

TOWN and AROUND

NEWS FROM
NW NORFOLK
FREE

ISSUE 172 FEBRUARY 2020

PRICELESS!

A young woman with blonde hair tied back, wearing a green jacket, is smiling and holding a small white lamb. The lamb is looking up at her. The background is a blurred outdoor setting with hay bales and metal fencing.

EVENTS & ACTIVITIES: Your calendar for the month ahead
THE GREAT OUTDOORS: Sport, gardening, farming, nature and wildlife
LOCAL NEWS: Business, jobs, schools, clubs, council, civic and churches
FEATURES: A Page from the Sage, Lifeboats, Money Matters and more...

First word



February is the month of love and this year there are even more reasons to call it so because it is a leap year.

Valentine's Day is thought to be the most popular day of the year for marriage proposals and indeed for tokens of love between friends and lovers. Flowers, chocolates, Champagne and jewellery top the list of gifts purchased each year.

For traditionalists, just once every four years, on February 29 (Leap Day), a woman is allowed to take her destiny in her own hands and ask a man to marry her. The tradition is thought to date back to the 5th century when an Irish nun called St Bridget complained to St Patrick that women had to wait too long for their suitors to propose. So, they struck a deal. St Patrick decreed this one day in February, which occurs once every four years, women would be allowed to propose.

There is no doubt that things have moved on since the 5th century; both men and women can propose on any day of the year. But it can still be fun to observe traditions sometimes. And to show you love your partner, why not take the leap? In case you need a boost of courage to go for it on 29th February, here's some reassuring news for you: The Marriage Proposal survey by Chillisauce.com asked how many women would actually be brave enough to propose; 43% declared they would not be willing to do it, however 76% of men think women should.

If you are 'popping the question' this year, you might want to note the date of 29th March when a 'How to plan your wedding' event is being held at Briarfields. See page 58 for the details.

Continuing the theme of love the RSPB ask you to show the love for nature and wildlife on page 22.

Even if you are not a betting person, I urge you to turn to Charles Joyce's column on page 26. I'll just say it is a history lesson, an insight into current day politics, and a very interesting read.

Between editions we post stories regularly on our website: townandaround.net It's a good way to keep up with local news. We also share to Facebook - please Like us and we'll be there in your news feed.

My thanks as always to our advertisers, contributors and delivery team.

The days are getting longer and next month we change the clocks...

With best wishes

Elaine

Elaine Bird, Editor, Hunstanton Town and Around
The Perches, 18 Tapping Close, Snettisham PE31 7FF
T: 01485 540620
M: 07533 088196

E: editor@townandaround.net

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Our cover picture this month by Ian Burt is of Grace Baldry-Roberts with one of the first new born lambs at Snettisham Park.

Cheerful disabled lady, Hunstanton, requires a carer to assist with her morning personal care routine.

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LOCAL COUNCIL TO BAN SINGLE USE PLASTICS FROM ITS PREMISES

Hunstanton Town Council aims to lead the change on reducing single-use plastics by going plastic free in 2020.

Single-use plastics are to be phased out from all the council's premises from the 1st February.

The UK Government has already confirmed a ban on plastic straws, drinks stirrers, and plastic stemmed cotton buds that will be coming into effect in England from April 2020. A spokesperson for HTC said: "We are putting our plan into action early to give businesses an opportunity to find alternatives before the holiday season.

"We are also taking our policy further than the Government and aim to ban all single-use plastics on our premises including disposable water bottles.

"A full list of banned items can be found on the HTC website and details will be sent to all venue hirers."

HTC declared a climate emergency in 2019 and has since implemented several new policies to address climate change and single-use plastic pollution. The Environment Panel, formed in the latter half of 2019, has already tackled cigarette litter by installing a Ballot Voting Bin, sponsoring Hunstanton's first highly successful Vegan Fair and a range of environmentally friendly products are now on sale at the Tourist Information Centre. New recycling bins have been installed on all council premises and they are working closely with other organisations



within the town to develop new strategies.

