

TOWN and AROUND

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First word



I think that December just might be the busiest month of the year for residents of West Norfolk; there's so much to enjoy in the run-up to Christmas. The events diary can be found on pages 52-53, and we add events to the online diary as we hear about them, so don't forget to log on to our website. The address is below.

The magazine continues to develop and react to local needs; this year we've welcomed new writers and said a fond farewell to others. I thank them all for writing

and keeping us informed and entertained.

It is said that 'a picture is worth a thousand words', so special thanks to everyone who has supplied photographs, and especially Ian Burt and Chris Bishop for some outstanding images this year.

Our advertisers provide the revenue to print and distribute 14,000 copies of T&A each month, please support them if you are able. New advertisers can be found in these pages.

Distribution is a key element in circulating news, both in print and online so thank you to Glen Piggott for his website work, Stuart McBarron for the bulk print deliveries, and our local distribution volunteers Andrew and Pat.

Richard and I would like to wish you all a joyous Christmas and a happy, healthy, and peaceful 2025.

Until next month,

Elaine

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Medals for RNLI crew members

Eighteen volunteers at Hunstanton RNLI were presented with special commemorative Coronation Medals, before taking part in the town's Remembrance service on Sunday, 10 November.

The honours were created to mark the coronation of the RNLI's patron King Charles III and Queen Camilla, which took place on 6 May, 2023.

The medal was awarded to members of the armed forces, along with personnel from emergency services, such as the RNLI, who had completed five years' continuous service and were in service at the time of the coronation.

Some 4,500 of the medals were presented to front line RNLI volunteers and staff with Hunstanton receiving 18 of them.

Those honoured at the Norfolk station were Justin Aldiss, Jon Butler, Dave Cleland, Andrew Craven, Vic Dade, Ryan Darby, Ian Devenney, Ivan Espley, Leesa Espley, Charlie Groundsell, Matty Groundsell, Josh Haycock,



Crew members at Hunstanton with their Coronation Medals RNLI/Chris Bishop

Ed Napolitano, Mark Nicholson, Charlie Parfitt, Roger Smith, Paul Stewart and Lee Torrice.

They were presented with their awards by Hunstanton RNLI chair Charles le Strange Meakin, to applause from crew mates.

Charles, whose family has been closely involved ever since a lifeboat service was first founded in Hunstanton 200 years ago, said: 'It was an honour and a privilege to present these awards to some of the committed people who volunteer at our station.'

More Lifeboat Station news

RNLI200 Christmas Carol Service with Hunstanton Concert Band

St Mary's Church at Old Hunstanton is hosting the RNLI200 Christmas Carol Service on Wednesday, December 18 at 6.30pm.



Credit RNLI/Chris Bishop

Hunstanton Concert Band will be at the helm for a special evening of festive favourites.

Crew members from the lifeboat station on nearby Sea Lane will also be taking part in the event, which comes as the RNLI's 200th anniversary year comes to a close.

Station visits officer and water safety lead Kate Craven said: "Christmas is a special time.

"But rescues continue to happen throughout the festive season, which like our work throughout the year are only made possible by our supporters.

"This year's event comes after a very special year for us in many ways, so we hope people will join us to celebrate in song."

The event starts at 6pm and admission is free. Mince pies and mulled wine are on the

radar.

Parking is at the church car park on the right as you enter the village before the duck pond.

With Courage

We welcomed Ian Limmer, from Attleborough-based nursery Peter Beales Roses, to the station a few weeks back.

He bred the iconic With Courage rose to mark the bicentenary of the RNLI, which went down a storm with celebrities and visitors to the Chelsea Flower Show.

Ian brought four of the sought-after bushes and a cheque for more than £16,000 from proceeds of sales so far.

He then led us on a mission to plant roses in the Esplanade Gardens, which will be in bloom next year, with a rallying call of: "I've got a spade and some fertiliser in my van - so let's go plant 'em..."



Ian Limmer plants one of the With Courage roses in the Esplanade Gardens at Hunstanton Credit RNLI/Chris Bishop

Farewell to Bob

A lifeboat treasurer paid tribute to the crew

he served on his final day at their busy station on Sunday, 3 November.

Bob McDonald became took over the financial helm at Hunstanton RNLI five years ago.

He is leaving the station because he is relocating from Norfolk to Cheshire.

Crew assembled after their weekly Sunday training session for a farewell presentation.

Launch Authority Jeff Lenton - who joined the RNLI on the same day as Bob back in 2019 - gave him a card signed by the crew, along with a Hunstanton Lifeboat Crew polo shirt.

Retired marine engineer Bob, 75, said afterwards: 'I joined up because I just wanted to give something back.

'The crew here are fantastic people to work with in a challenging environment.

'Their commitment to what they do is outstanding and they deserve all the help they can get.

'I've seen them go out in really horrendous weather, quite happy to go out there and save somebody's life.

'It's been a privilege being here and I shall really miss everybody.'

Things tend to quieten down for us a little on the operational front over the winter as fewer people come to the coast and fewer still take part in water-based activities.

But our crew are still training, with one or both of our craft launching most Sunday mornings (apart from the first one of the month, when we catch up on jobs around the station).

If you'd like to find out more about our work and how you could join us, pop along or e-mail hunstanton@rnli.org.uk.

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Girlguiding and Scout groups news

by Ruby Goold and Nicky Scott



As autumn ends and winter approaches, our 1st Snettisham Brownies reflected on some of the fun-filled events enjoyed by all this autumn - from pumpkin picking to making haunted gingerbread houses to remembering the fallen-on Remembrance Sunday.

Wearing their poppies with pride, Girlguiding and Scout groups joined hundreds of people of Snettisham community around the War Memorial for the Remembrance Service. Members of Guides and Scouts walked amongst the congregation who gave generously towards the Poppy Appeal. We were proud to help raise £572.32 in donations for this amazing charity.



Prior to the event, our units crafted poppies and came together with the community under the excellent organisation of June Barrett from the Poppy Appeal. All poppies were knitted or crocheted to make many 1000's, to form the river of poppies. This stunning display has caused a new Snettisham Sensation the Remembrance Red leading you up to St Mary's church.



Everyone had the opportunity to sponsor a poppy in memory of a loved one by writing a message and attaching it to the giant nets of poppies. Every contribution made went towards the Snettisham Poppy Appeal. The final total amount raised from the poppy display was £421.23

Onto the magic and sparkle season, it's now time to look forward to the fabulous festive activities that we have planned!

Our first event planned has us all very excited- an invitation to a very special preview. The children can't wait - leaders too! (Details to follow next month)

Everyone is welcome to join the Snettisham Guides and Scout group annual Christmas Carol Service on 2nd December, at St Mary's Church 6pm. This annual Christmas Carol Service has been celebrated every year for over 40 years. It's always a fun and relaxed evening with the uniformed members, family and friends singing together and generous gift giving toys for disadvantaged children for the local Salvation Army.



Did I mention cake? The Guides are making Christmas goodies and will sell them after the service at 7pm. Refreshments and cake - well worth coming along. Everyone welcome.

Continuing our fundraising efforts, we are also participating in the Snettisham Christmas Fair this year on 7th December from 5pm. We are making scrummy Hot Chocolate drinks with all the trimmings! You choose your favourite topping. Will it be marshmallows and chocolate flakes or crushed candy canes? Please drop by and say hi. We also have some free Girlguiding promotional giveaways for you.



Our final meeting of this year, another tradition, will see Rainbows, Brownies, and Guides all come together for a Christmas party with lots of fun and games!

Join Us In 2025!

When we get back together in the new year, why not come along and join in the fun of Girlguiding. For more info on becoming part of our fun, friendly & inclusive group, please get in touch with us. Email: ruby.goold@girlguiding-anglia.org.uk

Rainbows Age 4 - 7, Brownies Age 7-10, Guides Age 10-14.

To join in with the Scouting adventures, please contact snettisham@nwnscouts.org



Christmas Programme 2024

6th - 8th December - **Christmas Tree Festival**
Town Hall Fri 2-4pm Sat/Sun 10-4

7th December **Carol Service** 2.30pm
@ The Way PE36 5HU

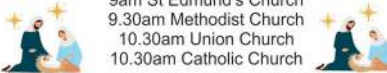
12th December **Toddlers Carols and Chaos**
10.30 Methodist Church PE36 6AJ Info 01485 298316

14th December **Carol Concert**
2pm @ The Union Church PE36 5BN

15th December **Carol Service**
10.30am @ Methodist Church PE36 6AJ

Christmas Eve
4.00pm Crib Service @ St Edmunds
7.00pm Service @ St Celas, Dersingham
11.15pm Midnight Mass
@ St Edmund's Church PE36 6BE

Christmas Day Service
9am St Edmund's Church
9.30am Methodist Church
10.30am Union Church
10.30am Catholic Church





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James Wild MP appointed Shadow Treasury minister

North West Norfolk MP James Wild has been appointed as a Shadow Treasury minister by the new Leader of the Conservative Party Rt Hon Kemi Badenoch MP.

As Shadow Exchequer Secretary to the Treasury, James' role in the Shadow Treasury team includes covering the UK tax system including business and personal taxes, energy environment and climate taxes, and investment zones.

Since being elected MP for North West Norfolk, James has worked to attract investment to the area and supported local businesses to promote exports, reduce regulation, support grant applications, and promote job opportunities. This role will enable him to continue to represent interest of local people and businesses on economic issues.

Commenting James said: "I am very pleased to have been appointed Shadow Exchequer Secretary to the Treasury. I am looking forward to making the case for an approach to tax that encourages investment and enterprise and holding the government to account for its plans for higher taxes, borrowing, and lower growth.

"Talking to businesses locally since the Budget I know there is plenty to do highlighting the government's damaging national insurance increases, Family Farm Tax, and higher costs for our hospitality businesses.

"I very much enjoyed my role as Shadow Education Minister as part of the team arguing for better SEND provision, opposing Labour's education tax, and ensuring the improvements in reading, maths, and science in recent years are protected."



EPIC Moves, Better Lives Appeal

The QEH King's Lynn Charity has launched an exciting new appeal — EPIC Moves, Better Lives — aiming to raise £10,000 to bring transformative reconditioning and exercise therapy directly to hospital patients.



Working in partnership with EPIC Norfolk, a social enterprise dedicated to improving lives through physical activity, the appeal will support frail and cognitively impaired patients by funding specialised mood-boosting exercise sessions designed to help people stay active, build strength, and maintain independence.

Each year, approximately 1,400 patients at The QEH are affected by dementia and frailty. For these patients, exercise therapy has proven benefits: it eases symptoms associated with dementia, reduces the need for medication to manage sleep, mood, and anxiety, and encourages engagement and movement.

This is where EPIC Moves, Better Lives can make a real difference, providing patients with therapies that improve quality of life and elevate their experience at QEH.

Dr. Katie Honney, Clinical Director for Integrated Care of Older Persons and Clinical Lead for the charity appeal, spoke on the value of the programme: "We're immensely grateful to everyone who supports this vital campaign. With these funds, patients living with dementia and frailty will benefit from tailored therapies that improve their physical health and enhance their psychological wellbeing."

Rachel Burridge, Consultant Nurse for Frailty, shared the impact she's seen first-hand: "Exercise therapy lifts our patients' spirits, helping them regain balance, and stay engaged and positive. It's wonderful to see them reminisce about past sports and hobbies with the EPIC Norfolk Exercise Specialists. This programme makes their hospital stay more enjoyable and empowering."

The QEHKL Charity is calling on individuals and local organisations to help reach the £10,000 target and bring the lasting benefits of exercise therapy to patients at QEH.

BARKING BUGLE NEWS

The Barking Bugle team were delighted to see that the woofstastic sum of £145- was raised for our purple poppy appeal this November. Thank you so much from the bottom of our paws to all those wonderful humans out there who donated so much, in memory of all those animals who have suffered as a result of terrible conflicts past and present.

We would like to remind everyone that the Barking Bugle will again be doing a collection for PACT Animal Sanctuary outside Hunstanton Tesco on Monday, 23rd December. My sisters and I plus several other furry friends who have helped us out in the past will be on duty and would love to receive lots of pats and cuddles. We look forward to seeing you there.

Woofs Miss Zsa Zsa,
Canine Editor of the Barking Bugle



Support Us Today!

Every donation, no matter the size, will help bring the EPIC Moves, Better Lives appeal to life, making a meaningful impact on the hospital experience for our most vulnerable patients. Those interested in supporting the initiative can contact the Charity Team at Charity@qehkl.nhs.uk.

Sam Taylor, Charity Manager, added: "Together, with your generosity, we can continue to transform the quality of care available to patients, ensuring a brighter, healthier future for all who rely on The Queen Elizabeth Hospital King's Lynn. We're a small charity with a big heart, and every donation helps."

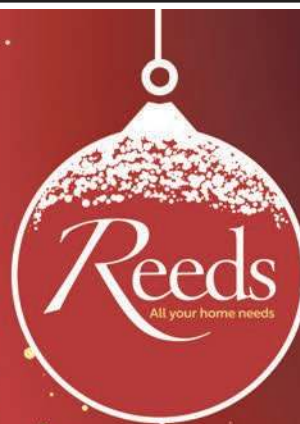
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Assessing mental capacity to activate a Lasting Power of Attorney

By Edward Harris, Solicitor, Hayes + Storr



A lasting power of attorney (LPA) is a legal document that allows a person (referred to as the 'donor') to appoint one or more people (known as 'attorneys') to assist with decision making or to make decisions on their behalf.

If you have been trusted to make decisions on someone else's behalf under a lasting power of attorney, you may be wondering when you should make such decisions.

What is 'mental capacity'?

The Mental Capacity Act 2005 provides the statutory framework for assessing mental capacity in England and Wales, and it sets out five key principles:

- Presumption of capacity: every

adult is presumed to have capacity unless proven otherwise.

- Maximising capacity: all practicable steps must be taken to help an individual make their own decisions.
- Right to make unwise decisions: individuals have the right to make decisions that may seem unwise.
- Best interests: any decision made on behalf of someone who lacks capacity must be in their best interests.
- Least restrictive option: decisions should be the least restrictive of the person's rights and freedoms.

How is mental capacity assessed for an LPA?

The Act sets out a two-stage test:

- Does the person have an impairment of their mind or brain, whether as a result of illness or external factors such as alcohol or drug use?
- If so, does the impairment mean the person is unable to make a specific decision when they need to?

The Act says a person is unable to make a decision if they cannot do one or more of the following:

- Understand the information relevant to the decision;
- Retain that information for long enough to make the decision;
- Use or weigh up that information for long enough to make the decision; and
- Communicate their decision in any way.

When should mental capacity be assessed?

Whether capacity needs to be assessed will depend on the type of LPA.

Health and Welfare LPA

- You can only make decisions for the donor when they have lost mental capacity.

Property and Financial Affairs LPA

- Subject to the terms of the document, you can make financial decisions from the time the LPA is registered, provided you have the donor's consent while they have capacity.

Who can assess mental capacity?

A doctor will often conduct an evaluation, carefully assessing and balancing the relevant factors

and information at hand. After the assessment, the doctor will generally write a report outlining their findings.

What happens next?

If a person loses mental capacity, a Health and Welfare Lasting Power of Attorney (LPA) can be activated to make decisions on their behalf. However, if they still have mental capacity, this LPA remains inactive. A Property and Financial Affairs LPA, on the other hand, can continue to be used based on the person's original consent when they had capacity.

How we can help

Caring for someone with a mental impairment carries a lot of responsibility, and we are here to support you.

For further information, please contact Edward Harris in the wills and probate team on 01328 863231 or email edward.harris@hayes-storr.com.

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

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WELL HAPPY HALLOWEEN! WHAT TO DO NEXT?

By Kathryn Gigg Chartered Accountants, Hunstanton

Following the General Election on 4 July, the new administration took power with a reasonable level of goodwill across the electorate. Since then, we have seen the raid on pensioners' heating allowances, expense scandals and an old fashioned "tax and spend" Budget which seems to have targeted businesses, farmers and "middle England" generally, all of which have curtailed the goodwill somewhat. Time will tell what this may mean for the future, but what can those with businesses or investments do now?

Leaving aside the specific issue of family farms, where statistics from DEFRA tell a very different story to those selectively picked from Treasury data, a huge number of taxpayers will, over the life of this parliament, (other than on legacies to a spouse) be hit by additional taxes, including:

- Those whose descendants might receive a lump sum from the pension of the deceased.
- Those leaving business or agricultural property worth in excess of £1m.
- Those whose investment sales make a surplus of over £3000 in any year.
- In addition, because of the freezing of Inheritance Tax (IHT) bands through to 2030, many who were outside the scope of that tax will be brought in by inflation- for example, a widow or widower with no lineal descendants and a house currently worth about £290,000 (i.e. less than the average UK house price) may well be within the IHT net by 2030.
- Similarly, there will be no increase in Income Tax Bands until at least 2028 so anyone with current income of £93,000 could be paying a marginal tax rate of 60% in 2028.

Fortunately, some of the worst fears about the Budget did not materialise, so it could have been worse. Threatened attacks on the abolition of the Capital Gains Tax (CGT) base cost uplift on death, the seven year "clock" for lifetime gifts and tax on lifetime transfers or a

wealth tax did not materialise and the existing CGT reliefs for holdover and rollover remain unchanged. As do to existing rules on trusts. Succession planning will now revert to the tools used thirty years ago. Estates will need to be equalised to maximise the value of the 100% bands. Assets may need to pass on the first death and lifetime gifts will become more important. Trusts may once again be worth the cost and hassle factor.

Business reorganisation or an accelerated succession may help, with possible routes including gifts, tenancies and trusts or new business structures. In some cases, the answer may be to move the business into a limited company, particularly if there are high taxable profits.

