

TOWN and AROUND

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PRICELESS!



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First word



On the cover this month are Peddars Way, Chris Moorhouse and Sharon Clifton, who were pictured by Ian Burt at the recent Wild West Norfolk Festival. Read all about it on page 32.

School's out, but that doesn't mean there's no school news, in fact there are many happy stories about what local youngsters have been doing in this issue. Sadly, there is also the last article from Brancaster School which has now

closed. Town and Around attended the Big Tea Party on 18th July and you can see two super videos on our website; one of the children singing and the other of children talking about their teachers. Here's the link: <https://townandaround.net/news/a-final-farewell-tears-and-laughter-at-brancaster-primary-as-it-closes-for-good>

Elsewhere in the magazine you'll find articles on a multitude of subjects - enough reading matter for a day in a deckchair!

The Environment agency reports that serious pollution incidents were up 60% in 2024. And in the East of England there was a 64% increase on 2023. Turn to pages 60-61 for Dani Crawshaw's report.

STOP PRESS happier news: Town & Around's entry, Slimey, trained by sports reporter Tim Keogh, reached the final at the Snail Racing World Championships. He didn't win, that honour went to Bilbo Sluggins, trained by Shell Rowe from Essex.

My thanks as always to everyone who has contributed to this issue.

Until next month,

Elaine

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A joyful day at the fair for special needs children

Dani Crawshaw

Around 200 young people with special needs, their parents, teachers and carers are at the Lions Fun Day at Rainbow Park in Hunstanton.



Teddy gives his mum and nan the thumbs up as he comes off the Crazy Fun House ride. The 10 year old, who's autistic, is eager to tell me he's having a great time. And mum Ellie Jenkinson says today is really important, "...especially inviting the parents, as it's just nice to see the kids enjoying themselves. I'm not so keen on the rides myself though" she laughs.

Nearby, teaching assistant Ludella Sheen from Churchill Park Academy, is watching some of the children who're smiling and waving from the carousel

horses. "A day like today makes my job worth it, to see the happy faces. Some of them have never been on a ride before and look at them, they're loving it". As the carousel stops one of her pupils runs to her saying "This is fun! I did so well - I want to go on the bumper cars now!" And off they go.



Emily, whose son Henry is severely autistic and is a pupil at Duke of Lancaster Academy, is grateful to all the organisers. "This sort of thing when it's just open to special needs is fantastic. If you go out normally, you sometimes feel that people are staring at you all the time, and that can be tough. So I do like it like this, full of people who understand".



Some of the youngsters with Lion Gerry Desroches (the tall man in dark glasses)

It's thanks to the park and Hunstanton Lions Club that this annual event, which has been going for more than 20 years, is possible. President of the club Jane Scott says she gets choked up seeing everyone enjoying themselves. John Henry Roper of Rainbow Park says it's 'such a joyful day'.

And one of the deputy heads, Jade Collinge Long, describes it as 'invaluable'. "This is the highlight of many of our children's year. We have count down calendars. For a lot of our children this is the only time they'll get to experience something like this safely. I can't put into words how important these opportunities are".

As I walk around the park there are smiling faces everywhere. I wave at Teddy who's convinced his mum to join him on the big slide. I chat to Tim Lennox, who's about to go on the cars with his 10 year old Brandon, and tells me his son has been talking about this day for months. And I see a young girl who's just been on a rollercoaster giving her dad a high five. It is indeed joyful. And the fun isn't over, with lunch being provided by Vegas Fish Bar.



This is a heart warming example of a community giving back - a show kindness and generosity. And what more thanks do you need then overhearing a child as they leave saying "I can't wait for next year".



Images: Ian Burt and Dani Crawshaw

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Borough Council news

Cllr Terry Parish, Heacham Ward which includes Sedgeford and Fring

Anglian Water (AW) have informed the Local Planning Authority (The Borough Council) that it will be taken different stances to future proposed development, depending upon where it is. It will either support the development, object to it, or set a pre-occupation condition. There are 1120 districts, across its service area, cited in its missive.

The reason for being more proactive is that AW, along with other water companies, is considering its headroom (future capacity) at water treatment facilities (sewage works). Water companies are saying that their facilities cannot necessarily cope with additional loads and, effectively, if more loading is forced on them then any resulting sewage pollution should be laid at the door of those who give planning permission and not them.

I have sympathy with AW about this. As it stands, water companies must connect properties to sewage facilities whether they may be overloaded or not.

All very fascinating you might say but what has it to do with this area? Well, Heacham Waste Water Treatment Works has the red, refuse, label on the spreadsheet. So, the area which this facility serves, a wide one including Hunstanton, has been cited as having insufficient headroom for future development. This does not include development already sanctioned.

Similar statements are made about some other areas of West Norfolk and there is one, Burnham Market, which has a pre occupation condition. Homes may be built but should not be occupied until improvements have been made to AW's resources.

Refusal of planning permission because AW says there is a risk of sewage pollution should not be taken as a given. I foresee arguments ahead.

Now other matters. The proposed development of the Sedgeford School site continues to raise eyebrows. If developed as proposed, with no affordable housing, then the proposal will still lose over £400,000.

Neither, at the moment, does it meet all the requirements of the Sedgeford Neighbourhood Plan. Perhaps time to involve other developers who can endeavour to meet the wishes of the community and Parish Council.

The Styleman Court flats in Southend Road, Hunstanton, made national as well as local news as they have, apparently, been impossible to sell. Estate agents heaped blame on the restrictions placed on them – purchase to be for principal residency, not for holiday homes or holiday lets. Well, estate agents need to get used to the idea. Most of the Wards in this area have the same restrictions, Sedgeford was first, Heacham second, others followed. If countryside is to be ripped up, spaces between existing houses filled, then the only justification can be to build proper homes, not business opportunities. The government says there is a housing crisis not a holiday let/Airbnb crisis.

Back to Styleman Court. Hunstanton does not have a principal residency requirement, it wanted one but a Neighbourhood Plan inspector had different ideas. The restrictions on Styleman Court were written into the Borough Council planning application to get it over the resistance planning committee members were giving it. The development took away a car park and no locally representative body wanted it.

Well, the Borough has now ditched the promises and the flats may be fully open market. As the project looks like it may to lose several millions and, bearing in mind that the national taxpayer (probably you) has already given £0.5million to it, there may be heavily subsidised business opportunities coming your way soon. No doubt you will be pleased that you have helped the profits of such investors.

The Borough Council development of the Guild Hall complex, King's Lynn, is probably confirmed (time of writing is before council vote). Cost just over £30million, with at least £16million to find. If you have primary school children, they may see a financial return some time in their twenties. However, I am told, their preceding cultural uplift will make it all worthwhile.

I rarely comment on social matters but I did so at a meeting of the Environment and Community Panel which was discussing proposed changes to the Homechoice Policy for the Allocation of Social Housing.

Changes are a fact of life, revisions to everything are made as things alter. A questionnaire was used to inform this revision. One element of it referred to those people seeking housing who are employed. Currently they receive a very slight positive bias, every tenth family type vacancy is advertised with preference given to applicants in the High and Medium housing needs bands that are working.

In answering the questionnaire, respondents clearly indicated they wanted to keep that small bias. I agree with them but, unfortunately, the panel didn't and I expect the change has now been set in concrete. I believe anyone who gets a job whilst in distressed circumstances and facing challenges of finding a reasonable home, deserves a leg up when it can be provided. Work helps provide the means to give social support and must be encouraged.

I can't finish without saying Cheney Hill. The planning application should have been considered on July 28th. I hope something positive emerged. And this year August at the Borough Council is meetings free so there may be little new to say in the September issue of this publication.



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Free Breakfast Brunches in the School Holidays

Every Thursday in the school holidays in South Lynn, healthy Breakfast Brunches for young people and their families, will again be on offer in the Cornerstone Cafe, Wisbech Road 9.30-11.30 am, thanks to Rev June Love and her team of volunteers. The parent/ carer eats free with the child.

Last year, I funded the Brunches from my Councillor Allowance. This year, I am using my Borough Councillor Community Grant.



Sainsburys on the Hardwick, kindly donated a state-of-the-art hot plate last Summer for the cooked breakfasts. Wholemeal bread, fruit, yoghurts will be also available. Dietary preferences on request.

It's about healthy food in the cost of living crisis, but also a meeting point for multigenerational families and children of all abilities, tackling isolation in the school holidays.

Back in 2022, I campaigned to bring back the Cost of Living School Holiday Vouchers for Children on Free School Meals that the County Council was stopping. The Vouchers-£15 a month per child - were restored, with an additional payment of £15 in April, July, August, December. But the price of food has

soared 30% in 3 years. Larger families are often in less well-off areas. Parents need extra support. If your family has Free School Meals, but you haven't received your vouchers, email freeschoolmealsparentscarers@edenred.com

To check your family's eligibility for Free School Meals, visit www.norfolk.gov.uk

Care Homes and Housing with Care

As County Councillors, we have stewardship of the County Council's Care Homes and Housing with Care. So, I called in County Cabinet's unwise decision, to offer up all the County's contracts to run its 30 Care Homes and Housing with Care estates, to the private sector. (The contracts are now run by the Council Company NorseCare.) This is not in the public interest. Norse handsomely outperforms the private care sector in Norfolk. Moreover, Norfolk County Council failed to do an impact assessment and failed to consult the public. (Much like when they closed West Norfolk Care Home Burman House, that was so highly regarded in South Lynn). My Call-In was supported by Councillor Maxine Webb, Councillor Catherine Rowett and Councillor Serene Shibli-Sexton.

The Care Home Call-In went to the new Committee for Adult Social Care and Public Health in June. By the narrowest of margins, 6 Conservative to 5 Opposition Councillors, the Committee voted not to refer the decision back to the decision maker. However, it accepted the Council needs to undertake an Impact Assessment, but will postpone this, until after the private sector is invited to express its interest in the Care Homes on a pick and choose basis. A cherry pick. An asset strip. A takeover. It is unclear whether Norse will even bid for the contracts to continue to run the Care Homes for Older People

I took part in the Safeguarding Summit in County Hall in 2022, after three young people died of neglect in Cawston Park private care home in Norfolk. The home did not have a culture of involving carers, or of meaningful activities, and did not train its staff properly. Learning lessons means putting safeguarding,

safety and well-being first. The County Council needs to value what is best and continue to run its Care Homes through its company Norse and invest in the Care Home infrastructure.

Supporting Carers

When Norfolk County Council wielded the axe and cut off West Norfolk Carers' funding last year, I brought a Budget Motion to the County Council to restore its funding. But the ruling group could not appreciate the value to West Norfolk of WNC's work with Young Carers, support for hospital discharge, and hardest-to-reach carers. Help came from the QEH, in the form of a new base within the hospital for the charity, but recent changes brought West Norfolk Carers, run by Jane Evans and her dedicated team, and 30 years of sterling service to West Norfolk, to an end.

I recently met Sophie, Sharon and Margaret from Carers Voice, a Norfolk-wide Carers' Charity. Carers Voice produce Carers' Identity Passes, to help unpaid Carers feel recognised, respected and valued. They have produced a Guide for Carers of people in hospital, run a discharge project, carers involvement meetings and are keen to help West Norfolk. "Keep banging the drum for Carers", Jane Evans said. This is what we will do.



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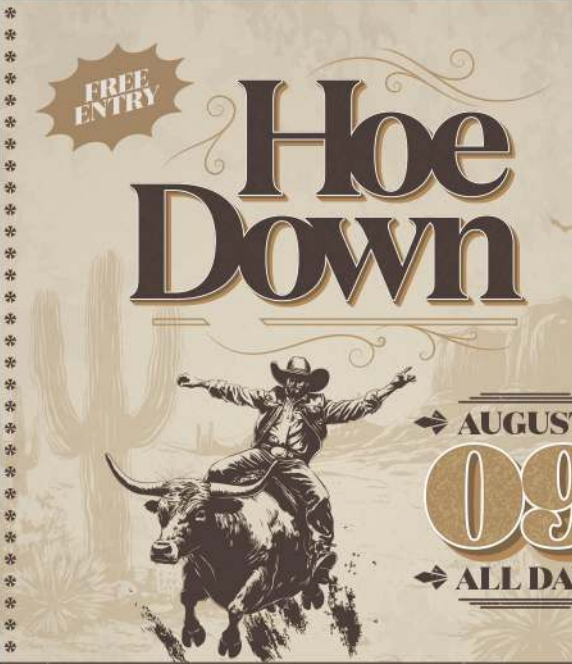
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What are an executor's duties towards a missing beneficiary?

By Victoria Wells, Solicitor, Hayes + Storr

As an executor or administrator of a will, your responsibilities go beyond distributing assets; you must take all reasonable steps to locate any missing beneficiaries (individuals or organisations named to receive something in the will). Failing to do so can lead to serious legal consequences, including personal liability for any incorrect distributions.

Why do beneficiaries go missing?

Beneficiaries may be uncontactable for various reasons, estrangement, long-term lack of contact, or moving without updating their information. This is particularly common in intestacy cases, where certain specified relatives may be entitled to inherit despite no prior relationship with the deceased.

Legal duty and timing

Executors owe a fiduciary duty to all beneficiaries - named or entitled under intestacy. This means you must make reasonable efforts to find them as soon as possible, ensuring they are informed about the estate and their entitlements. Delays can complicate the estate's administration and increase legal risk.

Steps to locate a missing beneficiary

You should escalate your efforts if initial attempts (e.g., letters or emails) fail. Your approach will depend on the specifics of the estate and the likelihood of locating the

beneficiary.

Things you can do:

- Consult the will file: previous correspondence may contain useful information such as contact details or personal context.
- Asking others: family members, other beneficiaries, or friends of the deceased may be able to help.
- Social media: platforms like Facebook and LinkedIn can aid in finding someone.
- Public records: electoral rolls and birth, marriage, or death registers may provide leads.
- Professional tracing services: these are often highly effective, especially for distant relatives or international searches.

If the beneficiary cannot be found

Even after trying all the above approaches, some beneficiaries remain untraceable. The options open to you at this stage include the following:

Holding funds: you can set aside the missing beneficiary's share in an executor's account. If the beneficiary is then located in the future, they can claim their inheritance. This protects you but may delay finalising the estate, imposing long term obligations on you as an executor or administrator.

Paying other beneficiaries: alternatively, you can distribute the amount due to the missing beneficiary to the other beneficiaries, subject to a legally binding commitment that if the



missing beneficiary emerges later, the other beneficiaries will repay the amount.

Missing beneficiary insurance: this covers financial loss and legal costs if a missing beneficiary emerges post-distribution.

The court: for maximum protection, you can seek court intervention. The court may issue what is called a 'Benjamin Order' which allows you to distribute the estate on the assumption that the missing beneficiary has died. This court order protects the executor from any liability if the beneficiary later comes forward. The downside to this approach is that it can be an expensive exercise.

How We Can Help

Each estate is unique. Our team offers tailored advice to ensure you meet your obligations and avoid personal liability. We work with tracing agents, assist with insurance options, and can make court applications where needed.

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Taxpayers' misplaced belief is no excuse

By Kathryn Gigg Chartered Accountants, Hunstanton



It is probably reasonably common knowledge that, in the hope of collecting more tax but with less work on their part, HMRC are simultaneously trying to reduce the number of Tax Returns which they need to process, whilst at the same time making more extensive use of external information (from banks, letting agencies, online sales platforms etc).

As a result, a number of taxpayers who have previously submitted annual returns have recently received letters from the Revenue advising them that they no longer need to self-assess. HMRC are, for example, wishing to “match” untaxed interest sources with sufficient accuracy such that they no longer need taxpayer input; and thereafter deal with any tax liabilities arising on such additional income through the PAYE system.

However, a recent case which appeared before the First Tier Tribunal, reminds us that ultimately the responsibility for declaring income still rests with the taxpayer, notwithstanding correspondence from HMRC which is interpreted to mean something different. In this case the taxpayer was advised between 2015-17 (he could not remember exactly when) that he no longer needed to submit a Return. In 2021 HMRC opened an enquiry on the amount of his rental income and charged penalties for “Failure To Notify”.

On the face of it the taxpayer felt that he had a “reasonable excuse” – but the Tribunal found otherwise, stating that he could not rely on the opening paragraph of the HMRC letter stating that he did not any longer need to complete a Tax Return because he also needed to read to the end, and particularly the phrase “if you need to fill in a Tax Return in future you’ll still be able to use your original online account...” i.e. since he knew that he previously had to make Returns of his rental income, he could not reasonably have believed that he would never need to make a disclosure to HMRC again in this respect.

Whether or not one feels that HMRC are trying to “have their cake and eat it”, this case underlines the point that ultimately a taxpayer is responsible for giving the necessary information to HMRC accurately, and in good time. Even if HMRC have advised that Returns are no longer required it makes sense to have the position checked annually by your tax adviser – at the very least it will remove the risk of falling into the same trap as this taxpayer, but it will also bring certainty – and sometimes even a tax repayment!

If you require any tax advice, whether personal or business, particularly if you fear that you may have overlooked to report a source of untaxed income in similar circumstances to those set out above, please contact either Kate or Nic at Kathryn Gigg Chartered Accountants, Hunstanton on 01485 534800 or kate@kathryngigg.co.uk.

N.B. Article written June 2025

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French Prisoners in Lynn

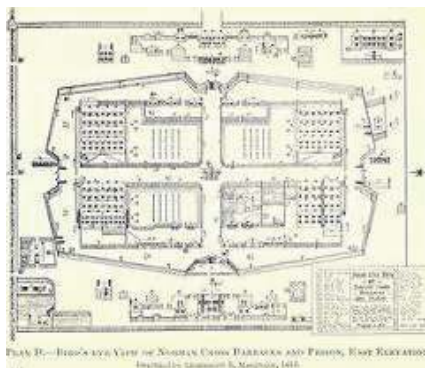
Russell Lyon

During the Napoleonic Wars it was not unusual in Kings Lynn to see columns of dirty dishevelled military men making their way through the streets into captivity. They would stumble along the cobbles of King's Staithe and were escorted by a line of British Redcoat soldiers armed with Brown Bess muskets; bayonets fixed, to guard against men with any ideas of escaping. The men were French revolutionary and Napoleonic soldiers prisoners of war on their way to Norman Cross at Peterborough. They were housed temporarily in Kings Lynn warehouses which the Government requisitioned until they were moved by barge to Peterborough: where a proper prison camp awaited them. The prison site were hastily erected wooden buildings within a stockade that was built rapidly to accommodate up to 7,000 POWs until the end of the war. After the battle of Waterloo and the war was won by the Allies, they all went home to France or in some cases Holland if they were Dutch. Kings Lynn was one of many staging posts. Prisoners arriving at Great Yarmouth if they were lucky were shipped around to Kings Lynn. After Lynn they were transported by barge to Peterborough and then marched to Norman Cross. However many that were landed at Great Yarmouth had to march to Norwich and then to Lynn.

From the records of the former Chief Librarian (Ray Wilson) March 1797, the first French prisoners arrived in the town to be sent on to Norman Cross via the inland waterways. In April six ships arrived with 8 - 900 POWs. In May 900 men landed at the Purfleet. In September another 141 men arrived in Lynn from Yarmouth and were sent on to Norman Cross. In March and August of 1798 after the battle of Camperdown about 350 men mostly Dutch passed through Lynn on their way to Peterborough. In 1799 the last of recorded prisoners were processed through Kings Lynn. All the men were temporarily housed in buildings near the harbour until they could be sent on to the purpose - built camp at Norman Cross. Why Normans Cross?



It was a hastily erected wooden camp, prefabricated in London and erected on the site that had a good water supply and was on the Great North Road which was far enough away from the coast to make it difficult for escaping prisoners to flee back to France. Some did escape and made their way back through Lynn and the North Norfolk coast as there was



plenty small craft and seamen more than willing (for a fee) to help escapees abscond. It helped privateers supplement their earnings made from smuggling.

Once the prisoners were in Norman Cross, conditions were such that the main problem they had was boredom. Food and clothing were adequate as the British and French Governments had an agreement that each would pay to feed their own soldiers in their enemies prisons.

Typhoid did sweep through the camp twice killing many prisoners and the epidemic was made worse by overcrowded conditions. Senior officers and those with money were given "parole d'honneur" and were allowed to live outside the prison and were given the courtesy of rank within the local society. For all the others confined in the camp, they were allowed hobbies and some became very skilled at carving models and toys. Chess sets and boxes were popular, made from bone and wood. Some of these articles can be seen in Kings Lynn Museum. The prison authorities let them sell what they made to visitors at the camp gates and some even went to the local market twice a week. They were allowed to keep any money they made which may have helped some escape plans. Others who were not gifted in any way resorted to gambling to pass the time and some became so addicted they would lose all their clothing and food rations as a consequence. The authorities had to step in and crack down on the addiction but it was impossible to stop it altogether.

A mass escape was organised twice by some men driven mad by the boredom of years of

captivity and a longing for home. Attempts were made to break through the inner wooden stockade wall by about 500 men who hoped by sheer numbers to overwhelm the guards. They had no hope and they were driven back by the army guards with guns and bayonets. About 40 men were badly hurt in the first attempt and none escaped. A later attempt by a similar method failed again and the prison authorities after this last time erected a brick wall to replace the palisade that was too easily broken down.

With the end of the War the POWs went home with lighter steps than they arrived. A few even stayed and married local girls. Some Dutch prisoners wanted to enlist for the UK army and after being accepted became sailors on warships. The prison camp was deserted and then pulled down. Very little evidence of the jail remains except the Old Governor's House and the Barrack Masters house which is now Norman House. A memorial was erected to the prisoners who died. It was a stone - built column with a Bronze Imperial Eagle on top which was erected by the Entente Cordiale Society in 1914. This had to be re-sited and rebuilt following the theft of the Eagle in 2005 and the following road works when the A1 motorway was developed.



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What links Hunstanton to Close Encounters of the Third Kind?

Richard Allen

Answer: Well probably very little actually, but the same cinematographer, Douglas Slocumbe OBE who worked on Spielberg's 1977 classic 'Close Encounters...' also worked on the lesser-known Ealing comedy, 'Barnacle Bill' 1957 shot on location in Sunny Hunny. Produced under the banner of Ealing Films (Ealing Studio complex had in fact been sold to the BBC by then) it was the same team that had produced all the whimsical Ealing comedies a decade earlier and were still at the helm of this production but now worked together out of the MGM Borehamwood studios.

Barnacle Bill was mostly shot in and around Hunstanton, renamed Sandcastle in the film but the focus was on the old pier, since destroyed in the 1978 storm. The story, written by T.E.B. Clarke (Oscar winner for best original screenplay 'The Lavender Hill Mob' 1951) revolved around William Horatio Ambrose, played by Sir Alec Guinness who desperately wanted to live up to his ancestral naval tradition. But the problem was that Ambrose suffered from violent seasickness. When he retires from the Royal Navy, he purchases a dilapidated Victorian seaside pier, the closest thing to a command of his own and soon has the pier repaired and registered as a permanently moored ship named the Arabella. But then he must deal with the hostile local town council who want to demolish the pier for their own ends. What follows is the typical Ealing comedy scenario where the underdog is pitted against the establishment.

Intrigued to know what became of the extras who appeared in the film I recently managed to track down Pauline Searle who, as a young girl of seventeen acted in a scene dancing with Alec Guinness and Jackie Collins. Pauline enthused how exhilarating it was to feature in a film with an all-star cast which was a roll call of the most recognised and talented British cinema actors of the time. The filming of her scene took place over several days during April receiving a pay of £2 per day! Pauline agreed it was a princely sum in 1957. She told me how excited everybody was in Hunstanton having a film crew descend upon the town and the thrill of having Alec Guinness personally introduced himself to her and her fellow cast members, she remembered that he was "a perfect gentleman", she was even offered a speaking part but sadly turned it down. Pauline recollected that her father, Geoffrey was involved in marshalling the boats offshore used by the camera crew for shots of the pier and seaward scenes. He also socialised and became a good friend with the director Charles Frend.

Barnacle Bill opened at the Empire Cinema in London on the 11th December 1957 and received mixed reviews. In more recent times it was exhibited at Hunstanton Theatre to a more appreciative audience and Pauline was there to take a bow.

