at a West Norfolk school will be sowing the seeds for a more sustainable future thanks to a partnership with a community project.

Smithdon High School, Hunstanton, is in the midst of creating a brand new garden which will act as an outdoor science classroom and enable students to learn more about a range of subjects from where food comes from to soil nutrients and attracting insects.



The garden area is also making use of donated items and time, including from the Sandringham Estate and The Queen. Local companies have also helped bring the project to fruition at the landmark school. "We are so grateful for the donations from local

businesses including East Coast Gelato, MJ Large, World of Fun, James Johnson, Rounce and Evans and Rainbow Amusements, these have helped to get this fantastic project started, the pupils have really enjoyed the chance to learn outdoors" said assistant head teacher Mrs Claire Chapman.



*Students with staff and sponsors from left Veronica Soper, Claire Chapman, Margaret and Henry Roper*

Crops will be grown and harvested from the new courtyard garden area and from September, Smithdon will be supported by the Papillon Project which promotes sustainable living and environmental awareness for young people.

"We are delighted to be getting help, guidance and advice from Matt Willer, the founder of the Papillon Project, to make the garden the best sustainable space it can be for our students' enjoyment and education," said science teacher Mrs Veronica Soper.

"It will be a space where we can make direct observations, take samples and measurements and conduct experiments. It will also help to support and further develop our curriculum. Our food technology department will use the garden to help students develop a better understanding about where their food comes from and to grow ingredients they can use in the kitchen."

Aside from the benefits of learning outside, students will also be able to enjoy lunch clubs and after-school activities based around the garden. There will be outdoor science lessons and the area is already home to three tractor tyres being recycled into planting beds.

"The tyres have been donated by Alex Child, of the Doubleday group, and they have already caught the students' attention and instigated discussion about recycling and the scale of modern farm machinery," said Mrs Soper.

Members of Year 7 have been sowing sunflower seeds and will be competing in a bid to grow the tallest in Smithdon, a member of the 11-member West Norfolk Academies Trust. They have been helped by a delivery of topsoil donated by local businessman Steven Johnson and delivered by Justin Aldis.

"The Year 8 students are also involved in the Solana Seeds UK Schools Potato Growing Challenge. Last year we were awarded third place for skin-finish and quality for our first lockdown-grown potatoes that didn't quite get all the care they needed," said Mrs Soper.

"We are aiming to improve on that this year with the help of our fantastic new growing space in two raised beds."

The Papillon Project is an educational charity that promotes sustainable living and environmental awareness for young people. It works with schools and colleges in Norfolk to inspire students to grow their own food and use upcycled materials. More information can be found here: <http://www.thepapillonproject.com/>

*Photos: Ian Burt*



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## HRH The Princess Royal, at Snettisham Beach Sailing Club



*The Princess Royal with (back to camera) Sarah Treseder O.B.E. Chief Executive, Royal Yachting Association and Adrian Tebbutt, Commodore of SBSC.*

The Princess Royal joined members and sailors at Snettisham Beach SC on 12th July to celebrate developments at the club.

Club members and guests from ages 8 to 80 enjoyed tea and chatting with Her Royal Highness. The Princess Royal is the President of the Royal Yachting Association and a keen sailor.

Snettisham is a magnet for introducing many women and girls to the sport and The Princess chatted with the Juniors race training group on the lake.

The business of the day was to name the new race control boat (sailors call it "The Committee Boat") as "Avocet" "reflecting the bird life abundant at the Beach and the club's support for the RSPB's work there. The previous boat sank and was wrecked at the Beach in a gale

in September 2020 after nearly 50 years of service at the club. The new boat is appropriately avocet – like, finished in black and white with an upturned prow!



*From left: Adrian Tebbutt, Commodore of Snettisham Beach Sailing Club (back to camera) David Crossman Bosun of SBSC and The Princess Royal*

The Princess Royal also opened the club bungalow, which has been completely renovated in the last year and converted from a dank abode into a bright modern holiday home for let and also available to accommodate the needs of the club's disabled sailors and instructors. It represents a £60,000 investment of the club's funds and the letting income will be used to fund club sailing development.

Club Commodore Adrian Tebbutt commented: "It was lovely to speak to Her Royal Highness about sailing and the numbers of girls who are taking part with us. We also spoke about how much sailing we can do at a location where we are so dependent on our tides."

## Schools and groups sailing at Snettisham



*Students from Howard Junior School from left: Robert, Libby, Lee, Evelina and Alex*

Snettisham Beach Sailing Club is busier than ever this year. "We've been surprised by how much people want to get out on the water this year, but perhaps we shouldn't have been surprised.

"After the last 15 months many people just want to get out and about and do stuff, and sailing is great stuff to do", says Mark Foley from the Club.

But what if you are a non-sailor? One answer is what the enterprising teachers at Howard Junior School Kings Lynn are doing. School Head Greg Hill is taking a group of 15 girls and boys to Snettisham Beach Sailing Club for a 6 week course for 2 hours every Tuesday afternoon for one of their regular PE lessons.

Mr Hill can only say that the kids love it, and their smiles speak for themselves. Mr Hill has an advantage in that his fellow Teacher Miss Leonor Andrews learnt to sail herself at Snettisham Beach during a summer Cadet Week in 2015.

Mr Hill says "The lessons get more technical as they progress to their Certificates of Achievement on completion of 6 weeks. It's not just a Summer sport; the sailing programme will carry on next term into the Autumn. As a school, we are happy to allocate some of our budget to sailing; it's a fabulous activity which our students possibly wouldn't get the opportunity to try otherwise."

Leonor (Miss Andrews) knows that Snettisham Beach has a record of producing sailors who win British, European and world championships and get into National training squads. "Will we see a portrait of a Champion sailor in the halls of Howard Junior in a few years' time? If we light their enthusiasm, then there is a good chance we will!"

In a 'normal' year upwards of 200 attendees learn sailing at Snettisham Beach from school and local youth groups across West Norfolk. The club offers beginner and more advanced training for people of all ages. It is very flexible and can design a package to meet an organisation's needs and budget. The club provide the boats, buoyancy aids and safety equipment and has a team of experienced instructors to run the sessions.

It isn't just schools who are welcome though. Beavers, Scouts, Brownies, Guides and Sea Cadets have all been taught.

If you'd like to know more about your group of school students, scouts, guides or other groups setting up a series of sailing sessions at Snettisham then see [www.snetbeach.co.uk/overview-2/school-group-sailing-activities](http://www.snetbeach.co.uk/overview-2/school-group-sailing-activities) and contact the Chief Instructor James Trim [courses.sbsc@gmail.com](mailto:courses.sbsc@gmail.com) If you'd like to know more about the Howard Junior School contact Headmaster Greg Hill [head@howard-jun.norfolk.sch.uk](mailto:head@howard-jun.norfolk.sch.uk)

# Sporting Corner with Tim Keogh

## Dersingham Football Club charity match raises funds for injured duo

On Saturday, 3rd July, Dersingham Football Club hosted a charity match for Brad Eley and Scott English who both suffered serious injury whilst playing for the club last season.