There will of course always be concerns about family relationships, income pressures, and a reluctance to "let go". What has changed is that whereas the pre-budget default position for passing on the family business was, broadly, "tax free" that is no longer so. As some commentators have remarked, there is often a route through capital taxes – the sad thing is that many who have become used to, and expected an easy succession will be caught out by a radical change of rules, overturning thirty years of gradual relaxation.

The first step must therefore be to take professional advice. Add up what you have and decide how you wish to pass it on, then see a professional to assess your options. The "tax tail should never wag the dog", but the recent changes have made tax a far greater threat than it has been in a generation.

If you require any tax advice, whether personal or business, please contact us at Kathryn Gigg Chartered Accountants, Hunstanton on 01485 534800 or kate@kathryngigg.co.uk.

N.B. Article written 12.11.2024

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Kathryn Gigg

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King's Lynn agency Maze eyes even more growth after celebrating its 15th birthday

The partners of marketing agency Maze are refusing to rest on their laurels as the company celebrates another major milestone.

The King's Lynn business celebrated its 15th birthday by treating staff to a Mexican-themed midweek party that included fun, food, drinks and games at The Conkers in West Bilney.

But it wasn't long before attention turned to the future with Nick Curtis, Charlie Roughton, Nicola Bray and David Wilson confirming more ambitious plans for their award-winning company.

"Another 15 years seems like an eternity away but the previous 15 have flown by," Mr Curtis told staff.

"All we know is that we love what we do and we love working with this group of people. We've got some big plans lined up and can't wait to share them with you all in the coming months. Our ambition is locked on growing Maze and the other agencies within the group.

"Our greatest passion has always been finding new people to join and strengthen the team. Everybody has left their mark and some have been leaving their mark for a decade and more. We still get the same buzz as we did 15 years ago when someone new starts and we look forward to welcoming more talented people in 2025 and beyond."

Maze, which began life as Maze Media in 2009, has grown from a team of four to 29 since its inception. Other specialist marketing agencies Optimyzd, WXVE, Fluential and TLNT have also been born to form the Maze Group which employs almost 50 people in total across offices in Lynn, Peterborough and London.

Three to four new positions are likely to be advertised by Maze in 2025 with plans being readied to invest further in data and new technology, including AI capabilities.

"We've been blessed with the amount of fabulous, talented and hard-working individuals that have walked through our doors, not just at Maze but across the group," Mr Curtis added.

"While we're proud to have expanded as an agency and a group we



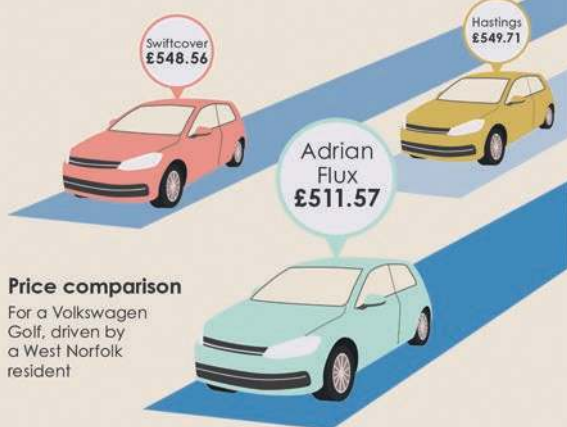
From left: Nick Curtis, Charlie Roughton, Nicola Bray and David Wilson

will always be proud of our roots and King's Lynn will always be our home. We remain passionate about providing homegrown talent with opportunities so they can live their lives and careers here.

"Any business' success and longevity is down to its people and that is especially true here. We are so grateful to our current and previous team members and our clients who have joined us on this journey."

Maze has enjoyed a long-standing relationship with insurance brokers Adrian Flux and Bikesure and been involved in several local community initiatives like the Art of Giving. The collaborative project celebrating the area's finest artistic talent has raised thousands of pounds as well as countless items of food to support the town's increasingly busy food bank.

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Tapping Close, Snettisham

The West End is coming to Syderstone!

Caz Appleby, on behalf of the Syderstone Cinema Team

The Syderstone Cinema Team has organised a special Christmas screening that you really won't want to miss

On Saturday 14 December we bring the West End to Syderstone with a special festive screening of 'An American in Paris – The Musical' – a film of a live stage show. This Live to Screen recording was filmed at the Dominion Theatre in London's West End.

The Broadway musical, inspired by the Oscar winning MGM film, tells the story of discovering love in the "City of Light". Featuring show-stopping choreography, it received a record 28 five-star reviews from critics. It features glorious George Gershwin favourites such as 'I got rhythm', 'S'wonderful' and 'You can't take that away from me'.

The story: Jerry Mulligan is an American striving to make it as a painter in Paris. Following an encounter with a dancer named Lise, the streets of Paris become the backdrop to a sensuous romance of art, friendship and love in the aftermath of war.

Plus, there will be free refreshments: fizz, alcohol-free fizz and canapes.

With a Christmas-themed raffle and Christmas music, Christmas jumpers are very welcome, and there will be a prize for the best.

The Amy Robsart Village Hall, The St, Syderstone, King's Lynn PE31 8SD will be decorated for Christmas and a warm festive welcome awaits!

Advance booking is strongly recommended. Doors open 6.30pm. Film starts 7.00pm. Tickets: £6 adults and £4 for children under 14. Bookings can be made by email syderstonecinema_arvh@outlook.com or call 01485 578270.

RESCUE : WOODEN : BOATS winter update

Our season has ended after a great year with more visitors than ever to our Maritime Heritage Centre in Stiffkey, our popular series of Maritime Mingle events as well as trips on our restored and much-loved Dunkirk Little Ship Lucy Lavers, run by Liam Pink of Curlew Coastal Charters in Wells.

Comments this year from our Visitors' Book in Stiffkey include: 'wonderful displays - a hidden gem'; 'wonderful, very informative and well presented'; 'nice activities for children'; 'very nice quiz'; 'Lucy Lavers story of Dunkirk fascinating and moved me to tears'; 'fabulous to see such skills still in action'; 'very interesting history of the local trades'.

Our Maritime Heritage Festival and Flotilla in Wells this year showcased a record 25 unique local historic working wooden boats with their spectacular flotilla, their stories and lots of entertainment ashore. Next year it will be on Saturday and Sunday August 2 & 3 2025.

Thank you for supporting our work as a charity to conserve the stories of these beautiful local boats and their communities.

If you'd like to chat about joining our team to help us with our work, or your business sponsoring us, do get in touch.

We welcome weekday private group visits from societies, schools or interest groups to our Maritime Heritage Centre, do contact us

to discuss.

There are plenty of local films and photos on our website www.rescuewoodenboats.com for you to browse over the winter and we re-open our Maritime Heritage Centre on Sundays and Bank Holiday Mondays from Easter Sunday April 20 2025 11- 4. We look forward to seeing you.

www.rescuewoodenboats.com
Wendy Pritchard 07796 951414
wpp@wendypritchard.co.uk



Above: Visitors in the Maritime Heritage Centre Museum

Left: Some of the participants in the 2024 Maritime Heritage Festival

Below: Lucy Lavers credit: Mark Frary



FALLS – Balance and Injury

Edwin Salter

We take our first tumbles in infancy as we adapt to a triumph of evolution. Up on two legs, humans could see further and develop our so useful and dextrous forelimbs. Many activities accept some risk, but unexpected falls can bring emotions from embarrassment to timidity that restrict life as does physical injury.

Ageing makes falls more likely and injuries slower to heal. People are living longer (Hunstanton, with retired incomers, is about half age 60+), but with less physical activity in a less natural world: bodies lose competence and disorders such as obesity and osteoporosis increase risk. The approximate statistics are that each year at 65+ 1 in 3 are likely to fall, at 80+ 1 in 2 with falls their most common cause of death by injury. The suffering and burden become great (Inc. about 70,000 hip replacements UK p.a.). What can help?

Prudence (beware ladders, showers, uneven/slippery pavements ... , also alcohol ...) and general fitness help avoid falls and minimise damage. Check footwear, keep passageways clear, and if vulnerable learn to cope with walking sticks and frames and know how to summon help. Be alert to potentially dangerous situations before moving. Poor light, tiredness, haste, unfamiliarity, these all add danger so take careful steps and use supports (e.g. banisters). In a tricky situation, focus only on the physical task, block intrusive thoughts and ignore interruptions. In a fall, tend to fold, rounding the body shape to distribute the impact (avoid a flat-on smash – notice stunt performers). Before trying to get up, alone or helped, carefully check for injury.

Our sense of balance is a largely unconscious blend of different elements. Sight identifies verticals, the body is aware of how its parts move and are distributed in space (proprioception), our feet sense the shifts of weight, and special organs in the head recognise upright or tilted (the otolith) and changes in movement direction and speed (the semicircular canals). Balance is sustained by practice (dance?), and just a weekly few minutes of focus from mid-life on can be vital.

Stand up straight with feet somewhat apart feeling secure. Extend the arms and trace symmetrical patterns in the air – these can become more complicated, asymmetrical winding about, adding a little body tilt. With caution, trace simple arm gestures with the eyes shut (trying to bring opposite fingertips together is a rough measure of proprioception). Again, in the standing position, shift your body weight between your feet, side-side and (perhaps more difficult) forward-back.

In a safe situation, stand with supports close by. Looking forward to a fixed point, calmly raise one foot off the floor until there is a sense of wobble and repeat this several times with each leg. After building confidence, difficulty can be added by shutting the eyes briefly. One-leg standing times are a fair measure of balance and can track change (typical times, seconds, eyes open//shut: age 30s 45//15, 50s 40//8, 70s 20//3.)

Balance and posture add grace of movement worth appreciating. Perhaps a future topic.

Norfolk Coast Path

David Cotton

Further to Simon Bamber's report in the May 2024 edition [of T&A], my partner and I walked the extended Coast Path from Snettisham to Kings Lynn in October and offer a few more tips for anyone contemplating doing the same. The first thing to say is that – unless you are a seasoned walker or rambler – it is not for the faint-hearted. Once you have got past the RSPB reserve, the walk is pretty much a slog. Matters are not helped by long stretches being trampled by cattle, both at the base and on top of the flood embankments (so there is no easy way round). When wet and muddy, these stretches would be virtually impassable. Although relatively dry on the day of our walk, it still made it heavy going.

In any case, we recommend wearing waterproof boots or shoes as, although there had been no recent rain, it was still wet underfoot, meaning that our canvas walking shoes quickly got wet and soaked through to our socks and feet. We also advise wearing a high-neck coat or jumper, and a hat, scarf and gloves, to help prevent attacks by biting insects, particularly where the path runs along the side of dykes and where cattle congregate. The presence of a large herd of cattle blocking the path can be intimidating, though they will normally move out of your way as you approach.

As there are no seats or anything else dry enough to sit on and rest for the whole distance of some twelve miles, you may find it useful to take a small waterproof sheet or tarpaulin to sit on (or perhaps folding camping chairs if you are fit enough to carry them!). Also bear in mind that there are no toilets, shelter or other facilities en-route.

Finally, if you intend to catch the Coastliner bus (34/35/36) back to Snettisham/Hunstanton there is a bus stop opposite Home Bargains, near where the coast path emerges onto the A1078/A148 via Estuary Road – it is not necessary to walk all the way to the central bus station. However, remember that you still have to walk the length of Beach Road to get from the bus stop in Snettisham village back to Shepherd's Port/beach if you need to!

It was certainly a great experience to walk this unique and tranquil stretch of the coast path, albeit not one that we are likely to repeat any time soon!

Hunstanton u3a

December meeting will be the Christmas party which this year will be held at the **Old Hunstanton Village Hall on Monday 16th December. Please note the different venue from our usual meetings.**

Places are always limited for this at 100 and it is therefore important that you purchase your ticket at £4.00 each as soon as possible.

Our January meeting will be on Monday 20th January back at the Community Hall, Avenue Road, Hunstanton at 2.00pm when Jan Smith will be updating us on the situation with Hedgehogs.

For further information please see our website hunstantonu3a.org Telephone 07443 763679



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Hunstanton & District Lions



Hunstanton Lions Club did a collection at the Soap Box Derby in Hunstanton and raised funds for MacMillan Cancer Care Centre to assist them in purchasing a vein scanner a much-needed piece of equipment which cost approximately £1,800 per device. The collection raised approximately £840. It was then agreed at our monthly meeting that we Lions would make up the difference to £1,800 which will enable the Cancer Care Unit to purchase one of these devices.

Many thanks to all those who donated on the day and for all the volunteers who did the collections.

Photo shows Jane Scott Lion President and Lion Paul Southerton presenting the cheque at the McMillan Centre.



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A recipe from the Prudent Pensioner Sweet Potato & Chicory Soup

Having decided on these quantities and prepared them I found there was a little too much for my Compact 1L Soupmaker so I put all the ingredients into a saucepan and cooked it on the hob. This month is a 2 for 1; I am sharing details of how to make it in a 1.3L or 1.6L soupmaker or on the hob.

1 onion
Sweet Potato approx. 200g
Carrots approx. 60g
Chicory (I used red) approx 120g
Potato approx. 175g
1 stick of celery
Stock cube (I used Chicken)
Salt and Pepper to taste.

Peel sweet potato, carrot and potato and cut into small pieces. Peel onion and slice thinly. Trim chicory and cut into chunky slices. Trim and clean celery and slice.

To make in a 1.3L or 1.6L soupmaker: Dissolve stock cube in 200ml hot water then top up to 400ml with cold water.

Place all prepared ingredients in soup maker, adding more stock if necessary to reach min. line do not fill past max line.

Carefully put on lid, easing blades into vegetables until on securely. Switch on and select preferred mode.

Wait for the soupmaker to do its stuff, and then season to taste, serve and enjoy.

Season to taste. Serve and enjoy.

To Cook on the hob: Dissolve stock cube in 500ml hot water. Put stock and vegetables into a saucepan, bring to boil then reduce heat and leave simmering gently, stirring occasionally, for 15 minutes or until carrots are beginning to soften. Strain off most of the liquid into a jug, put aside while you either put vegetables into a liquidiser or use a hand blender and whizz until pureed. Carefully return liquid to pureed vegetables in a saucepan, stirring gently to mix well. Season to taste. Reheat stirring gently. Turn off heat, serve and enjoy.

"Less Waste more Soup" 45 easy, budget friendly recipes for nourishing soup is available from Ridouts Bakery in Heacham, Docking Farmers Market, By The Book in Hunstanton and Robert & Christine Bradbeer home shopping. See lots more recipes on The Prudent Pensioner Facebook page

**Copy date for the January 2025 edition
is strictly 12th December.**

Please don't be late.

**Printed copies will be available from
Monday 30th December.**

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RADIO HAM

David Young



I am a proud radio ham. Why? Because I chatted to other radio hams all over the world long before mobile phones or the internet were developed. Ham radio is amateur radio. The origins of the term 'ham' is disputed. One theory is that it comes from 'ham fisted', referring to poor operators of Morse Code. My preferred version is that it represents the initial letters of the first three radio amateurs from Harvard University who sent the first amateur radio transmission in 1908. (Hyman/Almy/Murray).

Amateur radio is used for disaster situations when normal communications are out of action. All the news from The Falkland Islands in 1982 was provided by local radio hams as the broadcast station was taken over by the invading force. A branch of amateur radio called Raynet provide field communication at various sporting events with mobile radios in case aid is needed.

My interest in radio began in my teens as I took up a 5 year apprenticeship in telecommunications with a local REME Command Workshop. Following that, I joined the British Forces Broadcasting Service, (remember Two-Way Family Favourites?), as a broadcast engineer. My first posting was to Cyprus and I was intrigued by the amateur radio activities of our chief engineer and worked towards obtaining my licence. I was required to pass a technical exam and be able to send and receive Morse code at 12 words a minute. In the early 1900's, Morse code was used by shipping, aircraft and military contacts. Radio amateurs are the only body of people who still use morse code and under certain radio conditions, it is easier to read than a voice. A popular text alert on mobile phones used to be 'ditditdit - dahdah - ditditdit, which is SMS in morse. Often remembered was the radio officer on the stricken Titanic sending 'ditditdit-dahdahdah-ditditdit'. (SOS)



Ofcom allocate all frequency use in the UK and many frequency bands are allocated to radio hams. When you obtain a license, you are issued with a call sign, the prefix indicating the country of issue. You must make your call sign known in order for other radio hams to know where in the world you are located. Long distance contacts are made on the HF, (high frequency/ short wave) bands and the transmitted radio wave is reflected back to earth several thousand mile away by the ionosphere depending on sun spot activities. Radio hams collect call signs and rare ones attract much interest. My call signs in Cyprus, Hong Kong and The Falklands were of particular interest and I experienced numerous stations, (known as a 'pile up'), trying to make contact with me. Radio hams in the UK are represented by the Radio Society of Great Britain, and the Royal Signals and the RAF, (plus many more) have daily nets. Local clubs arrange field events near lighthouses, castles etc., and help Cubs and Scouts obtain their communicator badge. Email g4rqu@hotmail.com for more information.

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Brancaster Baby and Toddler Group (BB&TG) Halloween Party

The BB&TG held a Halloween Party in Brancaster Village Hall on Tuesday 29th October, which was attended by thirty-eight children, along with their parents/carers. A great deal of fun was had, with a Halloween bouncy castle, an air ball juggler unit, spooky soft play, Halloween arts and crafts, face-painting and a Halloween snack. It was a joy to see so many happy and excited faces – many of them painted – and children having so much fun and mixing so well together: parents/carers were also joining in enthusiastically. Much of the credit for this splendid occasion must go to Annie, the organiser who arranges and oversees the BB&TG on a weekly basis. Grateful thanks go also to Brancaster Parish News, who generously provided funds for this event.

If you would like to find out more about BB&TG, please phone Annie on 07813 459049 or email her at brancasterbabyandtoddlergroup@yahoo.co.uk



– you will be assured of a warm welcome and lots of stimulation and fun for your child(ren). The pictures show the Halloween Party event.