Cllr. Amanda Knight, chair of the Environment Panel said, "The council already works in partnership with projects such as Refill to help reduce single-use plastic within the town. As a council we have a commitment to the environment and our policies need to reflect this."

It has been acknowledged that some single-use plastics can be made available when it is essential for medical reasons or disability.

West Norfolk University Challenge

Over one hundred students took part in West Norfolk University Challenge on 17th February.

The University Centre at the College of West Anglia hosted Year 11 students from seven secondary schools in the area to participate in a series of challenges.

The aim of the conference was to give the students an opportunity to push each other beyond their limits in their core subjects, helping to build confidence and inspire them to achieve even better results in their GCSEs this summer.

Inspirational speakers talked to students about their lives, how they became successful and future plans. One of the speakers was Tim Edwards, Assistant Chief Fire Officer at Norfolk Fire and Rescue Service.

This unique event is the only one in the area where students don't work in their school groups. They are put into mixed teams of six named after UK universities. Cllr Geoff Hipperson presented the winning teams with gold, silver and bronze medals. All the students received a certificate of attendance and a goody bag of pens, pencils, notepaper and water - everything to get them through the day.



Cllr Hipperson said: "I hope that the day will inspire many of the year 11s to succeed in the future." Schools taking part are King's Lynn Academy, King Edward VII Academy, Iceni Academy, Marshland, St. Clements, Smithdon and Springwood high schools.

The event was originally created by John Hirst on behalf of the West Norfolk Partnership and was designed to stretch pupils in the top 10% of their school and to give them a taste of higher education in a university setting.

Police drop in surgeries

The local Engagement Officer PC Lee Anderton will be holding a number of drop in Police Engagement Surgeries between January and June 2020. On some occasions PC Anderton will be joined by the local Beat Manager so please feel free to attend any of the surgeries to discuss issues that affect you.

The next date is Wednesday 12th February 2-4pm at Dersingham Library.

Additionally, Hunstanton Police Station is open to receive visitors every Wednesday between 11am and 1pm.

You can also make contact by e mail:

SNTHunstanton@norfolk.pnn.police.uk



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Planning Appeal pulls in national big-hitters to fight Knight's Hill project

Richard Bird

The proposed development at Knight's Hill has far reaching ramifications with around 25,000 residents being potentially affected. Not only the populations of the Woottons and Castle Rising but also entire populations of Hunstanton, Heacham, Snettisham, Ingoldisthorpe and Dersingham, plus their surrounding hamlets could have their lives potentially blighted by this overdevelopment. The existing traffic problems together with the poor air quality standards will only be spoilt further by more residential traffic combined with the frustrating levels of leisure and tourism transport that seems to increase year on year on the A149.

The current appeal was heard from 14 January with disclosure of all documentation from the 9th January, that was to confirm that there can be no big surprises in written evidence after then.

The battle lines are now being laid before us. The contracting developer will, no doubt, lay out their case and will have appointed the best brains they can afford. Their case is simple, they have spent months and years, not to mention many thousands of pounds preparing, in conjunction with the officers at the Borough Council, a plan that offers 600 homes, some affordable with all the requested benefits, to the new and existing population. The likes of recreation parks, halls etc. together with whatever the Borough had asked to be included. They will have agreed an amount of money to go towards local benefits; school contributions is an example. They will have complied and costed in all of these arrangements and then at the last minute from out of the blue, told their plans are completely rejected. They were bound to appeal.

The second party is the Kings Lynn and West Norfolk Borough Council. They have appointed a local well known and respected negotiator and planning expert who they have used for many years, he is Tim Leader, his primary job is to be the mitigation negotiator for the Boro'. He may argue the case in various ways but the chances are that he will attempt to keep the Borough Council's costs to a minimum, that's his primary objective. As a matter of interest his wife, Mrs Nicola Leader, was the Borough's Legal Officer for some time.