With players drawing lots to discover their playing position on the day an entertaining game was always on the cards and it did not fail to deliver as a goalfest kept the many spectators entertained. The old adage that there is 'no such thing as a friendly' was certainly in evidence here, as a feisty affair ended up in a 4-4 draw with the match eventually being decided by penalties.

Thanks must go to Elite Property Improvement UK Ltd. who sponsored a free barbecue whilst the club bar kept everyone fully refreshed throughout the afternoon.

DFC presently have three teams, a first team, reserve team and a new development team. Anyone interested in joining can contact Kat Nelligan on 07939 528783. Players of all abilities, young and old, are welcome.



Training takes place at the sports ground at 6.30pm on Thursday evenings. The club are looking to go places with plans already in place to develop the sports complex that will enable them to move up the NFA league ladder system.

The first team start their season on the 14th August in the Anglian Combination League.

*Above: Dersingham FC players line up before charity event*  
*Right: Scott English and Brad Eley*



## Pat putts a path to victory

Searles Golf Club hosted their annual Golf Championships on Sunday, 4th July. Tony Thacker won the men's event whilst Pat Kisbee (pictured) won the Ladies event. Heacham Manor Golf Club are hosting their Mixed Open on the 15th August and Junior Open on the 20th August, whilst Hunstanton Golf Club are hosting their Ladies Open on the 23rd August.



## Armchair sports trivia

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Robert Jones won the July issue competition and the answer to the question 'Which two countries have played in the final of the European championships (Euros) since its start in 1960, yet never won?' was Yugoslavia and Belgium.

# Sporting Corner with Tim Keogh

## Women's Softball Cricket at Snettisham proves a big hit!

Softball cricket came to Snettisham on Friday, 2nd July as eight teams of ladies and girls competed against each other in a cup format. With KL1 Radio in attendance and the onlooking spectators enjoying the music and barbecue, the tournament certainly lived up to expectation showing just why Softball Cricket is such an exciting and growing sport. With some tight and entertaining matches, it culminated in Wide West Ladies beating Catch Me If You Can in a tense final. Given the success of the event, it is hoped this will now become an annual fixture on the calendar.

One of the objectives of the England Cricket Board is to transform the women and girls game and the Norfolk Cricket Board have made this one of their key priorities. Snettisham now have a ladies team that participates in the Norfolk Cricket Board Ladies Softball League. It's a game for everybody, no matter what your skill level, fitness or age with maximum fun and minimum fuss.

Anyone interested in joining up or simply popping down to watch a game should contact Michelle Knott on 07837 778119.



Top right: Wide West Ladies

Above: Catch me if you can's Jane Hughes batting

Below: Louise Jackson (Heacham Infant headteacher) batting





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# Thornham lay down marker for promotion push

Tim Keogh

On Saturday, 10th July, Thornham Cricket Club provided the idyll setting as two local teams came head to head, both knowing a win would propel them into the upper reaches of the Norfolk Cricket League Division Two. Thornham, with Graham Gooch as patron, and Sandringham, awaiting the final sign off to their new pavilion from the Queen, needing little motivation to perform.

With customers from the nearby Deli enjoying the traditional cricket scene as they tucked into their fare, it was plain to see both teams were up for this as a tight affair ensued.

An early wicket from Thornham soon set the agenda as a plainly buoyant home team quickly impressed their intentions on their regally based opponents. Indeed, Thornham captain, Kevin Williamson, was so animated in the early exchanges, there was uncertainty whether this was due to the importance of the match or there being a camera at the ground.

However, Sandringham royally rallied, setting Thornham a modest but testy target on a wicket that suited the bowlers more than the batsmen. Alas, it was to no avail, as Thornham claimed the bragging rights, slowly chasing down Sandringham's post, with Ed Barratt hitting a six to seal the win by 8 wickets.

Next up for Thornham are table toppers Wensum CC which will be a true test of their title credentials.



*Rear from left: Jacob Hewson, Duncan Rix, Finley Hewson, Jim Clarke, Ben Harris, Edward Barratt & Ron Williamson  
Front from left : Will Symington, Shaun Baker, Kevin Williamson (captain), Andy Arnold & Chris (Alf) Burgess. Photos: Ian Burt*



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## Schools unite in fundraising drive for Queen Elizabeth Hospital

Hundreds of schoolchildren took part in a fun run to raise vital money for The Queen Elizabeth Hospital King's Lynn's COVID-19 Support Fund.

Pupils and staff from Smithdon High in Hunstanton, Snettisham Primary as well as Heacham Juniors and Infants completed laps of their school fields in the name of a good cause whilst also celebrating the benefits of exercise on health and wellbeing.

In total, 952 pupils and staff took part in the fun run across the four schools with the cumulative miles recorded at Smithdon being 1,129 miles (1,818km) while Heacham Juniors recorded 243 miles (391km).

The four schools are part of the West Norfolk Academies Trust and they were joined in their efforts by the Trust's other seven schools in raising a total of £6,000 for the QEH's Covid-19 Support Fund, which was set up to enhance health and wellbeing of staff caring for patients, and contribute towards improving the hospital environment during the COVID-19 pandemic and beyond.

The sum raised by last Friday's fundraising effort, organised by Smithdon High teacher Alysha Moat, will go towards providing outdoor benches at the King's Lynn hospital, enabling staff to relax outside during their break times.

Andrew Johnson, Executive Head Teacher at West Norfolk Academy Trust, said he hopes this becomes an annual event. "We know the last year has been tough for our NHS so we were pleased we had this opportunity to show our support to everybody at Team QEH."

The other West Norfolk Academies Trust schools taking part in this fundraising effort were Springwood High in King's Lynn, West Lynn Primary, Clenchwarton Primary, Gaywood Primary, Marshland High in West Walton, St Clement's High in Terrington St Clement and Walpole Cross Keys Primary.

Caroline Shaw CBE, Chief Executive at the QEH, added: "On behalf of all Team QEH I want to say a big thank you to the many students and staff at the West Norfolk Academies Trust for organising the Fun Run and raising money for QEH's COVID-19 Support Fund."

"The last year has been the most challenging year we have ever faced and to know we have the support of WNAT is a boost for us all."

Anyone wishing to add to the Trust's fundraising drive can donate until July 21 at [justgiving.com/fundraising/WNAT-Fun-Run](https://justgiving.com/fundraising/WNAT-Fun-Run)

All photos: Ian Burt



Heacham Infant School



Heacham Junior School



Heacham Infant School



Heacham Junior School

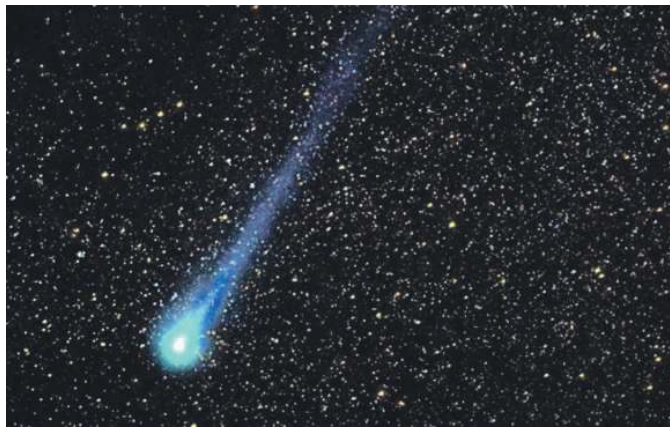


# Heacham and Hunstanton at night

Terry Parish

Nights getting dark earlier, not cold, and perhaps the odd clear sky. The Perseid Meteor Shower couldn't have chosen a better month to peak in.