Perhaps they were getting a little ahead of themselves but it was reported at the time that



Pauline dancing with friend Michael Kidner. To her left Alec Guinness dancing with Jackie Collins (back to camera) Insert - Pauline Searle



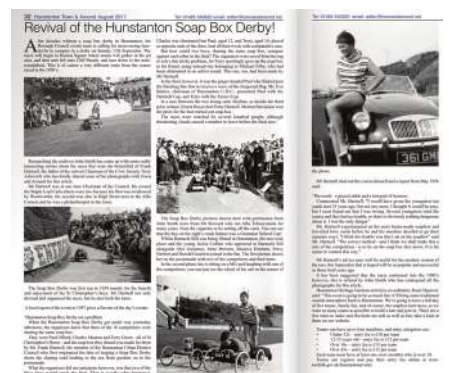
Original cinema poster designed by Harry Stevens better known as a designer of London Transport posters.

Hunstanton Town Council spruced up the town by painting the buildings in a variety of colours to give it a facelift ready for filming. To their dismay they discovered that it was to be shot in black and white just as the cameras rolled!

If you would like to view Barnacle Bill in its entirety it is available to watch free on YouTube. Also available on DVD. Distributed in America under the title 'All at Sea'

Editor's note: You can learn more about the filming of Barnacle Bill in an article from the August 2017 issue - the link to the article is here:

<https://townandaround.net/previous-issue/August-2017/#p=32>



HUNSTANTON CONSERVATIVE CLUB

The Club is open Monday to Saturday 10am -11pm
Sunday 11am -11pm



Meals served from Monday to Saturday 12 noon until 2.00 p.m.
A selection of special meals are available each day.
Sundays - 2 course Roast Lunch.

Special events this month:

Saturday 2nd August - Quiz Night

Wednesday 6th August - Coffee & Brandy at 10am

Saturday 16th August - VJ Celebrations with Evening Meal
and Music by Bill Cunliffe

Saturday 30th August - 60's Rock and Reggae Music Night

Regular Events

Yoga for U3A members on Wednesdays, Thursdays and Fridays.

Mondays : Strength and Balance Class 4.30pm.

Tuesdays: Cash Bingo starts at 7.30pm

Wednesdays : Scrabble 10am, Whist Drive 7pm.

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

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Adult Disabilities Activity Club celebrates 40 years

Mark Shelton

A Dersingham club that provides activities for adults with a range of disabilities celebrated its 40th birthday on Thursday 19th June with a party at Dersingham sports and social club.

Members of the club, called Phobbies, sang and danced to live music by Jamming Joe, coloured in banners, played a prize raffle, ate party food made by its volunteer members and generally had a good catch up.

Maggie Ponder, chair of the club's organising committee said, "It's amazing how long Phobbies has been running, the range of activities we do is brilliant and it is a highlight of the week for many of our members, and we thought that this was really worth celebrating. The way that all our volunteers have come together for this party has been fantastic."

Dersingham Phobbies was set up in 1985, originally as a hobbies club for adults with physical disabilities, following a club established in Kings Lynn a few years earlier, which unfortunately no longer operates. Dersingham Phobbies continues to meet each



week in the social club on Lynn Road, Dersingham, and has expanded over the years to include anyone with a disability or suffering social isolation. The club is run entirely by volunteers and activities vary from painting, drawing, model making, knitting, rug making and helping each other.

Maggie added, "Phobbies is open to anyone and we are always in need of volunteers who enjoy assisting the less able, or who can help

with fund raising or club administration. No regular commitment is needed."

Phobbies meets every Thursday from 10.00 am to 2.00 pm at Dersingham social club, Lynn Road, Dersingham. Weekly subscription is £2 tea; coffee and biscuits are provided free but everyone brings a packed lunch. Anyone who is interested in joining can just drop in on a Thursday session or contact Maggie Ponder on 07967 799816.

Re-enactments at Castle Rising this August

Barry Slemmings

Visitors to historic Castle Rising will have two opportunities to come face-to-face with British history during the August holidays.



The Norman castle near King's Lynn, in Norfolk, will play host to two groups of historical re-enactors over five days. These re-enactors combine arena performances and displays of weapon skills with the informality of smoky camp fires and the opportunity to talk to participants and handle reproduction equipment and materials.

The first group to set up camp at Castle Rising will be Buckingham's Retinue, all dedicated to the period popularly known as the Wars of the Roses. As a retinue, members wear the black and red personal livery of the Stafford family, Dukes of Buckingham, who played a prominent role in the politics and battles in this period. All the great families had such personal armies each wearing the livery colours and badges of their lord. One Duke of Buckingham even helped King Richard III to seize the throne in 1483 but then led an abortive revolt against the same king in the following year which ended with the Duke's downfall and execution.

The Buckingham men wear armour and handle weapons like the longbow and the bill (a type of long-handled axe) but they also have the then latest thing - gunpowder artillery. So be ready for a few bangs when they fire a bombard. The female members wear the 15th century's latest

fashions and can give a first-hand account of what these feel like. The Buckingham Retinue will be at Castle Rising on August 2 and 3.

The second group visiting Castle Rising are Black Knight Historical which will present Soldiers Through The Ages on the Bank Holiday weekend of August 23 to 25. Black Knight were at Castle Rising in May and will return with a variety of groups reflecting English history from the Ancient Britains of Queen Boudicca up to the Second World War.

The format is similar to Buckingham's, arena exhibitions on one side of the castle keep while tents, pavilions and camp fires are set up around the grounds with displays of life from the 1st Century AD onwards. Several groups look at the Middle Ages while others concentrate on the 18th and 19th century. All wear authentically recreated clothes. Want to find out what wearing a medieval woollen dress feels like in high summer? Ask one of the ladies!

The castle is still owned by the Howard family, who are descendants of the original builder in 1138 AD. It is managed in co-operation with English Heritage. Ticket prices on special event days are higher. Adults £10, concessions £9, children £8 or a family of four for £33. English Heritage members who normally enter Castle Rising for free receive a 50% discount on these prices. All events start at 10am.

Photos: Whipper_snapper



Original Carnegie Library drawings found 120 years later

Bob Childs



Richard Waite with one of the two architect's drawings

Local architect Richard Waite was recently looking through his late father's papers and came across an important piece of Kings Lynn's heritage - two large scale architect's drawings of the Carnegie Library building. In discussion with fellow committee members of the Old Lennensians' Association it was agreed to offer them to the Borough Archives which is based in the Stories of Lynn building on Saturday Market Place. The Archives already hold details of the special lunch held in 1905 to mark the opening of the Carnegie Library.

Another architect, Ray Spaxman, who attended King Edward VII Grammar School in the 1940s, and who emigrated to Canada where he still lives, has fond memories of his visits as a boy to the Public Library and writes: 'The architecture is a beautiful reminder of how it celebrated its function as a special public building. Its contribution to the well-being of Kings Lynn is immense and easily forgotten, but should be celebrated.' In 2024 Ray gifted to the Borough his 1936 painting of the Custom House by Walter Dexter which hangs in the Town Hall.

The datestone tells us that the Architect of the Library was Herbert Green, 1850-1915, and that the building contractor was W F Smith.



The Carnegie Library





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Local Bed Manufacturer Returns to Dersingham with a NEW Factory Shop

Wolferton, Norfolk

Wrought Iron and Brass Bed Company, a distinguished name in handcrafted bed manufacturing, proudly announces the opening of its new factory shop in Dersingham. Located at Unit 5, St Nicholas Court, Dersingham, PE31 6GZ, this establishment marks a significant milestone in the company's journey from its humble beginnings to international acclaim.



A Legacy of Craftsmanship

Founded over two decades ago in Heacham, Wrought Iron and Brass Bed Company has grown into a brand synonymous with quality and elegance. Specialising in meticulously crafted wrought iron and brass beds, the company has garnered a loyal customer base both domestically and internationally. The new factory shop in Dersingham serves as a



testament to the company's commitment to making its exceptional products more accessible to the local community.



Factory Shop Offerings

The Dersingham factory shop will feature a curated selection of seconds and customer returns, providing customers with an opportunity to acquire premium products at reduced prices. This initiative not only promotes sustainability by giving products a second life but also allows customers to experience the unparalleled craftsmanship of Wrought Iron and Brass Bed Company firsthand.



Historical Significance of the Location

The choice of Dersingham for the factory shop holds historical significance. The location at Unit 5, St Nicholas Court, is in close proximity to the site where the original Wrought Iron and Brass Bed Company once resided, now home to Petal's Tea Room. This return to the area symbolises a full-circle moment for the company, reconnecting with its roots and the community that supported its early growth.

Commitment to Sustainability and Quality

Wrought Iron and Brass Bed Company remains steadfast in its commitment to sustainability and quality. By offering seconds and customer returns through the factory shop, the company emphasises the importance of reducing waste and promoting environmentally responsible practices. Customers can trust that each product, regardless of its classification, meets the high standards of craftsmanship and durability that the brand is known for.

T: 01485 542516

Running towards their happy ever after!

Gary Walker

It's not often that we get the chance to celebrate a wedding at parkrun but at the end of June the runners went all out to do just that and what an awesome parkrun it turned out to be.

It was a parkrun wedding special, celebrating the joining in matrimony later in the day of two of King's Lynn's regular runners, Julie Williamson and Justin Walker, who underwent a special parkrun wedding service!

The Run Director conducted a bespoke parkrun wedding service before the start, with the 422 runners present giving lots of encouragement on the beautifully sunny morning and joining in the fun by running in fancy dress.

What the 23 first time runners to King's Lynn thought of it we were not sure but we had a special visitor in the form of the parkrun national Event Delivery manager, James Kemp, who was visiting King's Lynn for the very first time.

He was very complimentary about both the

venue in The Walks and the fabulous atmosphere, with everyone enjoying the special wedding themed occasion, particularly the post run party snacks and drinks which included a delicious themed wedding cake.

We mustn't forget, of course, the most important element of the morning being parkrun and some excellent running again from everyone, with Callum Stanforth having a great run being the first to finish in 16:50 with Dawn

Robinson being the first female to finish in 19:30.

A big well done also went to the week's Age Graded Hero, Jane Ashby, who finished with an excellent world class grading of 96.73%.

King's Lynn parkrun is a free timed 5k open to all regardless of age or ability. We only ask that anyone wishing to attend register first at www.parkrun.com/register and arrive at The Walks Café by 8:45 am on the day to attend the first timers welcome briefing, when everything about the event is explained.

Photo – Emily Nichols



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Wendy Warner's plant of the month - Japanese Anemones

As the summer colours begin to fade and bedding plants are looking tired, especially this year with the hot weather, the fresh growth of Japanese Anemones will come into their own with their long flowering season from August through to October. They are commonly known as windflower as the flowerheads will sway gently in the wind.

They have saucer-shaped flowers in white and various shades of pink on stems above a mound of dense, green leaves and unlike many perennial plants this foliage won't die down completely over the winter and they are unlikely to need supporting unless planted in a very exposed position. Most varieties flower at approximately 90 to 120cm but there are other more compact types. They lend themselves to being planted mid to back of a border but look equally good as loan plants in a gravel garden or can be grown in pots. They are low maintenance and just require deadheading after flowering.

Anemones prefer a sunny spot with partial shade and a well-drained, moist soil. In full sun or very dry conditions, their leaves can become brown and crispy. Saying this, they don't like to be waterlogged and may not survive quantities of winter wet. Mulch around plants in the Spring to help retain the moisture in the soil. Once established they like to be left undisturbed and will make up into larger clumps and can be known to sucker and self seed too. Feed with Bonemeal in the Spring and Autumn to help strengthen the plants and with a high-potash tomato-type feed as they are coming into flower.

For tall pink varieties, choose Anemone 'Hadspen Abundance' or 'September Charm' or the semi-double 'Prinz Heinrich' with darker pink-purple flowers. 'Honorine Jobert' is pure white and tall reaching up to 5 feet and 'Whirlwind' a pretty double-white form.

The Swan series are a range of delicate white varieties with blue reverse to the petals. 'Ruffled Swan' having semi-double flowers and 'Elfin Swan' being more compact with masses of single smaller flowers. My personal favourite, Anemone 'Wild Swan' can flower



from June through to November and is shorter at approximately 60cm with white flowers with purple-blue bands on the underside of the petals looking very elegant.

The Anemone Fantasy series are a relatively new bushy, compact group with a branching habit reaching 45cm in height including Anemone Fantasy 'Belle' with semi-double dark pink flowers, 'Elsa' which is pure white and 'Jasmine' with delightful pink flowers that are a darker shade in places looking as if they've been coloured with pastels. They all have a lovely sunny yellow centre. Lastly, we have the anemone with the best name - 'Frilly Knickers'! This has ruffled, semi-double white flowers flushed pale pink and is 60cm tall.

In a spot with light shade Anemones combine well with hostas and ferns or can be used in a mixed border with other late summer flowering perennials such as hardy geraniums, asters, sedums, penstemons and echinaceas and will give you months of colour.



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It is surprising how much it costs to run a successful community organisation such as ours. Most of our income goes on the monthly speaker fees and room hire, plus printing and other costs for our Summer Show. This is where our raffles and plant stalls come in. We have been able to keep our annual membership to an incredibly good-value £10 per person, to include complimentary tea, coffee and biscuits, and discounts at Downham Garden Centre and Suttons Seeds, by selling raffle tickets at our monthly meetings and our Summer Show, and by selling plants, most of which are grown by our generous and talented members. We are very grateful to everyone who has donated their time, costs and expertise.

You will find us running our 'big' plant stall of the year on the Howdale on the Bank Holiday Monday in late May/early June, as part of the Downham Market Festival. This year we raised a record amount – so well worth the early start and long day!

Our next event was the very well-supported Watlington village fete, held in mid-June. Here again, our stall was very successful, with many plants enthusiastically snapped up. See photograph of some of our members setting up the stall.



We were invited to attend a Hawaiian-themed Summer Party at the end of June, organised by Downham Grange Nursing Home. We were delighted that Mike Lane, our new Mayor, and Vice-Chair of the Horticultural Society, was able to attend, despite his busy schedule. We sold some plants and home-grown vegetables and would like to thank the lovely staff and residents of Downham Grange for making us so welcome.

I would like to take this opportunity to thank everyone who has come along to support one of our stalls, whether by buying plants, signing up to become a member or just coming along for a friendly chat and perhaps some growing advice.

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

See next month's issue for a report on our Summer Show!

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Old Hunstanton Open Gardens

Carol Greening



Visitors to the village on Sunday 22nd June had a great day out at our Open Gardens event. Ten gardens of different styles were open to visit, and the lunch of ham, coronation chicken and quiche with salads went down well. The specialist gardening stalls at the village hall were buzzing and we were entertained by singer Clare Scolly. Thank you to everyone who helped out at the event or came along and supported it.



SNETTISHAM GARDENING CLUB

By the time you read this we will have held our Annual Village Open Show and have visited Tudor Lodgings at Castle Acre under the NGS scheme, both in July.

We will be having a stall at the Village Summer Fayre on the Playing Field on Saturday 9th August 11.00 am to 4.00 pm so are hoping for fine weather as no doubt our Village Events committee are.

We will be back in the Memorial Hall, Old Church Road, Snettisham for our monthly meeting on Wednesday 27th August when our speaker will be Sally Bale who will tell us about the influence of the famous landscape gardener Capability Brown in Norfolk.

The meeting on 24th September will be our members Autumn Show and Auction.

Our meetings start at 7.30pm and we always welcome new members. For any further information please call Gail on 01485 541279 or Addie on 01485 544754.

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Nature notes with Carrie Carey

Whirling waders

Amid the chill of a wintry sea and the sting of salt-laden winds, a small band of royal courtiers and soldiers huddled together on a desolate beach in southern England. In their midst and with unwavering resolve, their king commanded his throne be placed on the sand facing the encroaching tide. As the waves approached, he raised his voice against the sea ordering it not to wet his clothes or body. But the tide, indifferent to crowns and commands, rolled in all the same. Seven centuries later, Swedish naturalist Carolus Linnaeus observed a flock of waders along the shoreline as they darted deftly around the advancing tide; always retreating and never quite letting the sea touch their feet. He named the species *Calidris Canutus* – a nod to King Canute and his legendary stand against the sea. Nowadays, the birds are known colloquially as Red Knot, or in Europe – as Knot. And their real story, is their extraordinary migratory behaviour.

Millennia before King Canute's name made the history books, the last Ice Age reshaped the Arctic, splintering landscapes where Knot once bred. Isolated by ice and distance, these birds gradually evolved into six distinct subspecies, each differing in size and plumage. Arctic summers are brief, and as food supplies quickly diminish, the Knot are compelled to migrate south to avoid starvation. Using the East Atlantic Flyway, the ancestral group of *Calidris Canutus* make the arduous journey from Greenland, northern Canada or Russian Tundra through western Europe to West Africa. The East



Atlantic Flyway, is one of the world's key bird migration routes. Its diverse habitats, ranging from wetlands and saltmarshes to expansive mudflats, are of global significance. Taking on this incredible journey across the globe, birds use phases of the moon, the pull of tides, the position of sun and stars, the direction of storms and even the Earth's magnetic field to guide their way. This gruelling pilgrimage uses huge amounts of energy and the Knot may lose up to 80% of their body weight. Refuelling sites along the way are essential places to rest and feed but if the timing of their migration doesn't match up with food availability—or if these feeding spots have been lost to development—it can spell serious trouble for the Knot. Migration then is timed with precision; it must match the peak of invertebrate breeding cycles on far away shores to guarantee vital food supplies are ready. On reaching western Europe, the Knot head for estuarine habitats and bays where dietary preference switches to intertidal

invertebrates and molluscs, which they can eat whole! In places like The Wash, shifting tides constantly replenish the rich supply of small invertebrates, providing a plentiful food source that supports large gatherings of birds. Here they can rest, expend less energy, perhaps catch up with friends as they wait for the next generation to arrive. And what of the young? When they hatch, they are covered in down, ready to walk and feed themselves within hours. By the time they are strong enough to fly south, their parents are long gone from the Arctic. Remarkably, without any guidance, these young birds set off alone and successfully navigate thousands of miles to the same distant non-breeding grounds—a solo migration that remains one of the most extraordinary achievements in the natural world.

The return journey is also precisely timed and coincides with the short-lived explosion of insect life and plant growth that marks the Arctic summer. During this window of abundance, the birds rapidly gain weight—

females may double their body mass to prepare for egg-laying, while males build up energy reserves for vital territorial and courtship displays.

Late summer on the edge of The Wash; Snettisham's expansive mudflats stretch to the horizon and the air is crisp with the promise of autumn. Small groups of migrating waders, including the first arrivals of Knot, feed on the open buffet of molluscs and worms. Come October, their numbers swell, and like the invading Vikings before them, they gather in their tens of thousands. Dense flocks so tightly packed they seem to traverse the mud like a living carpet. You can almost feel the energy as they jostle for space; it's a scene of constant motion. By now, adult birds have lost their russet breeding plumage swapping this for a silvery grey winter coat. On the ground, these compact, stocky waders move with quiet determination, easily mistaken for Dunlin among the shifting flocks. But it's in the air that they truly transform. Lifting off in tight formation, they twist and sweep low over the waves, flashing bold white wing bars as they skim the shoreline. Then on a rare 'super tide' the birds will take to the air in vast flocks as they escape the incoming tide. Whirling and wheeling high above they fill the skies over The Wash like a shimmering cloud of Nordic Valkyries.

Views of the 'whirling waders' are best experienced from September to November on the highest tides of the month. These spectacles do not happen every day so please check the information on our website at www.rspb.org.uk/snettisham before planning your visit.

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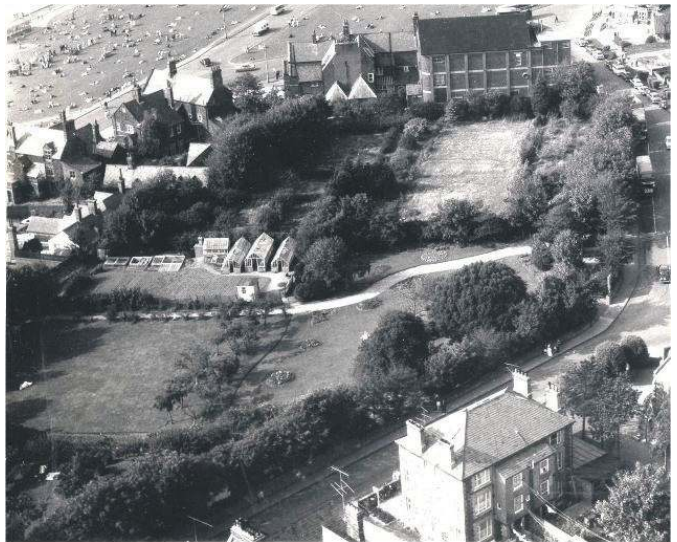
An easy walk leads from the car park through woodland glades to the Visitor Centre and Cafe. From here, the West Bank path opens up to wild landscapes of saltmarsh, reedbeds and freshwater lagoons fed by a natural spring and on to Titchwell's vast and undeveloped beach. The East Trail lends itself to quiet contemplation with outlooks across quiet pools full of wildlife. Secluded seating at Patsy's Reedbed affords views of birds of prey, families of ducks and visiting geese.

Remnants of a prehistoric age and a time when the Norfolk coast formed part of Britain's sea defences can be seen sporadically across the reserve and form the boundary of Titchwell's seascape.

Selling off Hunstanton's Crown Jewels

John Maiden

Ever since the last round of local government reorganisation in the 1970's, officials from the Borough Council of King's Lynn & West Norfolk (BCKLWN) have been consulting local inhabitants on the future of Hunstanton, without the slightest intention of incorporating any of our suggestions into their proposed changes. The Capital Challenge Project at the turn of the century did nothing to improve the town centre, neither did a more recent scheme, which was intended to include improvements to the High Street, but only got as far as the so-called Spinney in Westgate. Proposals for the Spinney, originally called the Plantation, included the removal of at least one



The Westgate Gardens - just one part of Hunstanton's lost heritage.

debacle, especially since consultant Wayne Hemingway had described all the former railway land as the town's crown jewels. Having paid Wayne for this bit of commonsense, BCKLWN chose to ignore it and decided to build 'affordable' flats directly opposite a row of Victorian cottages in Southend Road.

The thinking seemed to be, "If we stick a bit of carrstone in them it will do the trick!"

With or without carrstone, the restriction preventing their use as holiday lets or second homes, has resulted in a failure to sell any of them. The fact that these properties have no gardens might make them attractive as holiday homes, now that restrictions have been lifted, but it does not justify this blatant sale of Hunstanton's crown jewels.



The Westgate Plantation or spinney- Spring photo by Jilly Hall
third of its trees.

Fortunately, the Town Council, of which I was an elected member at the time, put a stop to this environmental disaster and only one tree died as a result of improvements to the pavement. On the other side of St Edmund's Terrace Norfolk Council (NCC) closed the town library and threatened to build flats all over the site, once the bus station and library had been demolished. Plans for bus shelters either side of St Edmund's Terrace, would have been the only consolation for the loss of the bus station with its well maintained public toilets.

Fortunately, the deputy leader of NCC, Andrew Jamieson came forward with plans for a new bus station and library on the original site, which they had occupied since 1963, when the environmentally friendly Westgate Gardens had been sacrificed by Hunstanton UDC to make way for them. However, this turned out to be too good to be true, and we are back to proposals for yet more residential units to be built on the bus station site.

One might have expected BCKLWN to learn from this potential

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Honey Show changes venue after 90 years

The annual Honey Show organised by the West Norfolk & King's Lynn Beekeepers' Association has been part of Sandringham Flower Show since at least 1933 (with the exception of war and covid years).

However, due to the increased cost of exhibiting at the Flower Show in recent years, the Association (a registered charity) will be holding this year's honey show at Hunstanton Town Hall as part of the Beekeepers' Association's "Bees by the Sea" exhibition.



Over 300 member beekeepers have the chance to compete for a number of trophies, and, of course, for the honour of their honey being declared the best in the area. There are also competitions for beeswax, mead, bee photography and honey cakes.

from non-member beekeepers. A National Honey Show qualified judge will be visiting to judge the classes.



Judging Sandringham Honey Show



Queen Mother at Sandringham Honey Show

The honey show & exhibition will be open to the public with entry from 10am-4pm on Saturday and Sunday 16th & 17th August. As well as the honey show, there will be live honey bees in observation hives, exhibitions about bees and beekeeping and bee-themed activities for children.

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Mudpies & Butterflies

Filling the gaps and future-proofing for drought and deluge

Louise Barby

As August arrives, UK gardens are often a mixed picture. Some beds are bursting with summer colour, others are fading fast, and gaps start to appear where early bloomers have finished. It's a crucial month for forward-thinking gardeners. Alongside the usual deadheading and weeding, August is the ideal time to plan for a more resilient, year-round garden—one that can handle both increasingly frequent droughts and water-logged spells.