Lastly, and this is a bit of a bombshell, the villages of North and South Wootton together with Castle Rising have appointed, after fundraising and seeking individuals to underwrite potential debt, an enormously successful and flamboyant character called David Cooper. One look at his Google profile is an education with so many factors written



(LtoR) South Wootton Parish Council Chairman David Price and Chairman of the Planning Committee Paul Bland, Castle Rising Parish Council member David Goddard and resident Jane Back. Photo Ian Burt



Proposed area for development. Photo Ian Burt

about him. They include: one of the highest paid lawyers in this country, an hourly rate of £650 P/H, seventy seven years old with years of experience in this planning field, a client list of successful cases including Arsenal Football Club and other high profile individuals and organisations.

The appointment of Steven Evans of Pell Frischmann Highways and Transport Consultants is indicative of the seriousness of this matter, once again look at their google profile to measure the gravitas of their organisation and their clear knowledge of the

challenges.

So many times residents think they have won the case as it is turned down locally at the planning consent stage, they further believe that they either don't need or haven't the wherewithal to appoint representation. Clearly the Woottons' and Castle Rising parishes, although leaving it late, have understood the requirement.

The person heading up the hearing, Roisin Barrett, will report to the government office of the Secretary of State for Communities and Local Government by mid-April and the final

judgement will be presented in due course. One final word on this part, when Mr Eric Pickles held this office in government and was asked for a final judgement on the incinerator debacle, he just did not respond and to the best of my knowledge never did.

One more twist is that apparently national government has now reduced its target for new housing in KL&WNBC. In a recent request for information, the Cabinet Member for Development stated the following:

(1) The previously allocated Knights Hill site has been removed from the local plan currently in development.

(2) The current housing requirement calculated by the Govt. is 555 per annum for the next twenty years. If it remains we have sufficient allocations and sites from the current approved plan and the new local plan currently being developed.

(3) As long as the government does not change the 555 number, the Borough Council housing target does not need the 600 houses proposed for Knights Hill to meet its target.

The interest in all this for us residents will be:

(A) Could it go ahead, what will be introduced to appease local people, if anything?

(B) If not who will compensate the Developer for his time and effort, and how much will that



be? They will surely want compensation.

(C) Who's head will roll at the Borough? Will it be an Elected Member or a salaried officer? Surely this cannot be covered up or kicked into the long grass.

Some readers may have seen the article written by me in T&A magazine regarding this fiasco. Article in April (p16) can be found on our website. www.townandaround.net



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Hannah's fundraising efforts reach new high

Eleven-year-old Hannah Burton is no stranger to the news pages of Town and Around. She has been fundraising for Children with Cancer UK for several years and during 2019 she collected £2,690.03, beating her 2018 total of £2517.15.

Hannah is a Year 7 student at Smithdon High School and her creative talent has seen her make paper roses, hedgehogs and Christmas decorations most of which are crafted from old books.

On 14th January Hannah presented a cheque to Lady Romney, Norfolk Vice-Lord-Lieutenant who accepted it on behalf of the charity watched by Mayor of Hunstanton Cllr Tony Bishopp, Deputy Mayor and Mayoress of Hunstanton Cllr and Mrs Winnington, Borough Mayor Cllr Geoff Hipperson and some of her school teachers.

One special guest was Hannah's best friend from the town's Union Church, 94-year-old Miriam Hodson and they are pictured here (right).

Hannah's grandmother Monica Burton said: "Now she's hoping to beat the 2019 total, she loves fundraising and is doing it on behalf of her cousins who have Neuroblastoma and Leukemia.

The family thanked the Honeystone pub for hosting the event and raising £1000 of the total and the Princess Theatre for their generous donation of £200."



Capital investment plan for Norfolk unveiled

Plans for £536.6m of investment in physical and digital infrastructure, schools and services across Norfolk have been backed by the County Council's Cabinet.

The Capital Strategy for 2020/21, funded by grants, land sales and borrowing, sets out Norfolk County Council's ambitions for capital investment.