The Perseid meteors originate from the comet Swift-Tuttle. This is a large comet discovered, separately, by Swift and Tuttle in 1862. It has likely been crossing Earth's orbit every 133 years or so since the world began. Its time of return has been modified a little in the last few hundred years as the comet is affected by the pull of Jupiter. It will be close and bright in 2126; put it in your diaries.



*Swift-Tuttle NASA*

Like all comets, Swift-Tuttle leaves a debris trail in its wake. The Earth ploughs through this scattering of, mostly, coffee grain sized dust between 17th July and the 24th August every year. The densest part of the trail is met between 8th and 16th August and the peak, this year, is between 8pm on the 12th and the early hours of the 13th.

Often the Moon washes the sky with light and blanks out many meteor trails. This year that won't happen to the Perseids as the crescent Moon, on the 12th, will set at about half past 10. So, given a clear, dark, sky, lots of meteors should be up there for you to admire. Have a meteor party but don't have lights outside and close curtains on any inside. It takes 30 minutes for your eyes to get dark adapted. If you have to go inside, wear dark glasses or similar. I wear red tinted goggles.

'Where do I look?' Is a common question. 'Up' is the simple answer. Meteors can hit the Earth's atmosphere anywhere so some should be apparent N S E and W. However, earlier in the evening, after sunset, the sky in the west is lighter so look away from that. And straight up looks through the thinnest section of atmosphere and is, consequently, less affected by murk. Lying on your back on a lounger is probably the best bet. I just stand and get a crick in my neck, jumping around when I become convinced meteors are falling like snow behind me.

If you could trace all the meteor trails backwards, they would seemingly converge on area of sky just above Perseus hence, 'The Perseids'. It is easier to pick out in the sky the W of Cassiopeia. Perseus is below that and the Radiant – where the meteors appear to originate from – is in-between them. Note that the meteors are actually travelling parallel to each other, the radiant is an optical illusion. Think of railway tracks or close fence lines receding into the distance.

If there is unbroken cloud then you might as well go in and watch an old film. However, if clear sky beckons between patchy clouds look for meteor trails in these gaps.

When you, hopefully, see the Perseid Meteor trails, consider that you are seeing a piece of dust as old as the Solar System burning up due to the friction generated when it enters Earth's atmosphere at 210,000 km/hr.

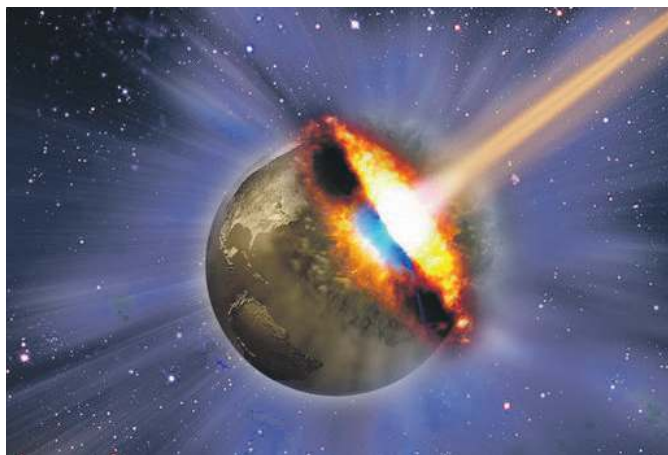
If you want to find out more then:

International Meteor Organisation, [www.imo.net](http://www.imo.net)

UK Meteor Network, [ukmeteornetwork.co.uk](http://ukmeteornetwork.co.uk)

UK Fireball Alliance, [www.ukfall.org.uk](http://www.ukfall.org.uk)

PS. Comet Swift-Tuttle is the largest Near-Earth Object which repeatedly passes close to Earth. At one point it was thought it might impact us in 2126. Recalculations have ruled out any threat for at least 2000 years but it remains 'the single most dangerous object known to humanity' – until an unknown, non-periodic comet, swoops in from the Oort Cloud that is. Think positive – it will get rid of Covid.



*NASA*

So, what else to look out for? Venus, Saturn and Jupiter are the easiest targets for your eyes, binoculars and small telescopes.

Venus will be very low in the west and visible from about 30 minutes after sunset. It sets 30 minutes later so it is a very narrow window of opportunity. It will be bright with a magnitude of -4. The crescent Moon is close on the 10th and 11th. Look inland down The Wash from about 8.15pm..

Jupiter and Saturn, the gas giants, are visible all night. At the beginning of the month, they rise in the SE around 10pm and set in the SW at 5am. from the middle of the month onwards they are roughly due south from 10pm. Both are at a similar, low, distance above the horizon. Jupiter will be bright and not easy to miss; Saturn is right of Jupiter, much dimmer with a yellowish cast.

Saturn is at opposition on the 2nd August. This is when it is in the opposite side of the sky to the Sun – a line between the two celestial bodies would pass through Earth. In consequence, Saturn is fully lit and appears at its brightest. Its rings will be a tad brighter too. The effect diminishes as the month wears on and the three bodies move out of alignment.

A small astronomical telescope or a good bird spotting scope, will reveal Saturn's rings. Saturn seen floating in space through a telescope is something everyone should see. You know what to expect, you have probably seen pictures in books or on the tv but the real thing, dim and distant, in your eye is something else. It will be a mere 1,337 million kms away on the 2nd August.

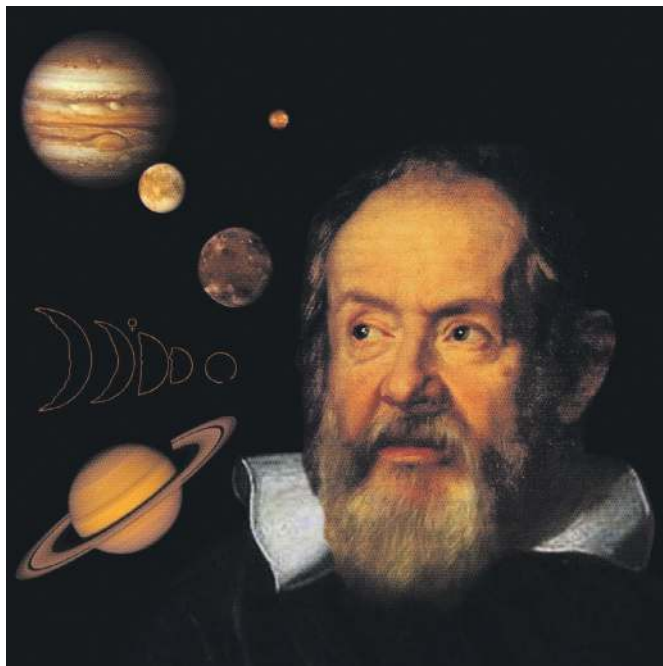
Saturn has 82 moons. The largest, Titan, is about 1.5 times the size of our Moon and bigger than Mercury. It has a thick Nitrogen atmosphere with methane and ethane clouds. There are lakes and rivers of likely liquid methane on the surface. A decent telescope on a clear night will reveal a spark to the side of Saturn. The spark is Titan.