CAROLINE DUDLEY: COPY EDITOR

It is said that 'there's a book in everyone'. When you've written yours, what happens next?

First it will need copy editing. What's that?

In its simplest form, copy editing means going through the script to make sure that all spelling, punctuation and grammar are correct, that there is consistency of style (for example, numbers in words up to 10 and numerals thereafter) and that the script 'flows' to engage the reader.

True, there are online spellchecking systems and some that check grammar, but these are not infallible and can miss some real howlers. One I encountered recently concerned a horse's 'main', blowing in the breeze. What was its 'mane' doing, I wonder?

And even typing this triggered an on-screen alert, asking if I actually meant 'main'.

So you see, there's a lot of work to do before sending your masterpiece off to a literary agent/publisher, and particularly if you are looking to self-publish.

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Magical Stones and New Beginnings

Esther Boehm

With the end of the year approaching, I like to review and see if my year is complete. 2024 has been a year with both tumultuous upheaval and one of artistic achievement. It has also presented new possibilities for 2025. Pondering this, I recalled my first marble carving course in Carrara, Italy — and my first commission in Carrara marble.

I was living in Munich at the time — it was 1998. Although I studied Fine Art in Canada, I had never carved stone. I stumbled across an advert for a marble carving course in Carrara using the traditional methods of Michelangelo. Of course I signed up immediately. Being in those mountains and treading the very same earth that Michelangelo had was exhilarating. It was an amazing 2 weeks and started a passion for stone and a new series of work which culminated in an exhibition.

Mr. and Mrs. Hoerz discovered my exhibition. They had interpreted my abstract sculpture as a bird. Their daughter, Franka, had sadly died in her sleep and they wanted a bird sculpture for her grave. They visited my studio and became convinced I had been chosen by Franka and so I received the commission. Mrs. Hoerz said that she wanted to come with me to select the stone. I laughed and said that would be in Carrara. She said they were going to the south of France so we could meet.

I got in touch with a young Dutch sculptor, Raven, who I had met during my course. He agreed to meet me in spite of the years that had passed since we first met.

With my dog in the back of my Renault panel truck, we set off on our adventure. I somehow managed to find the meeting place in Carrara without a satnav — the good old days of paper maps. Raven told me I couldn't just arrive in Carrara and expect to find the perfect piece of marble on the first day but I was more than happy to spend some time there to do some stone hunting.

The meeting with the Hoerz's worked out perfectly. We agreed to set out with Raven first thing in the morning. The adventure ended very quickly because we actually did find the perfect piece of marble at the first place we visited. Raven reminded the Hoerz's of their son so there was a relaxed and comfortable atmosphere between us. We went back the following day to get the stone cut to size. The stone and off-cut were loaded into the back of my panel truck and off I went back to Munich.

While working on one side of the sculpture, there were decisions I had to make about the carving that were puzzling but that I felt were right. At the cemetery Mr. Hoerz asked me to come and take a look at the sculpture approaching it from a distance. I discovered that the puzzling side appeared to have taken on the form of a Madonna. Thinking of it still gives me goose bumps.

The Hoerz's invited me out to dinner after the sculpture was in place.

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Mr. Hoerz shared his impression that I was a true professional coming in at the right time knowing exactly where to make the cut on the marble. I didn't have the heart to tell him I didn't have a clue. Mrs. Hoerz told me that she was convinced Franka's hand was guiding me the whole time and maybe it was.

I am very sad to be leaving my studio at 55 High Street in mid December. Thank you to all who have taken courses or visited me over the past 7 years. At the time of writing, I can't confirm what will happen next but I will be in touch. The studio will take on a new form. I have every confidence that The Old Dairy project will be a success. Our Crowdfunder is still running at <https://www.crowdfunder.co.uk/p/the-old-dairy-heacham-for-the-community> so please give what you can to bring Studio @ 55 back into the heart of Heacham.

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Clockwise from top left: The perfect piece of marble, the finished sculpture and in the studio with Raven.

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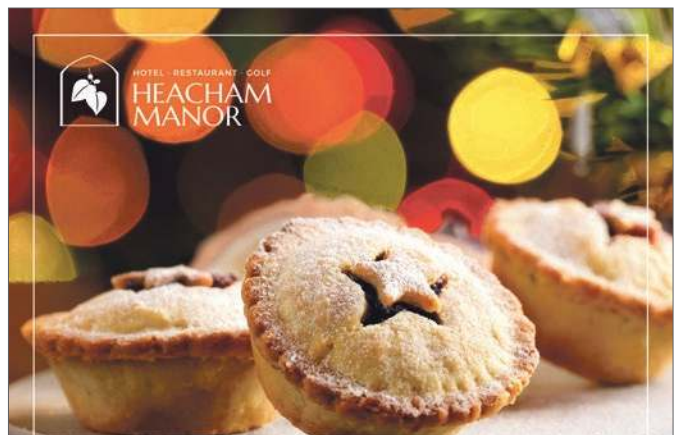
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Tapping House unveils new brand identity featuring striking Dragonfly

Tapping House is delighted to announce that the Hospice is entering an exciting new chapter with a fresh brand identity. Our new look features a vibrant, colourful dragonfly as our emblem, symbolising transformation and hope. Additionally, the Hospice will now be known simply as Tapping House.

CEO Nicola Ellis, says, "This is so much more than just a new look - it reflects the heart of who we are, our values, and our vision for the future. Our brand refresh captures the compassion, care, and support that lie at the core of everything we do. We're rolling out our new identity in stages, so you may notice gradual changes over the coming weeks and months. Please do bear with us as we phase in the updates across our Hospice, charity shops, and communications - it's an exciting transition, but we want to make sure it's done carefully and thoughtfully."

This rebranding signals an ongoing commitment to providing excellence in rest-of-life care for patients and their families across Norfolk and North Cambridgeshire. As the dragonfly begins to appear throughout the community, we invite residents to join us in a new era for Tapping House as we look forward to celebrating 40 years of providing so much more than outstanding Hospice care.

The dragonfly - symbolic of transformation, resilience, hope, and grace... perfectly captures the spirit of Tapping House. It also serves as a reminder of our mission to be a guiding presence, offering comfort and compassionate care during life's most challenging moments.

It's a symbol that will carry us all forward as we adapt and embrace change, just like the dragonfly has the ability to adapt and transform, so can we all.

We're hugely grateful for the design of our new brand identity that was kindly gifted entirely free of charge to the Hospice by leading creative agency Cogent. The rollout of our new brand is part of a broader initiative to invest deeply in every part of Tapping House. From expanded training programs to new wellness initiatives, we're strengthening our commitment to our extraordinary team of caregivers



and staff. This rebranding reflects our intention to remain a leader in hospice care, serving as a beacon of excellence and compassion. At Tapping House, we recognise that exceptional care is built on innovation, dedication, and a continual focus on the needs of our community. The UK Hospice sector is currently facing significant challenges especially with regards funding. Like so many hospices, we rely heavily on charitable donations and receive limited government support. We're dedicated to enriching the lives of our patients and their families, making sure they receive the best support possible at every stage.

We encourage you to scan the QR code below and enjoy the story and inspiration behind our new brand, to look out for our new dragonfly emblem and wherever possible continue to show your ongoing support and commitment to Tapping House, as we begin this inspiring new chapter together.



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Nature notes with Carrie Carey

In a remarkable display of female dominance Marsh Harriers ladies rule the roost! Larger and more powerful than their male counterparts, females leverage their physical strength and size advantage to take the top slot. Using their commanding presence, they assert authority over their surroundings at establish a territory and it's often the oldest female who gets first pick.

In this matriarchal structure, females guide the future of their offspring with undaunted resilience and have learned to adapt to changing landscapes and human pursuits. Once common across rural England, Marsh Harriers faced near extinction due to the activities of 19th-century game hunters and egg collectors. Recovery was painfully slow and just as numbers appeared to be doing well, the use of organochlorine pesticides in the 1960s caused harrier numbers to dive into single figures. Sightings of Marsh Harriers in the following two decades were often mis-recorded as Red Kites or Buzzards and until the 1980s, they were barely more than annual passage migrants. Widespread loss of reedbed habitats delivered another blow for these struggling raptors. However, this challenge led to a remarkable behavioural shift; resilient females started nesting in arable crops when their traditional habitat became scarce. Today, thanks to successful conservation efforts, Marsh Harrier numbers are stable and Titchwell Marsh reserve is home to several resident pairs. These birds are a popular sight on the reserve and easy to spot as they glide effortlessly across reedbeds and saltmarsh. Both graceful and powerful in flight they seem to hang languidly in the air holding their wings in a shallow 'V' formation. On the move, their flight pattern is lazy, a few slow flaps are followed by a long, wavering glide.

You can expect to spot Marsh Harriers at any time of year, but winter is undoubtedly my favourite season for watching these magnificent birds. Numbers build as colder weather draws inland birds to coastal areas, so December and January are ideal times to experience a harrier watch. I love a crisp afternoon, just as the light fades and large numbers of harriers gather for their communal roost. This spectacle brings together dozens of birds in a raptor jamboree. This gathering is both social and tactical; roosting in communities provides warmth against dipping temperatures and also protection from potential predators. As



Nick Bowman's stunning image of a Marsh Harrier

darkness fully descends across the reserve, the Marsh Harriers remain in the shelter of the reeds, blending into the landscape, safe and unseen until dawn.

Early morning and Titchwell Marsh is bathed in a watery pink glow. Lingering mist creates a soft, ethereal atmosphere that blurs the edges of the wetlands and as the sun peers tentatively over the horizon, winter reedbeds come alive with activity. Against the backdrop of slender reeds nipped by overnight frost, stirring harriers stretch out stiffened wings and rise from the heart of the reserve. These birds are hungry and ready to eat.

Both sexes are skilful hunters with females preferring to stay close to home, tracking prey along the coast. In contrast, males will venture inland, sometimes travelling up to 15 miles from their roost in search of small mammals and birds. When it comes to hunting, the harriers' mantra is 'low and slow'. With long, broad wings and an imposing one metre wingspan, the birds make a measured sweep of hunting grounds often tilting from side to side as they search for prey. Once in their sightline, quarry has little chance of evading the sharp talons of the Marsh Harrier as, with remarkable agility, it pivots and dives down on the unsuspecting target.

Being the smaller bird, the male Marsh

Harrier is more agile in flight which serves him well when it's time to impress the ladies in spring. Soaring high overhead, he'll perform a series of aerial acrobatics as he tries to catch the attention of a nearby female. Flipping and twisting like an avian pretzel, he'll throw in a few rolls, somersaults and spins as he takes his courtship to the next level. Feigning disinterest, she'll observe the show from a distance, testing the agility and dedication of a potential mate. Sometimes she'll join him and they'll engage in a 'sky dance' of synchronised twists and turns. Once she's chosen her partner, the two continue their romance with co-operative nest building and eventually co-parenting.

Marsh Harriers possess several remarkable qualities that make them stand out among raptors. Their adaptability is one of their most impressive traits, allowing them to thrive in diverse wetlands such as Titchwell Marsh reserve. If you'd like to get a closer look at these exciting birds or want a unique Christmas present for the nature lover in your life, then we're offering a chance to join us in the warden's monitoring hide at sunrise. This one-off event takes you into the heart of the reedbeds to witness the harriers as they leave overnight roosts in search of a tasty breakfast.

For more information on this and all our other events, please go to www.rspb.org.uk/titchwellmarsh.

Snettisham Gardening Club

Our last meeting of the year is November 27th at the Memorial Hall when we will be holding a Hog Roast.

We do not hold a meeting in December.

We start our 2025 programme with our AGM on Wednesday 29th January at the Memorial Hall at 7.30 pm.

Come along to see what we have in store for the year.

We will be holding our Annual Village Show on Saturday 13th July 2025 and plans are already being made for this event which is open to all, not just members, so if you want to plan your entries it is never too soon to think about it and schedules along with the programme for the year will be available at the AGM.

Subscriptions will also be collected with Fizz and Cake for refreshments.

For any further information about the club please call Gail on 01485 541279 or Addie on 01485 544754.



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Wendy Warner's plant of the month - Pieris

When looking for evergreen shrubs for the garden, try to find plants that will have interest throughout the whole year. Pieris certainly fit the bill with a fresh burst of bright, usually pink or red, foliage in early spring, maturing to deeper green followed by trusses of small, fragrant, bell-shaped flowers which are attractive to early pollinators. It is sometimes commonly known as Lily of the Valley Bush as the flowers look very similar to those of the spring bulbs.

Pieris will fit into most styles of gardening. Use them for structure in cottage or informal gardens, to attract bees and other pollinators in wildlife gardens, smaller varieties at the front of borders, in woodland or shady gardens or in patio pots or containers. They have a neat form whatever the ultimate size of the plant.

All Pieris require an acid soil which is moist but well-drained. If growing in a pot or container, choose one of the more compact varieties and use ericaceous compost. Site your Pieris in a sheltered, partially shaded position. If it's a mild early Spring and then the weather turns and there are late frosts forecast after fresh, soft shoots have emerged, cover this foliage with frost fleece for protection. By positioning it so it is shaded from morning sun will help prevent frost



damage. Pieris require very little pruning and this will usually be to remove any dead, damaged or diseased material. Feed with ericaceous plant food using either a liquid feed or slow release granules worked into the soil or compost, and mulch with well-rotted pine needles or an ericaceous compost.

There are a number of varieties of Pieris,

the following are the ones most popular that can be found in the garden centre. Pieris 'Forest Flame' will reach an eventual height of 1.5 metres. It produces flame red new leaves which develops to pink, cream and then vivid green. The creamy-white flowers bloom in large clusters from April through to May. It has an RHS Award of Garden Merit (AGM) for its striking colour, reliability and resistance to disease. This variety will withstand planting in a sunnier position.

Pieris 'Little Heath' is compact with a height and spread of 60cm. It has variegated green, edged cream leaves throughout the year but the new, Spring, growth emerges with a pinkish red flush and is followed by white flowers. The size of this variety makes it perfect for growing in a pot.

Pieris 'Mountain Fire' has rich red new shoots maturing to chestnut brown with ivory flowers and is quite a large variety with a ultimate height of 2 metres by spread of 1.5 metres. Pieris 'Valley Rose' has pale green shoots, darkening through the season and pinky-white flowers. Pieris 'Scarlett O'Hara' has dark green leaves all year round and in spring is topped with bronze-red new growth which matures to green and has panicles of white fragrant flowers.

Try a Pieris to give attractive year-round interest and pretty, fragrant flowers.



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Downham Market and District Horticultural Society

Do you love your garden but don't know where to start? Maybe you just want a little gardening inspiration and advice? Do you want to meet friendly, like-minded people? Perhaps you're looking for a new hobby – one which gives you fresh air and exercise and the opportunity to enjoy the fruits (and vegetables) of your labours?

Well, look no further – Downham Market and District Horticultural Society is waiting to welcome you, whether a complete novice, an experienced gardener, or somewhere in between!

We meet on the second Monday of the month in Downham Market Town Hall. Meetings are in the evening, starting at 7.15pm. We have a different speaker each month, covering wide-ranging subjects with a horticultural theme. The talks last around an hour and are followed by a short Q&A session. There is then the opportunity to chat with fellow members and often the speaker, over tea, coffee and biscuits.

We are particularly looking forward to our December meeting, where we have a big Christmas raffle, with foodie prizes generously donated by members. After the talk and the draw, there is the chance to socialise over Christmassy refreshments.

We hold competitions once or twice a year – coming up is a daffodil-growing competition, to be judged at our April 2025 meeting.

Our main event is our annual Summer Show – the next one is on Saturday 12 July 2025, at Downham Market Town Hall. It is open to both members and non-members. Categories include flowers, pot plants, fruit, vegetables, preserves, baked goods, crafts, art, photography – so something for everyone! Look out for the free programmes, which will be appearing in local shops from Easter onwards.

Annual membership is a bargain £10. Members enjoy generous discounts from Downham Market Garden Centre and Suttons Seeds, so keen gardeners can recoup the cost in no time.

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



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Mudpies & Butterflies

with Louise Barby, Balanis

"Winter is a season of recovery and preparation." – Paul Theroux

December might seem like a quiet month in the gardening world, but it's an essential time to reflect, plan, and even celebrate the season outdoors. In the UK, the days are short, the air is crisp, and many plants have gone dormant. However, with a bit of imagination and care, December offers plenty of opportunities to enjoy and prepare your garden for a successful year ahead.

Essential winter garden tasks

- **Tidy Up Garden Beds:** Remove any dead foliage, fallen leaves, or decaying fruit from garden beds, especially around vegetable patches. This cleanup helps pre-vent pests and diseases from overwintering and spreading in spring.

- **Prune Deciduous Trees and Shrubs:** Now is the perfect time to prune trees and shrubs while they're dormant. Focus on removing dead or damaged branches and shaping the structure of fruit trees like apple and pear.

- **Prepare the Soil:** Consider adding a thick layer of compost or well-rotted manure to empty beds. This will enrich the soil and protect against erosion over winter.

- **Protect Delicate Plants:** For more tender plants, like young herbs or Mediterranean shrubs, cover them with fleece or move them to a sheltered spot.

Planning ahead

- **Review This Year's Garden:** Reflect on what worked well and what didn't.

- **Choose Your Seeds:** With a wealth of seed catalogues available, now is the time to dream big.

- **Plan Your Vegetable Garden:** If you grow vegetables, map out your beds for the next season to practice crop rotation.

- **Think About Garden Layout:** Winter is a great time to think about any changes you'd like to make in your garden layout.

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Christmas Trees fit for a King

If you want a Christmas tree that will withstand a few weeks indoors and be a sparkling centrepiece throughout the festive season, you need to follow a few rules, so recently T&A visited Peter at Sandringham Sawmill to find out how to care for our tree from an expert.

"Firstly, you need to buy a good quality tree," he said. "Here at the Sawmill we sell the Nordmann Fir, it's a slow growing tree and if you look after it properly it won't drop its needles."