Cllr Andrew Jamieson, Norfolk County Council's Cabinet Member for Finance, said: "Despite the pressures on our day to day revenue spending, capital investment in our county is vital in creating an environment that enables Norfolk to thrive. The investments we're proposing will see money spent over

the next few years which will be delivering returns for our residents for decades to come. "With over £39m of capital investment in adult social care, as well as funding for improved digital and physical infrastructure, ongoing capital maintenance and investment in social infrastructure, this strategy lays the groundwork for a stronger, healthier, greener Norfolk in the coming decade." Some of the top projects to benefit from this upcoming investment include: £96.3m between 2020 and 2023 towards the anticipated £120m cost of the Great Yarmouth Third River Crossing £95.6m over the next three years as part of the £120m being invested in special

educational needs and disability transformation in schools £39.2m over three years for adult social care, including over £28m for the Living Well – Homes for Norfolk programme, meeting increasing demand for extra care housing A further £11.9m to be invested in the Better Broadband for Norfolk scheme, rolling out high-speed fibre optic networks across the county.

The Council's Cabinet meeting on Monday 13 January approved the proposals in the Capital Investment Strategy, which will now be put before Norfolk's Full Council Meeting on 17 February alongside the Council's 2020/21 budget.

Guiding news

Catherine Leigh
North West Norfolk Division Commissioner

Girlguiding groups in North West Norfolk have had a busy and theatrical time over recent weeks. Hunstanton Brownies and Guides enjoyed Peter Pan in Pantomime at Hunstanton and one Brownie in the cast was presented with her 'Performing' Badge.

Heacham Brownies held a spectacular 'Strictly Come Dancing' evening (judges included Dougie the dog!) and danced the night away, raising funds for Macmillan at the same time as part of Girlguiding Anglia Region's charity partnership this year.

Girls from Docking Brownies were thrilled to receive a special Guiding Frozen Badge when they went to King's Lynn's Majestic Cinema to see Frozen 2 as their Christmas treat.

Hunstanton Rainbows certainly won't be left in the dark thanks to Hunstanton Specsavers who kindly donated a set of Hi-viz jackets to keep them safe while having their winter adventures.

Guiding is for all girls aged 5+ and there are spaces for more girls in our groups. We'd really welcome more adult volunteers too – go to www.girlguiding.org.uk and register, then add your postcode to find a



local group for your daughter or a volunteering role. One of our friendly team will be in touch.

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Australian resident “overwhelmed with love and support” continues crafting and fundraising efforts

Sophie Hooker

Australia has been ravaged by the worst wildfires seen in the country in decades: at least 28 people lost their lives in the devastating fires and it is estimated that over 1 billion animals have been killed. Over 3,000 homes have also been destroyed or damaged and more than 17.9 million acres have burned.

Australia has a fire season each year during the summer, but this year the fires have been exacerbated by persistent heat and droughts with strong winds fanning flames further and making firefighting conditions difficult, with the state of New South Wales being hit the hardest.

The fires are also unlikely to end any time soon – with temperatures peaking in January and February, the fires may even get worse.

A third of koalas in New South Wales have been killed in the fires and a third of their habitat has been destroyed and certain types of frogs and birds could be wiped out completely.