Jupiter reaches opposition on 20th August and will be 600 million kms away. This is well under half the distance of Saturn and explains why it is so much brighter in the sky. (Jupiter also has a diameter of around 70,000km against Saturn's 60,000 which helps too).



Internet

Jupiter has rings too but not ones you can see from Earth. It has 79 moons and four of them are famous. These are the Galilean Moons, Io, Europa, Ganymede and Callisto. They were first observed by Galileo Galilei in 1610. He recognised them as moons and watched them move across the planet's surface, vanish and reappear later – they were orbiting Jupiter. At a time when the Catholic Church supported the view that the Earth was the centre of everything and heavenly bodies moved around it, this was radical stuff and supported Copernicus's work which placed the Sun at the centre and published in 1543 just before his death.



Galileo. He discovered the four larger moons of Jupiter; Saturn's rings, though they looked like horns in his small telescope, and the phases of Venus. Internet

Anyway, you won't be incarcerated now for observing the Galilean Moons. A small telescope will reveal them easily. If you only see three, wait until the fourth appears or look the next night. The biggest, brightest, one is Ganymede. It is the largest Moon in the Solar System and has a magnetic field due to its liquid iron core. It orbits Jupiter in just 7 days.

Callisto is smaller than Ganymede but still similar in size to Mercury. It is the most distant of the four moons from Jupiter, orbiting it in around 17 days. It is very heavily cratered.

Io is the innermost of the four Galilean moons, orbiting Jupiter in around 43 hours – you can see it move over a night's observation. It is a little bigger than our Moon and has 400 active volcanoes.

Europa is a little smaller than our Moon and orbits Jupiter in 3.5 days. Europa is smooth and white consisting of a cracked icy crust with a subsurface water ocean kept from freezing by gravitational flexing that imparts heat to its core. It has a thin atmosphere of O<sub>2</sub> and water vapour. Europa is on the A list in the search for extra-terrestrial life and robotic missions are planned to visit it.

So, get your checklist prepared.

Perseid Meteors;  
Saturn;  
Rings of Saturn;  
Jupiter;  
Galilean Moons;  
Venus;  
Alien spaceship.

Autumn is on its way.






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## Smithdon is on the School Rebuilding Programme list

Hunstanton's Smithdon High School is one of the 50 schools on the list the Prime Minister's ten-year rebuilding programme.

The rebuilds and refurbishments for schools on the list will create modern education environments, providing new facilities from classrooms and science labs, to sports halls and dining rooms. The new school buildings will also be net-zero carbon in operation.

John Hirst, Headteacher at Smithdon, said: "I'm delighted with this significant investment in education in Hunstanton and West Norfolk. Once our school has been rebuilt, it will make a huge difference to our students, where their talents can be identified and nurtured in an outstanding twenty-first century school mirroring the great teaching and support that already takes place at Smithdon.

"As a school and a Trust, we have worked really hard in the background to lobby for this investment to make sure our children continue to learn in the best possible environment long into the future, and I feel today's announcement highlights the confidence at Government level in the leadership of Smithdon and the West Norfolk Academies Trust.

"I am extremely grateful for the teamwork that has taken place in the Trust to get to this stage, and we're looking forward to meeting with the Department for Education next week to further discuss this project and the next steps."

Roger Livesey, Chair of the West Norfolk Academies Trust, added: "As a Trust, we have always strived to ensure that our schools have the facilities and classrooms they need to support the high-quality education our children deserve and we invested significantly in the school building last year.

"We are delighted that the Government is investing millions of pounds to rebuild



*North West Norfolk MP James Wild flanked by Smithdon head John Hirst on the left and West Norfolk Academies Trust Executive Headteacher Andy Johnson*

Smithdon as this investment will now complete the transformation of Smithdon High School into an education establishment of the highest calibre.

"Once complete, our new school building will ensure all children in Hunstanton and surrounding villages in North West Norfolk will have the very best possible school and education."

James Wild, MP for North West Norfolk, commented: "It is great news that Smithdon

High School has been selected as part of the School Rebuilding Programme.

"Since I saw the issues with the buildings first hand, I have worked closely with the school to make the case for investment to ministers and that need has now been recognised by the Government.

"This will help the school to deliver better facilities for pupils in Hunstanton in which to learn and realise their potential."

## A recipe from the Prudent Pensioner

These are nice served with potatoes and vegetables or salad. I guess they could also be served in a bread roll but I haven't tried that yet.

### **Vegetable & Beef Burgers**

Makes 2 generous portions

1 large Egg  
Slightly rounded dessertspoon of rolled oats  
115g/4oz Minced steak  
Medium size Shallot sliced thinly  
A little mustard powder  
Approx. 1 tablespoon of finely grated Carrot  
Approx. 1 tablespoon of finely grated Parsnip  
Small stick of celery  
A pinch of Salt and pepper  
1 level teaspoon Ground Allspice

You will need a lightly greased ovenproof dish

In a mixing bowl beat egg, add oats mix well then leave to soak for 30 minutes.

Pre heat oven to 200c

Clean and trim celery and slice finely, then add with rest of ingredients to oats and mix thoroughly.

Shape into 2 steaks, place on prepared ovenproof dish and bake for 20-25 mins or until cooked thoroughly.

My updated book "Less Waste more Soup" 45 easy, budget friendly recipes for nourishing soup is now available from Amazon. A search for Doreen Reed will find it (together with my books of light hearted poems and tales) It is also available from Ridouts Bakery in Heacham. See more recipes on The Prudent Pensioner Facebook page.

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## August – Summer Holidays

How we all look forward to a break or change and are grateful for our holidays, the word derived from holy day or special religious days. We don't tend to think of a day's break or time away as a holy day – but can it be? Each day can be special, filled with good and bring healing. Seeing God as the only power, as ever present, brings the healing, revealing, of this fact. Each day, whether we go away, or stay at home, can be a holy day, a day of peace, fulfilment, joy, being grateful for the simple things in our lives – the sea, sun, family, etc. The more good we fill our thoughts with, the more we acknowledge of God, the only good, and we experience holy days.

Many articles in the Christian Science magazines, free in the box outside the church at 10 Queen's Road, Hunstanton, expand on the love that God has for us.

For more information on Christian Science and the worldwide Christian Science church can be found at [www.christianscience.com](http://www.christianscience.com). Due to the current situation we have suspended our church services in our building, but Christian Science Sunday and Wednesday services are available online. Please go to [www.spirituality4.me/livestream/](http://www.spirituality4.me/livestream/) to find live-streamed services around the UK, along with other online events, talks and webinars. An online shop is also available where you will find books, CDs and many other resources. Follow us on Facebook to confirm when our regular services in Hunstanton will resume. We plan to restart in at the beginning of September. For daily inspiration look at <https://www.christianscience.com/christian-healing-today/daily-lift>.