By August, many perennials have peaked, and borders can look sparse. Instead of letting these gaps linger, use this month to plan and plant for long-term interest. Consider adding late summer perennials like Echinacea, Helenium, Rudbeckia, and Sedum that keep going into September, grasses such as Miscanthus or Stipa tenuissima which bring movement, texture, and structure, and evergreens and structural shrubs to provide visual interest even in winter.



Recent summers have brought record heat and drought warnings to even the rainiest parts of the UK. To make your garden more resilient.

Choose drought-tolerant plants, Mediterranean herbs like lavender, rosemary, thyme, and drought-loving perennials like Verbena bonariensis, Achillea, and Gaura thrive in well-drained soil and full sun. Adding an organic mulch around plants helps retain moisture and keep roots cool and digging in compost or well-rotted manure helps sandy soils retain water and

improves drainage in clay soils.

August is a good time to evaluate which plants have struggled in dry conditions—and start replacing them with tougher alternatives.

Even a small garden can make smart use of water harvesting. With unpredictable rainfall, storing water when it comes is more important than ever. Install a water butt on every downpipe, including from sheds and greenhouses. Modern designs are space-efficient and can fit into tight corners.

Replace impermeable paths with gravel or permeable pavers to let rain soak in and feed the soil and invest in self-watering pots or containers with built-in reservoirs reduce the need for frequent watering.

With the UK's weather becoming more extreme, a smart garden balances the need to endure both drought and waterlogging.

For wet periods choose moisture-tolerant plants like astilbe, iris sibirica, hostas, and ligularia.

For dry spells opt for silver-leaved or small-leaved plants like artemisia, cistus, and salvias which are adapted to conserve water.

August might feel like the tail end of the gardening year, but it's actually a perfect time to lay the groundwork for a more sustainable, gap-free garden. By planting with future extremes in mind and harvesting every drop of water, you'll create a landscape that looks good all year and stands up to whatever weather comes your way.

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Sedgeford, Norfolk

The Big Sale at Allez Chic – don't miss out!

Just how many times have you wished you'd invested in a certain dress or pair of trousers and left it too late?

Allez Chic's Cheryl Daubney said: "August is definitely a good time to shop with us, as we have a range of discounts on Spring and Summer clothing which are perfect for ladies taking late summer holidays or cruises, and very wearable here at home when teamed with a sweater as the evenings get cooler.

"We are devastated that our best-selling brand MARBLE is ceasing trading after the Autumn/ Winter collections, so this will be the last chance to purchase anything 'summery' from this brand - especially the ever-popular jeans which at the time of writing, we have in stock, in white, in most sizes."

Don't delay and miss out ladies, head down to Allez Chic for some super fashion bargains this month!

Allez Chic, The Old School, Castle Rising, King's Lynn PE31 6AG

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24 AUGUST 2025

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The event this time is to raise funds for the RNLI. There will be a raffle (with some great prizes), fabulous stalls including textiles, pottery and poetry, stained glass, Tropic, cards, jewellery, makes and backs, knitting and crochet work and, for the first time, a demonstration of chainsaw carving which is a must see and items for sale.

The raffle is in aid of the Royal National Lifeboat Institution (RNLI) and members from Hunstanton RNLI will be in attendance to answer any of your questions and to give an insight in to the amazing work they do.

Lovely refreshments will be available throughout the day and proceeds from this will go to St Mary the Virgin Church in Sedgeford. I think you will agree it is going to be a very worthwhile event to attend.

The address of Sedgeford Village Hall is Jarvie Close, Sedgeford PE36 5NG. We look forward to seeing you there AND if any local businesses wish to donate a prize, please contact us via our email address which is sedgefordcraftfayre@gmail.com or by phoning Jacquie on 07944 576 767.

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Hunstanton EyeCare blog

It's just one month since we broke the news of our acquisition by Dipple & Conway. The first thing you may notice is that the telephone answering message has changed to say "Hunstanton Eyecare in partnership with Dipple & Conway, opticians and audiologists", so you know it's still the same old crew but with an addition!

Yesterday, I had the pleasure of spending the day at the D&C practice in Diss. The town has fond memories for me as Diss was where I ended up when I first moved to Norfolk in the mid-1980s. I had only been qualified a couple of years and work wasn't going too well. We always looked for jobs in the Optician magazine, and this one at Diss looked interesting, although I must confess, I had to consult the map to find out where Diss was! My new job meant moving house, but my lovely boss to be, Mrs Andries, owned a flat just outside Norwich and she kindly let her new employees use it until we got ourselves sorted out. At weekends I would go home to visit my parents, but when I looked at the gorgeous Norfolk sunset I wondered why I was going, and in the end Mum and Dad moved up to Norfolk too!

Anyway, why did I go to Diss? Because we will soon be going paperless at this practice. Now there's a challenge for my poor ol' brain. I know everything is computerised these days and I can see the advantages. For example, the reminder system, which used to be a very tedious and boring job for someone is now efficiently managed by



email and text, and there will be a letter if you have neither email or mobile phone, so saving a few trees in paper and the cost of postage. Matthew Conway was aghast that we still sent all paper reminders, he said he hadn't licked a stamp in ages, I had to correct him and state that we had advanced further than that as we have self-adhesive stamps these days! However, the point is that a lot of the mundane admin type work will be done by the computer, giving us more time to spend with our lovely clients. To see the whole system working effortlessly in Diss was very reassuring. The manager, Sally, another old friend of mine who I escorted to her dispensing exam many years ago, ensures the whole atmosphere of the practice was one of professionalism but enjoyment at the same time. One client even brought the Lemon Drizzle cake in for us, what a treat. So, although there is no obligation to come with cake, we will still provide you with great eyecare and aim to make the acquisition of spectacles a very pleasant experience.

We look forward to seeing you soon.

Annette



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It's been three unforgettable years since by the book first opened its doors on Hunstanton's High Street—and what a tale it's been!

With shelves stacked high with thousands of handpicked titles, this beloved indie shop has become a literary lighthouse for readers near and far.

Co-owned by locals Anna Pugh and Adrian Eden, (ably assisted on Saturdays by Will Simpkins), by the book is more than a place to buy books—it's a space where stories are swapped, friendships are forged, and imaginations roam free.

From recommending curated surprises to hosting unforgettable events, Anna and Adrian bring passion and personality to everything they do.

Last year Adrian and Anna opened their second bookshop and event space, *Write Around the Corner*, which expanded their capacity for stories, workshops, and creative gatherings, and they have already hosted writing workshops for adults and children that sparked creativity, collaboration, and curiosity —nurturing new voices and shared storytelling.

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Themed weekends- topics this year will include Cricket, Trains and Transport, Self Sufficiency and cookery, Mind, Body and Spirit.



Spur-tacular time at Hunstanton's first ever Wild West Festival!

Dani Crawshaw

Full disclosure - I am a big fan of country music and line dancing (although I've only done it once), so I've been looking forward to the town's first Wild West Festival.

Walking into the field at Glebe House School I see the marquee where a line dancing lesson has just begun. My chance to improve. Barbara and Robin Potter, who've been line dancers for more than 30 years, tell me to relax but get in the middle, "Because then you have someone to follow when you turn around." Robin tells me they used to do ballroom as a couple but with this style, "You're on your own - so the wife can't tell you 'you've stepped on my toes'," he jokes.



Amy Walton from Buckin Boots is the instructor and for the next half hour I attempt to follow. I mess up a few times (Amy promises me this doesn't matter, to just enjoy it). And that's what 8 year old Millie and her 3 year old sister Imogen from Wisbech are doing. "It's really good and I like the confusing dances, because they're more fun," says Millie. I don't necessarily agree with that, but I do agree it's fun.



Buckin Boots

Nearby on the main stage Stevie Daniels & The Wranglers from Peterborough have just finished their set. "Brilliant to open the festival," Stevie says. Lead guitarist Paul Ingrid adds, "The thing about today is it's really sort of a family event with people of all different ages, everyone can enjoy it. And it's great to see a country festival here happening."



Up next is Henry Smith's Country Dreams who praise the location. Drummer Greg Padmore says, "Lovely scenery, Norfolk has

always made us welcome, so it's great - we are really excited to be here."



I spot North West Norfolk MP James Wild sitting on a hay bale enjoying the music. "I wanted to come and support this event and am a big fan of country music. I've been fortunate enough to go to Nashville. I love live music and with country it's all about the stories, which I like." I ask where his cowboy boots and hat are. "I did look at some boots and I used to have a Stetson, when I visited Texas I got one when my sister lived out there for a while. So yeah I might get another Stetson but not sure about the boots!"

On my way to see the American car and truck display I bump into Elizabeth and Amelia, a mother and daughter from Wiltshire, who're visiting Norfolk for the first time. "So we saw the Country Chicks UK play a few weeks ago near where we live, my daughter fell in love with them. She broke up from school yesterday so I thought let's treat ourselves, so I booked a hotel for the night and thought we'd come and dance around. I want to have a go at a bit of line dancing, we like the fact that everyone can join in."



I spot a Phaeton Excalibur (think Cruella da Vil, 101 Dalmations) owned by Moreen and Brian Williams from Elm. "You get the wows when you drive around in this. When I first saw her, it was love at first sight. Both the wife and the car," laughs Brian. At 21 feet long though he admits it's hard to park. "I may have hit the bumper in a supermarket car park recently." (I love the fact he's taken it to do a food shop). He then tells me, "You've got to have a pink Cadillac once in your life, the one I have has the big cow horns on the front - if you're going to do it, you've got to do it right!" He also says I should invest in a cowboy hat, that "he's lost count of the number he has".

11 acts take to the main stage in total, and in the marquee there's also live music as well as Amy and others giving lessons throughout the afternoon into the evening. The



Ags Connolly on the main stage



The Tildens on the marquee stage

atmosphere is friendly and inclusive - I see a few impressive shirt fringes. I spot two year old Theodore a few times at various locations enjoying a dance. "He's a lone dancer though," says his mum Angelica, "I've tried to join him but he doesn't want me to! It's lovely to see him so happy, it's been a fantastic day." A line dancer in the making perhaps.

Each of the acts I chat to praise the organisers. Richard Dix, Programme Controller of KL1 Radio and KL Country, "Hopes this will be the first Wild West Norfolk Festival of many." Adding "I'm not much of a dancer though, I've two left feet, so I'll leave that to others!" And the dancing - by many others - went on well into the evening.



Just before the headline act Country Chicks (pictured below) took to the stage Richard Dix gathered the volunteers for a photo and thank you.



I leave daydreaming of driving a pink Cadillac to do my weekly shop, but as that's way out of my reach I console myself by investing in a hat and line dancing lessons. Bring on next year!

Photos: Ian Burt, Dani Crawshaw, T&A



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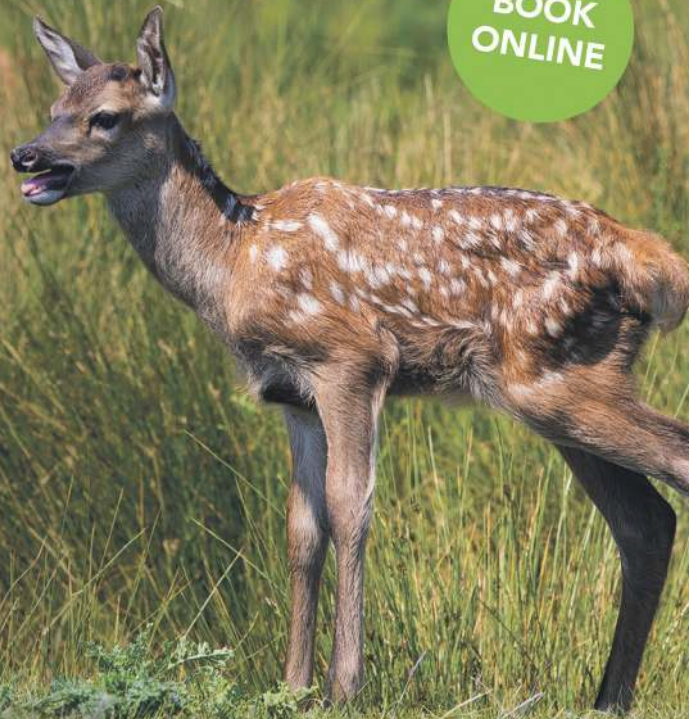


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News From The Barking Bugle

It's your trusty Norfolk repawters here, sniffing out sunshine, scams and serious stuff for all our fellow pups. From summer safety to sneaky thieves, we're barking about what really matters. Grab a treat and settle in — we've got tails to tell!

Keeping cool in Summer

Phew — it's hot out there, pals! I'm Ziggy Bear, and with this scorcher of a summer us pups need to stay cool and safe. That means early morning or late evening walkies (none of that midday madness!), shady snoozes and fresh bowls of water at all times. Oh — and NEVER let your human leave you in the car. Not even for a quick tail-wag — it gets dangerously hot in no time. Let's keep this summer pawsome and safe. You in?

Another Serious Issue: Dog Theft

I'm Miss Zsa Zsa and I've got some ruff news. 1,808 dogs were stolen in the UK in 2024 — that's five a day! While that's down 21% from 2023 (thanks to the new Pet Abduction Act which now treats dog theft as a serious crime), it's still far too many! French Bulldogs were the most commonly stolen, but other breeds like English Bulldogs, Staffies, Collies and Rottweilers weren't far behind. Sadly only 19% of stolen dogs are found!

Here in Norfolk, we had six dog theft cases reported to police in both 2023 and 2024. But in 2024, seven dogs were taken — one case involved two pups. Only one lucky dog made it home. That's heartbreaking. Worse still, no one's been charged yet, although some cases are still under investigation.

Top tips? Get microchipped, wear an ID tag (but don't put your name on it!) and keep your humans alert on walks. No slacking! Thieves often target dogs left tied up outside shops or let off lead in quiet areas. Some even pretend to be friendly before snatching us! That's why we're barking loudly: don't let your humans get too relaxed, even in Norfolk.

A Scam That's Gone to the Dogs

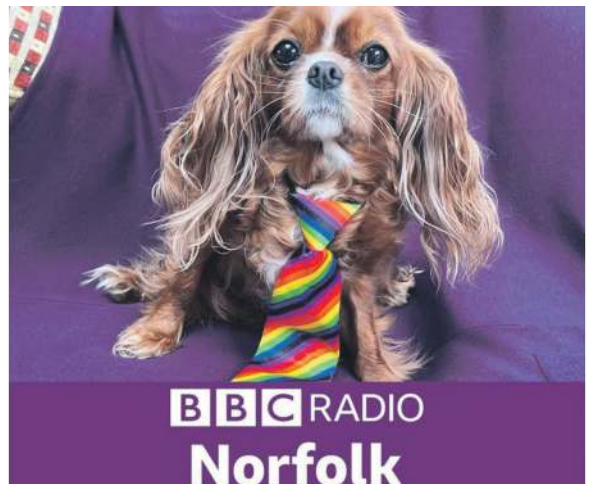
Speaking of chips, Ziggy and I barked our way onto BBC Morning Live after sniffing out a nasty scam involving Pet Network microchip data. Lots of personal info. has been leaked — a real tail-twister. Stay alert friends, and tell your humans to keep their details safe.

Is Norfolk Still Dog-Friendly?

Lastly, is Norfolk getting less dog-friendly? I was recently on Norfolk radio woofing about this very topic! Truth is from where I sit (usually in the beer garden)! I think we've got more pup-friendly pubs, cottages and wag-worthy walks than ever. The trick is making sure humans do their part — pick up after us, follow the rules and keep their noses out of their phones! If they do that then there's plenty of space for everyone to enjoy this beautiful county. What do you think? Are your paws happy in Norfolk?

That's all for now from the doghouse.

Woofs and wiggles from your four-legged correspondents, Ziggy Bear and Miss Zsa Zsa!



King's Lynn Runners Annual WW1 Battle of the Somme Commemoration

On the 12th July, a group from King's Lynn parkrun took part on what has become an annual pilgrimage to the Somme area of France, to take part in the 'Somme Poppy Run'.

The run, organised by local parkrun event director Gary Walker, follows a route through what was, in July 1916, 'no man's land', separating the British Army from the Germans, who had occupied the area for 2 years and who were well dug in, with bunkers 30 feet deep in places.

Following a supposedly devastating bombardment, the British Army, many of whom were 'Pals Battalions' made up of individuals who had been recruited from local communities across the country, expected an easy advance but the Germans were secure in their dug outs and the day was to end with over 60,000 casualties on our side, of which over 19,000 were fatalities, the highest loss of life ever experienced by the British Army on a single day.

The group, who meet each Saturday for parkrun in The Walks and on Sunday mornings as part of the Globe Trotters running group, took little persuading to take part, although the nature of the terrain did take them a little by surprise. Far from being the flat French countryside that many expected, it is quite undulating and all found tackling the steep slopes in the blazing heat quite challenging.

However, the thought of running up the hills was tempered by the memory of the British soldiers, tackling the same slopes on a hot summer morning, each of whom would have been loaded with over 60 lbs of equipment and who were also under fire from well positioned German machine guns.

The run finished at the magnificent Thiepval Memorial to the Missing, which contains the names of over 72,000 British and Commonwealth soldiers from the battle who have no known grave, where the group laid a wreath commemorating those who died in the battle, several of whom were from the town.

The visit this year was made even more poignant with one of the runners, Bethan Williams, visiting the grave of her great, great uncle, Sergeant Joseph Champs, who was killed on the 18th July 1916 and is buried in Danzig Alley Commonwealth War Graves Commission cemetery.

Gary Walker said "it was fitting that we should commemorate those who fought and died during the battle, in particular those from West Norfolk who answered the call to arms never to return."

The run was also part of a fund-raising event for the Royal Air Force Benevolent Fund.



The photograph, Somme Poppy Run 2025 shows: Back Row L/R – Paul Richardson/Tammy Mounsey/George Munson/Gary Walker/James Munson/Justin Gray/David Grimes. Front Row L/R – Bethan Williams/Leo Munson/Grace Munson/Akvila Cieleviciene/Lia Spark/Libby Spark

Thanks to the National Lottery!

We are incredibly grateful to The National Lottery Community Fund for their continued support of The Bridge for Heroes.



The amount by TNLCF was just over £19,000. We have been supported by them with this particular grant from 1st September 2024. Their generosity plays a vital role in helping us provide friendship, care, and a sense of community to those who need it most.

Thanks to this invaluable funding, we can continue to support our veterans and widows aged 60 and over, ensuring they are never left

feeling isolated or forgotten. Whether it's a listening ear over a cup of tea, a shared laugh during a game of dominoes, or simply knowing there's a place to belong, The Bridge for Heroes is proud to be a lifeline for many—and we couldn't do it without this support.

The Bridge for Heroes has a Drop Centre in King's Lynn located at 52A South Clough Lane (Facing St James Multistorey car Park) and is open- Monday- Friday 10am- 4pm, Saturday 10am-2pm. Contact numbers: Welfare - 0300 111 2030. Bridge Centre – 01553 760 230. Bridge Activity Centre - 07429544293

Together with The National Lottery Community Fund, we're building a stronger, more connected Armed Forces community—where everyone feels seen, supported, and valued.

From all of us at The Bridge for Heroes, thank you for helping us make a real difference.

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Dark skies of West Norfolk

Terry Parish

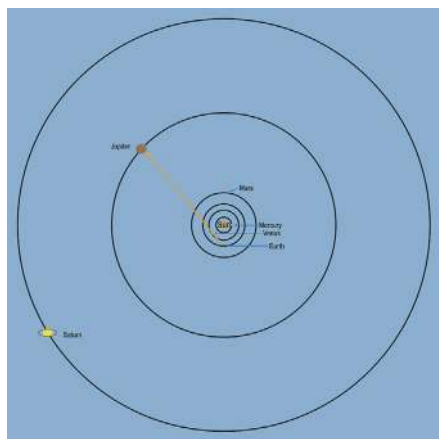
August and the nights are getting a tad longer so are darker earlier. However, significant things to see still occur, mainly pre-dawn.

One event, the peak of the Perseids meteor shower, does start in late evening of the 12th and carries on until dawn on the 13th. Unfortunately, the Moon will be almost full and its light will interfere. However, I have seen the Perseids in similar circumstances when intermittent cloud muted the moonlight and meteors could be seen in the darker patches of sky. The Moon rises after 9.30pm so early viewings might work better than usual.

This is the best shower so make an effort. Remember the rules: Turn off any outside lights and close curtains to reduce light spill from inside; use a red-light torch if you have one, acclimatise your eyes to the dark for 15 minutes and don't keep popping in and out (red tinted goggles are useful for necessary ablutions!), and sit on a bench or recliner. Meteors can appear from any direction but you will have to avoid the Moon so scan around. No doubt the best streaks of light will happen behind you.

In the first week, Mars is very low almost due west and, at magnitude +1.5 should be visible to good eyes and, certainly, binoculars. The sky will be dark enough by about 9pm but, within the hour, Mars will have dipped below the horizon. You won't see the God of war again until next year. Perhaps, warmongers will see it as a sign.

From the second week, look east from 10pm and see Saturn rising. By the end of the month, it will be ESE and high enough to clear buildings. The ringed planet will be higher later and in the early hours so why not try and find it on Perseid night? On the 11th the Moon will be to its left and a little higher. On the 12th, the Moon will be to the left of Saturn and, also, slightly higher.



The positions of the planets on the 12th. Notice the line from Earth to Jupiter via Venus. The two planets are in alignment and so appear next to each other in the night sky.
Internet



Around 5am on the 12th. Venus and Jupiter very close. Mercury rising. Stellarium

Now for the early risers. Venus and Jupiter are heading for a conjunction -togetherness. During the first week see the two brightest planets in the NNE. Jupiter shining at magnitude minus 1.9 and Venus 7X brighter at magnitude minus 4. You will have to view them between 3 and 4am.

On the 12th closest approach occurs and the two planets will appear less than an index finger apart (at arm's length) so Jove will appear to have netted his Venus. Not so simple, from Earth they appear to be aligned and both are on the same side of the Sun – we will be looking past the Sun towards them. Venus will be 143 million km distant and Jupiter 592 million km away. That is 449 million km beyond Venus so Jove needs long arms.

The last sentence is not just whimsical; Jupiter's gravity influences everything across the Solar System and the centre of gravity between the Sun and the gas giant lies just above the Sun's surface. Jupiter orbits the Sun but the Sun, just about, also orbits Jupiter.

After 12th, Jupiter rises higher and Venus sinks lower. On the 20th, just before 5am, find a Crescent Moon between Venus and Jupiter. The next morning, around the same time, Mercury pops up and the crescent Moon is just above its diminutive spark. Mercury is furthest away from the rising Sun on 19th and brightens to magnitude minus 1.3 by the end of the month.

So, early risers have lots to see in the pre-dawn sky. Just be aware that the Sun will be rising and you must not catch its light through any optical instruments.



Internet

If you have a telescope, including a birding 'scope, look for the beautiful double star Albireo. It is the 'eye', of Cygnus the Swan,

high in the sky and due south. An astronomical 'phone app will help you find it. An intense blue star close to a, larger, golden one. They are easily separated by a telescope but you won't see that the gold component is, itself, a triple star system.

Images taken by the new Vera C. Rubin telescope in Chile are being received in the UK via fibre optic cables which stretch across the Atlantic to California via Florida. These images begin their journey at the start of 103,000km of cable 2,600m up a mountain. Each image is 32 gigapixels large and takes 10 seconds to arrive. Every three nights the telescope will scan the entire southern sky and it will do this for 10 years. Successive images will be stacked (overlaid) so that fainter and fainter objects will be revealed. The telescope will be looking back billions of years into the past, perhaps even locating several appearances of Dr Who!



Vera C. Rubin telescope building Chile. Internet

Images of objects much closer in the Kuiper Belt, beyond Neptune, might confirm the existence of a Planet 9, a planet up to 10 times the mass of the Earth orbiting in the dark. It might, of course, confirm its non-existence. Huge ground-based telescopes are still ground breaking in more ways than one.



Inside. The reflecting telescope with the largest camera in the world. Internet

There is an asteroid, large lump of rock, out there (asteroid 2024 YR4), which was once thought likely to crash into Earth. That threat has receded but now the Moon might be the target and debris from the impact could affect Earth artificial satellites. The chance of this happening is just 4.3% which is considered significant. No need to invest in an unbreakable umbrella yet.

So, a meteor shower and Saturn at night, cozy planetary alignments before sunup. Darkening skies hint at things to come. Rain will be on its way.

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Children learn about marriage at a special 'wedding'

Dani Crawshaw

St Michael's Church in Ingoldisthorpe was the mock wedding venue for the year 3 and 4 children of Ingoldisthorpe School.