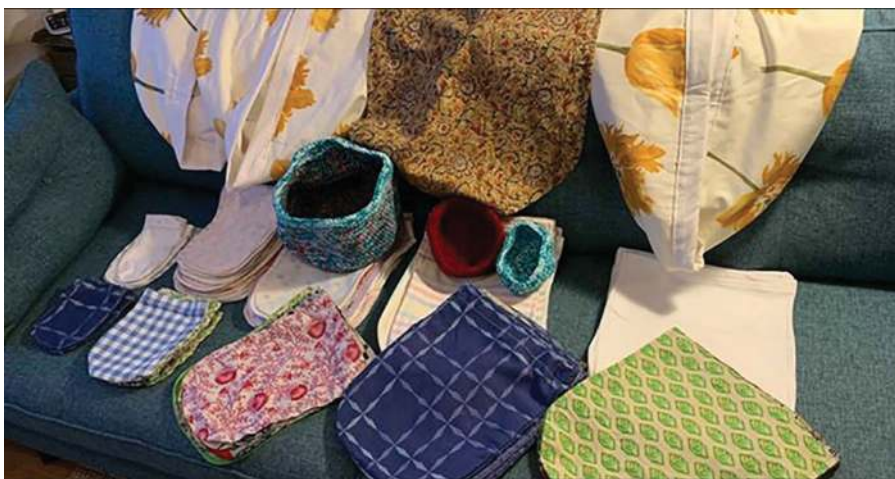
Peta Steel, who moved from Australia to Hunstanton in February 2019, has spoken to Town and Around of her gratitude for the outpouring of support she has received since her initial Facebook post asking locals if they have any spare materials so that she could sew pouches for injured wildlife.

“The response has been massive. I am blown away by the amount of support that I have received over the last few weeks,” she said. “When you’re from a country where a tragedy happens, it is overwhelming the amount of love and support you receive in another country halfway around the world.”

Peta and well-wishers from all over the world have been knitting and sewing nests and pouches for the millions of wildlife left injured



Peta recently hosted a sewing party at her house



A few of the nests and pouches already sewn by locals

by the wildfires and made homeless from the destruction of their habitat.

Peta created the Facebook group Love from over the Pond as a way to directly connect those directly affected by the fires in Australia and those who wish to send them support from around the world.

The group allows the Aussies to share their stories and journey to recovery from the devastation with well-wishers.

On Sunday January 12 Peta invited ten friends and crafty locals into her house for a group sewing and knitting session, with help and inspiration coming from the Animal Rescue Craft Guild Facebook page.

Now, she is hoping to encourage local businesses and organisations to pledge their support and help fundraising efforts.

Plummer and Associates (through St James’s Place Wealth Management) are match funding any donations made through an official partner of themselves.

You can join Peta’s Facebook group to keep up to date with future events and fundraising

activities locally.

Donations for Australia can be made to several organisations working toward victim relief and recovery, including the Australian Red Cross, Salvation Army Australia, the NSW Rural Fire Service, and the St. Vincent de Paul Society Australia.

There are also a number of wildlife rescue and treatment groups such as WIRES, the Port Macquarie Koala Hospital, and Currumbin Wildlife Hospital taking donations.



*Welcome refreshments for the sewing group
Peta is in a yellow dress*



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The Barking Bugle Christmas Collection for PACT Animal Sanctuary

What a totally pawsome time The Barking Bugle & friends had at the PACT Animal collection held at Tesco in Hunstanton on Monday, 23rd December. We all sat patiently wearing our Christmas jumpers waiting for our tins, not to be filled with treats, but with money to help the animals in need at the sanctuary.

I organised the rota and was the first doggy on duty at 8.30 am. Luckily I remembered the advice my brother Frodo used to woof to me - 'Sit on mum's or dad's knee and look cute and appealing.' - and it worked, yet again!

PACT Animal Sanctuary in Hingham in Norfolk really does an incredible job and over the past 16 years over 5,000 animals have been re-homed or released. The staff currently care for over 1,600 animals ranging from hamsters to horses and budgies to peacocks, with a lot of cats and dogs in between. Many animals are brought into sanctuaries such as PACT particularly after Christmas desperately needing to be looked after. The care of the animals is solely financed by donations from the general public.

We would like to thank all those wonderful humans out there who came to say hello, shared their stories and donated money for the cause.



People were so generous; it was very heartwarming. By the end of the day we had collected the grand sum of £456.28, as well as a large supermarket trolley stuffed full of pet food, blankets and toys. The next day we travelled to the sanctuary with all the pet food where the volunteers were all delighted to receive all these goodies.