## What's Not to Love?

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

The one who designed our DNA, who set the orbit of the earth, who designed beauty to come forth from tiny dull looking seeds, the One who designed the interdependent natural cycles and rhythms of nature humbled Himself and took on humanity.

Born in a small village to a teenage unmarried mother, He became a refugee fleeing from a bloody tyrant who was intent on His murder. He returned to his homeland which was under foreign occupation, knowing that He would be tortured to death. He was more disfigured than any man - beyond human likeness. And all this for the love of you and me. He came to take our punishment and death sentence on himself. Our whipping boy, to restore us to His family, that we could become children of God – His father.

He healed the sick in mind and body, he restored those marginalised in society, and He showed us what love is. He offers eternal life to all who will let him carry their guilt and put their faith in Him. Not eternity in this world with all its troubles and pain, but a place of peace and joy and love where God will wipe away every tear from our eyes and there will be no more death or pain.

So what's not to love about this Jesus, this God man? His beautiful heart and extravagant grace, even for those who crucified him. "Father forgive them for they know not what they are doing". Why do we use his name a swear word or feel embarrassed when people want to talk about him? He shows us holiness in an unselfish life laid down for others.

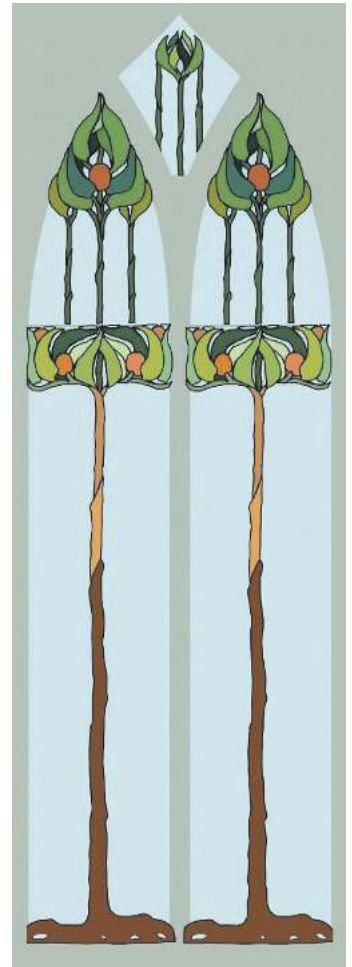
Let's look at his life and reach out to Him, for death could not hold Him, innocent as He was, and He is alive. He alone can meet our deepest need for identity and love, and He has promised not to reject anyone who comes to Him. What's not to love?

# UNION CHURCH

In Union Church there are a series of stained glass windows in the Art Nouveau style depicting the Tree of Life from the book of Genesis in the Bible. They show different types of fruit – oranges, pears, plums etc. with lots of foliage, long trunks and spreading roots. The designer clearly wanted every window to be individually unique and help the viewer to appreciate what God had placed in the Garden of Eden. The spreading roots and abundant fruit indicate that the trees are healthy and continuing to grow. This is something that we at Union are looking for in ourselves – to spread out plenty of roots of faith as a foundation for telling others about Jesus and producing the fruit of God's love for all. Even during Covid we have continued to spread our roots by finding new ways to reach all connected with Union. As we look to leaving Covid restrictions behind, we want to start meeting in the church building with a clean sheet on which we can write a new chapter in Union's life – this might be putting out new roots to spread the good news of the Gospel or growing the fruit we can use to 'feed' those who want to know more about Jesus' love for us in this world we live in. The important thing is that we grow in the depth of our faith and in the quality of our fruit.

With Every Blessing,

Janet Brown



## SAVE FOOD WASTE

## SURPLUS FOOD FREE TO EVERYONE COME AND GET IT

### The Community Centre Hunstanton

Wednesday 9.15 - 10.30am

Thursday 10.15 - 12 noon



I wonder if you are an optimist or a pessimist. Do you see the down side to everything or do you always try and look on the bright side? A pessimist will see a glass filled to the halfway mark as half empty whereas an optimist will see it as being half full. Do you complain because God put thorns on roses or praise him for putting roses on thorns?

This little poem shows that it is better to be an optimist: -

*Two frogs fell into a deep cream bowl  
One was an optimistic soul  
But the other took the gloomy view  
"I shall drown," he cried, "and so will you!"  
So, with a last despairing cry  
He closed his eyes and said goodbye  
But the other frog with a merry grin  
Said I can't get out but I won't give in  
I'll swim around till my strength is spent  
For having tried I'll die content  
Bravely he swam until it would seem  
His struggles began to churn the cream  
On the top of the butter at last he stopped  
And out of the bowl he happily hopped  
What is the moral? It's easily found  
If you can't get out – keep swimming around!*

Philippians 4:4-9 in The Message paraphrase says 'Celebrate God all day, every day. I mean, revel in him! Make it as clear as you can to all you meet that you're on their side, working with them and not against them. Help them see that the Master is about to arrive. He could show up any minute!

Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the centre of your life.

Summing it all up, friends, I'd say you'll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious—the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse. Put into practice what you learned from me, what you heard and saw and realised. Do that, and God, who makes everything work together, will work you into his most excellent harmonies.'

Alison Kirby, Snettisham Salvation Army  
Email [alison.kirby@salvationarmy.org.uk](mailto:alison.kirby@salvationarmy.org.uk) Mobile  
07436425118



## Hunstanton and the Saxon Shore

One of the things that I have promised to do as a Church of England Priest, is to say the daily offices each day. These are short said services of Morning and Evening Prayer. We can get them on an app on our phones these days, yes the CofE is going joining the twenty first century! This means we can say them wherever we are, and in my curacy back up in Cheshire, I said Morning Prayer at home. Since moving here, Rachael, James and myself have been gathering in one of our churches each morning for a week at a time to say Morning Prayer together. There is always a psalm, 2 bible readings (an Old Testament and a New), and we say prayers for the world and it's needs, each of the communities in our benefice, for those who are ill, for those that have died and those that mourn them, and we give thanks for all the good things in our lives and communities. If there is something you would like us to prayer about, please do get in touch, it is our privilege to do.

On Wednesday 7th July, we read 3 short psalms and after each one, there is a prayer. I was struck by this prayer after psalm 115:

*Generous God,  
save us from the meanness  
that calculates its interest and hoards its earthly gain;  
as we have freely received,  
so may we freely give;  
in the grace of Jesus Christ our Lord.*

I've lived here now for 6 months, and I am struck time and again by the ever increasing gap between the haves and the have nots. I'm used to it having lived amongst 'the Cheshire set', whilst working in estate schools, but it's somehow heightened down here. I'm still reflecting on why that may be?