"Welcome to the wedding of the year" is how Reverend Mark Capron begins. Quite a start. It's definitely a service with a difference as the couple tying the knot are just 8 and 9 years old. The Reverend reassures them adding "this isn't a real wedding though, otherwise I'd get into trouble!"

Before the ceremony begins I chat to the mother of the groom Kirsty Preston, "he's excited for the big day," she laughs, "I think it's really sweet and they've really got into the spirit of it. It's been the talk of the school for weeks." The bride's mum tells me "she was very keen to have a fabulous white dress on."

At the church door is where I meet the 'wife to be' with her 5 bridesmaids, all a giggle of excitement. "I'm a bit nervous but also excited, it's a bit embarrassing doing it in front of my parents - even though I know it's not real," the eight year old tells me. The bridesmaids are also feeling a little nervous they say. "Not as much as I am," says the bride.

The organist starts to play so it's time to walk down the aisle, past more than 50 class members, friends and family. "It's not everyday the children partake in a mock wedding so we said to parents who might want to see them to come along," says Katie Eastward from Ingoldisthorpe Primary, "as soon as the class walked through the door this morning with their outfits and some with their bags, they were so excited."

For the next ten minutes or so there are hymns and readings from other children. Then the pair read their vows and exchange rings (hula hoops - which are quickly eaten). And to a round of applause they walk back down the aisle, with, I'll be honest, a slight look of relief on their faces.

Henry and Issac get to ring the bells, which they describe as fun. And once the confetti is thrown outside the church, the bride announces she's about to throw the bouquet. A group of girls gather behind her and 7 year old Lily catches it, "I think I win a prize," she turns and says. When I tell her the real significance she scrunches up her face and says, "oh no, I'm way too young to get married!" And runs off.

Afterwards, as squash and cake is served I catch up with the groom, Preston, who says he'll "drink all the orange squash he can in celebration". One of the children's grandmothers thinks "it's fantastic and lovely that they're learning these kind of things in a fun way." Any advice for the couple? I ask.



"Give and take - just get on really - laughing's good."

Before I leave the rector says it's been lovely afternoon and "a good chance for them to learn what a Christian marriage is, over the coming years they may go to weddings so they'll now know what to expect."

Walking away from the church I see the bride who shakes her head when I ask if she's looking forward to married life and then turns and giggles with her classmates.

Photos: Ian Burt



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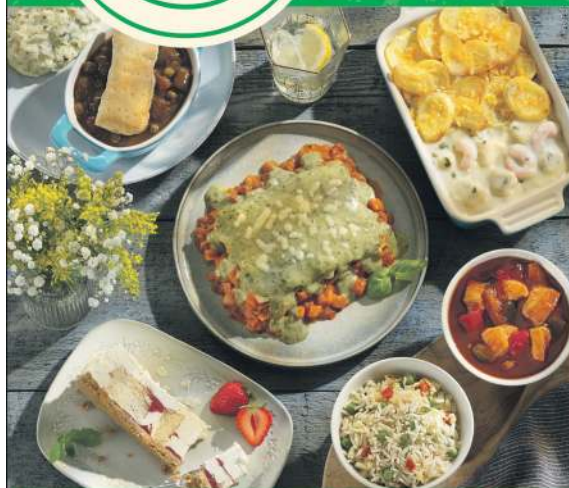
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Hunstanton Primary's take on Cinderella toe-tally charming!

Dani Crawshaw

Year 6's end of year play makes the audience laugh, boo, cry and cheer.

"You've a treat in store," headteacher Mrs Sullivan announces, and she isn't wrong. It's time for the annual play by year 6's, the 10 and 11 year olds who're about to leave the Primary School.

Before the children take to the stage to perform Sherlock & Cinders (a take on Cinderella where Sherlock Holmes and Doctor Watson help find the foot that fits the glass slipper) some of them come to chat. Oakley, who's playing Sherlock, is excited, "Because we get to perform in front of our parents after all the hard work we've done." His favourite part is when he 'kicks it all off' by saying the opening lines. Prince Charming (Leo) tells me 'he's got to act like he's in love with Cinderella' which he's a bit nervous about. When I ask if he's a good actor he answers "no" (after seeing him perform I disagree).

The classroom is full of excitement and nerves. Rachel (Cinderella) says she's 'terrified' and on hand is Miss Ashton to give a pep talk. "The most important thing now is you just enjoy all your hard work. If you're worried you just have to look at the back of the hall, that's where I am, if you're feeling nervous speak to me, sing to me, dance to me and if you make a mistake just smile and carry on. And at the end just really enjoy taking your bows because you deserve all that applause." She ends by asking if everybody got their feather boas. Sounds promising.

Meantime the school hall is filling with parents, who seem just as apprehensive. Dr Watson's mum (Charlie's) says she's 'nervous for him, I just want it to go well because he's worked so hard', his dad says he's 'very proud'. I overhear someone's nan say 'get the box of tissues ready' and a family opting to sit at the front because 'I've got to be able to see her'. The lights go down and it begins.

The children open with a song and dance, and for the next hour or so they entertain (all have their feather boas to hand). After some initial nerves they're full of smiles and enjoyment, the audience laughing, booing and cheering along. There's everything you expect from a school play - waves from the side of the stage, smiles shared between



children and parents and proud family members and teachers watching. And as someone who's impartial, the pupils are brilliant.

"It's just a really nice celebration of their time here," Miss Ashton says. "It's great for their confidence, we've seen them come out of their shell. Some of them have never danced before, a lot of them don't sing very often and now they're like their own little choir. I think they are phenomenal".

They've spent 6 weeks learning the songs and dances and Freddie who's Sergeant Bucket says he'll feel sad when it's all over. "It's been my dream to act my whole life, so I love it especially doing it with my friends. When I was in year 5 I was like I can't wait to do this next year. I don't want it to end, once we get that last clap I will be a bit upset". I've no doubt there are more performances in Freddie's future (and many of these children's).

There's plenty of applause at the end - and bowing (which the pupils definitely do enjoy). Elyssa tells me, "I'm really happy, it feels like we've accomplished something together." Ruby agrees and says the bows 'felt amazing'. I overhear one of the pupils say to Miss Ashton "I saw you had a tear in your eye, you can't deny it". And she didn't.

Three local ladies take on a Skydive

Rita, deputy manager from the Tapping House charity shop and Alison a volunteer for the charity, have both signed up to do the sponsored Sky Dive in September to raise money for the charity.

Rita has always wanted to do a parachute jump but never had the opportunity and when the Hospice advertised one happening, her and Alison both expressed huge interest in doing it too, so a plan was hatched!

It means that on the Sunday 14th September morning that Alison volunteers at the shop and Rita works, the shop will be without them, but they assure everyone they'll be back the following week!

Alison encouraged Rita or was it the other way around? - but both ladies are very excited and have been trying hard to reach maximum fitness levels ready for September.

If anyone would like to sponsor them, please pop into the shop and make a donation, or use the QR code or use the just

giving link below.
https://www.justgiving.com/page/rita-alison-hunnyshop1?utm_medium=FR&utm_source=CL



On the same day, Ruby Goold is also taking the plunge. She said: "I'm doing a tandem skydive, plummeting at 150 mph and then floating over the stunning Suffolk landscape.

This isn't just for thrills; it's to support the phenomenal Tapping House Hospice in Norfolk. Their care for my late mum was nothing short of exceptional, and they continue to provide an amazing service for countless others. Tapping House focuses on "living life to the end and bringing joy to patients' lives," delivering personalised care that truly makes a difference.

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National Treasure cuts the ribbon at the 2025 One Act Drama Festival

Sir Stephen Fry was the surprise guest at the opening ceremony at the Princess Theatre Hunstanton.



From left: Ian Gooda, Stephen P E Hayter, Stephen Fry & Andrew Natrass

A good sized audience filled the stalls of Hunstanton's Princess Theatre on Friday evening as Festival Director Verity Mitchell introduced, and thanked, the adjudicators, the staff and volunteers at the theatre and the ten groups who are set to perform over the three day event.

Having cut the ribbon to open the festival Stephen Fry told the audience about his early theatre experience. He explained that the only part he could have 'was non-singing because I unfortunately have Van Gogh's ear for music, but I proceeded to make something of a career of it, and I have never lost my absolute love of live theatre, and my respect for amateur theatre and for people who work so hard to bring theatre to their communities.'

"At a time when everything is digitised, when so much of our time is spent looking at screens where we have no idea what is, or is not real, we can guarantee that theatre is. And that is something beyond price and as years pass AI, and deeper and deeper fakery happens, we will more and more value the extraordinary pleasure of the community coming together, sitting next to each other, looking at real people on the stage who are performing just for them, at just that moment, and that's the magic of theatre, and it has never really been superseded by anything else. Ask any actor and they tell you that their greatest joy has always been when they have



Sir Stephen with the committee

performed in the theatre."

The festival celebrates all that makes up amateur theatre, with adult and youth performances that encompass both original and established works.

Kicking off the festival were 'The Up Themselves Theatre Company', who presented The Adjudication by Penny Alexander. It did not disappoint. From the moment the curtains opened the audience were laughing and clapping at the three actors (Ian Gooda, Stephen P E Hayter and Andrew Natrass) who are in fact the adjudicators of the whole event. Wow, how very brave! Sitting next to me, my husband said "That's the best comedy I've seen for ages."

Festival Director for 2025 Verity Mitchell said: "We were thrilled when Stephen Fry accepted our invitation to open the Festival but it was a tough job keeping his appearance under wraps until the night. What a lovely surprise for the Festival and for Hunstanton"

Repairing to the bar the conversations were enthusiastic and Sir Stephen posed for photos with theatre goers and the committee; you'll see they all have broad grins - but I can't print what he said to make them smile....

At the conclusion of the festival Verity added: "It's been a great weekend of varied and exciting competition between the groups and we can't wait to do it all again next year. Thanks to the generosity of Brian Hallard and the Princess Theatre staff and the support of our wonderful audiences this year, it looks like we're on for 2026!"



Sir Stephen with Verity Mitchell

You can find out full list of awards at www.oneactdramafestival.com

Photos: T&A



Music from David Young - Solosaxclarinet

David Young provides unique musical entertainment on clarinet, tenor saxophone and wind synthesiser. The instruments are accompanied by pre-recorded musicians and covers all tastes from jazz standards, film/show music, Latin (cha cha, samba, bossa nova), ballroom and upbeat pop music from several decades.

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More information on www.solosaxclarinet.com





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Bringing hearing care closer to home across Norfolk

For many people, hearing loss is more than just a medical issue — it can quietly affect confidence, relationships, and quality of life. Everyday conversations become more difficult, and some people begin to avoid social events or time with loved ones altogether. It's a situation Sound Advice Hearing is working hard to change.

As an independent audiology provider based in Norfolk, Sound Advice is committed to making hearing care more accessible — not just in larger towns but also in the communities that are often underserved. Alongside their established branches in Norwich and King's Lynn, Sound Advice has

recently introduced new hearing day centres in Holt and Cromer, with additional centres opening imminently in Hunstanton and Downham Market.

These day centres offer free hearing tests to anyone over the age of 18, along with a relaxed and informative consultation with a qualified audiologist. Appointments must be booked in advance, which can be done easily by phone or through the website at www.soundadvicehearing.co.uk.

There's no pressure or obligation to buy, but those who do need hearing support benefit from Sound Advice's access to a wide range of manufacturers — not just one or two — as

well as the latest technology. Free trials of hearing aids are also available, giving people the chance to find what works best for them.

By expanding into more towns, Sound Advice aims to ensure that no one in Norfolk is left out of the conversation. With the right support, hearing loss doesn't have to lead to isolation — and everyone deserves to enjoy the sounds that make life richer.

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Town Commemorates VJ Day

Gary Walker

A Service of Commemoration, to mark the 80th Anniversary of the VJ Day and with it the end of the Second World War, will take place at 10:45 am on Friday 15th August 2024, in Tower Gardens, King's Lynn.

The Borough Mayor, Cllr Andy Bullen, will be present to welcome all to the service, which commemorates those from the local area who fought in the Far East during WW2, many of whom suffered terribly as POWs in the most appalling and inhumane conditions and were never to return.

Indeed, many of those prisoners were from the 4th 5th and 6th Battalions of the Norfolk Regiment, who sailed for Singapore at the start of the war against Japan, only to be taken prisoner shortly after arrival.

The Battalions, comprising approx. 2,000 men, of whom at least 600 were to die working on the infamous 'Burma Railway' known to those who were there as the 'Death Railway'.

With the focus having been very much on the war in Europe, which had ended several months earlier, those who survived found themselves largely ignored on their return.

However, the 15th August is recognised as marking the end of WW2 and it is right that we should commemorate those who served from the area, in what was generally known as the 'Forgotten Army'.

Family members of those who served will be in attendance, together with members of the Civic community for the laying of wreaths and it is hoped that as many veterans and members of public will also attend, ensuring those who served in the Far East in WW2 are never forgotten.

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Dragonfly Meadow installation comes to The Sandringham Gardens

Liz Brewer

Celebrate life and remember loved ones.

This summer, Tapping House, is honoured to present our Dragonfly Meadow - a breathtaking commemorative installation of 4,000 handcrafted steel dragonflies in the beautiful gardens at Sandringham.



Each dragonfly will represent a life, a memory, a story - offering a powerful way for our community to celebrate or pay tribute to loved ones no longer with us. Installed between 21st August and 14th September 2025, the display forms part of our 40th anniversary celebrations, honouring four decades of care, compassion, and support for families across Norfolk and North Cambridgeshire.

Created in partnership with The Sandringham Estate and renowned Eminent Master Blacksmith Nigel Barnett from Fransham

Forge, this striking installation will transform a section of the gardens into a sweeping display of dragonflies. Each sculpture, measuring approximately seven inches wide and standing approximately three feet tall, will become part of a unique and moving tribute set within a tranquil space of reflection and remembrance.

For just £36.50, you can reserve your limited-edition dragonfly in memory of someone dear. Your tribute will join thousands of others in this shared celebration of love and life. After the installation concludes, your dragonfly will be yours to keep - a lasting symbol of remembrance for your home or garden. Each is affixed to a steel pole, allowing for easy placement. Dragonflies can be collected from the Hospice or posted directly to you.

Why your support matters

By supporting the Tapping House Dragonfly Meadow, you help us continue to deliver essential, compassionate care at home, within our Hospice, and through a wide range of support services. Unlike many NHS services, we receive less than 25% of our funding from the Government. This year, the cost of providing our care will reach £6.4 million. We must raise £4.8 million through fundraising to ensure our patients receive the support they truly deserve.

Here's what your support can provide:

£40: One therapy session at our Tulip Centre
£100: Six hours of care from a Palliative Nursing Assistant
£700: One day of specialist inpatient care for a patient

Victoria Rush, Head of Fundraising, shares: "Each dragonfly is a deeply personal tribute. It represents someone loved, someone missed, and someone remembered. It's also a beautiful keepsake - a symbol of peace and comfort for all those we care for. We invite everyone to join us in creating a moment of beauty and reflection

this summer."

A place of life, not just goodbye

Outpatient Karen Flinders describes her experience at Tapping House: "The Hospice, out of all my support, has been the biggest support. Everyone thinks hospices are about death, but they're not. Far from it. They are places of life, joy, and celebration. Yes, I'm getting 30 fewer years than I should have, but the last two years have been amazing - and that's thanks to the Hospice."

A symbol of hope and transformation

This 40th anniversary is a milestone for Tapping House. The dragonfly has been chosen not only as a symbol of remembrance but of resilience and transformation. As life changes, often through grief, the dragonfly reminds us to embrace each moment and carry forward the love of those we've lost.

To reserve your dragonfly and be part of this moving tribute, please visit:
www.tappinghouse.org.uk/events/dragonflymeadow

You can also scan the QR code, call 01485 601701, or email the Fundraising Team at fundraisingteam@tappinghouse.org.uk



Thank you for your continued support. We look forward to welcoming you to our Dragonfly Meadow at Sandringham Gardens from 21st August to 14th September.

Sporting corner with Tim Keogh

Heacham Table Tennis Club season reaches exciting finale

Table Tennis is a very popular sport and a great way of keeping fit. Originating in England in the late 19th century as an indoor alternative to Lawn Tennis, it was played mainly by the upper classes. Its popularity soon spread to Europe and Asia, booming in China and Korea in particular, and is now a worldwide sport. Table Tennis has been an Olympic sport since 1988.

The local league season started way back in September and culminated in a finals evening, awards, presentation and buffet on Monday, 30th June.



All winners

Over 50 people attended the night, with some high quality table tennis on display in what was an extremely hot evening leading to some amazing table tennis as players applied more attacking strategies to try and conserve energy.



Back row from left: Jim Race (Organiser), Stephen Hunt (Hard Bat Doubles Winner), Phil Ball (Hard Bat Doubles Winner & David Bourne Memorial 'Player of the Season' Trophy), Stephen Jackson (Organiser)

Front Row from left: Kevin Saunders (Handicap Singles Winner), Finlay Hewson (Open Singles Winner), Janice Howell (Open Plate Winner), Michael Minns (Malcolm Diggins Special Merit Award)

The Opens Singles Final proved to be a high quality affair as youngster, Finlay Hewson, took on the more experienced Leigh McDonald. Despite flashes of brilliance from McDonald, Hewson proved he is most definitely the new kid on the block as he prevailed 3-0.

The League title went to the Counter Hitters - Paul Waterman, Ian Rix, Tony Trayford, Tim Atkinson and Finlay Hewson - with Heacham Knights runners-up.

Janice Howell won an exciting Open Plate Final against Kerry Smith in a five set thriller, whilst there was an upset in the Handicap Final, as Kevin Saunders managed to recover from crucially going behind to come back and beat Finlay Hewson, 36-34.

The Hard Bat Doubles Final - which involves players using the more

traditional bats - proved to be an extremely entertaining affair as Stephen Hunt and Phil Ball beat Tim Atkinson and Paul Waterman in four sets.

The popular league was set up by Malcom Diggins over forty years ago and he played homage to the organisers, Jim Race and Stephen Hunt, for taking the league to a new level and without who's dedication the league would simply not exist. Over thirty players take part and it goes from strength to strength.



The annual Malcolm Diggins Merit Award was deservedly presented to the ever popular Michael Minns.

All the players recognised the efforts of Jim and Stephen, as Leigh McDonald presented them with well deserved awards at the end of the evening.

The David Bourne 'Player of the Season' Award went to Phil Ball.

The club accommodates those who wish to take the game seriously through to those simply wanting to enjoy a game of table tennis. The club welcome players of all ages and abilities, with sessions ensuring players of a similar standard are grouped together accordingly.

The new season starts with practice and 'knock evenings' in August. For more information or to get involved, please contact Jim Race on 07950 032292 or by email at jimrace@jayars.co.uk

Photos: Ian Burt

A monthly rear-view mirror take on the local bowls scene by Kev Johnson

Looking back through the records of bowls leagues in the area, and indeed those of the Oasis, shows how far participation has fallen over the not-too-distant past. For example, when I first joined the Oasis, there were two sessions for two divisions in the evenings, AND the weekends, when Mr Arthur Daw the patriarch of the still running Albert Victor League, and landlord of the eponymous pub, ran four sessions of EBF bowls.

As an aside, I played my first bowls game aged 17 at the Albert Victor, where my dad played, in a friendly against the local police. Now those who read an earlier ramble about 'The Cott,' (keep up at the back) will know that we used to play a money end for a penny. By way of great skill, ok, luck, on my part, I drew onto the cott, only for Dad to fire me off. A quick conflag on the law, by the law, decided that that action wasn't cricket (eh?) and that I should be given the money anyway. To this day I still have this as my first trophy.

It is a fact that all organised sports are finding difficulties in retaining participants, with a few exceptions, which has the knock-on effect for bowls, which was the traditional home of older folks once joints made football or cricket more difficult.

There are pockets of youngsters playing bowls; the County still, just, fields an under-25 indoor team, and my outdoor club has a 16-year-old playing, for example, but new blood is needed by all. The Hunstanton Tournament had another 16-year-old reaching the singles semi-final, so all is not lost.

Come aboard, the weather is lovely!

Hugely successful Bowls Tournament in Hunstanton

The annual Hunstanton Bowls Tournament proved to be yet another success. The improved and immaculate greens - thanks mainly to local groundsman, Jonny Ives - ensured a high standard of bowls throughout the week.

Over 100 players converged at the scenic Cliff Parade Bowls Club from 5th to 11th July to compete in the Open, doubles, triples and junior events. Players, ranging from teenagers to octogenarians, travelled from as far away as Nottinghamshire to compete.

The tournament, which has taken place since the early 1980's, proved equally popular amongst the throng of spectators who visited throughout the week to sample the high quality of bowls on display whilst enjoying the refreshments on hand from the nearby Salad Bowl Cafe & Ice Cream Parlour.

In the end, local bowler, Graham Keeley, managed to achieve a hat-trick of wins as he won the flagship Open event for the third year on the trot, beating Wootton Park Bowls Club colleague, Richard Frohawk, 21-17 in the final. Frohawk actually trailed 18-10 at one point, but Keeley found his nerve to secure the title once again. He said, "really pleased to lift this wonderful after trophy once again at this wonderful tournament".

Smooth bowler and exciting young prospect, George Almey (16), fell agonisingly short at the semi final stage but managed to reach the Juniors Final, losing to Aidan Brickles.



Men's Pairs (Eric's Fish & Chips) - B. Footer/P. Harrod

Thanks must go to all the key sponsors, the welcoming Cliff Parade Bowls Club and most importantly, Sue Clare and her team of helpers who work tirelessly throughout the week, on some days from 7am until 9pm. Sue said, "really enjoyed this year's event. Thanks to all the players, spectators and volunteers who ensure the tournament is as popular as ever. Also a big thanks to Jonny Ives as the improvement in the quality of the lawns was noticeable by all. See you all again next year".

To participate in next years event, please note the closing date for entries is 1st April. For more information, please email Joe Murfitt at joe.murfitt@alivewestnorfolk.co.uk



Open Singles (Sponsored by Stories of Lynn) Graham Keeley

Roll of honour

Open Singles (Sponsored by Stories of Lynn) - G. Keeley
 Junior Singles (Stories of Lynn) - A. Brickles
 Men's Pairs (Eric's Fish & Chips) - B. Footer/P. Harrod
 Ladies Pairs (Alive Oasis) - C. Gollands/J. Clifton
 Mixed Pairs (Searles) - R. Frohawk/K. Shepherd
 Men's Triples (Thornalley Funeral Services) - K. Crane/K. Crane/M. Allen.
 Ladies Triples (The Salad Bowl & Ice Cream Parlour) - C. Gollands/ G. Bevis/J. Clifton
 Mixed Triples (Hunstanton Town Council) - D. Isley/J. Clifton/Mrs Isley
 Consolation Pairs - G. Ward/L. Humphreys

Cricket report

Sandringham & Dersingham Cricket Club welcomed the touring Melbourne based Crusaders on Sunday in the Robert Fellowes Memorial Shield.



Robert passed away last year and his wife, Lady Jane, who lives in Snettisham attended the match. Robert was a very good friend of Crusader's delegate John Mackinnon sharing a tremendous sporting relationship for over 40 years. John said, "we were delighted to visit the wonderful Sandringham ground in memory of my good friend Robert".

The tourists are in the middle of a busy 20 game plus schedule, which has included games against the likes of the MCC. Having won more games than they have lost thus far, John added, "it has been a physical, mental and intellectual challenge but everyone has thoroughly enjoyed the trip and we thank all of our hosts. Cricket has been the winner. We have only lost one player so far but managed to locate him asleep in his hotel room".

For the record, a strong Crusaders team - who have fielded internationals such as Shane Warne in the past - won the match, with

Sandringham & Dersingham Chairman, Adrian Nicol, saying, "we were pleased to welcome the Crusaders Australian touring team to our Sandringham ground for the first time Crusaders proved to be too strong on the day. However new friendships were forged and we look forward to welcoming the Crusaders team back in the near future. A wonderful day's cricket enjoyed by all".

Locally, all senior cricket team's remain in the mix in their respective Divisions in the Norfolk Cricket Alliance. In Division Two, both Sandringham & Dersingham CC and Bircham CC will need strong finishes to the season to remain in contention for promotion.

In Division Four, Snettisham face a similar scenario, whilst in Division Five, debutants Thornham are starting to show they are legitimate promotion contenders.

Snettisham Women are performing well this season and looking to secure the title in the Shell UK Norfolk Women's Cricket League.

The cricket season reaches a climax at the end of August and Town & Around will be publishing a roundup of all the winners and losers across all local 1st XI's, 2nd XI's, Sunday XI's and Women's teams.