"The first thing to do is cut off about half an inch or so from the bottom of the trunk which will rid your tree of any hardened sap and make sure it can absorb lots of water to stay fresh and green and then stand it in water to give it a good drink."

"When it's time take it indoors, you can cut more off the trunk so that it will fit in a stand that takes water and don't stand it by the fire or near a radiator, try to find the coolest part of the room."

"Water is key to keeping your tree alive and depending on the temperature a tree can drink two or three pints of water a day so choose a spot you can get to easily to top up and check the water level every day."

So there you have it!

-o0o-

Christmas Trees are available from 28th November at Sandringham Sawmill. Opening times from 1st December are:

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Wild in Westminster and West Norfolk

Out and about across North West Norfolk there is one topic people want to raise with me – the Budget. Whether small businesses, larger firms, charities, or individuals, there is a lot of concern about the tax increases it introduced.

The first Budget of a new government is always going to help shape the Parliament. This one certainly did with £42 billion of tax rises, increased borrowing, and the official verdict was the plans will deliver lower growth than forecast before the election.

By putting up employer national insurance, the government has broken the promises it made at the general election and the impact will be felt by working people, particularly lower paid, part-time workers. Businesses of all sizes, charities, care homes and nurseries have all warned of the damaging impact of rises for them.

Our local economy has a strong tourism, leisure, and hospitality sector worth of £560 million to the West Norfolk and which accounts for a fifth of all jobs.

So I am very concerned that as well as higher NI, the government is also effectively doubling the amount firms pay on business rates by cutting the discount that has been in place since 2020. From April pubs, restaurants, bars, and other firms face higher bills they can ill afford.

One of the more surprising changes which



has generated a lot of concern was to Agricultural Property Relief. This was put in the place specifically to protect family farms in recognition of their vital role as growers of our food and custodians of the countryside.

But the measures which have been introduced have been dubbed a “Family Farm Tax” with the NFU, Country Landowners Association, and others warning they will lead to the break-up of farms, weaken food security, undermine environmental action, and hurt rural areas. In the House of Commons, I urged the minister to rethink these plans and I will keep campaigning for that.

However, it is not just farming where the

government is letting Norfolk down. Our £600 million devolution deal has been scrapped. There was no announcement on additional dental training at the UEA that MPs are campaigning for. On infrastructure, we await firm pledges to meet those of the last government on Ely Junction and the West Winch Housing Access Road.

It is fair to acknowledge the government recommitted to move swiftly on RAAC hospital rebuilds. I used the Budget debate to call on the Health Secretary to work with me and QEH to get on with their plans and release funding so the project is ready by 2030. He said he would and I will hold him to that commitment.

There was also good news as the government listened to the calls I and other MPs made to continue to support people particularly in rural areas like ours by freezing fuel duty.

But it is very disappointing the Chancellor has not done anything to help 21,700 pensioners locally who will lose their winter fuel payments - please do check if you are eligible for pension credit and apply before this month's deadline.

This Budget was a disappointing series of broken promises which do not deliver stronger growth and instead target working people and those investing and creating the money to pay for our public services.

Hunstanton Remembrance

Hunstanton students represented their school when they took part in this year's Remembrance Service at Hunstanton War Memorial on Sunday 10 November.



Smithdon High School's Head Students, Ethan Guymer and Hope Marriott, were accompanied by Deputy Headteacher Sarah Robinson at the ceremony, which has become a regular fixture in the school calendar.

"They walked with the parade through the town, attended the service at the Cenotaph, and laid a wreath on behalf of Smithdon High School for all those former students who had died in the wars," said Amanda Gibbins, Headteacher at the school, which is part of the West Norfolk Academies Trust.

"It is a huge reflection of British Values and the Smithdon Seven Statements – remembering all those who have fought and died for our country, supported the armed services in terrorist and other incidents, all placing others' lives and security ahead of their own."



Roger Smith carried the RNLI standard at Hunstanton's Remembrance service, with (inset) John Scott, who fell on the Western Front and Hunstanton RNLI's wreath laid at the town's War Memorial. Images RNLI/Chris Bishop and Ian Burt



Hunstanton Eyecare blog

Following the departure of our Optometrist Francis at the beginning of November, we had to search for a new colleague, which can be quite difficult in our rural area. I can never understand why folks want to stay in the cities instead of enjoying our lovely Norfolk countryside, but then we are all different! Just by chance I received an enquiry from an Optometrist at the Queen Elizabeth Hospital, it was relating to my low vision work. An Optometrist at the QEH? I thought, why not come and work for us? So, I sent a most inviting email and fortunately it worked. Clare Campbell has joined us as a locum a couple of days a week, and we hope that she will so enjoy working with us that she will decide to make things more permanent in the future. I will let Clare introduce herself.



"I moved to Norfolk in 2017 after graduating from Glasgow Caledonian University. I studied Optometry as a mature student having previously worked in media and communications. I really enjoy the variety of people I see day to day and working out how I can best help them with their visual needs or symptoms.

I work in both community practice and as an Optometrist at the Queen Elizabeth Hospital in King's Lynn.

Routine eye examinations are vital to early detection of many conditions. I am keen to further my existing qualification in treating and managing acute eye conditions and am very proud to be able to provide care in the community for these patients.

I was born and grew up in Scotland but have lived and worked in many places before settling in Norfolk. My husband and I are keen walkers and while we seek out hills on holidays, we love the Norfolk coastline and wildlife on our doorstep. I love swimming and nowadays prefer the sea to a pool unless it's very cold out!

We love holidaying to new destinations and hope to do a lot more of this in the years to come."

At this time of year, it just remains for me to wish everyone a very Happy Christmas and wish you good fortune for 2025.

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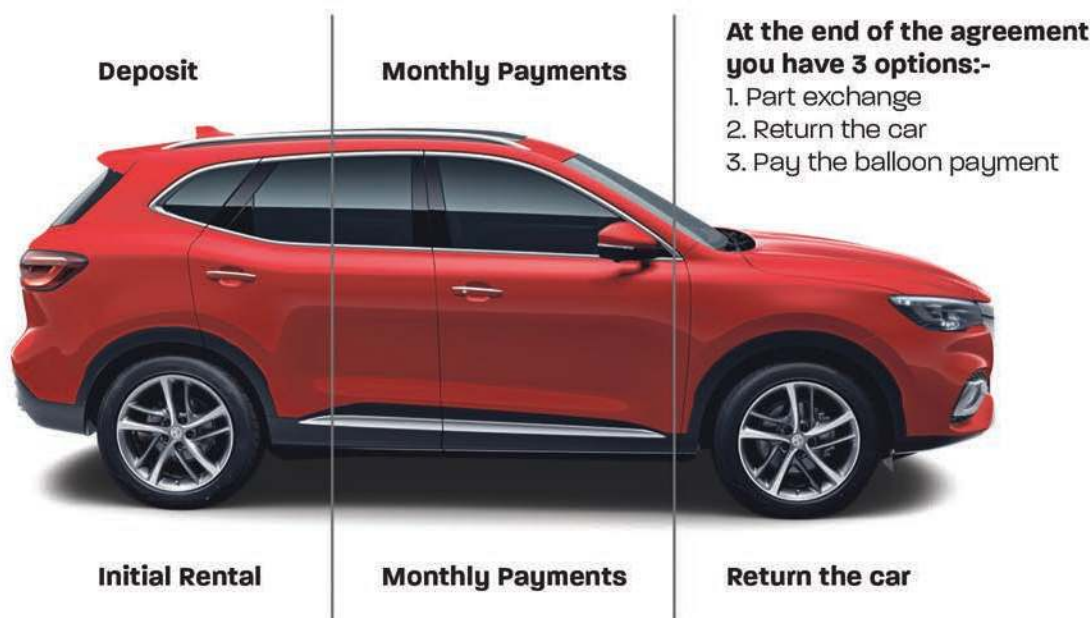
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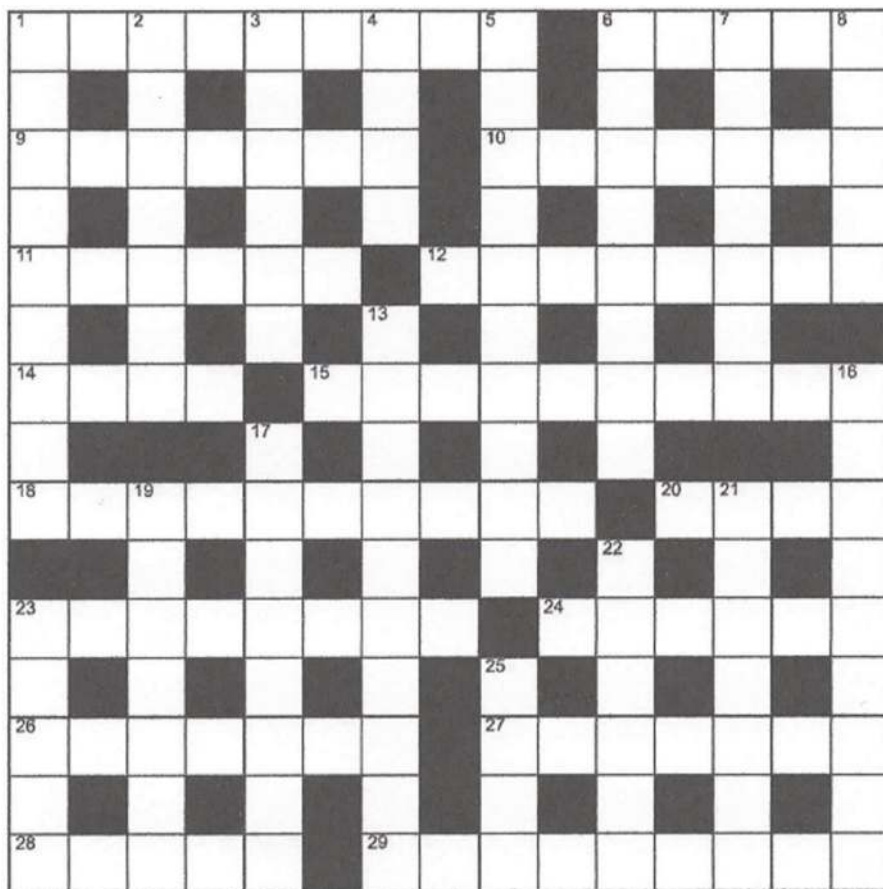
David Elsey's cryptic crossword

Across

1. Cool Santa Claus, beginning to get fit, needs a massage ... (9)
6. ... Saint to the last, he will be calling (5)
9. Rages on about stocking fillers (7)
10. Senses that some people up north need to embrace temperature (7)
11. A bit of Christmas puddin' is upliftin' (6)
12. Primarily where Santa will be on the night before Christmas? (5,3)
14. Gush over warm greetings (4)
15. Prancer's to fly alongside Rudolph (2-8)
18. Seeing as it's new, arranged for carol to be added at the end (10)
20. Sounds like café can provide a winter pick-me-up ... (1-3)
23. ... Rev's happy to be in charge of teas occasionally – they are provided by the church (8)
24. It is often sung in church by a girl resolved to capture the heart of choir (6)
26. Action-packed start to Christmas – without going out! (7)
27. At the end of December, we dine out in Burgundy (3,4)
28. Adorned all over inside – like Santa's sleigh on Christmas Eve? (5)
29. They enable one to walk after a heavy fall (9)

Down

1. Entertaining display of presents under the tree (9)
2. Grannie's abroad getting warm (7)
3. Divine messenger drops a letter on way up to this region (6)
4. Top of tree we hang first, then bottom (4)
5. Chaps on foot might be out in the cold (10)
6. With this person's support four are needed to cut spruce for Christmas (8)
7. Weather is cold and I'm slow getting about ... (7)
8. ... stand aside as elves run around (5)
13. Winter transport for ducks, we hear one



- has issues with? (10)
16. Old packets containing original receipts for decorations (9)
17. Tiptoe in, excited to see round robin (8)
19. Delayed, first of turkeys turned up very late (7)
21. Bring back Polish trio to perform *Little*

Donkey (7)

22. Toboggans (or sleds) I supply (6)
23. It's great to snowball! (5)
25. *Mother Goose* is so entertaining (4)

THE CROSSWORD SOLUTION
IS ON PAGE 38

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Save Burman House Care Home - Lives are at risk from NCC's cruel cut

County Cllr Alexandra Kemp Clenchwarton and King's Lynn South 01553 630 329 07920 286636

Norfolk County Council's heartless Cabinet is literally failing to heed the cries of the most vulnerable residents in our society, our oldest residents with dementia and severe physical disabilities.

NCC's Cabinet is helplessly standing by, as its own company NorseCare plans to shut Burnham House Care Home, Terrington St John, before Christmas - close the residents' home where they are cared for, with compassion and kindness.

NCC funds NorseCare with public money, to provide a public service. But won't consult the public.

Burman House Care Home is rated Good by the Care Quality Commission and is in the top 5 for all Norse Care Homes. So it makes no sense to close it.

Closing a Care Home should only ever be the last resort, as it is known to cause such stress to frail residents, it can shorten their lives. The County Council is the provider of last resort, if private care homes fail, so it is really irresponsible to close its best care homes.

Closing Burman House would be NCC's Vote of No Confidence in West Norfolk. There are 30-40 jobs in Burman House. There is a shortage of good quality Care Home, Convalescence and Respite Care in West Norfolk. NCC will be making this worse unless it keeps Burman House open.

NCC says the rooms aren't big enough - but Burman House residents are being moved to rooms in Care Homes which are no bigger.

NCC should be investing in, not closing Burman House. They could put modular bathrooms on each of the 30 rooms - all are on the ground-floor - but NCC won't consider this. Why not? Is it because NCC owns Burman House and wants to sell it off to fund the Norwich Western Link?

NCC is breaking its promise for consistent access to care and support across the county.

Failing its legal duty under the Care Act, in its responsibility to shape and sustain the Care Market.

Cabinet made a decision in secrecy last Monday to agree an approach to transform the Care Market and ordered a Review of Norse Care Homes, but washed its hands of the closure of Burnham House. How many more Care Homes are NCC planning to close? We should fear the worst because we simply don't know. The more secrecy, the more they are hiding.

I tabled this Question to Cabinet on 4 November at County Hall:

**Cllr Kemp Question to Cabinet
Cabinet 4 November 2024 Public & Local
Member Questions Local Member Question
Time**

7.1 Question from Cllr Alexandra Kemp
NCC's Cabinet is helplessly standing by, while Council's wholly owned company NorseCare, closes Burman House Care Home in West Norfolk, rated Good by the CQC. Residents in this Division praise its kind staff. Closing any Care Home risks affecting the residents' wellbeing. Closure may destabilise the local Health and Care Sector, contrary to Council's Care Act duty and increase the severe shortage of Care Homes and Community Beds in West Norfolk. This could lead to more residents placed out of County, bed blocking, Less End-of-Life Care and Respite. Cabinet is shrouding the Sufficiency Statement in secrecy. Can Cabinet control its subsidiary, invest in West Norfolk and keep Burman House open?

I followed it up with this:

Norfolk Care Homes are in the bottom quartile across the estate for quality and so NCC has no business allowing its wholly-owned

subsidiary NorseCare to close a Care Home rated good, Burnham House, in West Norfolk, where it is such a shortage of Care Home places.

Cabinet is letting down all of West Norfolk, the Care Sector, the NHS, and failing in its duty to shape and sustain the Care Market, by failing to fund NorseCare properly so it can't make a profit or invest in the estate.

Can Cabinet undertake a report on the investment needed for Burnham House to install ensuite?

This is the third time NCC has tried to close Burman House. In 2018, I protested against County Plans to close Burman House. In 2002, Cllr Charles Joyce helped save Burman House from the County Council's closure plan. But this time, Norfolk County Council has plunged the depths of unaccountability and secrecy, at a level not seen since the incinerator debacle 15 years ago. Local Government guidelines say a Council should review its companies in view of the public, but NCC's Cabinet kept the full papers and discussions from its own Councillors.

What You Can Do to Help

Please write a short polite email to the County Council Deputy Leader Councillor Andrew Jamieson

Andrew.Jamieson.cllr@norfolk.gov.uk

Ask him to intervene as a West Norfolk Councillor, to Save Burman House, because lives depend on it.

And copy in Chief Executive Tom McCabe Tom.McCabe@norfolk.gov.uk and tell him that NCC will make the care crisis worse if it closes a Care Home in West Norfolk.

Please do not hesitate to contact me. 01553 630 329 07920 286636

NATIONAL COASTWATCH INSTITUTION (NCI) BRANCASTER

Although the autumn and winter are generally quieter periods for NCI Brancaster staff, there is still a need for constant vigilance by Watchkeepers. At the end of October, a potentially serious incident occurred, as Watchkeepers at the station observed five people on Scott Head Island, standing at the edge of the channel as the tide was racing in. Two people made it across the channel to safety, but three were left stranded on the island, having had to turn back. HM Coastguard were informed by the Watchkeepers, and the RNLI hovercraft was deployed from Hunstanton, arriving within 35 minutes of the original call, and rescuing the three stranded people. This was an excellent example of the emergency services working as a team, but also of the recurring dangers for the unwary of the tidal conditions off Brancaster beach. It also demonstrates the crucial importance of the NCI Brancaster station.

There has been one new recruit this month; NCI Brancaster is hoping to be present at Brancaster Winter Fair on 30th November to publicise and answer questions about the service, as well as emphasise water safety issues.



The AGM of NCI Brancaster took place on 31st October and was attended by the majority of the Watchkeepers. The objectives for 2025 were agreed; these included the need to focus even more on the recruitment and retention of volunteers, the need to maintain financial security, to improve the training database and to set up a comprehensive guide on all aspects of the station operations.

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

The pictures show the 2024 group



photograph and the presentation of "Watchkeeper of the Year" award by John A. Frazer for his work on the new station.