Some of us are, myself included, are lucky enough to be financially well off (that's due to my husband's job I might add), and having wealth is something I've struggled with as I went on my Christian journey. I was once told "it's a sin to have money". In fact, it's not, but there is a danger in having wealth, that the more you have, the more you desire, and that is why this prayer struck a chord with me. It's not a sin to have money, but it is a sin to love money and to love it in such a way that it comes first: before family, before friendship, before community, in other words, some make an idol of the wrong thing, money and wealth in this case. Jesus brought us a message of love and hope and taught that what we have, we should share. There have been some lovely examples of people sharing over the last month. People sharing their gardens for open garden days, people sharing their time to help run the events, people sharing their talent for baking and hospitality serving cake, people sharing their gift for flower arranging, people sharing their time and themselves...a truly inclusive and community feel to events that brought smiles to many faces and raised money for good causes that put back into the community whilst doing so.

Jesus told this story and I leave you with his words on the matter.  
Mark 12:41-44 (New International Version)

### The Widow's Offering

41 Jesus sat down opposite the place where the offerings were put and watched the crowd putting their money into the temple treasury. Many rich people threw in large amounts.<sup>42</sup> But a poor widow came and put in two very small copper coins, worth only a few cents.

43 Calling his disciples to him, Jesus said, "Truly I tell you, this poor widow has put more into the treasury than all the others.<sup>44</sup> They all gave out of their wealth; but she, out of her poverty, put in everything—all she had to live on."

Rev Kirsty Allan  
Team Vicar

# LET'S RECOVER OUR LIVES

By Lesley Nadel, Chair, Arts Society North West Norfolk

People have had a relationship with art since time immemorial. Art will forever be part of our existence, with no regard to race, culture, politics, religion. It plays a huge role in our lives in so many different ways, paintings, music, literature, dancing, designing etc. Art helps us emotionally, financially, psychologically and influences personal and collective behaviour. Children share emotions and ideas through art. They learn to practice critical thinking just through making a mental plan for a picture.

Our museums, galleries, theatres, cinemas, arts societies and venues have been closed for the longest time since World War II due to the COVID Pandemic. New and creative ways to keep access to the arts had to be found and the international organisation, The Arts Society, has proved to be one of the most successful. The Arts Society North West Norfolk will be forever grateful to Zoom enabling us to maintain lectures and a Special Interest Day to our members throughout 2020/21.

The Arts Society NWN was formed in 2003 and is one of 380 global societies with the aim to bring people together through a shared curiosity for the arts. We are a very friendly sociable group who meet at Sedgeford Village Hall on the second Monday afternoon in the month, from September to July. We aim to inform, educate and entertain through expert lecturers, fascinating study days, tailor-made



THE ARTS SOCIETY - ENRICHING LIVES THROUGH THE ARTS.

Monday 13<sup>th</sup> September at 2.00pm - Sedgeford Village Hall

We are pleased to announce that subject to no further COVID restrictions our new season of lectures starting in September will take place live in Sedgeford Village Hall. Visitors are very welcome free of charge for their first visit, to book a place email: [info@theartsocietynwnorfolk.org.uk](mailto:info@theartsocietynwnorfolk.org.uk)

## Baroque on a Roll - Classical Music in the Modern Media. Tony Rawlins

In this lecture Tony examines how classical music has recently grown in popularity. He looks at the way it has enhanced the drama/tension/romance/memorability of many feature films and television commercials. He discusses how the internet has enabled a composer to assemble and record a choir of singers from 120 countries without any of them ever having had to leave their homes.

[www.theartsocietynwnorfolk.org.uk](http://www.theartsocietynwnorfolk.org.uk)



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visits in the U.K. and abroad and an active Young Arts programme.

September 2021 is the beginning of our exciting new season and we cannot wait to meet our members again, face to face. We have missed so much not being together. Why not join us and come along? Our website will give you more information about us, our

lectures, future events and membership.

Let art enrich your life, have fun and make new friends.

[www.theartsocietynwnorfolk.org.uk](http://www.theartsocietynwnorfolk.org.uk)

Or contact Lesley Nadel on 07909 918890

## Strictly Arts: update from the HDFA

The Arts are alive and well in Hunstanton!

Verity Jowett

If you're serious about sewing, crazy about crafting, mad for music, passionate about plays and eager to be entertained, the Hunstanton and District Festival of Arts have a bundle of treats waiting for you.

We kicked off our mid-year programme with Busker's Corner on 3rd July with local musicians and bands playing their hearts out on Hunstanton's iconic bandstand and we'll be turning up the volume on Sunday 8th August with a FREE Live Music Festival taking place on Hunstanton's Lower Green.

Playing on a full sound stage, which has been co-sponsored by Hunstanton Town Council, we'll have bands and solo musicians from midday until 7pm and we'll have stalls from local groups and organisations to add to the festival atmosphere. Hunker down with a picnic and enjoy some great sounds to while away your Sunday afternoon.

Our Craft Fairs, which sadly hit a snag in June, are restored once more from Saturday 31st July and will be presented at Hunstanton's Community Centre on the last Saturday of the month every month up to and including November. Open from 10am until 4pm, you'll find stalls selling every kind of wonderful crafted item. Entry is free and refreshments will be available.

August is a packed month with two more family events to enjoy. On Monday 16th August, we welcome Gary Starr Productions who will be performing their Peter Pan 'Live' Showtime at the Hunstanton Community Centre with two performances - one at midday and the next at 2.30pm. The event is heavily subsidised by the HDFA, so we

can offer tickets at just £1 per person, but space is strictly limited, so make sure you don't miss out on this unique event. To reserve space for you and your family, email us on [admin@festival3.com](mailto:admin@festival3.com) putting 'Peter Pan' in the subject line.

Next up we're inviting you to help re-create Victorian Hunstanton by joining in a Victorian Picnic on Sunday 22nd August! Dress up in your best clothes, bring a picnic (or order in advance from Hunstanton suppliers: Norfolk Deli, Mr Bun the Baker, Tina's Sandwich Bar or Berni Beans) and relax to the sounds of the Hunstanton Concert Band or stroll along the prom with the family.

As the weather turns colder, we'll be bringing you some great indoor events including a medieval feast and our annual Christmas Tree Festival - more of these in our next 'Strictly Arts' update.

All HDFA event details are updated regularly on our website [www.festival3.com](http://www.festival3.com) or visit our Facebook page Festival 3 by the Sea.



## The Hunstanton One-Act Drama Festival 2021 and 2022

One of Hunstanton's biggest arts offerings has been forced to keep a low profile during the pandemic. The One-Act Drama Festival was forced to cancel its 2020 offering at short notice and as Festival Director Stephen Hayter explains, 2021 was not a viable option.

"Not only was there enormous uncertainty about what regulations would be in place in the first week of July 2021 but the groups who might have participated in our Festival had been unable to perform since Covid reared its ugly head. They had no income from ticket sales and even membership subscriptions were significantly reduced. The costs of bringing a 40 minute play (or play excerpt) to Hunstanton can be substantial. The entry fee itself may only be £45 but you have to rehearse the piece, pay the royalties if it isn't original and then transport cast, costumes and scenery to the coast to perform it. We knew that going ahead in 2021 was problematic and cancellation has proved to be the prudent choice."

However, even if the Festival itself had to be postponed again, the organisers came up with a novel alternative.

"To maintain interest in our annual Festival, and to maintain momentum as we begin planning for 2022, we decided to substitute the performance-based competition for a playwriting competition instead".