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Sporting corner with Tim Keogh

Football update

Heacham Football Club hosted a Family Fun Day on Saturday, 12th July as the first team took on Parson's Drove FC in a pre-season friendly.

Bouncy castles, stalls, a fairground games stand, children's activities and a barbecue manned by Chairman, Mark Pishorn, were all on offer to create a festival atmosphere.

On the pitch, a new look Heacham FC's season has started in earnest with two friendlies played at the time of going to print. On Tuesday, 8th July they drew with Castle Acre 2-2 (Callum Robinson and Toby Hilliard) and on Saturday, 12th July they earned a creditable 1-0 win against Parson's Drove, with ex Holbeach player, Callum Wright, notching. Heacham have been drawn at home in the early rounds of the FA Cup and FA Vase, facing Newmarket Town (2nd August) and Ely City (23rd August) respectively. Their league season starts on Saturday, 26th July with a trip to Hadleigh United followed by a mouth watering home derby against local rivals, Fakenham Town (7.45pm Kick off on Tuesday, 29th July).

Heacham Supporters Club are also inviting people to sign up for just £5. Membership includes entry into prize draws throughout the season and various discounts at local businesses. For more information, please contact Denis Cooper at deniscooper06@aol.com.

West Lynn FC U10's have been crowned national champions in a recent tournament at England FA's national headquarters at St. George's Park in Burton. Having won a qualifying event from over 40 teams at Skegness, they won the finals overcoming



other regional winners. Proud manager, Danny Barr, said, "really pleased for the boys who

earned the win, and for them to enjoy St. George's Park was the icing on the cake".

The annual Holkham Hall Half Marathon returned on the weekend of the 5th & 6th July

The Outlaw Half Holkham weekend hosts a range of events against the backdrop of Holkham Hall near Wells-next-Sea, with the aim of providing challenges for the experienced, a fun occasion for the novices and introducing youngsters gently to combined sports.

On Saturday, the Outlaw Gravel Sprint took place (750 metre swim, 10k bike ride and 5k run) along with the Holkham 10k run and Future Outlaw event for younger competitors.

On Sunday, the award winning Outlaw Half took place - a 1.2 metre swim, 56k bike ride and 13.1k run that weaved through the local countryside and villages putting hardened contestants to the real test, whilst there was also an Aquabike event that 'just' includes the swim and bike ride!

There was a lively atmosphere created within the event village where a number of eateries, stalls and entertainments were laid on throughout the weekend. Over 200 participants took part across the weekend in front of throngs of spectators and onlookers.

The hardest event, the Outlaw Half, was won by Raul Metcalfe in a time of 3 hours and 58 minutes, whilst Vicki Wallace won the ladies event in a time of 4 hours and 35 minutes. David Narborough was the first man home and Claire Frankland the first lady back in the 10k race. Donald Brookes and Jessica Fidler won the mens and ladies events in the Aquabike respectively and Malachi Cashmore and Ruth Annes in the Gravel Sprint. Junior winners included James Watts, Oliver Nakagawa, Claire Frankland and Ellie Tansley.





Local Runner and Postman Digby Frammingham was recently selected to run for the England team at the Great North 10k Run.

The 62 year old, who lives in Dersingham, earned the prestigious opportunity to represent his country in the over-60 category at the event on 6th July, a race that coincidentally fell on his birthday and attracts over 5,000 participants.

Unfortunately, Digby had to pull out due to a calf injury but hopes to be selected again in the future. Digby is this month's In the Spotlight personality.

Full Name: Digby Frammingham

Age: 62

Star Sign: Cancer

Where born: Heacham

Where live: Dersingham

Occupation: Postman

Family: Yes between my wife Kathy and I we have quite a few children and grandchildren!

A Cats or dogs person: Dogs

Sports Team Support: Manchester United

Worst injury: Plantar Fasciitis, was so painful to walk and was unable to run for nearly a year.

Hero: My son Charlie, he inspires me to keep running.

Hobbies/interests: Running and playing drums in a band called Tattooed Lies

Favourite band/singer: Ghost

Favourite film: Rite Here Rite Now - Ghost

Favourite holiday destination: Cyprus

Three items for a desert island: 2 pairs of Running shoes and a pair of drumsticks

An interesting fact about yourself nobody knows: Now that would be telling!

Worst habit: Ask my wife.

Biggest achievement in life: My family

Best advice ever given: Give it a go

Like to live forever: No, just to live life to the fullest.



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Hunstanton Bowls Club. (Cromer Road).

125 years and counting!

Janet Kendal

On what was (almost) the hottest day of the year members gathered together for a fun afternoon of bowling followed by a barbeque to celebrate the 125th anniversary of the club. The success of the event has led to calls for it to be an annual event! Many thanks to all those involved in the organisation but especially to Mo and Alan Stokes for the wonderful barbecue.

Leagues matches, and county & club competitions continue apace with varied results! But the ladies continue to lead the way, at present, with the team at the top of the King's Lynn & District league and a Triples block having qualified to represent Norfolk (and of course Hunstanton!) at the National finals at Leamington Spa in August. Well

done to Mo Stokes, Debra Wright and Margaret Hunt.

The new Tuesday afternoon friendly league which started this season is proving very enjoyable & popular with bowlers from several local clubs joining in the fun - and don't forget, if you are interested in giving bowling a go, pop along on a Tuesday afternoon or a Friday evening to see what's on offer. Coaching sessions are also available on a Wednesday afternoon.

(Contact Dave on 07508 134099)



Armchair Sports Trivia



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

QUESTION: With the new football season just around the corner, why did FIFA ban Cameroon's kit at the 2002 World Cup?

ANSWERS TO: editor@townandaround.net or by post to:

The Editor, Town & Around,

18 Tapping Close, Snettisham PE31 7FF

Please note we do not accept entries by any social media channels or text message. **CLOSING DATE 15.08.2025.**

Last month's question was: In which sport did Richard Bird once achieve recognition in the Guinness Book of World Records?

The story is as follows: On Richards 42nd birthday he set out to beat the existing world record of running more organised marathons in 52 weeks than the previous world record holder Jay Helgeson of USA.

Richard broke the existing 53 marathon record and ran 71 in the year, including five back to back and on the last day London in the morning and the Shakespeare in the afternoon - two organised marathons in one day.

To be recognised by the Guinness Book of Records every marathon had to be an organised public event and substantiated with at least three pieces of evidence. (so running two half marathons in the day would not count).

On completion Richard was asked by his hometown to organise the Luton International Marathon and to help promote that event he continued to run marathons all over the country and beyond, and although not setting out to establish another record, he completed 100 full marathons in 112 weeks. For the purposes of this competition either answer would be eligible.

The first correct answer pulled out of the hat was from Tony Goddard in North Wootton. Congratulations Tony.



Richard at home in Snettisham with some of his marathon medals

5k Race for Life at Houghton Hall

Tim Keogh

The fun run attracts seasoned runners and first-time participants alike all with the same aim, raising money for a very good cause, Cancer Research UK. With nearly 500 runners taking part, raising over £35k in the process, this year's event on 24th June, proved to be a huge success as people ran in an array of colourful and creative outfits.



Fairstead Primary School runners - Photo credit: Ian Burt

With almost everyone affected directly or indirectly by cancer, Cancer Research UK provides invaluable support in the battle to beat cancer. A sobering statistic is that nearly one in two of us will get cancer in our lifetime, with support for research to help beat it crucial. Every single pound raised supports life-saving research, which has doubled cancer survival rates over the last 50 years.

Patrick Keely, Cancer Research UK's spokesperson in the East of England, said, "we are grateful to all the runners and supporters who took part in King's Lynn Race for Life and helped raise vital funds for research. It was a great event at a stunning location and the beautiful weather saw a good turn-out of men, women and children enjoying the event and raising invaluable funds for Cancer Research UK. Our thanks to the venue for their support and we look forward to returning in 2026".

Every year, around 37,400 people are diagnosed with cancer in the East of England alone. Patrick, added, "whether people are living with cancer, taking part in honour of or in memory of a loved one with cancer, in it for the medals or just for the fun of fundraising, there is a place for everyone at all our Race for Life events".

Since it began in 1994, more than 10 million people have taken part in 3k, 5k and 10k Race for Life runs across the country, contributing millions of pounds towards life-saving research.

Cancer Research UK funded scientists led the development of the Human Papillomavirus Virus vaccine, which is expected to prevent almost 90 per cent of cervical cancers in the UK. The charity was a key player in the development of radiotherapy which now benefits millions of cancer patients worldwide. Cancer Research UK played a leading role in the development of abiraterone - a drug that gives men with advanced prostate cancer more time with their friends and family.

Andy Curran, Chief Executive of Standard Life, part of the Phoenix Group, said, "we are incredibly proud to continue as the headline sponsor for Cancer Research UK's Race for Life programme, with the opportunity to encourage participation across the country. By working to raise funds for life-saving research, we can move towards a future where people live longer and enjoy better lives, free from the fear of cancer".

For more information or to sign up for an event, please visit www.raceforlife.org

Right: Fairstead head teacher Daniel Farthing

Photo credit: Ian Burt



10th Hanseatic Festival of Watersports

Tim Keogh



Photo credit: Ian Burt

The Hanseatic Festival of Watersports celebrated their 10th Anniversary over the weekend of 21st & 22nd June with powerboat, water ski and jet ski racing on display.

Participants travelled from across Europe and further to take part in what proved to be the then hottest day of the year.

Once again, it was Australian, Cameron Nix, who won the flagship F1 Water Ski Gold Trophy along with Belgian driver, Nico Bertels. Making it a good weekend for the Australians, current world champion, Nellie McMillan, won the flagship Ladies event, whilst local racer, Jordan Allen, won the Ladies Open. On Day Two, local youngsters, Darcy Manchett (U15's) and Luca Manchett (U12's), continued their good start to the season winning in their respective age categories.

Thousands of people lined the quayside to take in the action whilst enjoying the many refreshment marquees, eateries and bars along the river front. A flyover by a Lancaster bomber took place on Saturday afternoon, with a concert and fireworks in the evening.

A crash late on the final day brought the event to an early close. Fortunately, the rescue boat was straight on the scene and managed to rescue the racer moments later. The Air Ambulance attended and airlifted the racer to Addenbrooke's Hospital.

A Flower Festival -with a difference!

We would love you to join in!

St Nicholas church Dersingham are inviting you to try your hand at making a simple arrangement - no competition - the arrangements will have a section of their own in the Flower Festival. Entry forms can be found at the back of church.

Make your choice from the list of Classes, complete an entry form and post it in the Flower Festival post Box at the back of church :

Class 1 A "Line" arrangement with 5 flowers

Class 2 An arrangement in a Natural or Unusual container

Class 3 An arrangement portraying "The Seaside"

* Closing date for Entries is Sunday 31st August

Everyone is welcome to join in - the more the merrier!

For more information contact Yvonne Fuller 07971 896653, Val Coleby 07787 360809 or Anne Hynde 07885 956321

Snettisham Art Group

2025 SUMMER ART EXHIBITION

with associated crafts will be held at the British Legion Hall, Church Road, Snettisham Bank Holiday Friday to Monday 22nd to 25th August

OPEN from 10.00am until 5.30pm each day

Entry Free - Donations welcomed for British Legion

Telephone Les. on 01485 572370 for further details

Explore Ringstead's Past

A Walk through the Village to discover more about Ringstead's buildings and their origins and development

Sunday August 10th at 2.30pm



We will walk from the Village Hall to the Village Sign and back, looking at buildings from the street, and along Foundry Lane, and back to the Village Hall for a cup of tea or coffee and biscuits.

Everyone is welcome

More details from wmjacob20@gmail.com

Hunstanton u3a

We do not hold a meeting in the Community Hall in August. However we will be pleased to welcome you to our September meeting on Monday 15th at the Community Hall, Avenue Road, Hunstanton at 2.00 pm when Kate Craven will be talking about the RNLI - a very important part of Hunstanton community. Did you know 50% of people who get into difficulty off our coast had not intended to get wet!!

More info: website hunstantonu3a.org

BAT evening

The PCC of St Andrew's Church, Little Massingham are holding a special bat evening in the church on Saturday 9th August at 7.00 pm. This is a family event with a specialist bat handler who will give a short talk, and set up cameras so those attending can encounter and learn more about the bats as they leave their roosts.

St Andrew's Church

Church Lane

Little Massingham

PE32 2JT

Saturday 9th August at 7.00 pm

Refreshments available.

Families welcome

Join us for...

A fascinating talk

Live camera feeds

Real bat encounters!

Event by donation



A SPECIAL BAT EVENING
ST ANDREW'S CHURCH LT MASSINGHAM

Saturday 9th August at 7.00 pm

Join us for...

- A fascinating talk
- Live camera feeds
- Real bat encounters!

Event by donation

Refreshments available. Families welcome!

Church Lane, Little Massingham PE32 2JT

FLOWER FESTIVAL
St Nicholas Church Dersingham
11th-14th September

"Read It! Read It!! Read It!!!"
it's all about books!

Church Open Daily
10am - 4pm
Sunday 12noon - 4pm

Stalls & Refreshments
Thurs-Sat Only

Children's Activities
Saturday 2-4pm

St Nicholas Church
Little Massingham PE32 2JT
www.stnicholaschurch.org.uk

NEWS FROM BRANCASTER VILLAGE HALL (BVH)

Geoff Wingrove

This has been another extremely busy time for BVH, with a wide range of activities taking place. The regular groups continue, including Yoga, Coffee Morning, Beginners' Pilates and the mobile library van. (Times and details online: see below).

Future events

80th Commemoration of VJ Day: Saturday 16th August 2.30pm to 4.00pm. A talk by Brigadier (Ret'd) David Wakefield entitled "The End of the War in the Pacific". Admission free and complimentary tea and cakes at 2.30pm.

Bank Holiday Party: Monday 25th August 2.30pm to 8.00pm Pimms tent and a stupendous barbecue; music by Sidewalk 6.00pm to 9.00pm.

FROM THE BRANCASTER PARISH ARCHIVE: PHOTOGRAPHY AT THE TITCHWELL RSPB RESERVE

Titchwell marshes, since the RSPB developed them as a reserve, have been a magnet both for those who want to watch birds and for those who wish to photograph them along with the other special wildlife species and flora that thrive in this environment. This article follows last month's "A Brief History of Titchwell Marsh" and features local wildlife photographer and enthusiast Gary Roberts. Gary has seen the reserve at Titchwell develop over a number of years. Although Titchwell is predominantly known for its birdlife, it is also home to other animals, insects and plants of great interest. The reserve also undertakes an important conservation role in the protection of all its inhabitants and visitors from the natural world.

The RSPB's initial interest in Titchwell goes back to 1970 when a pair of Montagu's Harriers, Britain's rarest breeding bird of prey, nested on the marshes; this interest resulted in the RSPB purchasing the site in 1973 so that it could be developed into a reserve. Although the Montagu's Harriers moved on, by this time their place was taken by a pair of Marsh Harriers - at that time an equally rare breeding bird - and the new reserve became a strong attraction to bird enthusiasts from around the country.

Marsh Harriers are long tailed and long winged birds and are the largest of Britain's harriers: they characteristically fly low over the marshes with flaps of their wings and glides, and feed on frogs, small mammals and birds such as coots and moorhens. Since 1973 the Marsh Harrier has established a stronghold in East Anglia, particularly in the extensive reedbeds that are to be found in much of the area. Their courtship displays are spectacular, with wheeling, tumbling and diving; they nest in the reeds, producing four to five eggs between April and July.

In terms of the important conservation work the reserve undertakes, the Avocet, symbol of the RSPB, Ringed Plover and Curlew have been breeding successes, the latter two being on the risk register. In the case of the Ringed Plover, the reserve staff and volunteers have

needed to rope off parts of the beach each year where they breed, in order to keep the bird's nesting areas safe.

The other birds that the reserve is particularly known for are the Bittern and Bearded Reedling, known commonly as the Bearded Tit. The Bittern is a member of the heron family and is very elusive, living mostly in the depth of the reedbeds. However, the Bittern has a very loud booming call which carries across the reserve. The Bearded Reedling is a bird with very marked plumage, which again lives for the most part in the reedbeds, is also elusive and has a distinctive call.

Gary is an amateur wildlife photographer who lives locally with his family. He grew up in a small village in Bedfordshire in a family with a passion for wildlife. Family holidays were spent in a caravan at Snettisham, a short distance from the RSPB reserve which it had purchased in 1972. In growing up, Gary visited Norfolk several times a year on trips that focussed on the wildlife and natural inhabitant that the county offered.

As an adult, Gary's trips to Norfolk continued and in the course of time, with his children, he spent time exploring the coast and observing the birds and wildlife. Clearly, as a wildlife enthusiast, it was natural that Gary developed a real enthusiasm for photography in order to capture the things he was seeing. The photographs used in this article are Gary's and he also produces creative landscapes, one of which was used in the previous article, showing the Titchwell marshes at their best.

Gary witnessed the development of the Titchwell reserve over the years to become the diverse habitat it is today. A small seal colony has also taken up residence on the eastern end of the beach area where seal pups can be seen in the breeding season. The reserve offers unparalleled opportunities for a photographer, of which Gary has taken full advantage. He enjoys capturing the moment when it presents, rather than camping out in hides for hours, waiting for opportunities to arrive, and this shows in the photos he has taken.

Gary remains an enthusiast for all things in nature, which he believes strongly should be embraced, understood and protected, as it represents an incredible future of our planet. He moved to Brancaster Staithe about two years ago with his children and has been able to take full advantage of the photo opportunities that this has enabled, both at Titchwell and Snettisham. Recent health issues, thankfully treated successfully, have given Gary a renewed appreciation and love of the wildlife amongst which he lives. This has given him renewed strength at a time of great stress and uncertainty, and he feels this love has helped his mental health and wellbeing. His hobby, indeed his passion, has provided a level of release and diversion during these trying times.

In conclusion, to quote Gary: "I would urge everyone, however old, to embrace and discover nature. Visit RSPB Titchwell Marsh and other reserves and enjoy the amazing birds and wildlife. It will put a smile on your face"

For the technically minded, Gary uses what he describes as old technology, a Nikon D3500

camera and a Sigma 500mm lens. The photographs show birds mentioned in this article.



Girlguiding news

Ruby Goold northwestdivision@girlguidingnorfolk.org.uk



Fakenham Brownies in old uniforms

Happy 100th Birthday!

1st Fakenham Brownies just hit a massive milestone – their 100th Birthday! Can you believe it? A whole century of fun, friendship, and adventure!

To kick off the celebrations, 40 lucky Brownies headed to Farmer Fred's in Heacham for an epic birthday bash. And what's a birthday without a bit of excitement? Every single Brownie made or renewed their promise right at the top of the yellow slide! Talk about a memorable moment! After that thrilling start, they each received special promise badges, a certificate, and a unique cloth badge designed by two very talented Brownies just for this huge occasion.

The good times kept rolling the following week with a special visit from Helen Green from Girlguiding Norfolk Archive Resource Centre (ARC). The Brownies got a fascinating peek into how their organisation began and even got to try on different uniforms from throughout the ages. The verdict? They were super relieved not to be wearing dresses anymore, but they absolutely loved the hats! Plus, they even earned their Time Traveller badge.

The centennial celebrations wrapped up perfectly with a hearty rendition of "Happy Birthday to us" and, of course, a delicious slice of birthday cake. Here's to another 100 years of Brownie magic!

Snettisham Brownies Take Aim with Archery



The 1st Snettisham Brownies recently enjoyed an exciting and unique experience, learning the skill of archery from qualified instructor

and Girlguiding leader, Nicky Scott.

Under Nicky's expert guidance, the Brownies were introduced to the fundamentals of archery, focusing on safety, proper technique, and aiming. The session provided a fantastic opportunity for the girls to develop new skills, build confidence, and try something different. Not to be left out, other leaders also got to test their own aiming abilities, making it a fun and engaging event for everyone involved.

Hunstanton Girlguiding Wins Big at Mardi Gras-Themed Carnival



Hunstanton Girlguiding groups brought a vibrant splash of Mardi Gras magic to the annual Hunstanton Carnival on June 22nd, 2025, and danced away with a trophy! This year, the seaside town was packed with thousands who came to see the colourful parade. Adults and children from Girlguiding donned hand-crafted dazzling tie-dye shirts and swirling rah-rah skirts, transforming their float into a whirlwind of colour and fun. Whistles blew, ribbon sticks twirled, and the streets echoed with laughter as they paraded their way through the town to the seafront, joining other fantastic entries like the Stamford Showstoppers. The three-day event, which kicked off on June 20th, included live music on The Green and a variety of entertainment

Brownies and Rainbows have a 'bug-tastic' adventure at Lenwade Bug Parc!

What do you get when you mix curious Brownies, excited Rainbows, and hundreds of fascinating creepy-crawlies? An

absolutely bug-tastic day out at the Lenwade Bug Parc, that's what!

On a bright and buzzing Saturday, July 5th, the Snettisham, Heacham, and Docking Brownies teamed up with the Gayton Rainbows for an unforgettable adventure. A coach bursting with giggles and anticipation set off from various villages, ready to dive headfirst into the wonderful world of insects and other amazing



creatures.

As soon as they arrived, the girls were ready to explore. Imagine seeing scorpions that glow in the dark (eek!) and watching busy leaf-cutting ants hard at work in their intricate colonies. The indoor exhibits were a whirlwind of discovery, bringing the bug world to life in the coolest way possible.

Upon entering the butterfly tropical house, the girls were immediately transported to a vibrant, humid environment teeming with life. Colourful butterflies of all sizes fluttered freely around them, creating a truly magical atmosphere. The children delighted in exploring the lush surroundings, their eyes wide with wonder as they observed these delicate creatures up close.

One of the most thrilling aspects for many of the Brownies and Rainbows was the chance to experience big butterflies landing on them. With squeals of delight and sometimes a moment of nervous anticipation, they would stand incredibly still, waiting in anticipation for a butterfly to gently alight on an arm, a shoulder, or even their head. These intimate encounters created truly memorable moments and fostered a deeper appreciation for the beauty and gentleness of these insects.



But the real highlight? The bug handling experience! Our brave Brownies and Rainbows got super

up close and personal with some surprisingly friendly invertebrates, all under the watchful eyes of the awesome Bug Parc staff. Picture holding a giant millipede or feeling the tickly movements of a stick insect - It was a brilliant chance to learn, explore, and maybe even make a tiny new friend (or two!).

After all that indoor excitement, it was time to let loose in the fantastic outdoor play area. The absolute star of the show was undoubtedly the giant bounce pillow – a huge, bouncy cloud of fun where kids (and yes, even some grown-ups!) could literally bounce their energy away! For those with a need for speed, the pedal go-karts were a massive hit, with the girls racing around the track, adding a dash of friendly competition to the day. Plus, there was a big, covered sandpit, swings, and slides, ensuring endless outdoor fun for everyone.

Midway through their adventure, everyone gathered to share a packed lunch, making new friends and sharing their bug discoveries. This fantastic outing, like all Girlguiding activities, was made possible by the incredible Girlguiding volunteers. Their tireless dedication means girls and young women get to have amazing experiences just like this one!

By the end of the day, our Brownies and Rainbows were buzzing with new knowledge, unforgettable memories, and already dreaming of their next big adventure. What a fantastic way to bug out!

Make a Difference: Volunteer with Girlguiding!

Girlguiding is an incredible organisation that empowers girls and young women, and it thrives thanks to its dedicated volunteers. Volunteering with Girlguiding Norfolk is a fantastic way to give back to your community and make a real difference in the lives of girls. You'll help them develop new skills, build confidence, and have amazing adventures.

We are also deeply honoured to have the support of Lady Dannatt, the Lord-Lieutenant of Norfolk. Lady Dannatt is a wonderful advocate for volunteers and young people, and her encouragement truly inspires us all. Her commitment to strengthening local communities, including voluntary organisations like ours, is a testament to the power of giving back.

Volunteers are always welcome. Whether you're a parent, a former member, or someone new to Girlguiding. There are so many ways to get involved!

<https://www.girlguiding.org.uk/>

Hunstanton Lifeboat Station

Our crew carried out one of their most memorable rescues in years in the early hours of Wednesday, July 9.

We had been paged at around 11.45pm the previous evening to reports a cabin vessel had run aground in the River Ouse in King's Lynn.



Volunteers launched the hovercraft Hunstanton Flyer, which made its way to the scene and helped to secure the vessel with ropes.

They then set off to return to station but whilst they were on their way at around 3am a further call was received to say that the vessel was now sinking.