NEWS FROM BRANCASTER VILLAGE HALL (BVH)

Geoff Wingrove

It has been another very successful month for BVH, with lots of activities and community events. However, the news that Brancaster Primary School is to merge with Docking School and so close has cast a shadow over the village community. The Diocese of Norwich Education and Academies Trust which manages the school gave a three-week consultation period to respond to this proposal, which has resulted in widespread opposition. There has been a school in Brancaster since the late 16th century; if this proposal goes ahead, it will mean that children from Brancaster and neighbouring coastal villages will have to be transported to Docking (or to Hunstanton or Burnham Market) on a daily basis. Public meetings have been held involving the MP and local Councillors, and many objections registered: we await the outcome.

On a brighter note, the Brancaster Baby and Toddler Group held a hugely successful Halloween Party (see p18), with an equally enjoyable and well-attended Halloween event held by BVH. Measures are now in hand to investigate the installation of solar panels and to extend the car park at BVH.

Forthcoming events:

The Brancaster Winter Fair will be held at BVH on 30th November, with lots of stalls and a performance by the Community Choir
Children's Disco and Karaoke on 21st December
Open Darts Competition 28th December
New Year's Eve: live music from Sidewalk

Regular groups will continue as usual: full details at www.brancastervillagehall.communitybookings.co.uk or on Facebook and Instagram. For enquiries, please contact us at bvhsetup@gmail.com

See also <https://townandaround.net/news/from-the-brancaster-village-hall-archive> for this month's article from the Brancaster Archive

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Sporting corner with Tim Keogh

A Feat Unlikely to be Repeated

Ian Smith is a former international Scottish Rugby Union player. He was also a well-travelled Army dentist before he set up the Grange Dental Practice in Snettisham. Ian has already written one book about his rugby career (A Full Back Slower Than Your Average Prop) and is due to release a second about his travels. He is now retired and still lives in Snettisham. Ian has been giving Town & Around's Tim Keogh monthly insights into his fascinating life.

I was a very small boy when my father first took me to Murrayfield, the home of Scottish rugby, in 1951 to watch Scotland beat Wales 19-0. He was at great pains to tell me as a six-year-old, that the player playing full back for Scotland, IHM Thomson, was a former pupil of my school, George Heriot's in Edinburgh, and he played a huge part in the Scottish victory. He was wearing the jersey with the number one on his back although nowadays this has been changed to the number fifteen.

I was then to be a spectator at Murrayfield for every international, apart from the All Blacks in 1954, right up until 1969 when I missed two being away in the Army, although I was present at the last game in that year, only this time on the pitch!

Of course, what I could never have realised in 1951, which was that I would also play full back for Scotland and become the seventh of eight former pupils to have played in that position for our national team. This achievement is unique in the world of rugby, and I suspect it is a record that will probably never be equalled.

The menu photograph accompanying this

article is from a once in a lifetime occasion when all eight of us attended the same rugby dinner.

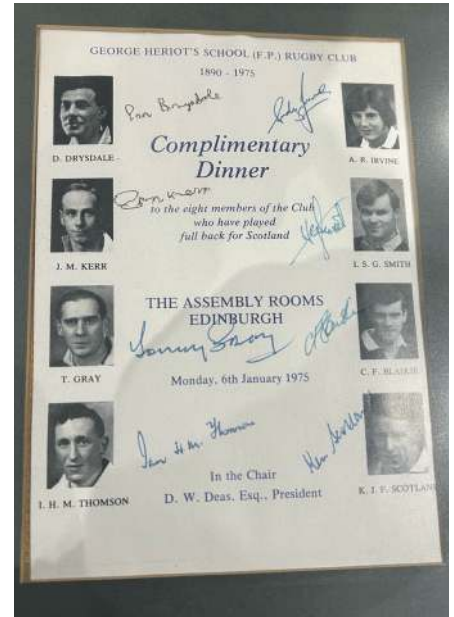
Three of the full backs are very famous, the first being Dan Drysdale who was capped in the 1920's and subsequently became a British Lion. Two others, Ken Scotland and, more recently, Andy Irvine also represented the British Lions, again, with great distinction.

Tommy Gray played rugby despite standing on a landmine during the Second World War which blew half his foot off! Fortunately, he played for Northampton and was able to have a boot made to measure. Jimmy Kerr and Ken Scotland both played cricket for Scotland too so, as you can see, I am rather fortunate to belong to a very privileged group. Full back number six was Colin Blaikie, very much my competition for the position, and he is, thankfully, one of the three of us left alive.

In 1957 Ken Scotland became one of the first Scottish players to score all his country's points on his debut in Paris, something I was extremely fortunate to achieve on my debut against the Springboks in 1969. On both occasions the matches were won. I was also the first Scotland full back to score a try in an international, and the first full back from any country to get tries in his first two internationals. I was, however, found to be wanting a year later so my tenure was very short!

An incredible statistic came out quite recently, in that between 1957 and 1982 George Heriot's School supplied 92% of Scotland's full backs, again a feat unlikely to be equalled.

At the dinner we all attended speeches were made about the eight, and the following is an excerpt from one speech. 'Ian Smith was not



the thinnest of the full backs, and on one occasion after playing Japan he swapped shirts with their diminutive full back, but Ian couldn't wear it because it was far too small, however, the Japanese full back was able to use Ian's jersey as a blanket for himself...and his wife and three children!

Dan Drysdale - 26 Caps, 1923-29

Jimmy Kerr - 5, 1935-37

Tommy Gray - 3, 1950-51

Ian HM Thomson - 7, 1951-53

Kenneth Scotland - 27, 1957-65

Colin F Blaikie - 8, 1963-69

Ian SG Smith - 8, 1969-71

Andy Irvine - 51, 1972-82

£60,000 raised for Ovarian Cancer Action

You may remember that earlier in the year, Town & Around ran a feature on Nick Johnson and his dog, Louis, who were circumnavigating the English coastline and border on foot as they passed through Hunstanton.



Well, we are delighted to report the pair successfully completed their mission recently after 162 days and 2,300 miles. They started and finished at Highcliffe Castle in Dorset. (see photo).

Nick's, wife, Lisa, passed away in 2023 from Ovarian Cancer, so Nick decided to undertake the trek to raise money for Ovarian Cancer Action.

It was certainly an arduous trip in parts as he suffered a broken arm in Cumbria, a sprained wrist in Northumberland and a fall in Suffolk which required the aid of the Lifeguard Station team in Southwold.

Five year old Louis, an English setter, was particularly resilient throughout. His journey was made easier as he was spoiled with various treats by kind people, including sausages, doggie ice cream, beef patties, Cornish pasties and, on one occasion, a gammon steak!

Nick said, "we have been truly warmed by the generosity and kindness of people throughout our journey and would like to thank your readers for making us welcome in your lovely county. We will be back." Nick's next mission is to undertake the short stroll in comparison along Hadrian's Wall.

CROSSWORD SOLUTION
Across: 1. Fantastic, 6. Niche, 9. Oranges, 10. Intuits, 11. Raisins, 12. Above all, 14. Hugs, 15. Co-partners, 18. Witnessing, 20. T-bar, 23. Services, 24. Gloria, 26. Exiting, 27. Red wine, 28. Laden, 29. Snowshoes
Down: 1. Floor show, 2. Nearing, 3. Anglia, 4. Tush, 5. Chibblains, 6. Nativty, 7. Climate, 8. Ease, 13. Bobbleheads, 16. Streamers, 17. Pettion, 19. Tartied, 21. Burrito, 22. Slides, 23. Swell, 25. Ergo

Golf tournament raises over £3.5K for the Anthony Nolan Charity

A fundraising golf day recently raised over £3.5k for the Anthony Nolan Charity which holds a register of people who have offered to be donors of bone marrow transplants or stem cells. The register was set up in 1974 when it was virtually impossible to find stem cell donors. It is celebrating its 50th Anniversary this year and has facilitated over 25,000 transplants across the world.



Dave Cox (Searles GC Captain), Chloe Thulborn, Trudy Hill, Ray Stocker (Searles Golf Professional)

Chloe Thulborn's son, Jack, was diagnosed with Acute Myeloid Leukaemia at a young age and as she proved to be a 100% match,

Chloe donated two lots of bone marrow. Sadly, as Jack had one of the most aggressive forms of Leukaemia, the transplants failed and he died aged just sixteen in 2010.

In Jack's memory, Chloe organised the fun packed golf tournament and fundraising day at Searles Golf Club - attended by over 100 people throughout - to raise money for Anthony Nolan, realising how invaluable their work and research is for Leukaemia, blood cancer and blood disorder sufferers.

There is a pressing need to recruit people from more diverse backgrounds to the Anthony Nolan register. Blood cancer is the fifth most common type of cancer in the UK and third biggest cancer killer, accounting for 9% of all new cancer cases diagnosed in the UK. To check if you are a suitable donor and to register, please visit www.anthonynolan.org.



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Sporting corner with Tim Keogh



Emma Elizabeth is playing Fairy Thorn in this year's Princess Theatre Christmas adaptation of Snow White and the Seven Dwarfs. Emma has played several roles in various UK Tours, including Shirley in the musical show Best of Broadway. She is especially looking forward to this year's Christmas production in Hunstanton and took some time out from rehearsals to talk to Town & Around about her life and career.

TA: First of all, it is a pleasure to meet you. Let us start with your family background?

EE: Thank you, I'm a little nervous but here goes. I grew up in Sutton Coldfield with my mum, dad, twin sister and two younger brothers.

TA: Have you always wanted to be an actress?

EE: I have always loved acting and performing ever since Primary School, Assemblies and also school choir performances and then school plays from the start of secondary school. So yeah.

TA: So when did you first get into acting?

EE: I joined Highbury Youth Theatre in Wylde Green at 13. I was naturally shy, particularly amongst my peers, so it was one of the best decisions I have made. That was my moment.

TA: Who has been your biggest inspiration?

EE: My Mum. She has always been but even more so in recent years during her four and a half years living with ovarian cancer until last November when she sadly passed away. One lady said she had never had so much fun during a four-day hospital stay thanks to my mum being there in the bed next to her.

TA: Where did you go to school/uni/drama college?

EE: Wylde Green Primary school then Plantsbrook Secondary School in Sutton Coldfield & Aberystwyth University. I also took a course at the Guildford School of Acting.



TA: What was your biggest break?

EE: Probably playing Julie in Tim Firth's Shirley's Island.

TA: Ever been star-struck?

EE: I worked in Billingham with Darren Day, Pauline Fleming, Duggie Brown and The Harper brothers. I wasn't star-struck as such as they were all so friendly and very down to earth.

TA: What do you feel are your strengths as an actress?

EE: I love dramatic roles, and it is wonderful when you can feel an audience's intensity, sharing the character's feelings and emotions with you. Comedy can be great fun too, especially playing 'skin' characters, although I often prefer darker shows because of the deeper scope they give to my acting.

TA: What's the best acting advice you have received?

EE: To stay in the moment and to play your role as if it was really happening to you at the time.

TA: Have you got a process or technique for getting into and developing your character?

EE: I like to learn my lines early and then develop my character. Eye contact with other actors on stage is also important.

TA: What's the long-term plan?

EE: To enjoy myself doing something that I am passionate about. I am not sure it is too easy to have one in this industry as I think some of the best things often come when you least expect them to.

TA: How did you get this role?

EE: I know the panto director and Dame Mervyn Francis, having met him through mutual colleagues. He came to surprise me by watching me perform in Sheila's Island, which was my return to the stage after my mother's illness.

TA: What are the other cast members in this year's production like? (Laura, Josh, Mervyn, Samuel and Jessica)

EE: I have only met Laura (Snow White) and Jessica (Queen Horibella) who are both great fun. I am excited and really looking forward to sharing the stage with Mervyn for what will be his 45th professional panto.

TA: What do you do when you are not acting?

EE: I like watching shows, plays and musicals, singing and the outdoors. My favourite actress is Julie Andrews. I also love a good sunset and seeing a bright moon which always reminds me of my mum and my rescue cat Wilfred who also died recently. Travelling is one of my passions and I love Asia and Asian food. I also enjoy spending time with my niece and nephews.

TA: What would you have done if you hadn't gone into acting?

EE: I am not sure. People often say if there is something else you really wanted to do then you would have done it instead. Whilst home nursing my mother I was taught various techniques and one nurse said to me that if I ever decided to go into nursing there would be a job waiting for me to work with them. That was so moving to hear and very heart-warming at the time.

TA: What do you think to Hunstanton?

EE: I adore it from what I have seen. I saw a beautiful sunset from the Sunset Lounge in May. It just seems like such a lovely, relaxed place and I am so looking forward to sharing the stage with a great cast in what I know is going to be a brilliant show and experience.

TA: And finally, what's your advice to any youngsters thinking of taking up acting?

EE: If you like or love acting join a youth theatre or drama group. Pursuing a passion is one of the best things you can do in life.

A longer interview with Emma Elizabeth can be read at:

<https://townandaround.net/news/emma-elizabeth-in-the-spotlight>

The Pantomime starts on Saturday, 7th December and runs until Sunday, 5th January. To book tickets you can contact the Princess Theatre Box Office on 01485 532252 or simply visit their website at www.princesshunstanton.co.uk

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Match Report - Heacham FC U18's v Dereham Town FC U18's

Heacham FC U18's welcomed Dereham Town FC U18's to their ground on Tuesday, 5th November in an eagerly anticipated match in the Northern Section of the Thurlow Nunn Youth League. With both teams in-form expectations were high with Heacham 2nd and Dereham 4th.

This is Heacham's debut season in this league and they have performed well thus far as the league table shows. Some of the squad have been playing together since the U7's age group in the Heacham Minors FC set up, proving familiarity can breed success.

This was the best of the next crop on display, with three of the Heacham side having already played for the senior team this season - Alfie Buhlemann, Harvey Pightling and Conall Forde.



Conall Forde



Conall Forde (l) & Harvey Pightling (r)



Alfie Buhlemann

There is an old phrase in football that 'it was a game of two halves' - well, if ever a game epitomised that statement, it was tonight. Dereham burst out of the gates, dominating the early exchanges. A questionable disallowed goal a sign of things to come. Logan Wright and Ben Handel were running ran Heacham ragged at the back. And so it proved, Wight notched a twenty minute hat-trick whilst Handel added a brace to put the away side firmly in control before Buhlemann pulled back, what seemed like, a consolation goal on the stroke of half-time. Heacham were good on the ball but just simply not gelling off it. Half time 1-5.

Game over you might think. Not on your nelly! The game exploded in the second half, well it was Guy Fawkes night after all. Whatever Heacham manager Mark McDonnell said in the changing room, it worked. Almost immediately, Pightling found himself free in the box to make it 2-5.

Buhlemann then took his chances from a free kick, the keeper fluffed his lines as the ball crept over the line. 3-5. Suddenly Heacham had the bit between their teeth. Now they began to gel. The home keeper, Mateus Francis, then made a crucial save before Heacham's persistence paid off and captain, Jack Parker, headed home. 4-5. It was end to end stuff now, even the referee felt it as he pulled up injured. The assistant then went in the middle whist local referee, James Durham, who had been assessing, filled the role of linesman (rather fortuitous, otherwise Dave Page would have had to do it). Heacham kept pushing. Buhlemann missed a chip, then they hit the post, the away keeper made two outstanding late saves. But it wasn't to be. The final whistle blew, and the celebrations of the away side showed their relief in a game that deserved to be a draw.

Credit to Heacham, their never say die attitude nearly paid off but they will learn from this. Games start from the first minute

not when you are five goals down. Nonetheless, onlooking first team manager, Paul Hunt, would have taken a lot of positives from this match. The future does look rosy for Heacham based on the talent on display tonight.

This was a great advert for the Thurlow Nunn Youth League and Heacham are still in the mix in third place. Credit must also go to both sets of players in a competitive game with only one booking. Albeit for different reasons, both teams will take a lot of learnings from tonight's game.

Manager, McDonnell, who has overseen some of these players progress over the past ten years, said, "to see some of this squad already progress to Heacham FC first team shows how important and successful the whole junior set up is for future generations and the club as a whole. Whilst we are obviously disappointed with the result, we were pleased with our response after going behind tonight".

Hospital Radio Lynn seeks volunteers

Established on 17th April 1974, the station has been a cornerstone of patient care and entertainment for half a century. To celebrate this milestone and continue its tradition of excellence, Hospital Radio Lynn is calling for new volunteers to join its dedicated team.

Over the past five decades, Hospital Radio Lynn has grown into an award-nominated and award-winning station, recognized for its outstanding contribution to hospital radio. As a proud member of the Hospital Broadcasting Association, the station remains committed to providing high-quality radio programming that enhances the hospital experience for patients.

Volunteer opportunities include:

- Radio Presenters: Engage with patients, collect music and show requests, and broadcast live or pre-recorded shows.
- Ward Visitors: Interact with patients to gather their requests and provide a friendly, supportive presence.
- Fundraisers: Assist in organizing and promoting fundraising activities to support the station's continued operation.

Volunteers will have the chance to gain valuable experience in radio broadcasting, work with a team of like-minded individuals, and make a tangible difference in patients' lives.

Contact Information:

- Personnel Manager: Steve Kirman
- Email: personnel.manager@hospitalradiolynn.org.uk
- Phone: 01553 819707 (voicemail available).

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QUESTION: It's a sure sign Christmas isn't far away when the annual WDF and PDC darts championships at Lakeside Country Club and Alexandra Palace are looming. Which player threw the first televised perfect nine dart finish and in what year did they achieve it?

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 12.11.2024.**

The answer to last month's question was B give a corner kick and the winner was Pat Gray from Runcion Holme.