The event was open to anyone and everyone and the rules followed a similar line to the normal requirements. The piece submitted had to have at least three speaking parts, have an estimated running time of between 25 and 45 minutes and it must never have been performed for

an audience previously. In addition to the obvious prestige, the winner will receive a first prize of £200.

The interest has astonished everyone, and, with the closing date for entries passing on July 1st, the judging has begun.

"I was delighted that multiple Original Script winner, Steve Harper from Downham Market agreed to be the adjudicator for the competition. He has a sideboard full of trophies for writing and presenting high quality original drama at the Hunstanton Festival".

The entries will be whittled down to just three plays during July and Mr Harper will spend August picking the final winner from that short list. The three finalists will be announced on the HDFA website festival3bythesea.com on the 1st of August and the ultimate winner on September 1st.

In addition to the excitement generated by this new event the dates for next year's Hunstanton One-Act Drama Festival have been announced. As usual it will run over a Friday, Saturday and Sunday and that weekend will start on Friday 1st July 2022. The Festival will once again be at the Princess Theatre, Hunstanton and details of performances, times and prices will be on the HDFA website or can be obtained from the Theatre.

"After waiting two long years we have promised ourselves the biggest Drama Festival yet".

Participation is open to everyone and more details can be obtained from Mr Hayter by emailing [stephenpehayter@btinternet.com](mailto:stephenpehayter@btinternet.com) or calling him on 07784 721 910

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## Hunstanton's Live Music Festival Sunday 8th August

The HDFA's Live Music Festival returns to Hunstanton this August with an exciting line-up of local bands and musicians to entertain and delight residents and visitors alike from midday onwards.

Starting at midday, the free event compered by Music Festival Director - and performer - Ian Wells, features the bands Melodybeats and the Daps as well as returning musicians Martin Day, Estie (Celeste), Neil Reeve & Steve Wingate. Also featured are Band Age, Emily & Jamie and of course Ian Wells himself.

Commenting on the programme, Ian said: "I'm so pleased to see such a great mixture of musical talent for our Live Music Festival which we're all looking forward to so much."

Visitors are encouraged to bring their chairs, rugs and picnics and settle in for the afternoon. In addition to the musical entertainment, there will also be stalls on the green manned by local charities and visitors. The event will run from 12 noon to 7pm and is free to attend.

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Sunday 22nd August

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**Snettisham Village Fete contact details:**  
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**Website - [www.snettevents.co.uk](http://www.snettevents.co.uk)**  
**Email - [emma@snettevents.co.uk](mailto:emma@snettevents.co.uk)**

# TOWN and AROUND

A PRICELESS! magazine serving North and West Norfolk

01485 540620  
[editor@townandaround.net](mailto:editor@townandaround.net)

## What we do

### Production

12 issues a year  
Up to 12,000 copies monthly  
Up to 96 pages

### Audience

25,000 estimated readership  
2970 followers on facebook  
720 followers on twitter  
On line magazine and articles



### Distribution

Delivering in bulk to key accessible outlets in:  
Hunstanton, Old Hunstanton, Holme-next-the-Sea, Heacham, Snettisham, Sedgeford, King's Lynn, Ingoldisthorpe, Dersingham, Sandringham, Docking, West Newton, Castle Rising, Stanhoe, South Creake, North Creake, Burnham Market, Burnham Deepdale, Brancaster, Titchwell, Thornham, Ringstead.

The magazine also goes much further afield via our healthy subscriber base.

We also publish online at [townandaround.net](http://townandaround.net) reaching readers locally, nationally and internationally.

### Editorial Content

LOCAL NEWS: Business, jobs, schools, clubs, council, civic and churches

EVENTS & ACTIVITIES: Entertainment and things to do

THE GREAT OUTDOORS: Sport, gardening, farming, nature and wildlife

FEATURES: Lifeboats, Legal, Health, The Arts, Opinion, Money Matters and more...

To increase your credibility and visibility talk to us about free business editorial opportunities.

This is our delivery area:



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### Format

High resolution PDF with all fonts embedded and e mailed to: [editor@townandaround.net](mailto:editor@townandaround.net)  
Colour Profile: Working CMYK ISO newspaper26v4

# Magic and Mayhem!

Don't miss this thrilling new show featuring ITV's Britain's Got Talent sensations Jez Bond & Bondini at the Princess Theatre, Hunstanton, this August.

Bringing to the live stage the danger, the excitement and the madcap, as the renowned illusionist duo try to outwit each other in a hilarious chaotic battle of magic and surprises.

This impressive, visual and engaging family show with a halfway interval is designed to enthrall all-age audiences.

Philip & Jeremy Bond are award winning magicians and members of the world-famous Magic Circle and are magical advisors to countless TV and West-End London productions, including CBeebies Circus, The Play That Goes Wrong (West-End, UK, Russian, Australian and USA Tours) and Peter Pan Goes Wrong (West-End & Tour).

An incredible live experience for the whole family.

Wednesday 11th, 18th, 25th August 2021 - 14:30

Tickets £14.00 / Under 16's £12.00

Family Ticket (2 adults & 2 children) £45.00

1 in 10 Go Free - Call the Box Office to book your Group tickets



A review about their previous production reads:

*"One would not expect to find the illusions, pace and the 'gasp factor' of a Las Vegas style magic show in a sleepy corner of Cambridgeshire, but Wow! This Show is Magic gave the audience just that... With a father and son working together it could have ended up as an edition of The Generation Game, but actually it was a triumph from two unique performers and was really The Best of Magic."*  
**Magicweek**