The hovercraft returned to scene and at 3.15am lifeboat Spirit of West Norfolk was also launched as the situation escalated.



Two men and two women were taken off the vessel by the hovercraft before the crew returned to attempt to rescue animals which were on board, including 15 dogs, cats, snakes and a tortoise.

They picked up 15 dogs, three cats, a snake, two parrots and a tortoise. Sadly, we understand some of the animals later perished.

By 4.15am, the boat had sank.

Coastguards, a fire service vessel and the tug Ardenfast were also involved in the operation,

along with the ambulance service.

Both assets then returned to station, where they arrived just after 7am.

It came after the crew had launched to two other 'shouts' the previous evening.

They were first paged at around 6pm on Tuesday, 8 July, to reports a boat with four on board had capsized off Brancaster.

Lifeboat Spirit of West Norfolk was quickly launched and made its way to the scene where it was found the four people had made their way safely to shore.

The lifeboat then made its way back to station to be recovered, washed down and refuelled.

Just after 9.45pm, the station was tasked to launch its hovercraft Hunstanton Flyer, to reports of four people missing off Heacham.

The 'hover crew made their way south along the coastline to search an area of foreshore before it was then reported all had again made their way safely ashore.

These four 'shouts' came after the crew had earlier been out at sea on one of their regular training exercises, with the craft finally washed down and made ready for service by 9am - by which time many of our volunteers had been in action for 14 hours.

RNLI Fest 2025

We're getting ready to push the boat out in style with a bumper fun day on Saturday, August 30.

We're paging you to join us at the Golden Lion where will be live bands, a hog roast and family activities on The Green.

You can also meet the crew and find out more about their lifesaving work and how you could join them.

Stormy Stan said: "We're ready to launch for a great afternoon, with some great entertainment and activities all for free.

"We'd thank our friends at the Golden Lion for hosting the event, following an amazing afternoon last year which hundreds attended.

"We'd also thank all the bands for coming along to play for the charity that saves lives at sea."

Live acts include Sirens at the Helm, No Nonsense, Your Choir, Nelson's Shantymen, The Unkn'wn and Neil Reeve.

The event gets under away at 12-noon, admission is free.

If you'd like to find out more about what we do and how you could join us, either pop down



to the station on a Sunday morning when we train or e-mail hunstanton@rnli.org.uk. Stay Safe, Respect the Sea, Hunstanton RNLI

Images: RNLI/Chris Bishop

NATIONAL COASTWATCH INSTITUTION (NCI) BRANCASTER

This month has been exceptionally busy for NCI Brancaster. The Coastwatchers were informed by radio that a trawler had broken down off the coast: they informed HM Coastguard, but fortunately the boat was towed back to harbour by another trawler.

It is of deep concern to station staff that the spit to the north of the station has become a serious hazard as it has grown larger. On 21st June the beach was exceptionally busy, and between twenty and thirty people were caught on the spit by an incoming tide. The RNLI

hovercraft from Hunstanton and the lifeboat from Wells were called and, under supervision, all the people stranded were able to wade ashore. NCI Brancaster is in discussion with the Royal West Norfolk Golf Club and the National Trust on measures that can be taken to warn beach users of the dangers.

Several NCI Brancaster station volunteers took part in a joint training exercise with RNLI Hunstanton, in which station staff directed RNLI craft to rescue people in

difficulty (represented by a lifejacket thrown overboard) using VHF radio. This proved to be an extremely worthwhile event, and presages other training opportunities between the two volunteer services in future.

Station staff spent an afternoon at the former RAF West Raynham, looking at the impressive work being done by the volunteers there to develop part of the site to support service veterans. Station Manager John A also represented NCI Norfolk at a reception at Norwich Castle to mark the service of the

outgoing Chair of Norfolk County Council, Councillor Stuart Dark MBE.

The station welcomes two new volunteers, Mandy and Peter, and we wish them well in their training.

The picture shows station staff involved in the joint NCI/RNLI Hunstanton exercise. If you would like more information on NCI Brancaster, or to find out more about becoming a volunteer, please contact Richard Burrows, Deputy Station Manager and Watchkeeper on 07535 612777. You can also find us on Facebook, if you search NCI Brancaster.

Pictured (right) NCI Station staff



Your Support Saves Lives 24/7

East Anglian Air Ambulance Kings Lynn Fundraising Group, by Trevor Dane, EAAA Volunteer

The group started in 2023 to raise awareness of EAAA in the area which covers Kings Lynn, West and North Norfolk by way of finding and attending local events to represent and fundraise in aid of the charity.

The Group consists of a small number of volunteers, including myself. KLFG attended their first fundraising event in May 2024 and in May 2025, completed a full year of fundraising.

The amount raised was £3,964.73. They also continued to support other EAAA events, raising a further £1,159.61, making a grand total of £ 5124.34. This will more than fund a lifesaving tasking. Thank you to everyone who has supported EAAA through KLFG to make this possible.

Raising awareness in the community is very much at the heart of what KLFG does as well as providing a local connection for supporters in the area,

KLFG recent event updates

Thank you to the Magdalen Art Group for supporting and raising £550.45 for EAAA from their Magdalen Village Hall Art Exhibition in June. Thank you to KLFG volunteer Terri for assisting them with EAAA fundraising materials to help spread the word



EAAA KLFG volunteers meeting Honey Bear at Hunstanton Carnival

and support the event.

Where you will find KLFG this August and September.

5th Hunstanton Town Hall Indoor Market 10.00am to 4.00pm

9th Music n Motors at the Old Garage Magdalen 3pm onwards

15th RAF Marham Friends and Families Day

19th Hunstanton Town Hall Indoor Market 10.00am to 4.00pm

23rd Uniformed Services Day at The Walks Kings Lynn.

26th Hunstanton Town Hall Indoor Market 10.00 to 4.00pm

September: 7th West Norfolk Morris Minors



Charity No: 1083676

LIVE MUSIC – BBQ – RAFFLE
LICENCED BAR
 CASH ONLY EVENT

Entry Fee - £5.00 per person
 All Entry Fee's raised goes to the EAAA
 Under 14's Free
 Gates Open - 3pm Onwards

We Welcome all Classic Cars, Bikes, Tractors or Steam Engines Pre 2000 please book your space via Email
 Further Information on our Facebook Page -
 The Old Garage Magdalen
 Email: theoldgaragemagdalen@gmail.com

Come and join us and raise some funds for the East Anglia Air Ambulance.
 This makes for a great day out for all the Family.
 Please note: This is an Afternoon Sun setter Event
 The Old Garage, 20 Stow Road, Magdalen, Kings Lynn, Norfolk, PE34 3BT

Owners Club West Norfolk Branch event on the Green Hunstanton.

From September I will cover more about the work of EAAA in general. KLFG can be contacted by emailing myself or my colleague Terri: trevordane104@gmail.com tfaye.100@gmail.com EAAA enquiries 03450 669 999

James Lee – New Rotary President

Michael Walker

At a recent meeting of members and partners, held at the Crown and Mitre, outgoing President Paul Kunes handed over the chain of office to James Lee, President of the Rotary Club of King's Lynn for the Rotary year 2025-2026. This is the second time that James has held office as President. The first was in 2010-11.

James was born in Walthamstow in London but moved to Norfolk in 1971. Having taken O levels and A levels at NORCAT he studied at Reading University and was awarded a Diploma in Quantity Surveying. A member of the Royal Institute of Chartered Surveyors and various other professional bodies, James has worked on some major civil engineering projects, including roads, bridges and tunnels. He also owns a number of properties in Lynn, including the iconic Hansa House.

Happily married to Christina, James has three daughters and two grandsons. He has lived in Tottenhill since 1990.



Photograph: Paul Kunes and James Lee at the handover ceremony.

Rotary Golf Day supports good causes

Michael Walker

The annual charity Golf Day organised by the Rotary Club of King's Lynn was held at the end of June at the King's Lynn Golf Club. This year's winning team included Alyson Lacey, Jayne Clarke, Karen Brown, and Alison Mackway. Karen only just missed a hole in one and the star prize of a car.

Some £7300 was raised to support the Club's charitable work. Over the past year those charities helped included Guide Dogs for the Blind, Baby Basics, the Royal British Legion, RNLI, Abbie's Army, Samaritans, King's Lynn Food Bank, King's Lynn Night Shelter, Purfleet Trust, Tapping House, Riding for the Disabled, West Norfolk Carers, Diabetes Awareness and Nelson's Journey. In addition, prizes have been awarded at local high schools, some 300 dictionaries given to children in local primary schools and Shelter Boxes have been bought in response to natural disasters abroad.

Thanks go to King's Lynn Golf Club for hosting the event, all the teams who took part, the sponsors, and the club members and their wives, who helped to make the event such a success on what was one of the hottest days of the year.



Photograph: Alyson Lacey, Jayne Clarke, Karen Brown and Alison Mackway with 2024-25 Rotary Club President Paul Kunes.

Hunstanton & District Rotary Club

John Greyson

Both June and July have been significant months for our Rotary Club. On June 26th, our president, Jean-Marie Vernon, inducted two new members, Duncan and Silvie McDonald, welcoming them into the Rotary family, which now exceeds 1.4 million members worldwide. Additionally, a donation of £550 was presented to Norfolk Blood Bikes, the charity selected by President Jean-Marie for his term in office.



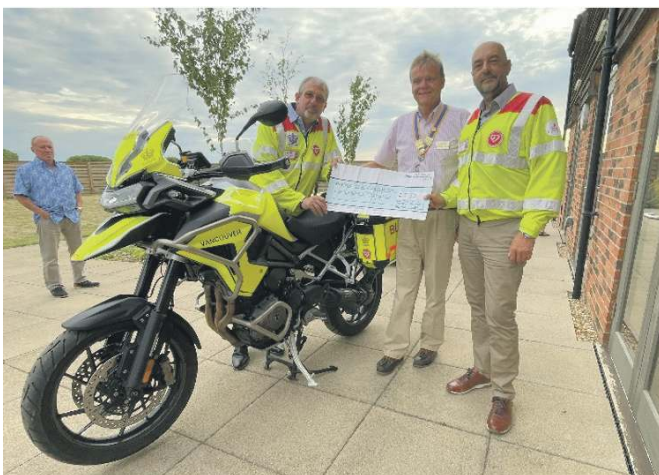
Welcoming new members enriches our club by introducing fresh perspectives and ideas. Interested individuals are encouraged to contact us at info@hunstantonrotary.co.uk.

The Rotary year runs from July 1st to June 30th. Each year concludes with a handover ceremony, where the outgoing president is succeeded by a new leader, often accompanied by organisational role changes. On July 2nd, the handover took place at Caley Old Hunstanton, featuring an afternoon tea and formal presentations. Jean-Marie Vernon presented our secretary, Val Garner, with a document bag, humorously noting she often carried items in carrier bags. Service Recognition Awards were also presented to John Greyson, Adrian Evans, and David Scotney, acknowledging their contributions during the 2024/25 year.



The main event was the transfer of the president's chain to incoming President Hilary Farrell, who will serve during 2025/26. She expressed gratitude to Jean-Marie for his leadership, noting that he set a high standard. Hilary then presented Jean-Marie with his past president ribbon and a bouquet of flowers. The ceremony also included the presentation of the Roger Hoverd Award, an engraved glass ornament, by Maureen Hoverd, in recognition of Jean-Marie's service. Subsequently, Hilary handed over the president-elect chain to Christine Vernon, who will assume the presidency in 2026/27, coinciding with the club's 50th anniversary since its founding in 1976.

On July 5th, the club participated in a Hoe Down at the Wild West Norfolk Country Festival held at Glebe House School. The event was well-attended, and favourable weather contributed to its success. This inaugural event is expected to become an annual tradition.





Hunstanton Society

The Events Team have been working hard to prepare some interesting events for the summer months, perfect for everyone age 6 to 106!

Join us this August for a brilliantly bonkers museum trail, part of the national Grimwood Museum Adventure with Kids in Museums and Simon & Schuster Children's Books.

Spot Grimwood characters hiding around the museum, elect a new Mayor of Grimwood and design them their very own campaign poster! Complete the trail and get a free Grimwood sticker. Plus, enter the competition – one lucky winner will receive a signed Grimwood book bundle and a Double National Art Pass + Kids, courtesy of Art Fund. <https://kidsinmuseums.org.uk/what-we-do/museum-trails/grimwood-museum-adventure-2025/>



We are also working on a Treasure Hunt for residents and visitors to enjoy and discover some hidden facts and features of our beautiful town. There will be a small charge to take part in the Treasure Hunt to cover the prizes for completing the treasure hunt.

The Family Fossil Man will be at the Heritage Centre during the school holidays to talk about, show and discuss fossils found on Hunstanton Beach. If you find anything and would like it identified, please bring it along.

In August there will be the commemorations concerning the 80th anniversary of Victory over Japan (or V-J Day). There are a selection of dates concerning this event that depend on which country you were in at the time (14th or 15th August 1945) and whether you think in terms of the actual signing of the Surrender document on 2nd September 1945. The United Kingdom decided it was 15th August as V-J Day. We plan on updating the displays in the Heritage Centre in any event.

MEET THE COMMITTEE : Jane Robson - Secretary

I was born in Yorkshire and grew up in Lincolnshire in Louth, on the other side of the Wash, a lovely, small market town in the Lincolnshire Wolds. I returned to Yorkshire for my higher education and graduated in European Business Studies in 1986. I spent a couple of years in London working for Christie's the Fine Art Auctioneers before escaping 'The Smoke' and finding my vocation in nursing, graduating from the Lancashire College of Nursing and Health Studies in 1993. Career opportunities took me to Addenbrookes Hospital in Cambridge where I spent the last 20 years of my nursing career. Primarily in Emergency Medicine, and then for the last 19 years in Cancer Care as a Specialist Nurse and latterly a Matron, working closely with Teenage Cancer Trust developing their unit at Addenbrookes and the care of young people with cancer throughout the East Anglian region. It was a



fantastic job but by 2023 I was ready to move on and retired to Hunstanton with John, my fiancé. We had spent many happy holidays and weekends in Hunstanton over the years and it had always been our retirement plan.

My love of history, and Hunstanton itself, led to the natural step to join the Hunstanton Society as a volunteer. At the AGM last December I was elected as Secretary and I hope I have represented you well.

Myself and Jo form the Events Team and we would welcome other members to join us in designing and delivering interesting and fun activities to visitors and members.

I have learnt so much by working with other volunteers, talking with members, reviewing and researching the displays in the Heritage Centre and listening to feedback from visitors, that I feel really privileged to be a volunteer in what is an extraordinary asset to the town and represent you as Secretary to the Society.

Please feel free to contact me at any time on secretaryhunstantonsociety@gmail.com.

DONATION OF MAPS BY SMITHDON TO HUNSTANTON SOCIETY



On Friday, 11th July, Andrew Murray, Sheila and Stephen Kent visited Smithdon High School to be presented with a large number of maps mainly of the local area and covering a range of publication dates. Mr Steve Chapman, Deputy Head at Smithdon, kindly handed over the maps. These were all in rolls which we plan to flatten out and sort so that we can properly accession them and store them efficiently.

We are now working with other teachers at the school to make the Heritage Centre a must visit destination for pupils at the school. In addition, we are planning to sponsor trophies for winners of the school's GCSE prizes in Geography and History which are awarded at their prize-giving in Autumn term each year.

Help!

We were given a donation in an old paper bag pictured here which had the name 'Westgate House'.

Can anyone remember exactly where this shop was and when it was there?



The ripple effect: How water quality impacts us all

Local campaigners share their frustrations and disappointments with the local water quality and their hopes and fears for the future

Dani Crawshaw

With concerns it may never be safe to swim at a Heacham, calls to do more to protect our chalk streams and tackle water pollution, fears of flooding with record levels of rainfall across our region over the past few years, even more housing to be built putting pressure on the sewage systems - it's no wonder campaign groups and residents are trying to get their concerns heard more than ever.



Colette and daughter Amaya after a recent litter pick.
Picture credit: Colette Edwards

I meet Colette Edwards along Heacham beach, who organises litter picks with her 11 year old daughter Amaya. "There are days you can see brown foam, it's not pleasant at all. And it's upsetting, we love this beach and would love to be able to use it all. We do see people in the water, I don't think a lot of visitors know it's not recommended."

Nearby a family from Cambridge are playing in the sand and paddling. "We weren't aware of the advice, well if we can't enjoy it to the full potential, I'd opt for a different place to go in the future definitely." I meet Linda who's been holidaying here for decades who tells me, "We used to swim here all the time when the kids were young. I'd never go in now, even though I'd like to. But it doesn't put us off from coming here, it's still a great beach to walk along. And we've fond memories."

Sandra Squire, cabinet member for environment at West Norfolk Council recently said coastal waters off Heacham may 'always have high levels of pollution'. At a council meeting she added, "Sooner or later we may have to admit, if 60% of pollution is coming from the bird population, it may be that this area should not be for bathing." Sewage leaks/outfalls, agricultural run-off and dog waste are also all cited as contributing factors. The Councillor is calling for year-round testing, not just in the summer months.

In Norfolk, 11 of our 16 designated bathing waters are currently rated excellent by the Environmental Agency. From May til September, what's considered peak bathing season, it carries out around 15 to 20 samples at each location. The tests look for two key types of bacteria, E. coli and intestinal enterococci, indicators of pollution from animal waste or human sewage.



The Environment Agency testing waters in Sheringham.
Picture Credit: Environment Agency

Area manager Andrew Raine is urging us to check water quality before we swim. "We of course want to do all we can to improve our bathing waters, but you've got to realise this isn't chlorinated water at your local leisure centre, there's naturally occurring bacteria in the environment and a higher concentration at areas like the Wash where you've got wild fowl, sea birds, waders - that wildlife comes with increased bacterial loading."

Andrew wants to reassure people by adding, "Anywhere we have poor water, or near to poor we will work with whoever we need to tackle it. We are talking to farmers to make sure they've got good practices, with councils to minimise urban run-off, caravan parks, Anglian Water - in an effort to minimise what's getting into the sea and other waterways." He says testing is prioritised to the busier months.

Our rivers are also suffering. England's were labelled by a recent parliamentary committee as a dangerous 'chemical cocktail' of sewage (2022), with only 14% having good ecological status. Surfers Against Sewage says, 'Water companies have failed to invest to protect the coastal and river environment', that the UK's 'antiquated sewerage system is woefully inadequate'.



Captain Baldie. Picture Credit: Darren Reeve

Darren Reeve - aka Captain Baldie - is a paddle board instructor in Norfolk's rivers and tells me 'the state of them is frustrating and sad'. He's behind local campaign group Pirates Against Poo, who recently held a protest along Whitlingham Broad. "I paddled the Wensum and the broads a few weekends ago with a group, we'd been falling off - water obviously goes in your nose, eyes, ears - and I had a dickie tummy that night. Four other people who were with me also had sickness and diarrhoea." He'd like to be given official testing kits so he could 'check the water quality everywhere we paddle across Norfolk'.



Captain Baldie on a river litter pick with fellow paddle boarders.
Picture Credit: Darren Reeve

In 2024 untreated waste water was released in the east of England for almost half a million hours - a 64% increase on 2023. Coastal areas had hundreds of hours of releases, at popular beaches like Cromer and Mundesley. Sewage flowed into the River Stiffkey for more than 1,500

hours, while the Gaywood River had 89 spills lasting almost 2 thousand hours in Grimston.



Gaywood River near watery lane (left) compared to King's Lynn (right). Picture credit: Peter Clitheroe

It's there I meet Peter Clitheroe from Gaywood River Rival, a campaign group trying to protect our natural chalk stream. We're near to Watery Lane with the chalk bedrock behind us, which cleans the water loading it with natural minerals. "Here it's absolutely crystal clear and the tragedy is this is how it all could be, if we just gave the river a chance." He says. "Towards Lynn it's brown and the sewage creates a tremendous boost to phosphates, which is destroying the whole ecosystem."

"Let's get it back to how I remember it as a child, when you could see trout and pike. It's just a tragedy." He wants public ownership of water companies as 'the whole regulatory system has broken down'. "There's talk of change, companies saying 'we will invest more' but it's all in the future tense. What about now?"

There is a lot of investment promised by Anglian Water. Responding to the sewage leaks in 2024 the company acknowledged customers would be 'disappointed' but that the spills were 'largely reflective of the extreme weather and persistent flooding'. And promised 'transformational action' with a billion pounds of investment over 5 years.

Some of which has come to fruition. In April a storage tank in West Runton, which can hold almost half a million litres of water, was completed. "This will prevent wastewater from being released too quickly, giving West Runton beach and biodiversity nearby a chance to recover," Anglian Water says. Similar schemes are due in Mundesley and Hunstanton by 2027. In Burnham Market, where sewage bubbled out of manholes in 2021 for more than a fortnight, over a million has been invested 'upgrading the local Water Recycling Centre'.



Flooding in Burnham Market, 2021

And 30 million's to be spent improving bathing water quality and fund studies to identify potential sources of poor water quality in the East region until 2027. The company says the work will be supported by a further 56 million, put into schemes to protect and enhance water quality.

Climate change will continue to impact on extremes of weather and that's where the Norfolk Strategic Flooding Alliance comes in. Formed in 2021 it brings together the Environment Agency, Anglian Water, the Association of Drainage Authorities, Norfolk's County, Borough, City, District and Parish Councils to try and tackle flooding. One of its collective projects was last October, when debris was cleared from waterways to help prevent flooding in North Attleborough.



Flood Alliance partners undertake major clear-up operation in Attleborough, 2024. Picture Credit: Norfolk County Council

James Wild, MP for North West Norfolk, says multi agency bodies are the way forward, "It needs to be everyone taking responsibility - Anglian Water, landowners, the council - my constituents don't care whose responsibility it is they want everyone to work together to solve these problems." He thinks for too long the focus has been on keeping water bills down, rather than investing in infrastructure.

The MP is also backing what could be stronger protection for our chalk streams, "A plan is there ready to be put into practise, the current government seem to have left it on the shelf - I'm encouraging the government to take it off the shelf and implement it, I'm not quite sure what's holding it back." The plan's been put together by conservationist Charles Rangeley-Wilson.



James Wild with conservationist Charles Rangeley-Wilson.

Picture Credit: James Wild

The Environment Secretary says, "With this government, the era of profiting from pollution is over." Steve Reed made the comment after 6 of the big water companies were banned from paying 'unfair' bonuses to their bosses because they failed to tackle pollution. Reforms to the water sector could be imminent with the Independent Water Commission's report due. It says the sector in England and Wales is 'failing' and needs stronger regulation to better protect bill payers and the environment and give 'a stronger voice to local communities'. The government will decide which recommendations it wants to implement.

So perhaps change is afoot. "Wouldn't it be wonderful if the environment become the top priority, if our waterways were given the chance to recover," says Julia Irving from Extinction rebellion, King's Lynn & West Norfolk. She thinks the ban on unfair bonuses is a step in the right direction, but adds, "I'm a bit sceptical. It's crucial that we see action quickly because we're talking about our precious natural resources and if they get abused where are we going to be in the future?"

Anglian water has admitted it's got 'a long way to go to regain people's trust'. Let's hope it continues to invest, that this government does prioritise the environment and takes immediate action after the IWC's report, that multi agency bodies continue to work together and go from strength to strength. What's given me hope is meeting local campaigners determined to make a difference, to protect the wonderful natural resources we are privileged to live nearby. And it's made me realise that I too, and perhaps all of us, need to play our part.

dani.crawshaw@townandaround.net



Upcoming events at St Mary's Snettisham

The beautiful St Mary's Church in Snettisham is hosting a series of events this summer.

Rector, Rev Dan Tansey was interviewed by KL1 Radio's Richard Dix recently and you can see the clip here: <https://townandaround.net/news/events-this-summer-in-snettishams-beautiful-church-with-fantastic-acoustics-whats-not-to-love>

Rev Dan explained that there's loads going on at St Mary's Snettisham's summer season with the finale act on 18th September, Tennessee Twin, a really talented couple who will be performing some Country and Western hits.



Before that the East Anglian choir, Serenata, will be part of the St Mary's Arts and Crafts Festival over the weekend of 2nd and 3rd August, then local artist Erin Elizaa will be singing at the church on 9th August.