Hunstanton Croquet Club news

Zena Penty, Publicity Officer

The 2024 croquet season has come to a close with some beautiful sunny sessions as opposed to the challenging wind and rain experienced at the beginning of the season, however even the new players grabbed another layer and carried on regardless. We've seen memberships increase back to pre-pandemic levels, and up to 40 members attending regularly on the friendly informal club afternoons. 15 tournaments have been held at all levels and many cups of tea and conversations enjoyed.

The end of season annual 3 course Presentation Lunch was held once again at Heacham Manor on 22nd October. Trophy winners included Colin Spencer who amassed a whopping 6 trophies throughout the season and Roddy Willett and Maria Crompton who each won 2 trophies in their first season. Congratulations were awarded to all winners and participants and much thanks went to all tournament organisers. It was a great opportunity to relax, socialise with old friends and new members.

The Annual General Meeting was very well attended. Reports were provided from the Secretary, Treasurer and Chair as appropriate and the issues raised voted on and agreed by the members. Caroline Harper had originally agreed to be Club Chairperson for one year only and has done an amazing job. Caroline said how much pleasure she had taken in the role and hoped the club would go on to further success in the future. Caroline and Gwenda Mackenzie, who also relinquished her role as treasurer were thanked for their hard work and commitment.

The last Sunday in October was a beautiful sunny day and there was a fabulous turn out of members volunteering to help close the clubhouse for the winter season. Such wonderful teamwork - well done!!

There will be a Croquet Club coffee morning 10am - 12 noon Wednesday 4th December at Norfolk Lavender. A great chance to have a catch up. All welcome - including potential new members.



Happy Birthday Hunstanton Promenade parkrun!

Tania Stowe



On the day parkrun globally celebrated its 20th birthday, Hunstanton Promenade parkrun also celebrated its 5th birthday.

The milestone was celebrated on 5th October with 84 runners, joggers and walkers taking part. A handful of the volunteer team on the 5th birthday were also present at the inaugural parkrun back on 5th October 2019.

A small core team of local people, assisted by Bridget Plowright, parkrun Ambassador, worked tirelessly to get the event off the ground. At the time only King's Lynn and Holkham parkruns were in existence locally. The Hunstanton Town Council and Hunstanton Rotary Club were generous in providing financial assistance to get the project on its feet. A group of willing and eager volunteers pulled together and before long Hunstanton Promenade parkrun was born.

The two lap inaugural winter course was laid out starting at Hunstanton Sailing Club and taking place along the promenade. A break of almost a year due to Covid disruption resulted in a change to the summer route which had previously zig zagged up the cliff paths from the Promenade to the clifftop. The three and a bit lap summer route, starting at the Salad Bowl was born and has remained.

Opinions are split, some favouring the soft grass underfoot of the clifftop and others the firm security of the concrete prom. Whatever your preference, a band of willing, happy and encouraging volunteers turn up every Saturday morning to prepare for and welcome parkrunners. The team are proud to have never cancelled an event. In the winter volunteers regularly receive a soaking from the waves crashing over the sea wall. The course has occasionally had to be amended at the last minute due to unforeseen obstacles on the course, but the show always goes on.

The volunteer team thrive on making a positive contribution to their community, they encourage every single participant whether they're crossing the finish line first, taking part as a family with all generations supporting each other, building strength or speed after an illness or injury, sprinting, jogging, walking, it really doesn't matter, everyone is welcome. There is no better way to start a Saturday morning than getting some fresh air surrounded by a welcoming, friendly and encouraging group of like-minded people. If you haven't given it a try, we urge you to come and see what it's about. It is an honour to support and encourage all who take part, many on a personal journey of fitness, health and wellbeing, many fighting battles of their own and turning up every week to keep fighting.

Many take part some weeks and volunteer other weeks. Some prefer to volunteer without participating. Whatever the approach, all are welcome to give volunteering a try. Roles vary from marshalling along the course, to checking the course for obstacles before each event, through to ensuring all who take part receive a time. Parkrun volunteering is rewarding, and we encourage anyone who would like to give it a try to get in touch.

We look forward to celebrating our next imminent milestone, our 200th Hunstanton Promenade parkrun on 21 December 2024. There's a strong possibility there will be cake!!
hunstantonpromenade@parkrun.com

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HUNSTANTON Christmas FESTIVAL

Sunday 1st December

Town Hall Christmas Food & Gift Fair **10am-5pm**
Ukrainian Community Running Cafe

West Norfolk Christmas Food & Drink Festival
High Street **10am-6pm**

Santa VIP Meet & Greet at the
Princess Theatre **1.30 - 4.30pm**
Music on Theatre Terrace from **5.30pm**

Rainbow Park Fairground Rides
(Outside Princess Theatre)

Music & Entertainment from Local Groups
Hosted by KL1 **12-5.30pm**
(Trailer front of Town Hall)

Christmas "Light Switch On" **5.00pm**

Street Entertainers, Miniature Donkeys, Morris Dancing,
Food Vendors, Gifts Stalls & Much More



HUNSTANTON Christmas FESTIVAL

Sunday 1st December
Entertainment

12.00 Mayors Welcome

12.15 Road Noise

13.15 Glebe House School

14.00 Hunstanton Community Choir

14.30 Smithdon High School

15.00 The Unknown

16.00 Misfit Molly

16.30 Your Choir joined by
Hunstanton Primary School

17.00 Light Switch On

17.30 Music Continued at
The Princess Theatre

3-5pm Hunstanton Concert Band
Northgate Precinct

Hosted by



A Christmas Message from the Mayor of Hunstanton



As Christmas and the New Year approach, I ask you to think about those who are unwell, who have been bereaved, the elderly, the vulnerable, those who feel lonely and those who may be less fortunate than ourselves.

Some people will have children around as they celebrate and will have the opportunity to share in their delight. Others will be spending Christmas alone so I'd encourage you, if you can, to reach out to neighbours or others who might want some connection this festive season.

Christmas means different things to different people, but the common factor is usually paying attention to the important people in our lives.

I know this time of year can be stressful as the Christmas craziness hits. The expense, time pressures and family expectations can heighten the usual pressures of life. For many, this Christmas will be particularly tough as we're still feeling the cost-of-living crisis that is being experienced across the country and around the world.

One of the best things about Hunstanton is the sheer amount of community involvement in the town. While Hunstanton Town Council has been involved in organising, supporting and sponsoring all manner of groups and events during 2024, the council too have been supported by our lovely volunteers and local community groups.

I want to make special mention of the many dedicated volunteers in and around the Hunstanton area. Your tireless work does not go unnoticed, you are an invaluable resource that makes the very essence of our community what it is, so a very big thank you to you. I hope that the festive season allows you to spend time with family and friends, and to relax and recharge after such a busy year.

Hunstanton is also lucky to have many businesses who all contribute to our community, and I would like to take this opportunity to thank each and every one of you who support this great community of ours in your own special way.

Most people will get a break this Christmas but not everyone gets a chance to stop. May I send a big thank you and best wishes to all our emergency service colleagues, to staff in hospitals, care homes, our armed forces. I also say thank you to those working in the retail, hospitality and those working to keep us warm and have electricity and gas, we appreciate all that you do for us not only at this festive season but throughout the year.

In my role as Mayor & Chair of Hunstanton Town Council, I get to meet many people who are doing great things for our community. I know there are also many unsung heroes who work hard every day to make a positive contribution to those around them.

I would like to thank my fellow Councillors for their care and diligent decision-making this year and for the support they have given to me during what at times, has been a challenging year in council.

My thanks also go to the Council's dedicated and loyal employees Jan the Town Clerk & RFO, Louise the Administration Officer & to Steve the Property Officer, for a very small Council team you get an amazing amount done!

Communication has been a key priority for me this year and I have looked at ways to engage with the community as widely as possible. This will continue to be a priority for me in 2025 as being informed of your views and opinions will help shape Council's thinking.

With a busy year ahead, we are looking for new Town Councillors to join us. If you're looking for a way to give back to the community and help build our wonderful town, please contact the Town Clerk on 01485 532402 or email clerk@hunstantontowncouncil.gov.uk

The Mayoress and I wish you and your loved ones a truly happy and peaceful Christmas and a healthy and prosperous New Year.

Cllr Michael Ruston
Mayor & Chair of Hunstanton Town Council

Hunstanton Society

We look forward to holding our Annual General Meeting on Wednesday, 11th December in the Heritage Centre beginning at 7.00pm. Papers for the AGM will be circulated shortly. Following the AGM, Jilly Hall is set to give us a short talk about her experiences as an Air Hostess 60+ years ago. We are certain that this will be an entertaining talk.

The Heritage Centre will be open for many activities including a craft table, a Christmas treasure hunt quiz and games including a 'lucky dip'. We would appreciate any donations of small prizes for the lucky dip (bottles/food/toiletries, etc) and larger prizes for the other games on the day of the Hunstanton Lights Switch-on on Sunday, 1st December from 11.30am through to about 5.30pm.

We still have quite a number of Calendars which are on sale in the Heritage Centre at £7.00 each with suitably sized envelopes available for an extra 60p. Please do pop in and buy however many you want. They make great presents at this time of year. Our calendar for 2025 includes a number of wonderful photos, mostly not seen before, that we have extracted from our archives. You can view them in the Heritage Centre. We have 100 calendars to sell but can obtain additional supplies at quite short notice if needed. All profits go to the Heritage Centre, of course. Also available in "By The Book" on the High Street.

The Heritage Centre is also entering the Hunstanton Christmas Tree Festival held in the Town Hall from noon until 7 pm on Friday 06 December and 10 am until 4 pm on Saturday 7th and Sunday 8th December. Please remember to support the event and place your vote.

HERITAGE CENTRE – OBJECTS OF INTEREST



Double Diamond Wall Lamp on display in the Hunstanton Heritage Centre is an exterior glass wall lamp from the "Country Club Hunstanton".

The sign is also advertising Double Diamond, a pale ale from Ind Coope, which was one of the highest selling beers in the United Kingdom in the 1950s, 1960s and 1970s.

Many of us will remember the slogan "Double Diamond works wonders" – the advert shown to the right below is particularly appropriate for something on display in an old bank!



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The Country Club, pictured above left, was a grand building on Cliff Parade where the Westcliff Court flats now stand. It was demolished in 1978. The building was originally occupied by a boys' prep school called Lydgate House. This was established by the impressively named Richard Augustus Agincourt Beresford M.A.

(Spree - Hunstanton & Districts Leisure Magazine 1979)

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Christmas Charity Fundraiser

On December 21st at 7.30pm Cheshire and Oldfield will be opening the doors of their bed showroom at St Nicholas Court, Church Lane, Dersingham PE31 7GZ to host a charitable fundraiser.



Harry Oldfield with mum Amanda who is the founder of the Wool for Welfare Foundation

The evening, with drinks, music and a raffle of local prizes will be hosted by Cheshire and Oldfield founder Harry Thompson in aid of the Wool for Welfare Foundation (charity number 1210744).

The Foundation's main income stream is the donation of wool fleece from local smallholders and farmers. Raw wool fleece is a remarkable and versatile product that can be used in many ways, for example: as a slug repellent, a medium to help retain moisture in pots and hanging baskets, and it has even been known to help avoid sores for runners and hikers.

The Foundation packages and sells the fleece and the money raised is then reinvested into school supplies (like dictionaries and calculators), hot meal clubs, and woollen hats and gloves for primary school children in West Norfolk. Thereby completing the cycle of wool providing welfare for children in West Norfolk.

The event will showcase a selection of Christmas carols being sung throughout the evening, as well as a raffle. The raffle contains prizes from local businesses from beauticians to pubs to garden centres. Cheshire and Oldfield prides itself on its products being made in Britain, and it wants to foster that approach in its work with community charities and bringing together local businesses for good causes.

Local businesses and donors of prizes will also be attending as well as food being available from one of the local mobile food vans, very popular and a regular in villages up and down the West Norfolk coast.

The unticketed event open for all will begin at 7:30pm and will look to begin winding up at around 9:30pm depending on footfall. So, pop along for a chance to win some wonderful prizes and help support a very worthy charity this Christmas period.

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Christmas all wrapped up!

The festive season is upon us. If you generally dress quite casually, dressing for special events can be challenging because you want to be comfortable, but you also want to make an effort and not look out of place for the occasion. Also, no one wants to buy new things that won't get a lot of use after the event!

Sparkling through Christmas and New year is possible without looking like a Christmas tree if you follow a few simple rules, and the most important is that less is more. You don't have to sparkle all over to create a showstopper outfit; a little bit of sparkle goes a long way, and it can be achieved with accessories and jewellery as well as clothes.

Black is never out of fashion, and a cute skirt or trousers are flattering wardrobe staples – just be brave and add a beautiful scarf or top – there are plenty to choose from in-store.

Allez Chic's Cheryl Daubney says: "Perfect for the season is the gorgeous camel and off-white Micha Lurex stripe polo neck jumper shown in the advert, it's designed for those who crave both style and comfort and features a unique chevron striped design with a touch of sparkle from the lurex detailing, and a cozy ribbed polo neck. It would make a super Christmas gift!"

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With a fabulous selection of dresses, separates, accessories, shoes and boots a trip to the Castle Rising store is a must. Cheryl and her staff at Allez Chic are fashion specialists and they've got you covered this Christmas! Head down to Castle Rising where you'll find free, easy parking and excellent customer service as you browse the rails in the light, airy store.

Last shopping day before Christmas is Saturday 21st December. Open again Saturday 28th December.

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December 1st Mulled wine from 3.00 p.m. (Town Xmas light switch on)

December 7th Quiz night starting 7.30p.m.

December 12th, 17th and 19th Xmas lunch. 14th Xmas Dinner. (pre-booked)

December 31st NEW YEARS EVE. Music with Jammin Joe

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. Lunchtime Raffle draw at 1pm. Cash Bingo at 7.30pm.

Saturdays : 'Open the Box' draw at 1pm.

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**Editor's notice**

Town and Around's regular contributor, Terry Parish, who writes the popular column 'The Dark Skies of West Norfolk', and also his 'Borough Council News', has, with his wife June, been involved in a serious road accident.

He has contacted us explaining that he cannot write anything for this edition while they are recovering at home.

Please would you join us in wishing them both a full and speedy recovery.

We look forward to reading his articles again in future issues.

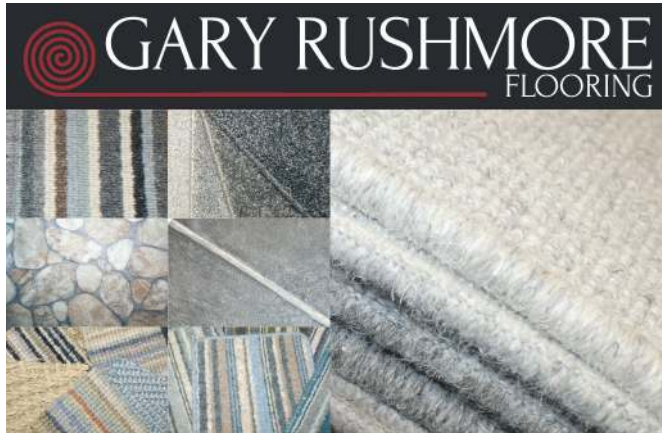
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Tel: 01692 598055

Tel: 01263 800092



Diary of events in December see also: <https://www.townandaround.net>

Sunday 1st

Hunstanton Christmas Festival: A whole day out including Town Hall Food and Gift Fair, Santa meet and greet at the Princess Theatre with fairground rides, entertainment, West Norfolk Seasonal Food and Drink Festival, 10am-6pm Hunstanton High Street with lights switch-on at 5pm.

Dersingham Day Club Christmas Fayre at Dersingham Village Centre from 11am - 2.30pm 07815037299

Monday 2nd

Anmer Social Club PE31 6RN Coffee morning 10am-12noon. Info: 07947 580555

Anmer Social Club PE31 6RN Bingo night. Club opens at 7pm Eyes Down at 7.30pm. Fully licensed bar and Raffle anmer.club@outlook.com 07947 580555

Tuesday 3rd

Lord's Taverners North Norfolk region Christmas shopping and festive lunch 11am-4.30pm at Briarfields, Main Road, Titchwell. £45pp. Information Kathy Chalk 07875 186954.

Thornham Village Hall Yoga 6.15-7.15pm 07502 265305 direct enquiry email is events@tvhpf.co.uk Full details: www.thornhamvillagehall.co.uk

United Services Club Hunstanton PE36 5HW Christmas singalong with Hunstanton Concert Band 7pm. 01485 533360

Wednesday 4th

SWAG:QUITZ at the Queen Victoria, Snettisham 2.30-4pm Contact: Eric 01485 541515

Friday 6th

Thornham Village Hall FABS exercise for over 50s 09.45-10.45 07502 265305 events@tvhpf.co.uk Full details: www.thornhamvillagehall.co.uk

Anmer Social Club PE31 6RN Acoustic Night admission free – club opens 7.00 p.m.