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# August Diary

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| <p>1 Old Hunstanton Village Celebrating 2021. 14 open gardens, scarecrow trail, flower displays at church, stalls and raffle. 9am-8pm. Also Hunstanton Concert Band 7-8pm at St Mary's.</p> <p>1 United Services Club Hunstanton: Live Music in the garden with Simon Lee. All Eras. Starts approx 3pm</p> <p>2 Anmer social Club Bingo Night. Club opens 7pm Eyes down 7.30pm. Entry £6 per book on 10 cards &amp; £1.50 for a flyer card. Fully Licensed Bar, Raffle, new members welcome.</p> <p>6 Open Air Theatre at Dalegate Market, Burnham Deepdale The Tempest Show starts at 7pm - Gates open at 6pm. See page 19</p> <p>6 Anmer Social Club Quiz Night Club opens 7pm Quiz starts 7.30pm Entry £2 pp. Info &amp; booking at <a href="http://www.anmersocialclub.co.uk">www.anmersocialclub.co.uk</a> <a href="mailto:events@anmerclub.co.uk">events@anmerclub.co.uk</a></p> <p>6-8 Food, Craft and Wood Festival at Sandringham 10-6pm Tickets: <a href="https://www.eventbrite.co.uk/e/sandringham-food-craft-and-wood-festival-tickets-135855532555?aff=ebdsoporgprofile">https://www.eventbrite.co.uk/e/sandringham-food-craft-and-wood-festival-tickets-135855532555?aff=ebdsoporgprofile</a></p> <p>7 Bat Night at Thornham Church. See and learn about the bats in the church. 7pm Booking essential 01485 512334 Adults £5 Children free.</p> <p>7 United Services Club Hunstanton: Live music with Graham James. Former member of Union Gap. 8.30pm start.</p> <p>8 Hunstanton 'Live' Music Festival. The Green, Hunstanton 12noon – 7pm.</p> <p>8 United Services Club Hunstanton: Open Day. Free Entrance. 3pm until 6pm Live music in the garden with Travis 60s to present day. BBQ from 12pm. Sun day Lunches available (must be booked) Tea Sandwiches and cake available 5pm. Cash Prize Bingo 7pm (5 games) Karaoke 8pm. Fun and songs with Mick.</p> <p>13 Anmer Social Club Film Night showing Love Sarah starring Celia Imrie, Shannon Tarbet, Shelley Conn, Rupert Penry-Jones and Bill Paterson. Doors open 6.30pm Film 7pm Admission £4. To book e mail <a href="mailto:films@anmerclub.co.uk">films@anmerclub.co.uk</a> or call 01485 579465</p> <p>14 United Services Club Hunstanton: Live Music with the Laurie Haley Duo Former member of the Rubettes . All eras 8.30pm</p> <p>15 Alice's Adventures in Wonderland at Sandringham. Gardens open for picnics at 6pm. Performance at 7pm.</p> <p>16 HDFA subsidised event: Gary Starr Productions' Peter Pan 'Live' Showtime at the Hunstanton Community Centre. 12 noon and 2.30pm Tickets £1 each. Space strictly limited. Reserve space for you and your family, email us on <a href="mailto:admin@festival3.com">admin@festival3.com</a> putting 'Peter Pan' in the subject line.</p> <p>20 United Services Club Hunstanton: Quiz Night Cash Prizes and supper £3.00. Starts at 8.30pm</p> <p>20-23 Docking's 10th Festival of Books at Docking Church 10am-4pm</p> <p>21 United Services Club Hunstanton: Live Music with Splash. All Eras 8.30pm</p> | <p>22 Open Air Theatre at Dalegate Market, Burnham Deepdale Wind in the Willows Show starts at 2pm - Gates open at 1pm. See page 19.</p> <p>22 Victorian Picnic on the Green. HDFA family event around the Bandstand on the Green. 2-4pm. Help us to re-create Hunstanton in its formative years by grabbing your picnic hamper, put on your finest Victorian costume (optional) and join us for a promenade in the sunshine with the Hunstanton Town Band and outdoor games. BYO picnic.</p> <p>22 Snettisham Village Fete from 2pm on the playing field. Stalls, BBQ, Cream Teas, Drinks, Music, Games and more... For stalls or to help contact us: FB - <a href="http://snettevets.co.uk/">http://snettevets.co.uk/</a> Website - <a href="http://www.snettevets.co.uk">www.snettevets.co.uk</a> Email - <a href="mailto:emma@snettevets.co.uk">emma@snettevets.co.uk</a></p> <p>28 Hunstanton &amp; District Rotary Club membership drive and 'Bra Day' in Hunstanton Town Centre. Bras will be decorating the streets...</p> <p>28 United Services Club Hunstanton: Live Music with Steve Moyse All Eras. Start 8.30pm</p> <p>28 Jools Holland &amp; his Rhythm &amp; Blues Orchestra at Sandringham <a href="http://www.livepromotions.co.uk">www.livepromotions.co.uk</a></p> <p>28-29 Book Sale and Plant Sale at St Mary's Church Holme and Berkley House (opposite church) Sat 10-4pm and Sun 11-3pm. Free entry. Raising funds for the Church.</p> <p>28-30 Exhibition of arts, crafts, jewellery and photography. All handmade arts and crafts. Royal British Legion Hall, Church Road, Snettisham PE31 7NJ. 10-5pm No entry fee. Donations to RBL</p> <p>29 RAF Bircham Newton Heritage Centre Open Day 10am-4pm Disabled access &amp; toilets will be available, and car parking and entrance is free Venue:- The National Construction College Bircham Newton NW Norfolk PE31 6RH NCC is signposted off the A148 and B1454</p> <p>29 United Services Club Hunstanton: Open Day. Entrance Free. Live Music in the garden with Simon Lee all Eras from 3pm. BBQ from 12pm Sunday Lunches available (must be booked) Tea, sandwiches and cake available 5pm. Cash Prize Bingo 7pm (5 games) Live Music with Band Age all eras. These Guys donate their performance fee to charity 8pm</p> <p>29 The Proms with the English Symphony Orchestra hosted by Brian Blessed at Sandringham <a href="http://www.livepromotions.co.uk">www.livepromotions.co.uk</a></p> |
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- See pages 79 and 80 for an amazing variety of shows at the Princess Theatre - there is truly something for everyone this summer.**
- USC Hunstanton: Cash Prize Bingo every Monday and Thursday Night. Eyes down 8pm Poker night Every Thursday 7.30pm Snooker Room every day Entrance to Club is free for members £2.00 for guests
- Items for inclusion in the September issue should be sent to the Editor: [editor@townandaround.net](mailto:editor@townandaround.net) by 12th August**



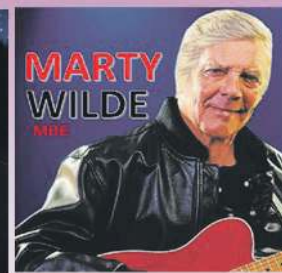
**WEDNESDAY 11TH AUGUST 7.30PM**  
**TICKETS £16.50**

**WEDNESDAY 1ST SEPTEMBER 7.30PM**  
**TICKETS £16.50**



**FRIDAY 10TH SEPTEMBER 7.30PM**  
**TICKETS £13.50**

**The Green, Hunstanton PE36 5AH T: 01485 532252**



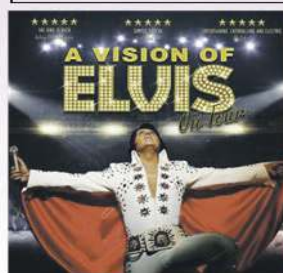
Sun 1st & 29th

Weds 4th

Thurs 5th

Fri 6th & 20th

Sat 7th



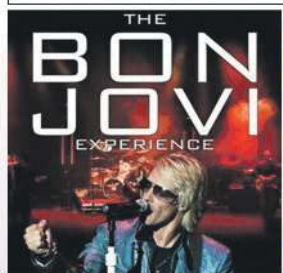
Sun 8th

Weds 11th

Thurs 12th

Fri 13th & 27th

Sat 14th



Sun 15th

Mon 16th

Weds 18th

Thurs 19th

Sat 21st



Sun 22nd

Weds 25th

Thurs 26th

Sat 28th

Mon 30th

BOX OFFICE OPEN 7 DAYS WEEK 10AM—5PM

Telephone : 01485 532252

Email : [boxoffice@princesshunstanton.co.uk](mailto:boxoffice@princesshunstanton.co.uk)

Website & Online Bookings: [www.princesshunstanton.co.uk](http://www.princesshunstanton.co.uk)

**BOOK NOW TO AVOID DISAPPOINTMENT**