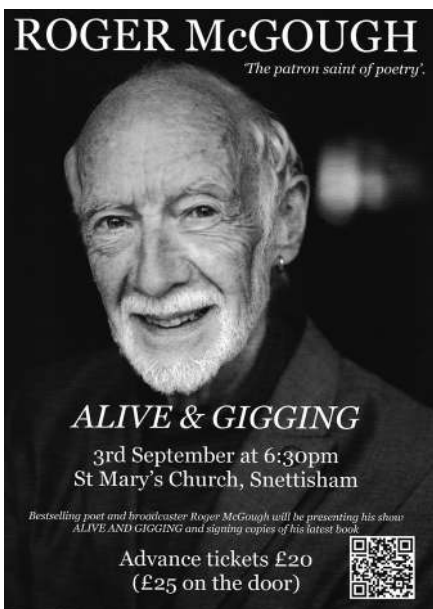
Talking about the church acoustics he said: "We barely need microphones here, when I'm standing at the front of the church I can hear people whispering at the back - it's a fantastic acoustic, so the sound is amazing when you come to a concert here."

Moving into September, St Mary's welcomes Roger McGough on 3rd.

Each of the events bring something different and very special, Serenata will be presenting a programme of uplifting songs and words celebrating flight on 3rd August. They will soar into the blue yonder with Stanford's bluebird, ask a Skylark for advice on love (Hoagy Carmichael / Johnny Mercer), hear the Beatles' Blackbird singing at dead of night and hold our breath as a fledgling Robin braves its first flight from the safety of the nest. Together we'll travel to the moon and stars, fly across the ethereal beauty of the Arctic Tundra (through Ola Gjeilo's dramatic imagery) and experience the power and beauty of Emily Dickinson's 'Hope is the thing with feathers that perches in the soul', in a contemporary musical setting.

Tickets in advance from wegottickets.com/event/653558 or scan the QR code on the poster.

Local singer-songwriter Erin Elizaa is a 21-



year-old acoustic folk pop musician, combining soft toned vocals with a sweet-sounding acoustic guitar. Finding inspiration in nostalgia, the passing of time and past experiences in relationships make for an interesting perspective in her lyrics and songwriting. Tickets on the door £10 (including a drink.)

At 87 and a national treasure, Roger McGough presents Radio 4's flagship programme Poetry Please and remains one of the most recognisable voices in British poetry.

In this new show, McGough takes audiences on a journey through his life in poetry, back to his childhood during the Liverpool blitz and bomb-shelters, his youth as a contemporary of the Beatles and Bob Dylan and the fame of number one hits and Top of the Pops with 'Lily the Pink' and 'Thank You Very Much' with the band The Scaffold.

His new book Collected Poems 1959-2024



published by Penguin Vintage is a distillation of over 40 books across 60 years of work. Still gigging regularly, McGough has thrilled and delighted generations of readers with his irreverent, intimate and ever-original poetry.

Advance tickets are available from Eventbrite at £20 or scan the QR code on the poster, alternatively on the door at £25.

A stand-out singer-songwriter duo in the UK Country and Americana world, the fabulous Tennessee Twin, closes the 2025 summer season when they perform on 18th September.

Scan the QR code above, or log on to <https://www.tickettailor.com/events/kl1radiomited/1726591>

With thanks to Rev Dan Tansey, Richard Gibbs, Richard Dix, Serenata, Erin Elizaa and Tennessee Twin, all of whom provided material for this article.



NEW TILES ON THE SEA FRONT Dawn Davies

The lovely tiles designed by local people and visitors to Hunstanton last summer are up on the sea wall.

The project was started in 2012 with the late Queen's Diamond Jubilee celebrations and many people have taken part over the years. Themes have included birds and animals of Norfolk, Seaside Memories and Save the Planet. There are 9 panels in all, and we hope to complete the project this year.

If you painted a tile at our last workshop, it is now on view. We thank everyone who took part for their patience. After the individual tiles have been designed and painted, they then must be fired and glazed to weatherproof them as it can be tough down there on the sea front in all weathers. This all takes time and local artist Kate Dunbar was busy all winter and we thank her for her hard work. Walk down to the seafront and look at this Community Project.

The local Group the Men's Shed have again installed the tiles on the sea wall. They meet twice a week at Glebe House School grounds where they have their own premises and welcome new members who love to work with their hands.

The HDFA had nearly 150 families, visitors and Care Home residents creating tiles last year and we need just 40 tiles more to complete the project. There will be just one more FREE workshop on August 18th at Hunstanton Community Centre which is this year sponsored by Rainbow Park and will include a traditional Fairground theme.

Please book in advance via www.festival3bythesea.org or call Ann on 01485 533933 to book your place.

The HDFA is a registered charity and has been serving the local community since 1942.



August in the Burnhams

'A hugely gifted ensemble of the younger generation, the chemistry between the five players is magical, the maturity and sensitivity of their playing is a delight!'

When colleagues become great friends, the dynamics are even stronger, and this is true of The MAGNARD ENSEMBLE. This group of young wind musicians perform and share wonderful music with their audiences across the UK. As well as formal recitals and concerts they work closely with schools and communities so are very much in tune with the work that Music in the Burnhams do year-round.



Their programme includes works by Bach, Mozart, Schumann and Gershwin and a few lesser-known composers. Five musicians who love playing together sounds like a recipe for a great afternoon of music. Saturday August 2nd at All Saints Church cum Ulph, Burnham Market at 3pm

We are always thrilled to discover young musicians who we know are going to have brilliant careers ahead of them. This is true of the young pianist, AMIRI HAREWOOD who already regularly performs across the UK while still a student at The Royal College of Music.



Amiri Harewood (Piano)

Programme includes works by Bach Brahms and Granados

Saturday 16th August 2025 at 7:30pm
St Mary's Brancaster, PE31 8AU

Buy Tickets Now! Adults £20 U18 FREE
07989 177079 www.musicintheburnhams.com

Amiri's Royal Festival Hall concerto debut with Chineke! Orchestra was universally acclaimed, described as "The Royal Festival Hall debut by Amiri Harewood showed considerable panache as he brought confidence and a touch of grandiloquence to Grieg's Piano Concerto.

Amiri will play Bach, Brahms, Granados and a sonata by the American composer George Walker.

Saturday, August 16th at St Mary's Church, Brancaster at 7.30pm

Book tickets for both concerts on www.musicintheburnhams.com or ring 07989 177079



The King's Lynn Community Cinema Club are screening two films in August. The first On Falling will be the 14th August and the second My Favourite Cake on 28th August both screenings at 7.30pm in screen 2 at the Majestic cinema with the cinema bar open half an hour beforehand.

On Falling was the winner of London Film Festival's First Feature Competition. It is set in Scotland and follows Aurora a Portuguese warehouse picker who navigates loneliness and alienation whilst experiencing the algorithm driven gig economy. A British Portuguese film co-produced by Sixteen Films Ken Loach's company who were behind The Old Oak, Sorry We Missed You and I, Daniel Blake. Rachel Pronger for March 2025 Sight and Sound review described this film directed by Laura Carreira as 'scrupulously low-key debut feature is primarily an exploration of the cost of unfettered consumerism, a chilling exposé disguised as social realist drama.'

My Favourite Cake is a bittersweet subtitled Iranian comedy drama and an international co-production between Iran, France, Sweden, and Germany, the filmmakers were issued post-production travel bans and prohibited from attending the premiere in Berlin by the Iranian Government. The story is of seventy-year-old Tehranian Mahin who has two children living abroad and has been widowed for 30 years. After one day choosing to join her friends for afternoon tea she meets someone who makes her feel alive and then the evening becomes unforgettable.



Membership of KLCCC is open to anyone over 18 and costs £20 a season. There are 2 seasons a year each with 8 scheduled films that are free for members to enter, if joining more than half way through a season it is £12. Membership can be arranged by emailing communitycinemaclub@googlemail.com. Alternatively, you can just come along to any film as a day member for £6 cash on the door. Full details of all the club's films and events can be found on the club website www.klccc.uk and Facebook page.

Wash Art Group

Annual
Summer Exhibition
The Wash Art Group
Supporting Tapping House Hospice

Friday 22nd—Monday 25th August
10.00am to 5pm daily at
Thornham Village Hall
A149 Coast Road, PE36 6LX
(next to The Deli)
Free admission and Free parking for the 1st hour

The Wash Art Group are an enthusiastic group of artists, who meet weekly in Ingoldisthorpe to paint together, and they enjoy sharing their work with you once a year.

Paintings, Prints and cards for sale.



For further information contact: Julian Bull on: www.washartgroup@yahoo.com

The Wash Art Group are a very enthusiastic group of local artists who have been painting together at Ingoldisthorpe for several years.

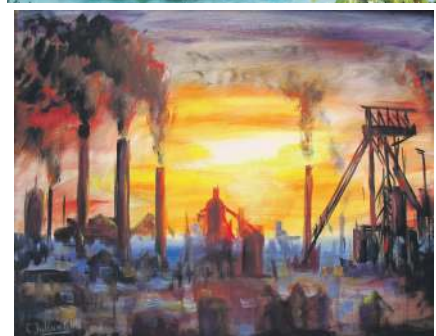
Their Annual Summer Exhibition is held at Thornham Village Hall, on the A149 coast road, (next to the Deli) from Friday 22nd – Monday 25th August.

The artists will be there to welcome visitors from 10.00 am to 5pm every day and admission is free, as is the first hour's parking.

Visitors will find a very wide variety of art on display, including paintings, prints and cards for sale, and the artists will be on hand to have a chat.

Painting can be a solitary pastime, so it is great to share the results with other people.

For further details contact Julian Bull at washartgroup@yahoo.com



Art Exhibition in Ringstead

Fri 22nd to Monday 25th August. 10am to 5pm

Three resident Ringstead artists are coming together to put on an exhibition at the Ringstead Village Hall, PE36 5JU over the August bank holiday weekend. Individual yet complementary, united in their love of bold forms, colour and texture, these artists have exhibited together on many occasions and will put on a show that will light up the Hall!



The abstract pictures by Helga Joergens are created spontaneously, and they develop in the drawing or painting process. She begins by drawing lines, marks or colours to indicate a composition and as soon as an idea evolves, she follows the direction in which it takes her. She brings into play sweeping strokes in order to achieve a sense of movement and repeated lines to create rhythm. She also enjoys using strong vibrant colours and applies them in many variations in order to create richness which makes the pictures shimmer. Her titles express her associations after completion.

Website: www.helgajoergens.co.uk,

Instagram: @helgajoergens

David Lendrum's paintings are abstract but derived from nature. He is inspired by the sunsets, clouds or flowers near his home. He often works with diluted acrylic paint, staining it directly into the unprimed canvas on the floor, which he then develops with thicker paint as required, after transferring it to the wall. He also paints on smaller primed canvases where the paint is applied in thicker layers using brushes, palette knives and scrapers to create strong textures. Intense,

vibrant colours are used to maximum expressive effect in order to create a sense of feelings and mood.

Website: www.davidlendrum.co.uk



Following her well received exhibition 'Music in Mind' last year, Barbara King will this time be focusing on shadows and reflections. "These have always held a fascination for me due to the way they distort and translate the actual, tangible world around us. By studying and emphasising these ephemeral and transitory patterns I try to bring new and exciting elements to my work giving it in some cases an almost abstract quality." There will also be a selection of her Norfolk Landscapes and Wildflower paintings paired with poetry from the new volume of poems by Michael King which is currently being published and should be ready in time for the exhibition.

Website www.barbaraking.co.uk

www.instagram.com/bekinstag



KING'S LYNN WORFOLK BOAT TRUST

Registered charity 113975

True's Yard, North Sreet,
King's Lynn, PE30 1QW.

www.floatourboat.co.uk

info@floatourboat.co.uk

01553 772735



We're back in business! Two pieces of news – the Trust is delighted to announce the appointment of Councillor Paul Kunes as the new Chair following the retirement of Dr Paul Richards from the post he has held for so admirably for so long.

The good ship Baden Powell has completed her annual refit over at Crab Marsh Yacht Yard on the River Nene. Now looking very smart in her new paintwork she was sailed the 24 nautical miles back to her regular berth on South Quay in Lynn on the 2nd July ready for her first trips of the summer on the 4th July.

The sailings are based around high tides when two trips can be made. Dates and times of sailings can be found by visiting the website – floatourboat.co.uk – where bookings can be made and indeed gift vouchers can be purchased for trips for friends and family.

Howard Phillips, one of the volunteer skippers, said "our passengers often tell us that they've been meaning to get around to booking a trip for some time!" He suggests that if you want a trip you get your booking in as soon as possible as the places get taken up very quickly and before we know it autumn has come and gone and trips are finished for the year.

Live by the lake

Westacre Theatre's summer season is a musical picnic like no other

Liz Brewer

This summer, Westacre Theatre, the not-so-hidden theatrical gem of West Norfolk, invites you to grab a picnic, pick a performance (or all of them!) and enjoy a foot-stomping, soul-lifting series of live music and theatre – all set beside the beautiful lake and lush gardens of this beloved rural arts hub.

To celebrate 25 years of inspiring entertainment and championing young talent, Westacre Theatre is hosting Live by the Lake – a joyful, open-air season of music, community and creativity.

THE LINE UP

Sat 10 August – DixieMix. One of the UK's top traditional jazz bands – swinging, soulful and full of feel-good charm.

Sun 24 August – The Sheringham Shantymen Rich harmonies, sea shanties, and maritime magic from Norfolk's finest folk crew.

Tickets from just £12 – and kids under 10 go FREE!

Pack your picnic, grab a blanket, and enjoy the perfect family afternoon out.

But wait, there's more...

Don't miss these outstanding performances from Westacre's own Summer Bursary Students, featuring:

The Three Musketeers 1st - 9th August

Midsummer's Nights Dream 15th - 23rd August



Both to be delightful adaptations and guaranteed to bring exciting, high-energy performances to rural Norfolk.

These performances are the culmination of our unique residential bursary programme, which offers talented young people from across the UK the chance to immerse themselves in the world of theatre – honing their skills in acting, singing, dancing, and stagecraft while working and learning in a professional production setting.

Why your support matters

Every ticket sold helps support Westacre Theatre's mission: to create inclusive, inspiring arts experiences for everyone, and especially for young people in rural communities.

Your support helps keep this space vibrant, welcoming, and accessible for the next 25 years and beyond.

Mark your calendars, pack a picnic and join the celebrations — Live by the Lake, only at Westacre Theatre.

For tickets and the full summer line-up: www.westacretheatre.com
info@westacretheatre.com

01760 755 007 Box Office

Dersingham VA Primary School

A Special Blessing for Our New Library

By Mrs Warren

We were deeply honoured to welcome the Bishop of Lynn to our school on Friday 27th June, who visited us for a very special occasion—the blessing of our new school library. This beautiful space, now at the heart of our school, represents so much more than shelves and books; it is a place of discovery, imagination, and learning for every child.



The Bishop spoke movingly to our children about the importance of stories—those told in scripture, in history, and through fiction—and the power of reading to open minds and shape hearts. His blessing was both spiritual and symbolic, marking the beginning of a new chapter for our school, one filled with curiosity, wonder, and opportunity.

Since opening its doors, our library has become one of the most loved spaces in the school. Children enjoy their reading sessions in there, and explore new genres with enthusiasm. It has been heart warming to see the joy on their faces as they discover new authors, share recommendations with friends, and develop their confidence as readers.

Reading is not just a school subject—it is a life skill. It builds vocabulary, fuels imagination, improves mental wellbeing, and opens doors to every subject and future career. In an age of constant distractions, fostering a love for reading has never been more important. Our new library is a testament to that commitment, and we are grateful to all who helped bring it to life.

We hope the Bishop's blessing will remain with us as a reminder that learning is sacred, reading is powerful, and our children's futures are full of promise.



New anthem for West Norfolk school



Not many schools get to have their own anthem, so it was a particularly special occasion when pupils from Heacham Junior were able to sing theirs together for the first time – as well as have it recorded for posterity.

The school is part of the West Norfolk Academies Trust, and the new anthem was composed by Benjamin Howell (Trust Peripatetic Lead) and Matthew Preston.

“On Wednesday 18 June a collaborative singalong took place at Heacham Junior School,” he said.

“The event brought together children from three Trust schools, who joined voices to perform a special composition I’d written – a school anthem for Heacham Junior titled ‘In Our Village by the Sea’.

“This anthem was created specifically for this event, reflecting the local area and the spirit of the community.”

Children of all ages across the school, from Years 3 to 6, took part in

the event, along with Year 2 pupils from Heacham Infant School, and the members of the Smithdon High School Choir, who ranged in age from Years 7 to 11.

They were also supported by the Dersingham Community Choir, an adult choir who joined the young singers for the final chorus of the anthem.

“My role as the Trust Peripatetic Music Lead has been to develop and coordinate this initiative, with the aim of uniting students and members of the wider community through collaborative music-making,” continued Mr Howell, who organised the event with the help of Music Teachers Nic Bouskill and Gill Smith, as well as Heacham Junior’s Executive Headteacher, Louise Jackson, and Executive Deputy Head Emma Hunt, and Andrea Barnes, who is Head of Music at Smithdon.

“Learning of the piece began through assemblies and rehearsals led by myself across the participating schools,” he added.

“The event ran from 1pm to 3pm, with smaller group rehearsals leading into a shared performance later in the afternoon.

“The final rendition was recorded as a memento of this collaborative effort.”



Wizard of Oz Comes to Ingoldisthorpe

By Vicky Neal



After weeks of practise, rehearsals, and learning lines, Oak Class at Ingoldisthorpe Church of England VA Primary School put on their performances of Wizard of Oz.

Performing across four days - including one evening performance - the year 5 and 6 children put on spectacular shows for audiences of over 250 people. The striking performance from the Wicked Witch of the west, Dominic from Kansas, The Tin Man, a wonderfully accented Scarecrow and a very courageous lion took place at the school, leaving the audiences in laughter and tears.

Ingoldisthorpe C of E VA Primary School prides itself on its ‘Outstanding’ (Ofsted 2024) personal development for pupils and enabling pupils to shine in academics, performance, singing and areas of talent. The summer show extravaganza this year shows just how important this is to the staff, leadership and the community.

Headteacher, Julia Norman, said, “the children have worked all year round on a school wide Wizard of Oz themed readathon, reading 175 times at home over the year. The readathon and reading in school is of a high priority and is supported by the Friends of Ingoldisthorpe, who supply prizes for every 25 reads and the readathon culminates on the final show day.”

Amy Taylor, Assistant Headteacher, added, “the readathon and the

school’s culture of reading has enabled the children to achieve amazing results in KS2 for many years, our children and their progress are our passion.”

The parents and staff alike have been proud of the wonderful solos, the acting, the costumes and the dedication and bravery of all children performing in front of a hall full of the parents. It highlights that Ingoldisthorpe Primary School is, not only a place of excellent learning and achievement, but also provides an environment giving children wider opportunities and experiences they will remember for a lifetime.





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Brancaster school news

Sadly, as most of you know, we have had the long-awaited decision on our future - the merger is to go ahead, with our school closing on the last day of term.

We would like to take this opportunity to thank you all for supporting us over the years – the community has always been heavily involved with the school, which has meant so much to the staff and has hugely benefited the children and made things possible that otherwise we would not have been able to offer. Thanks to you, we have provided a good education to generations of children and turned out cohorts of good citizens who have gone on to great things. Hopefully we have, in our turn, also contributed to village life and enriched the community as well.

And so many of you joined the “save our school” campaign which bought us time and enabled us to finish the year, going out on a high. We were humbled by your response and only wish we could thank you all individually.

Mrs Lack is taking well deserved retirement, and Dr B will be leaving us, but most of the rest of us will start the year at Docking either permanently or while we make plans for the long term.

We have been making the most of the hard-won extra time with a whole host of exciting activities for the children.



Thrift Class have had two Farm trips at Deepdale Farm, thanks to the Lugden Hill Trust who funded them. The children made magazines afterwards demonstrating how much they had learnt about our environment, farming, food, the locality and wildlife. Many thanks to all involved, including “Farmer Fiona” and her daughters!

Thrift Class also visited Brancaster Oysters, which was a

wonderful experience, and we all learnt how to dress crabs and sew nets as well as finding out all about oysters - and we did some dipping in the pool and found lots of sea creatures.



The whole school went to the Sea Life Centre and the beach at Hunstanton. This trip was jointly funded by the Parish Council and the PFA. Everyone agreed it was the “best trip ever” and we could have spent far more time there!



We had great fun and learnt many fun facts about all the different animals.



We had our sports day. It was a close finish but the red team won.



KS1 also attended a sports festival. In both cases the children showed great team spirit as well as

sporting prowess.

Forest school has continued, and we really want to thank Miss Cooper for being such a brilliant leader.

KS2 have got a reward coming up, for all the notes on their “Recognition Board” for extra special work and actions. They are having a movie afternoon with pizza. Year 6 will later be having their own movie night with fish and chips donated by Eric’s (thank you so much!) as well as the traditional trip to Pleasurewood Hills. And they have already enjoyed a lovely meal at Briarfields (thank you so much)



And we will all be taking part in “St Mary’s Got Talent” - either as an act or as audience. It is hard to believe it could be as good as last year but I am told some of the acts are very special!

Term finishes on 22nd July with our Leavers’ Service - and goodbyes to all.

Big Tea Party

Editor’s note: A Big Tea Party took place on Friday 18th July celebrating 163 years of the wonderful school and to say goodbye.

You can read Dani Crawshaw’s article and see her videos including some wonderful singing at:

<https://townandaround.net/news/a-final-farewell-tears-and-laughter-at-brancaster-primary-as-it-closes-for-good>

Some photos from the Big Tea Party are below.



Pupils perform ‘We will rock you’



Asya and Xabi talking about their love of Brancaster Primary



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For more info call: **01485 536029** www.searles.co.uk

GLEBE HOUSE SCHOOL & NURSERY UPDATE

June is without doubt our busiest month of the year! And what an incredible month it was. In addition to exam week for our Year 3s and above, transition week for our new Reception children and moving up day for all our classes, our children, staff and parents had an exceptionally diverse, exciting and busy four weeks. Read on to see what fabulous opportunities our pupils enjoyed before breaking for their summer holiday.

Leavers' Programme



Our Year 8 leavers rounded off their time at Glebe House School with a memorable three week programme rooted in Character, Challenge and Community. From a beach clean to four packed days in Amsterdam, the programme was full of learning and laughter. Highlights included Cambridge punting, Escape Rooms, the Royal Norfolk Show and the traditional (very hot!) Leavers' Walk. It all ended with speeches, cricket versus parents and a formal dinner at Brancaster Sailing Club, fitting celebrations for a fantastic group ready for their next adventure.



Junior Prep Musical Production 'The Pirates of the Curry Bean'

This year's Junior Prep Musical Production was 'The Pirates of the Curry Bean'. After weeks of hard work, our Years 3, 4 and 5 had everyone laughing and toe-tapping

from start to finish. The children sang, danced and acted their hearts out, bringing this swashbuckling story to life with incredible energy, and some rather cheeky pirates!



Their teamwork and comic timing were brilliant and truly shone on stage. This was a show filled with some serious Piratical Style! A huge well done to all the pupils involved - you were fabulous!

European Languages Day

European Languages Day was once again a huge hit! All our pupils from Reception to Year 8 explored Spanish, Italian and French through fun lessons, a game of Boules and a superb, interactive performance of 'Voulez-Vous?' by The Big Wheel theatre group. The day was full of laughter, learning and lots of cultural discovery. A big thank you to our amazing staff and catering team for making it all possible. Roll on next year's celebration of languages and multicultural awareness!

SSP Dance Festival



We were both excited and proud to take part in our first ever West Norfolk SSP Dance Festival held at the Corn Exchange! Our

amazing 32-strong 'Strictly' Dance Club entertained the audience with a dazzling performance of 'One from A Chorus Line'. The theme was "movies" and our pupils truly brought Broadway to life! Huge congratulations to all involved, you looked brilliant and danced your hearts out.

Senior Prep Careers Day

This term saw our inaugural Senior Prep Careers Day which proved to be a big success! Huge thanks to the fantastic members of our Glebe House community who shared their career journeys with the children. From marine biology to law, interior design to the armed forces, the range of careers was inspiring, and the presentations were both engaging and informative. The children loved every minute! A massive shoutout to all our brilliant presenters, your time and insight made the day truly unforgettable.

Hunstanton & District Rotary Art Exhibition

We were thrilled to welcome Veronica Sekules from the Groundwork Gallery in King's Lynn to judge this year's Rotary John Crofts Art Competition. Veronica spent over two hours carefully viewing the artwork and was full of praise! Nicola Hart, an independent artist from Docking, judged more categories. Huge thanks to both judges and congratulations to all our talented winners, what an amazing celebration of creativity! With this competition open to all schools in the Hunstanton & District area, we were delighted to have many new faces at the exhibition and excited to see winners from a breadth of schools. We now look forward to seeing what next year's theme will be!