An evening of entertainment featuring Local singers and song writers. Info & booking: email Lee at farmboy24@sky.com or telephone; text or WhatsApp 07899872351

United Services Club Hunstanton PE36 5HW Christmas Quiz First prize £50. Teams up to 4 persons. £3pp 8pm 01485 533360

Fri 6th- Sun 8th

Christmas Tree Festival at Hunstanton Town Hall 01485 533367 or email 2chrisearnshaw@gmail.com

Saturday 7th

King's Lynn parkrun, The Walks, King's Lynn 9am 5k community event. Walk, jog, run, volunteer or spectate kingslynn@parkrun.com 07740 799593

Hunstanton parkrun, 9am. Meet in front of the Sailing Club on the Promenade at 8.55 for briefing. hunstantonpromenade@parkrun.com 07804 927764

Thornham Village Hall Winter Gift Fair 10-4pm Organised by the BagLadies of Thornham 07502 265305 direct enquiry email is events@tvhpf.co.uk Full details: www.thornhamvillagehall.co.uk

Christmas Wreath making workshop at Wereham Village Hall PE33 9AP £30pp all materials supplied. Booking essential: 01366 502214 or Angela on 07535 399883

The West Norfolk singers Christmas Concert at Heacham Methodist Church 2.30pm www.westnorfolksingers.org.uk 01485 571315

Snettisham Christmas Fair 5-8pm Snettisham Market Square A wonderful Christmas fair held each year in Snettisham's market square. Big light switch on at 5pm. Father Christmas, interesting stalls to buy presents, hot food stalls, mulled wine & entertainment from YourChoir and KL1Radio. FREE ENTRY Info: 07736 278612

King's Lynn Community Choir Winter Concert at St Nicholas' Chapel, King's Lynn 7pm. In aid of King's Lynn Food Bank and Norfolk Blood Bikes. Tickets £10, under 12s £1. concert.klcommunitychoir@gmail.com

United Services Club Hunstanton PE36 5HW Just Us Duo. Fun night with music from all eras 8.30pm 01485 533360

Tuesday 10th

Thornham Village Hall Cinderella – Live Streaming from the Royal Opera House 07502 265305 direct enquiry email is events@tvhpf.co.uk Full details: www.thornhamvillagehall.co.uk

Wednesday 11th

The Purfleet Trust Christmas Movie Night at The Majestic Cinema, King's Lynn at 7pm Showing 'Last Christmas' (2019). 01553 771918

Hunstanton Society AGM followed by a talk by Jilly Hall. The Heritage Centre Hunstanton. 7pm

Friday 13th

Thornham Village Hall FABS exercise for over 50s 09.45-10.45 07502 265305 direct enquiry email is events@tvhpf.co.uk Full details: www.thornhamvillagehall.co.uk

Thornham Village Hall Winter Winter Warmers supper and talk: Nick Acheson, Naturalist, Conservationist, Broadcaster and Author. 07502 265305 events@tvhpf.co.uk

By the book Book Swap – A Jolobokaflod evening with special guests (see page 15) 7pm £5 incl refreshments. Contact Adrian at By the book, High St Hunstanton 01485 522349 or adrian@buyanotherbook.com

United Services Club Hunstanton PE36 5HW Diamond Paul's Mixed Bag Disco. Come along & request your favourite tunes & dance the night away 8pm 01485 533360

Saturday 14th

King's Lynn parkrun, The Walks, King's Lynn 9am 5k community event. Walk, jog, run, volunteer or spectate kingslynn@parkrun.com 07740 799593

Hunstanton parkrun, 9am. Meet in front of the Sailing Club on the Promenade at 8.55 for briefing. hunstantonpromenade@parkrun.com 07804 927764

Hannah's Roses Christmas Fair at Hunstanton Town Hall 10am-4pm. Raffle drawn at 3pm. Info: 01485 535095

Piano Party at the Methodist Hall, Heacham 10am-4pm. Musical Games and competitions, singalongs, carols and guest artistes. Cold lunch (with hot chips) and desserts at 1pm. No charge but donations for Diabetes UK & Action for Children. Lunch booking essential by 11th December on 01485 579136

Anmer Social Club PE31 6RN Children's Christmas Party - Visit Santa in his grotto Noon until 3:00 p.m. £6 per child including gift from Santa. Advance booking only. email Lee at farmboy24@sky.com or telephone 07899872351

Dersingham Choir free Christmas Concert 2pm St Cecilia's Church, Mountbatten Road Dersingham. Further info www.dersinghamchoir.com or oglenys88@gmail.com 07815 957376

Syderstone Cinema live screening of An American in Paris – The Musical Amy Robsart Village Hall. 7pm Booking: syderstonecinema_arvh@outlook.com or call 01485 578270. (see p13)

Anmer Social Club PE31 6RN Grand Christmas Draw - Club opens 7pm. Draw starts at 8.30pm. Fully Licensed Bar and Raffle 07899872351

King's Lynn Town Band - Christmas Concert at Gaywood Community Centre PE30 4EE A fun, festive evening filled with music and singing Tickets £7.50 <https://www.ticketsource.co.uk/kings-lynn-town-band> or: 01553 762156 or on the door.

United Services Club Hunstanton PE36 5HW Steve Moyse Performing songs from all eras 8.30pm 01485 533360

Sunday 15th

Dersingham Fleamarket, Village Hall, 83 Manor Road PE31 6LN. 10.30-3.30. A new monthly Sunday fleamarket with antiques, collectables, crafts, bric a brac and lots more. dersinghamfleamarket@gmail.com Enquiries: 07984 046227

s://townandaround.net/whats-on/december

United Services Club
Hunstanton PE36 5HW
Christmas Prize Bingo Come
along & win some Christmas
goodies. Eyes down 5.30pm
01485 533360

Monday 16th

Anmer Social Club PE31 6RN
Coffee morning 10am-12noon.
Info: 07947 580555

King's Lynn Priory Rotary Club
Senior Citizens Film Club at
King's Lynn Corn Exchange
Cinema presents The Holiday -
A Christmas Rom-Com starring
Kate Winslett, Cameron Diaz,
Jude Law and Jack Black. Meet
at 10.00 for tea/coffee and
Mince Pies. £4 per ticket on the
door. Film starts at 10.45. To
secure your tickets email
Bharti.patel@west-
norfolk.gov.uk or tel 07375
375404

Tuesday 17th

Old Hunstanton Village Hall
Knit & Natter. The next meet of
this friendly new monthly group
is 10am-12noon. £3 includes
cake and coffee. No need to
book- just turn up with your
knitting.

Christmas Carols at Dersingham
Village Centre 5-7pm Light
refreshments provided.

Thornham Village Hall Yoga
6.15-7.15pm 07502 265305
direct enquiry email is
events@tvhpf.co.uk Full details:
www.thornhamvillagehall.co.uk

Wednesday 18th

King's Lynn Priory Rotary Club
Senior Citizens Film Club at
King's Lynn Corn Exchange
Cinema presents The Holiday -
A Christmas Rom-Com starring
Kate Winslett, Cameron Diaz,
Jude Law and Jack Black.
Meet at 10.00 for tea/coffee and
Mince Pies. £4 per ticket on the
door. Film starts at 10.45.
To secure your tickets email
Bharti.patel@west-
norfolk.gov.uk
or tel 07375 375404

SWAG Snettisham Wednesday
Activities Get-together
Royal British Legion Hall
Snettisham
1.30-4.30
Info: Eric 01485 541515

RNL1200 Christmas Carol
Service with Hunstanton
Concert Band at St Mary's
Church, Old Hunstanton 6.30pm
Parking is at the church car park
on the right as you enter the
village before the duck pond.

Thursday 19th

A musical afternoon of 50s, 60s
and Country Music with Dinky
David at Hunstanton Town Hall
in aid of the East Anglian Air
Ambulance 1-3pm. Tickets from
Georgie's Café, Hunstanton
High Street or pay cash at the
door. Info:01485 571711

Friday 20th

Thornham Village Hall FABS
exercise for over 50s 09.45-
10.45 07502 265305 direct
enquiry email is
events@tvhpf.co.uk Full details:
www.thornhamvillagehall.co.uk

Anmer Social Club PE31 6RN
Christmas Quiz Night - Club
opens 7pm. Quiz 7.30pm Entry
£3 per person Teams of 6
maximum. Fully Licensed Bar.
Raffle. 0789 9872351

United Services Club
Hunstanton PE36 5HW
Christmas Draw & Elvis Tribute
by Michael Glasher - Young
International Elvis Tribute Act.
Be sure to enter the prize draw
tickets available now from the
Bar. Fantastic prizes. 8pm. non-
member entrance fee is £5pp for
this evening. 01485 533360

Saturday 21st

King's Lynn parkrun, The
Walks, King's Lynn 9am 5k
community event. Walk, jog,
run, volunteer or spectate - it's
up to you!
kingslynn@parkrun.com 07740
799593

200th Hunstanton parkrun,
9am. Meet in front of the Sailing
Club on the Promenade at 8.55
for briefing.
hunstantonpromenade@parkrun.
com 07804 927764 - strong
possibility there will be cake!

Snettisham Flea Market,
Snettisham Memorial Hall PE31
7LX Admission 50p 9am-3pm

King's Lynn Festival Chorus
with harpist Oliver Wass
conducted by Ben Horden
present a candlelit Ceremony of
Carols at St Nicholas' Chapel
King's Lynn at 5pm. £15, under
16s free 01553 764864
www.kingslynncornexchange.co
.uk

Christmas Charity Fundraiser
with carols and raffle at
Cheshire and Oldfield, Church
Lane Dersingham PE31 6GZ for
the Wool for Welfare
Foundation. 7.30pm. Info:
01485 601111

United Services Club
Hunstanton PE36 5HW Splash
Duo Great songs from across the
decades 8.30pm 01485 533360

Tuesday 24th

United Services Club
Hunstanton PE36 5HW The
Near Misses Duo. Fun &
dancing to songs from all eras
8pm 01485 533360

Wednesday 25th Christmas Day

Hunstanton Christmas Day
Swim Registration 10-10.30am
10.50 judging of fancy dress
competition. 11am swimmers
parade then enter the water and
go under the Round Table 615
banner before emerging soaking
wet and rather chilly.
contact@hunstantonroundtable.co.uk

Friday 27th

Thornham Village Hall FABS
exercise for over 50s 09.45-
10.45 07502 265305 direct
enquiry email is
events@tvhpf.co.uk Full details:
www.thornhamvillagehall.co.uk

Saturday 28th

King's Lynn parkrun, The
Walks, King's Lynn 9am 5k
community event. Walk, jog,
run, volunteer or spectate
kingslynn@parkrun.com 07740
799593

Hunstanton parkrun, 9am. Meet
in front of the Sailing Club on
the Promenade at 8.55 for
briefing.
hunstantonpromenade@parkrun.
com 07804 927764

United Services Club
Hunstanton PE36 5HW Dr Phil
Motown & Soul Man 8.30pm

01485 533360

Tuesday 31st

Old Hunstanton Village Hall:
New Years Eve Disco and Curry
Night. 7.30pm until 12.30. This
very popular evening returns!
Come and celebrate New Year
with us. Tickets £40 include a
two course meal and disco.
Bring your own drinks. Contact
Nell Bailey for tickets on 07918
911716

United Services Club
Hunstanton PE36 5HW See in
the New Year with the Tonics
Duo for a fun lively evening
8pm. Diamond Paul's disco in
the front lounge bar. BYO party
food. Members £10, non-
members £22. 12 to 17 years old
£5. under 12 years free doors
open at 7pm.

New Year's Eve Party at
Dersingham Village Centre. Two
course supper and dancing to
2nd Sunset. 8.30pm. Entry
strictly ticket only £30 from
Dersingham PO or to reserve a
table of 4 or more call Graham
on 07901 896102. Tables seat 8.
Licensed bar. Complimentary
Fizz at midnight.

1st January 2025

We wish you all a very happy,
healthy and peaceful New Year

Editor's note

Thank you to everyone
who has provided
information for this
listing. I'm sure there will be
even more events that we will
be told about after we go to
print. Those will be added to the
website listing. See link at the
top of the page.

You can tell us about your
event by completing the form on
our website at:
<https://townandaround.net/whats-on/submit-event>
or by emailing
editor@town and around.net

Important

From January 1st 2025 every
event listing must include a
contact telephone number for
publication.

The cut-off date for the
January issue is 12th December.

St. Nicholas Church Dersingham celebrates completion of building works

Success has arrived following the abseiling days at St Nicholas Church in Dersingham. The expanding life of the church meant that new facilities were required to meet the needs of the ministry of the church. After many years of work behind the scenes the new kitchen, accessible toilets and baby changing facilities were officially opened on Saturday 9th November.

Rev Mark Capron said: "It is awesome that these facilities are now ready after so much hard work, they will make a huge difference to the life of the church; including the worship, the full to capacity baby and toddler group and the Babybasics charity serving new mums in need".



The official opening and cutting of the ribbon was jointly conducted by Doreen Linford a cherished member of the church family who recently celebrated being 100 years young, ably assisted by some of the younger members Niamh and Aine Archibald.

The cost of the project was in excess of £100,000. Grants were provided by Benefact Trust, Garfield Weston, The Beatrice Laing Trust, Geoffrey Watling Trust and the Co-op. A generous donation was received from the Friends of St. Nicholas in respect of the new

toilets, and a legacy from Tony Luckhurst. A huge community fund raising effort was focused around the 2 church tower abseiling events, with 100 people abseiling the church tower and there were many other personal donations. All this support enabled the work to begin in July completing in time for the celebration.



In order to make the toilets accessible a significant height difference in the tower floor needed to be removed, when it was excavated archeologists attended to ensure that was nothing of interest being disturbed by the work. A 'Time Capsule' containing pictures of the facilities before the work and of all the key people involved, and a list of all those who had generously provided the finances was placed behind the new paneling where it may be discovered if anyone is working in that area again in the future and provide a history of the project.

A visit to the Church today clearly shows the quality of the workmanship by Robson Construction and their dedicated and understanding building manager Rob Bunting who was in the Church from 7:30am every weekday for almost 4 months.

The Opening Celebration was on Saturday

9th November when thanks was shared for all who enabled the project to become a reality, this was followed by a prayer of blessing, the official ribbon cutting and refreshments were



Lynne Wheeler & Katrina Munday

enjoyed.

Rev Mark said: "The result is a fabulous looking and practical improvement to the church, we thank all those who have helped to make this possible and for God's faithfulness in the provision of skills and finances, we look forward to using it well into the future".

www.stnicholasdersingham.org.uk

Contact: Rev Mark Capron 01482 297293

Photographs: Ian Burt

SWAG:QUIZ goes down a treat

Responding to requests for further SWAG (Snettisham Wednesday Activities Get-together) events in the village, SWAG volunteer organisers have joined up with the Queen Victoria to run a SWAG Quiz afternoon.

Following a successful pilot, run in October at the Queen Victoria, it has been decided to have a SWAG:QUIZ event on a regular basis from 2:30 to 4pm on the first Wednesday of each month. The Queen Victoria is providing exclusive use of the lounge bar along with unlimited tea / coffee. SWAG organisers have arranged the service of a retired professional quiz master for the two, 30 minute sessions, with a 20 minute break between for free hot drink and biscuits.

There is a simple gift for each of the winning team members. While entry to SWAG:QUIZ is free, participating team members (nominally 2 up to 4 people) are asked to contribute £1 each for a team "answer sheet" to join in the Quiz. Others may just want to enjoy the social companionship of sitting in the warm and friendly atmosphere of the Lounge Bar watching the SWAG:QUIZ take place. Some 17 people attended the November SWAG:QUIZ with the winning team scoring 38 and the lowest a respectable 26 points out of 50 questions. All agreed the event was very enjoyable and the range of general knowledge questions well balanced and of varying challenge.

Why not drop in early for the next SWAG:QUIZ and take the opportunity of having a Queen Victoria lunchtime "winter warmer" meal and hot drink beforehand for £7-95 or 2 for £15.

The next SWAG:QUIZ events planned for the Queen Victoria are on Wednesday 4th December and on Wednesday 8th January, commencing 2-30pm to 4pm.

For SWAG:Quiz contact: Eric 01485 541515 and Queen Victoria :Annmarie 01485 592945



December is about singing!

Having had the whole of November off we are making up for it with three events during December.

Our work with the village school is very important to us so we are having another "Look towards Christmas" concert on Friday December 6th at 4pm at All Saints Church Burnham Sutton cum Ulph.

Arrive early and sample our mulled wine and mince pies and then enjoy the tuneful voices of Burnham Market Primary School as they remind us that Christmas is just a few weeks away. Tickets for the public are £5.00 each.

On Saturday December 7th at 7.30pm, more mulled wine and mince pies on offer to keep you in the Christmas spirit. The velvety voices of Norwich Phoenix Male Voice Choir sing Christmas with a little help from the audience too. Tickets are £20 each. Under 18s are free.

And finally, enjoy a Christmas two course meal at Burnham Overly Village Hall on Wednesday December 18th at 7pm followed by songs from the operas and carols for audience participation Lawrence Thackeray (tenor) and Alison Langer (soprano) never cease to impress us with their personalities and glorious voices. Tickets £35 Booking is essential

Sing into Christmas with Music in the Burnhams.

More details on www.musicintheburnhams.com or ring 07989 177079

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Housing, trees and a very special relationship

John Maiden

The story and picture on page 16 of November's Town & Around raised some important issues. I welcomed the county council's change of heart when it promised to upgrade the bus station, toilets and library, instead of using the site for just housing and a library, which prior to 1963 had been part of the Westgate Gardens. It is difficult to see why it is now considered possible to include up to 24 affordable housing units without destroying the few trees that serve as a reminder of what Hunstanton needs even more than it needs additional housing units.

It is all very well to complain about the destruction of tropical rain forests, but it does not absolve those of us living in a more temperate climate of our duty to protect mature trees and plant new ones whenever we can. The same applies to the new Lynn Hospital, where it is proposed to destroy ancient trees, which are vital when it comes to protecting



nature and the quality of the air we all breathe.

Closer to home there has been no attempt to replace the trees that died of neglect on The Green. Even worse, in spite of the borough council's 'scoping' actions that revealed a continuing breach of the 1955 Covenant on The Green - which is supposed to be maintained as an ornamental grass green only

- nothing has been done by the council to comply with national planning policies or its own bylaw, which makes it an offence to obstruct the public promenade. I have still got some work to do on that subject, and the new chief executive will be hearing more from me, once she has responded to my email, received by her PA around the time that she replaced the outgoing chief executive.

While on the subject of change of commands, it was pleasing to see the new commander of the USAF 67th Special Operations Squadron, Lt Col Christopher Beets laying a wreath on Remembrance Sunday alongside Town Mayor, Michael Ruston. Hopefully, the commander will be back at the end of January with members of the 67th to commemorate the 1953 Floods, which led to our special relationship with the 'Night Owls' at a time when Hunstanton was known to the various USAF squadrons based at RAF Sculthorpe as Little America!

Hunstanton & District Inner Wheel

Coral Campbell

At our regular monthly meeting we welcomed Chris Evans, a bee keeper from Heacham. Chris is quite an authority on bees and honey. He has taught the art of bee keeping in several Colleges and has been a judge at many Shows and Events. He explained that there are 260 different types of bees. He had several specimens from his collection with him which he used during his talk. We were all intrigued with them. He educated us into the life of a bee - explaining hibernation, swarming, feeding and the work of the Queen bee and her "workers". He had beautiful miniature models of bee keeping equipment which he had made and he demonstrated with them during the evening. He made us aware of fake honey. He suggested if we want pure honey we should only purchase it from a bee keeper.



Members with Chris Evans

Several of our members attended our District Committee Meeting which was held at Sapiston on 7th November. A DCM is a gathering to which all members of our Clubs in the District can attend and get together, not just for business but also for friendship. It is always a pleasure to meet up with friends from other Clubs and exchange ideas. Each of our 12 Clubs in the District had members attending so each Club was represented.

The speaker was a lady from Hearing Dogs for Deaf People. She had lost her hearing in both ears. Logan, her Spaniel, gives her confidence to go out and live alone safely. He will alert her when the door bell rings, when the washing machine is finished, when the cooker alarm goes off and if the smoke alarm went off. He hears the alarm in the morning and wakens her! They have a great bond together. She totally trusts him. As she explained deafness is not an obvious disability, so Logan's smart purple uniform indicates her hearing loss which people then respect.

The organisation has been running for 43 years and they work with 200 dogs a year. They have their own breeding scheme. The breeds they prefer are spaniels, poodles and cockapoos. A dog costs £40,000 for its lifetime - not just the training but the Trust looks after the dog throughout its life. The dogs are assessed each year to make sure the dog and its owner are still bonding and working well together. Hearing Dogs for Deaf People is a wonderful organisation.

Our members in Inner Wheel wish all our readers a very Happy Christmas!

Plenty of Rotary magic

Hunstanton & District Rotary's Charter Night dinner was held on 18th October at Heacham Manor and President Jean-Marie Vernon said that the year had been full of Rotary Magic and disclosed that the series of events held had raised the magnificent total of £27.1K. Once again a significant part of the total sum was raised at the Railway Weekend at Norton Hill and Mr Michael Schumann presented cheques to Tapping House, Magpie Centre Riding for the Disabled, West Norfolk Autism and West Norfolk Blood Bikes. (pictured clockwise from top left)



Jean-Marie said that the position of President is both a challenge and a privilege, and he couldn't do it without the support of his wife Christine, a fellow Rotarian. He also paid tribute to the Rotary Group for all the hard work they had done throughout the year.

Jean-Marie presented Rotarian Muriel Motley, who was the first female President of the Hunstanton Group, was with the Paul Harris Fellowship Award for her outstanding contribution to the community and following this presentation he was surprised and delighted to receive the same accolade himself.





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Brancaster school news

Obviously our biggest news is the reaction to the devastating news of our potential merger with Docking. We have always tried to put ourselves at the heart of the community and have always been humbled by the generosity of everyone in the locality, supporting us in many different ways. We are touched and grateful for the way that in our hour of need, you have all leapt into action and are fighting all the way on our behalf. We have also forged new links with different groups – we are currently in discussion with Brancaster baby and toddler group, for example. So, whatever happens, our current pupils are certainly getting the best that can be offered at the moment. Thank you from the bottom of our hearts.

As always we have been very busy. For example, Thrift Class have been studying the book “A Walk in London”. We have really enjoyed learning about London and then we took some village

walks and learnt about our own history. We are now applying what we have learnt, to write “A



Walk in Brancaster” which we hope we can distribute within the village as soon as it is finished.

It is Anti-Bullying Week next week and we have all sorts of activities arranged to help us learn more about this topic. We will also be holding our Remembrance Day Service and supporting Children in Need.

Christmas is coming up soon and our calendar is looking very full. Janet Marshall (Journeys for Learning) is coming to do two sessions with us about the Christmas story. We are also going to the panto (oh yes, we



are!)

We are having a Christingle Service at Titchwell, a trip to Holkham to see the Christmas Decorations and meet Father Christmas, a space workshop (KS2) and, on December 18th we have our Nativity in Brancaster Church at 2pm, followed by our Christmas Fayre. All are welcome to this and we would love to have



donations of cakes and raffle or tombola prizes.

Term finishes on 20th December and we start again on 7th January.

Happy Christmas from us all!

The Arts Society King's Lynn

The Arts Society King's Lynn continues the 2024-2025 season on Thursday 12 December when they welcome Caroline Holmes to speak about Messenger or missile? Angels with glad tidings, doom, gloom or perdition. Our lecturer will be Caroline Holmes who has lectured in the UK, Australia, New Zealand, USA, Europe and Japan as well as for international cruises. In 2017 she returned to The Arts Society in New Zealand. University of Cambridge ICE Academic Tutor and Course Director; lectures for the Royal Horticultural Society, museums and online for The Gardens Trust and organisations worldwide. Author of 12 books including Monet at Giverny. She was the 2017 recipient of the Herb Society of America 'Elizabeth Crisp Rea Award'. Consultant designer specialising in evoking historic, artistic and symbolic references.



Angels, familiar and fantastic, playing major and minor roles, can be seen in centuries of paintings, engravings, illustrations and sculptures. Archangel Gabriel and the Annunciation or Archangel Michael fighting the good fight. Angelic references also abound in Islamic and Jewish traditions, the latter beautifully evoked in Chagall's Bible Message. Time to contrast the beauty and light of cherubim and seraphim with the dark, fiery abyss of Satan and contemplate the Angel of the North.

The lecture will take place in West Winch Village Hall where there is ample free parking available and starts at 2pm. TASKL meets once a month on the second Thursday from September to May and anyone is welcome to become a member. The annual subscription is just £55 or you can go along to individual talks as a guest for £10. Anyone interested in finding out more about TASKL can visit their website at www.theartsocietykingslynn.org.uk or to join the Society contact the membership secretary on 01366 328648 or via email at info@theartsocietykingslynn.org.uk.

News from The Woottons

Richard Coates

A note from the Editor: This month's article from Cllr Coates is very long and there isn't enough space to print it all here. However I have posted the full article*, which, like every article on our website is free to read, at: <https://townandaround.net/news/news-from-the-woottons>



The Parish Councils

It's quite surprising how much work some of the parish councillors on the two Wootton parish councils do in looking after our parishes. I attend most of our parish council meetings and listen to the reports that are made each month by the various councillors, of the work that they have done for our communities and one can only applaud these public spirited citizens. It's clear that they work on the things that are of interest to them and where they have some experience and ability and I think that more local people could step forward, not just in The Woottons but I'm sure in other parishes where Town and Around is read. The first step is always the most difficult but I'll make it easier by providing information about your next parish council meeting. Just email me: cllr.richard.coates@west-norfolk.gov.uk

Heads You Win, Tails You Can't Lose!

I like this game, it's also called “Free Money for Wootton Groups” and those of you who have read my column before, know that I have free money from the Borough Council to give away to local groups doing good things in the area. I did have £1,000 but £200 of it has gone to the Priory Rotary Club of King's Lynn to help them plant and seed a new perennial wildflower meadow near the footpath that leads from Nursery Lane to Wootton Park. Now, who else wants some of my pot of gold? A craft group? Scout or guide group? Old persons' lunch club?

* Other subjects in the article include: The By-Election, The House on the Green, Knights Hill, and a Planning appeal at Little Carr Road.

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GLEBE HOUSE SCHOOL & NURSERY UPDATE

What an amazingly quick half term that has been! October was a couple of very busy weeks and then a well earned half term break for all. Enjoy reading about what we got up to before we took our break.

Geography Trip to River Glaven



Division V had an amazing day exploring the River Glaven and its valley, putting their classroom knowledge to the test. From making observations and taking measurements to investigating river features, there was plenty to discover! No field trip is complete without some soggy socks and wobbly metre rulers, and there were certainly a few of those, yet despite that, the children had a very enjoyable day of experiential learning. The trip's highlight? Learning how Wiveton was once a bustling port before the river was drained - a truly fascinating glimpse into the past.

Hockey Winners!



Our Year 3/4 Quicksticks hockey team had an amazing day at the recent SSP finals, representing Glebe in the 4-a-side format. The mixed team played brilliantly, winning their group, advancing to the semi-finals and triumphing in the final against Dersingham.

Next stop: the Norfolk SSP Finals! Good luck to our team in this exciting next round. A special shout out goes to Charlotte W who was named player of the day for an outstanding performance. A huge well done!

Inter House Cross Country

October saw the Inter House Competitions for 2024/25 begin! Our first Inter House sporting event for this year was Cross Country with all pupils from Division III to VIII competing for

their house. The weather was incredible, making it an enjoyable afternoon for both our pupils taking part and their parents supporting. As always, our children threw themselves wholeheartedly into the task at hand, and so many personal and house milestones were achieved. Well done to everyone!



Harvest Festival – Hunstanton & District Foodbank

On Monday 7th October, the whole school came together for our annual Harvest Assembly, led by Mrs. Haslam. Pupils were invited to bring in dry goods donations for Hunstanton and District Foodbank, with Division VIII Outreach Prefects, Keira and Nico, leading the collection and display.



Mrs. Haslam spoke about the meaning of harvest and thanksgiving around the world and highlighted the vital role of food banks in our community. The children sang a traditional hymn and a modern song celebrating food, harvest and the importance of giving thanks.

Making Harvest a bigger part of the school day, our Prep pupils also enjoyed decorated the Dining Hall with autumnal touches in house colours for a special Harvest Lunch.

RotaKids Marathon Monday – MacMillan Cancer Support

Our RotaKids Club did a fantastic job of organizing our first-ever Marathon Monday. It got the week off to an energetic start, with each year group completing 26 of an activity. Pre-Prep hopped and hula-hooped, while Prep ran lengths of the astro and scored goals. The Glebe spirit shone, with

cheers spurring everyone to the finish line! Our inaugural event was a huge success and raised over £1,800 for Macmillan Cancer Support. A big well done to the RotaKids club and Mrs. Bygraves for organizing such a great community event, and a huge thank you to the wider Glebe community for their generous sponsorship.

National Poetry Day



Early October the school celebrated National Poetry Day with a day full of literary fun! Led by Mrs. Bygraves and Mrs. Durrant, pupils explored the theme of "counting" through reading, writing and performing poems. Pre-Prep coloured and performed nursery rhymes, Junior Prep created original counting poems, and Senior Prep took inspiration from the powerful "Your Voice Counts" and wrote poems about what truly matters to them. The day also saw the launch of the Inter House Poetry by Heart competition and a special contest for the school's 150th anniversary.

Informal Concert

Our first of the year, and a genuine highlight of every Half Term! Our Autumn Term Informal Concert saw the School Hall packed with families and friends who came along to hear how the children have been progressing on their musical journey since returning to school in September.

With group performances, solo renditions, small group pieces and

multi-instrument duets, it was a delightful evening full of joy, effort and firsts. Well done to all the children who took part and a big thank you to our dedicated team of music teachers.

Whole School Walk

We were thrilled to reinstate our whole school walk as part of our



150th Anniversary Celebrations! For many, it was their first time as we have not done this since the pandemic, and the energy from all year groups was fantastic. The morning route led from school to Ringstead Village Hall, followed by a delicious pasta lunch—thanks to Lynn and the kitchen team. Pre-Prep returned to school, while Prep continued to Holme next the Sea and back along the beach. A wonderful day of community, exploration and personal achievement!

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

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

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

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In the Limelight

Festive Greetings to you all. We cannot believe it's finally here, December!

First things first... The new Theatre Brochure has arrived, if you haven't got a copy pop in a grab one.

Panto Month here at the Princess Theatre. Oh yes, it is!

This time of year is simply my favourite. I am loaded with festive sparkle and exciting news, so please grab a warm drink, mince pie and read on!

The venue is bursting with merriment as we welcome a visit from Santa with his VIP Meet and Greet on Sunday 1st December from 1.30pm – 4.30pm followed by our Christmas tree lights switch on with the Panto Cast.

The Team and Volunteers look forward to the traditional seasonal audience participation which fills the theatre during the month as we proudly present this year's production of Snow White and the Seven Dwarfs. This year's cast sees the return of the inimitable panto legend Mervyn Francis who plays Dame Doty and the return of Sam Littlewood as "Muddles".

For many of us Christmas wouldn't be Christmas without Pantomime and panto is the first place we discover the magic of the Theatre. Did you know it has in its roots, ancient Greece, Italy with the commedia dell'arte which means comedy of the artist. Theatres developed the pantomime with limiting the shows to the Christmas season. By the 19th century the eccentric clown character evolved into an unexpected star, The Dame. Pantomime offers us the anarchic excitement of a topsy-turvy world only to give us the assurance of harmony restored. With the characters all living happily ever after!



Mervyn Francis as "Dame Doty"

Samuel Littlewood returns to the stage this year as "Muddles". I managed to ask Sam a few questions regarding his return to Panto this year. **This is your second year performing at the Princess Theatre, what made you come back?** *The people in Hunstanton and in the Princess Theatre are some of the kindest and most welcoming people. I love my time in panto land. Tell us something about your year so far?* *As a singer songwriter I achieved a No 1 Single with my song "FINE" back in March.*

What are you looking forward to most in this year's pantomime?

I'm looking forward to getting started. Seeing all the kids' faces light up and families having a good laugh!

What would you like for Christmas?
CHOCOLATE!

The Princess Theatre invited Norfolk schools to enter the "Panto Competition" challenging classes to create new names for the Dwarfs. Chief Judge Cllr Paul Beal choose the winning class from Fairstead Community Primary School!



Cllr Paul Beal – Schools Competition Judge

Pantomime runs from Saturday 7th December with Matinee and Early evening shows throughout December to the 5th January 2025.

This year visitors to the theatre will notice a new addition to the Foyer with "Snow White's Wonderland Walkway"! Perfect for a festive photo opportunity so don't forget to pop in and have a look.

Did you know the Princess Theatre has a Mascot? "Hunny Bear"? He has returned from his world travels to settle back into his show business home. Look out for him as he will be out and about this December.

Cold water dip anyone? This year I have braved cold water therapy and will be joining some equally brave members of the Princess team at the traditional Xmas Day Swim. Come along and say hello, give us a cheer as we wade into The Wash, then pop into the Sunset Wine Bar for Festive tippie or winter warmer.

2025 is set to entertain you! The Programme is loaded with concerts, plays, adult pantomimes, family entertainment and comedy.

The Rollin' Clones will be in the house on Friday 24th January. From the early days of the rhythm and blues, through to the excesses of the 70s. The Rollin' Clones' rock 'n' roll show is a faithful interpretation of the biggest band ever greatest hits, delivered with a smirk and a wink, recalling the mischief making of Mr Jagger himself and remaining true to the spirit of the originals.

Jim Davidson invites you to join him for another evening of rip-roaring, grown-up comedy on Saturday 25th January.

Get ready to be transported back to the 80s



Anna Hallard

heyday of classic rock. Expect fireworks, flames, amazing lighting and exacting attention to detail as this amazing 5-piece band recreate hits from rock gods such as Journey, Aerosmith, Def Leppard, Bon Jovi, Kiss, AC/DC, Van Halen and many more! The UK Rock Show hits our stage on Friday 31st January.!

For any self-proclaimed Foodies we have something completely new for you. "Posh Tea and Artisan Cheese, featuring two culinary champions, Rosemary Shrager and Sean Wilson, who team up for their first ever live tour of the UK. Their mouth-watering show showcases on Friday 7th February at 3pm.

One of the highlights we have in the lineup for 2025 is the record breaking hilarious 1987 cult classic **Rita, Sue & Bob Too!**

TV favourite **Jake Quickenden** heads the stellar cast as Bob in the production.



Jake Quickenden as "Bob"

Jake will be joined by Hollyoaks' Jessica Ellis as Michelle, Shameless and Coronation Street's Warren Donnelly as Dad, Britain's Got Talent's Siobhan Phillips as Mum, Kay Nicholson as Rita and Jenna Sian O'Hara as Sue.

The play will run from Monday 10th – Friday 14th February.

So much to look forward too, get your 2025 diaries out and plan your visits to the **little Theatre with big shows!**

We would like to thank you all for your continued support in 2024 and look forward to seeing you all in 2025. Please note the box office will be closed from Monday 6th January and re-opening on Monday 20th January 2025.

Wishing you and Merry Christmas & Happy New Year.

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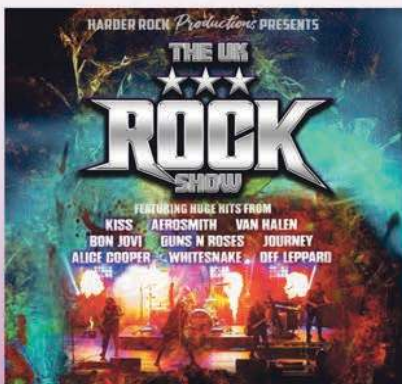
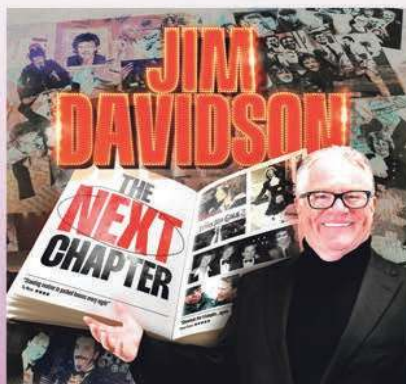
Sunday 1st December 1.30pm – 4.30pm

Meet & Greet—£4 Per Child

The Sunset Wine Bar at The Princess Theatre will be serving Mulled Wine and Mince pies.

Music from DJ Zola on the Terrace! (Weather permitting)

Coming Up 2025



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

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