Kidchella - Friends of Glebe House School Children's Ball



On one of the hottest days of the year, over 80 of our pupils cooled off in style at Kidchella, hosted by the Friends of Glebe at Sedgeford Village Hall. With air conditioning

keeping things comfortable, pupils enjoyed a neon disco, glitter bar, face painting and a festival-style ice cream bar. Special thanks to some of our parents for creating and running the ice cream station, and for their hard work in making the day unforgettable for the children.

Dynamo Cricket Champions

Congratulations to our U11 Girls Dynamo Cricket team, who were crowned SSP Champions for 2025 after a brilliant unbeaten run at the finals on 9th June at Downham CC. With victories over Ashwick, Fairstead, St Martha's, Sandringham and Ingoldisthorpe, the girls showcased outstanding teamwork and determination, finishing with a perfect 100% win record. A superb performance all round, well done to the whole team on a fantastic achievement and an unforgettable day of cricket!

Inter House Swimming Gala



June sees the Prep School enjoy the much-loved, and certainly the loudest of the Inter-House events, the Swimming Gala! Every child from Year 3 to Year 8 gave their all in the pool, regardless of age or ability, with standout performances from Oliver V, Harriet W, Charlotte W, Arlo, Archer and Amber. In a thrilling finale, Saints and L'Estrange finished tied, sharing the cup after a fiercely close contest. Huge credit to all swimmers, staff and supporters for making it such an exciting, spirited and unforgettable event!

Inter House Sports Day

Two Fridays later we saw a fantastic display of energy and enthusiasm at the Nursery, Pre-Prep and Prep School Sports Days. With every child giving their all for their House, the competition was both close and thrilling. Congratulations to Saints for doing the double, winning both the Pre-Prep and Prep events! From sprints to tug-of-war, every event was met with great spirit. A huge well done to all involved, what a brilliant (and colourful!) celebration of sport at Glebe House!



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Pre-Prep Titchwell Bird Reserve Visit

Our youngest children, from Reception to Year 2 enjoyed a fantastic day at Titchwell bird reserve, exploring local wildlife up close. They studied camouflaged moths, spotted avocets, curlews, gulls, chicks and even a red kite from the bird hides. With magnifying glasses, stopwatches and tape measures in hand, they followed nature trails and investigated their surroundings. Back at school, the learning continued as they searched for moths in the playground. A glorious, fun-filled day of discovery. For anyone who has not been, Titchwell is well worth a visit!

Year 1 Lifeboat & Library Trips

Division I visited Old Hunstanton Lifeboat Station to learn about the vital work of RNLI volunteers. They explored the hovercraft and rescue equipment, with Ava's dad explaining his role and letting the children try on his safety helmet. Afterward, they enjoyed a beach playtime and picnic. Later that week, our Year 1 children had their final visit to Hunstanton library, joining a fun 'What's in the Box?' session. They

were also encouraged to take part in this year's summer reading challenge: 'Story Garden – Adventures in Nature and the Great Outdoors.'



Come and see us!

Does your child start Reception or Senior School in September 2025? Is your child looking for a new school? Would your child benefit from a new start?

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

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



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Studio @ 55 update ...

This time it's from The Monkey instead of the Organ Grinder. The life of The Monkey - or artist's assistant - is a busy one. It's all 'paint this, move that, clean it up' and so it goes on, day in day out.

But hey - this 'monkey' doesn't mind one bit. And I'll tell you why. Studio @ 55 is now where it needs to be, in its prime location in Heacham, High Street.

We had a 'soft launch' on the 29th of June to thank everyone who helped us make it happen and turn it around into a bright new studio in record time. Then classes resumed on the 3rd of July. Fab turnout. Thank you everyone.

Come on by, say hello. Maybe you'll discover your inner potter or clay modeller or you could purchase a gift certificate for a friend/loved one to encourage them?!

Now, here's a tall tale - yes and monkeys do have tails - - I hadn't done art since A level (yes showing my age), but under Esther's guidance I did a sculpture using an armature and paper clay and created Colin the Curlew. (see pic) And being the mischievous monkey that I am I made a clay model sculpture of a whippet too! Blow me down with a feather! I found a side of me that I didn't know existed. Esther has the ability to awake the artist that hides within your soul and she certainly brought it out of me.

There's no such word as can't in our studio. The only word we have is can.

See anything is possible. If a monkey can do it, anyone can.

Anyways, you'll always have a warm welcome so don't 'Walk on By'.

Love,
The Monkey aka SJ Stone

Esther Boehm, Studio @ 55 • 21 High Street • Heacham, PE31 7ER

<https://www.studioat55.com> • eb@estherboehm.com

Phone 07538 986 235

On behalf of the Save The Old Dairy Project team.

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August events - see also <https://townandaround.net/whats-on/august>

Friday 1st

Fincham Memorial Hall PE33
9EJ Quiz night - £2 per person,
max 6 persons per team. 50/50
cash raffle. BYO refreshments
and nibbles. Starts at 7.30pm.
Contact Pete on 0778 2335165

Ingoldisthorpe Sports and Social
Club Bike night enjoy a drink (at
very competitive prices) & good
conservation. What better way to
spend a summer evening.
Club open 4.30pm till late. All
welcome. Please call Diane on
07901924223 for details &
directions

United Services Club
Hunstanton 01485 533360
Friday night special. it's Freddy.
Luke's tribute to Freddy
Mercury 8.30pm

Saturday 2nd

Sandringham parkrun
Sandringham Royal Park at 8:40
for a 9:00 am start. First Timers
Briefing 8:45 am. Start and
finish on the vista near
children's play area. Car parking
for parkrun is free until 11:00
am. To volunteer or for further
information contact:
sandringham@parkrun.com
07913 439222

United Services Club
Hunstanton 01485 533360 Mike
Shelby 60s, R&R & Elvis
8.30pm

Sat 2nd-Sun 3rd

Art and Craft Fair at St Mary's
Church Snettisham PE31 7NA
10-5 Saturday and 10-4 Sunday.

Hunstanton Music Festival
12noon – 6.30pm The Green
Hunstanton. A fabulous two
days of free live music.
Norton Hill Light Railway,
Snettisham PE31 7LY Weekend
in aid of The Purfleet Trust 1-
5pm Entry £2, Train rides
£2.50pp

Sunday 3rd

United Services Club
Hunstanton 01485 533360 Open
Garden, live music with Simon
Lee 3-6pm, dancing with DNA
8pm

Serenata choir presenting a
programme of uplifting songs
and words celebrating flight at St
Mary's Snettisham PE31 7NA
7pm see p 62

Monday 4th

Anmer Social Club PE31 6RN
Coffee morning 10am-noon
farmboy24@sky.com or
telephone, text or WhatsApp
07899 872351

Anmer Social Club PE31 6RN
BINGO NIGHT – Club opens at
7.00p.m. "Eyes Down" at
7.30pm For information email :
anmer.club@outlook.com or
telephone; text or WhatsApp
07899872351

Tuesday 5th

Anmer Social Club PE31 6RN
Norfolk and Waveney MIND
Group meeting 11am-6.30pm. T:
0300 330 5488 or email:
nikki.nourse@norfolkandwaveneymind.org.uk

Thursday 7th

Robin Hood Open Air Theatre at
Burnham Deepdale PE31 8DD
7pm
<https://www.tickettailor.com/events/the-pantaloons/1500490>

Fri 8th – Sun 10th

Run Sandringham 24 is a trail
running race against the clock,
to take on as many laps of a 5-
mile course around the royal
estate as you can in 24 hours.
info@runsandringham.co.uk

Saturday 9th

Sandringham parkrun
Sandringham Royal Park at 8:40
for a 9:00 am start. See Sat 2nd

Snettisham Village Summer
Fayre on the Playing Field 11am
to 4pm

Hunstanton Open Air Cinema on
The Green PE36 6GB all FOC.
11am Moana 2,
3pm Wicked, 7pm Elvis

Hoe Down at the Lodge Hotel,
Old Hunstanton. 01485 532896.
All day live music, Western
style games, mechanical bull,
line dancing, country themed
food and drink available.

Summer Church Fete at Holme-
next-the-Sea PE36 6LH
2-4.45pm

Erin Elizaa folk singer
songwriter at St Mary's
Snettisham PE31 7NA at St
Mary's Snettisham PE31 7NA
7pm £10 on the door
(includes a drink).
See more p 62

A special Bat evening at St
Andrew's Church, Little
Massingham PE32 2JT. 7pm
This is a family event with a
specialist bat handler who will
give a short talk, and set up
cameras so those attending can
encounter and learn more about
the bats as they leave their
roosts.

Refreshments will be available.
Families welcome. Event by
donation. 07953167828
church.massingham@gmail.com

United Services Club
Hunstanton 01485 533360
Travis 8.30pm

Sunday 10th

RAF Sculthorpe Heritage Centre
American Day NR21 7RR
Opens 9.30am Info:07766
715548

RAF Bircham Newton PE31
6RH Open Day 10am-4pm
Free entry

Explore Ringstead walk 2.30pm.
Meet at Village Hall. Info
wmjacob20@gmail.com

United Services Club
Hunstanton 01485 533360

Tuesday 12th

Hunstanton Lifeboat Sandcastle Competition Tuesday 12th August 2025

Start 2pm, registration from 1.30pm. Entry £1 only.
On the beach at Old Hunstanton in front of the RNLI boathouse and
shop.

Everyone welcome, especially families with children. The competition
(lasts for about an hour (weather permitting) and is in three age groups.
Prizes will be vouchers for the RNLI shop.
Parking available at the Le Strange car park.



Hunstanton Lifeboat Sandcastle
Competition on the beach at Old
Hunstanton in front of the RNLI
Boathouse and shop.
Registration from 1.30pm.

Anmer Social Club PE31 6RN
Norfolk and Waveney MIND
Group meeting 11am-6.30pm.
See Tues 5th

Friday 15th

80th Anniversary V J Service
10.45am Tower Gardens. All
welcome to attend.

Fincham Memorial Hall PE33
9EJ Cash Bingo & Games
Evening - £6 per book of 5 plus
flyer, optional cash games of
Sticky 13's and Stand Up Bingo
£1 each. Doors open 7.30pm,
Eyes Down 8pm. Bring your
own refreshments and nibbles.
Contact Pete on 0778 2335165

United Services Club
Hunstanton 01485 533360 quiz
night. £50 first prize. Teams up
to 4 persons. £3pp 8pm

Saturday 16th

Sandringham parkrun
Sandringham Royal Park at 8:40
for a 9:00 am start. See Sat 2nd

Burnham Market Craft Fair
9am-5pm PE31 8HD Free entry
(parking on playing field £5)

Albie's last Summertime Dance
at Wereham Village Hall Doors
5.30pm. Food by A10 Pit-Stop
Catering. Dance the night away
with live music from Gravel
road stating at 7.30pm £6 raising
funds for EACH and Tapping
House.

United Services Club
Hunstanton 01485 533360 Glen
Cooper. all eras 8.30pm

Sat 16th – Sun 17th

West Norfolk & King's Lynn
Beekeepers' Association annual
Bees by the Sea Bee Exhibition
& Honey Show at Hunstanton
Town Hall. Free public entry &
children's activities both days
10am – 4pm Competitive classes
for various types of honey, wax
products, honey cakes, mead &
bee photography. see p27
secretariat@wnklba.co.uk
07873222640

Norton Hill Light Railway,
Snettisham PE31 7LY Weekend
in aid of The King's Lynn Lions
Club 1-5pm Entry £2, Train
rides £2.50pp

Sunday 17th

Hunstanton Area churches and
the Salvation Army Band at
Hunstanton Bandstand at
4.30pm Songs of Praise

United Services Club
Hunstanton 01485 533360 Find
the Joker draw tickets £1 Draw
at 2pm. followed by live music
with Corrie Lewis - Motown &
more 2.30pm. Karaoke with
Mick Covey 8pm

August events - see also <https://townandaround.net/whats-on/august>

Sun 17th-Sat 23rd

Hunstanton Lawn Tennis
Tournament PE36 6BT Play on
38 grass courts. Stalls,
refreshments etc.

Monday 18th

Anmer Social Club PE31 6RN
Coffee morning 10am-noon
farmboy24@sky.com or
telephone, text or WhatsApp
07899 872351

Tuesday 19th

Anmer Social Club PE31 6RN
Norfolk and Waveney MIND
Group meeting 11am-6.30pm.
See Tues 5th

Friday 22nd

Ingoldisthorpe Sports and Social
Club Open Mic night sharing
your talent whatever it maybe,
singing playing a musical
instrument poetry, comedy etc:
we would love to see you. Or
just be there to support in the
audience. Relax & enjoy a drink
at extremely competitive prices.
All welcome! This event starts at
7.30pm. Please call Diane on
07901924223 for details &
directions

Fri 22nd – Mon 25th

The Wash Art Group Summer
Exhibition 10-5 daily at
Thornham Village Hall
PE36 6LX see page 64

Art Exhibition in Ringstead at
the Village Hall 10-5 daily see
page 64.

Saturday 23rd

Sandringham parkrun
Sandringham Royal Park at 8:40
for a 9:00 am start. See Sat 2nd

Craft Fair at Hunstanton Town
Hall 10am-4pm PE36 6BQ

Battle of the Bands on
Hunstanton Green PE36 6GB
12noon – 6pm

Hamlet - Open Air Theatre at
Burnham Deepdale PE31 8DD
7pm

<https://www.tickettailor.com/events/thepantaloon/1500490>

United Services Club
Hunstanton 01485 533360 Low
Rider rock band. 8.30pm

Sat 23rd – Sun 24th

Ingoldisthorpe Sports and Social
Club are organising a Scarecrow
Competition for the village of
Ingoldisthorpe and we hope
village residents will join us in
participating. This will be held
over the Bank Holiday weekend.

The theme for this year's
Scarecrows will be "The
Movies"! Judging 24/8.
Showing of Classic/Vintage
Cars/Motorbikes, BBQ. Any
queries call Diane on
07901924223

Heacham's

Photo exhibition

is back

23rd and 24th
August
10.00 to 16.30

Come and see over 100 photos
taken by local photographers.

Old Friends Hall Sunnyside
Off Caley Street PE31 7DU
Contact 07850 371942

Heacham Photographic
competition at the Old Friends
Hall, Sunnyside PE31 7DU.
10-4.30pm
More info 07850 371942.

Sunday 24th

Sedgeford Summer Fayre 10am-
3pm at Sedgeford Village Hall
PE36 5NG

RAF Bircham Newton PE31
6RH Open Day 10am-4pm
Free entry

United Services Club
Hunstanton 01485 533360 Open
Garden live music with Toni G
60s & Elvis etc 3pm til 6pm,
cash bingo 7pm, Dancing 8pm

Tuesday 26th

Anmer Social Club PE31 6RN
Norfolk and Waveney MIND
Group meeting 11am-6.30pm.
See Tues 5th

Thursday 28th

Musical afternoon with
Margaritaville 50s and 60s
music at Hunstanton Town Hall
1-3pm £4 cash only. Raising
funds for the EAAA.
07787 96600

Friday 29th

Anmer Social Club PE31 6RN
QUIZ NIGHT – Club opens
7.00 p.m. Quiz starts 7.30 p.m.
Entry £3 per person. Fully
Licensed Bar Raffle.
Info: anmer.club@outlook.com
or telephone; text or WhatsApp
07899872351

Saturday 30th

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



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



RNLI FEST 2025 at The Golden
Lion, The Green Hunstanton
12noon – 8pm

United Services Club
Hunstanton 01485 533360 Dr
Phil Motown & Soul man
8.30pm

Sunday 31st

United Services Club
Hunstanton 01485 533360 Find
the joker. £1 a ticket, cash prizes
drawn at 2pm followed by live
music with Bondy 2.30pm

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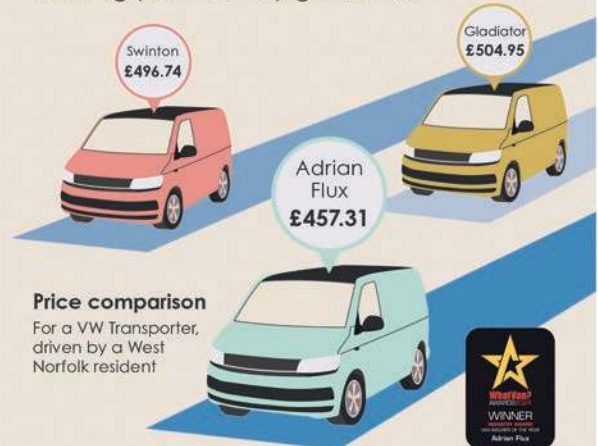
Extra Hands, Unit 13,
Heacham Hall Ind Est, Hunstanton Road,
Heacham, Norfolk. PE31 7DP

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In the Limelight

Our brand-new brochure has just landed and we couldn't be more excited! It's packed to the brim with all the thrilling shows and unmissable events coming your way. Pop in and pick up your copy today! Our Theatre Bar and Foyer are also brimming with show info and flyers – so take a moment, have a browse, and discover everything happening at 'The Little Theatre with BIG shows'.

The Great British Seaside Summer Special is the highlight of August at the theatre.

Back by dazzling demand, it's the ultimate midweek treat for the whole family! The show is a traditional variety feast with return of Bobby Dazzler, the TV comedian sensation. Expect belly laughs, cheeky charm, and feel-good fun from start to finish. The show is packed with handpicked acts who are new to the theatre this year.



Chris Marley, the Guinness World Record daredevil doing the unthinkable, danger has never looked so dazzling. Michael Diamond, mind-blowing magic and illusions that will leave you gasping (and possibly questioning reality). Ultra-Vibrancy, a neon puppet wonderland bursting with colour and imagination. Rollason Dance School, young stars with serious sparkle, energy, elegance and talent in every step. Showtimes: Wednesdays 6th, 13th, 20th August – 3:00pm. Wednesday 27th August – 3:00pm & 7:00pm.

Don't miss the best variety show by the sea, it's booking fast!

The Princess Theatre Seaside Summer Show charity collection at the end of the show will be for EACH. East Anglia Children's Hospices.



Looking back on July, the Hunstanton One Act Drama Festival returned to the venue. Audiences were entertained by a fine selection of local drama groups. This year there were a few surprises along the way. Congratulations to the winners and to the committee for another successful year, keeping drama alive in our community.

Our Film Club has now closed for the season, and we'd like to thank everyone who joined us for the screenings. As we look ahead to autumn, we'll be taking some time to review and refresh our offering. In the meantime, we'll be focusing on delivering more Cinema Live performances, bringing world-class productions from iconic stages straight to our screen. We will have more information to share in September. Thank you for your continued support.

Sip, savour and enjoy a breathtaking view! When you sit and relax on our terrace at this time of year, we are reminded of the beauty of this coastline and the stunning sunsets. Summer at the Sunset Wine Bar continues with live music. "Soul at Sunset" on Wednesdays from 6pm. Ease into the evening with golden grooves and midweek magic, hosted by the effortlessly cool DJ Zola. The perfect way to wind down as the sun sets. On Tuesday we have "Tunes by the Sea", 12pm to 3pm. Saxophonist David Young brings smooth, sun-soaked melodies to your lunchtime, so, let the music carry you away. Wrapping up the week up "Sunday Sessions", 2pm to 5pm. Unwind with an eclectic mix of Norfolk's finest live musicians. Each week brings a fresh sound

and a different artist. Check our Facebook page for weekly line-ups or ask our friendly bar team for the latest. Weather depending, so let's hope for sunny skies and balmy evenings!

What's on our stage this month? We have nine shows lined up, from tribute celebrations, comedy, Irish charm and Northern Soul grooves.

Friday 1st August. Get ready to be transported back in time to relive the legendary hits of Phil Collins and Genesis! "Seriously Collins" is not just a tribute show; it's an electrifying journey through the music that has touched hearts and defined an era.

Celebrating an epic 10 years of UK and global touring, the award-winning *Frankie's Guys* are renowned as the UK's leading tribute to Frankie Valli & The Four Seasons on Saturday 2nd August. Featuring stars from the global smash-hit musical *Jersey Boys*, Frankie's Guys has won international acclaim in its own right for astonishing vocal harmonies, slick dance moves, and the electric atmosphere it brings to the stage.

Friday 8th August brings you *Ireland the Show*. All the well-known ballads and singalongs guaranteed to take you to Ireland and back in one night!

The Searchers legacy continues! Spencer James has been the lead vocalist of Sixties legends, The Searchers, for the past 37 years so come and enjoy them here on Saturday 9th August.

Get ready for an electrifying night of pop anthems, heartbreak hits, and fierce rival vibes at Sweet and Sour – *The Ultimate Olivia Rodrigo vs. Sabrina Carpenter Tribute Show!* Featuring a powerhouse live band and dynamic dancers, this show brings every beat and lyric to life, immersing you in the stories, sass, and soul of two of pop's biggest sensations. This tribute show is an unforgettable experience on Saturday 16th August.



Elvis is in the building on Sunday 17th August. *A Vision of Elvis*. Put on your blue suede shoes and come to celebrate the music of the King of Rock 'n' Roll with the UK's supreme Elvis, Rob Kingsley and his talented cast.

Northern Live - Do I Love You on Friday 22nd August. Keeping the Faith to the original sounds of the underground movement that started on the dance floors in the North, including an 11-piece band with 4 lead vocalists performing over 30 original hits.

The Jersey Beats OH WHAT A NITE! is a different style of tribute show to any other that you will have seen or heard of before. Matt Andrew leads our vocal quartet as our tribute to Frankie Valli – telling the story of the band and how they formed the group which took them to the dizzy heights of television appearances, fame and fortune. Enjoy some doo wop music on Friday 29th August.

Jim Davidson OBE invites you to join him for another evening of rip-roaring, grown-up comedy where freedom of speech is the hero, and laughter triumphs over division. The battle for our comedic heritage is far from its final chapter on Saturday 30th August.

Looking ahead into the Autumn we have *The Opera Boys – A Night At The Musicals*. Whether you're a fan of modern-day smash hit musicals like, *Mamma Mia*, *Wicked* and *Frozen*, prefer the classics from Cole Porter, George Gershwin and Rodgers & Hammerstein, or

adore the definitive masterpieces like Les Misérables, Phantom of the Opera and West Side Story, this show has something for everyone and is perfect for musical theatre lovers both young and old. Book now for Sunday 12th October.



Come for a show, stay for the atmosphere, we'd love to see you here! Wishing you a wonderful summer - Best Wishes Anna



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Sundays Fortnightly Throughout the Summer
(see website for dates)
6-9pm (Last order for food 8:45)

Sunset Live returns to Heacham Manor Hotel this Summer.

Join us in The Pavilion on the No. 82 Terrace. Enjoy our popular tapas menu, designed to share, paired perfectly with our extensive drinks selection with excellent live music from Goz Unplugged.

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sunset

Soul

Sundays Fortnightly Throughout the Summer
(see website for dates)
6-9pm (Last order for food 8:45)

New for 2025!

This Summer join us in The Pavilion on the No. 82 Terrace for a taste of the soul life with the sounds of artists like Marvin Gaye, Al Green, and Etta James filling the air with warmth and nostalgia. Paired with our popular tapas menu we are bringing a new vibe to Sunday evenings.

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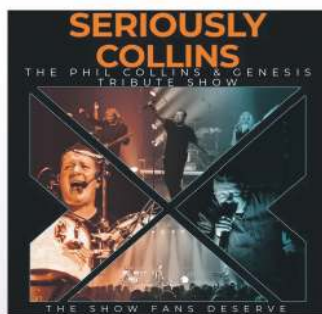


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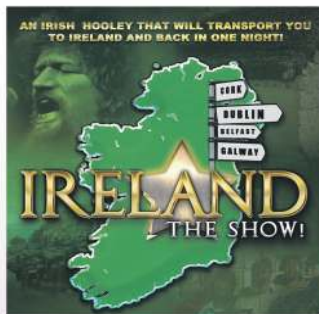
Wednesday 6th /13th /20th August 2025 - 15:00 Wednesday 27th August 2025 - 15:00 & 19:00
The Princess Theatre, Hunstanton Norfolk PE36 5AH Box Office: 01485 532252 www.princesshunstanton.co.uk



1st August



2nd August



8th August



9th August



16th August



17th August



22nd August



29th August



30th August

Sunset Wine Bar & Box Office Open 7 days a week.

Soul at Sunset with DJ Zola Wednesday evenings from 6pm & Live Music Tuesday & Sunday Afternoons. For a summer of entertainment, at the little theatre with BIG shows, including "The Great British Seaside Special Variety Show" every Wednesday in August.

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