Our thanks also go to Emma and Gareth and his team at Tesco who always make us so

welcome and to the humans who accompanied us on the day – Alex, Bernice, Maureen, Olive, Chris, Mary, Fran and my mum and dad.

We all look forward to our next event which will hopefully take place in the summer next year.

Woofs Pupstar, Marmite, Leia, Hero, Haze and Willow x

Find us at www.thebarkingbugle.co.uk Also on fb, twitter & insta.

Coastal Vets donate £500 to King's Lynn and District Guide Dogs

On Friday 10th January Gill Southgate (and her guide dog Yazmin) and Sandra Wilkinson from Guide Dogs for the Blind (King's Lynn & District) received a cheque for £500 from Chris Tansley (Veterinary Surgeon) and Karen McQuoid (Head Veterinary Nurse) at Coastal Vets in Snettisham.

The funds were raised at a quiz night on 16th November to celebrate Coastal Vets 10th anniversary. A total of almost £1000 was raised on the night and the remaining £500 was donated to the Retired Greyhound Trust.



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A Page from the Sage

Well here we are again with a Page from the Sage for Town and Around for February 2020.

Christmas is over and from what I have heard the Christmas Day swim was a great success with many people going in the water and a large crowd watching on. Myself, Joy and our family went down to watch the swim every year from 1967 until 2017 but for the last two years I have not been able to get there. The Christmas swim I remember most was in 1970 when we lived at 1 Seagate: it snowed all morning and the swimmers had to walk through the snow before they got to the water. The swim has been organized by the Round Table for 48 years.

Staying down the beach last year (2019) at Hunstanton and along the east side of The Wash we had 10 predicted tides of 27 feet and over, this being the first time at Hunstanton we have had as many tides as this over that height but thankfully there was very little damage on any of these high tides. This coming year (2020) we have 9 tides of over 27 feet, two in March on the 12th and 13th, two in April on the 9th and 10th, two in September on the 19th and 20th, and three in October on the 17th, 18th and 19th.

Let's hope that if the Environment Agency are going to recycle sand and shingle from Snettisham scalp onto Snettisham, Heacham and Hunstanton (south) beach then they do it in April or May as this will give the sand and shingle time to settle after these high tides. If this recycling is done at the usual time (February/March) then most of the sand and shingle will get washed out back to sea again.

A few weeks ago, before Christmas, my wife was shopping in Tesco's when she came out and saw a gentleman collecting for the cancer care and treatment centre at the Queen Elizabeth Hospital in Kings Lynn so she gave him a donation and he gave her a booklet called 'The Last Waltz'. It was written by the man that was doing the collecting, Gavin English. So, I read the booklet which I found very interesting and I then rang Gavin up and asked if I could write some bits from the booklet in Town and Around and Gavin said yes.

Gavin was born in Docking on the 1st of August 1937 and his parents were Edith and Albert English. Gavin left school at 15 and worked in a dairy with a grand old gentleman called Jack Ayres, who as Gavin said taught him a lot about life. Gavin left Docking in 1955 to join the regular army and became a member of the 7th Royal Tank regiment at Catterick in north Yorkshire. He was posted to the Queen's own lowland yeomanry in



by
Dick Melton
01485 535658

Edinburgh and then to a Squadron Dumfries. He met his wife Frances at a Saturday night dance and they got married on the 26th of July 1957; a marriage that lasted for 56 years.

In the meantime, Gavin was posted back to Edinburgh. Gavin had to go to the registrar's office and a dear old lady there asked him where he lived, and he said Docking in Norfolk. "No," she replied, "where do you put your head down to sleep at night?" "Oh," Gavin said, "I live in Edinburgh Castle. "Great," she said, "you will be proud of having that address." She was right, as it is on the marriage certificate. Their daughter Belinda was born on the 13th of May 1959 at Dumfries Hospital.

Gavin was posted to Hohne in west Germany in September 1959. This was a military garrison just down the road from the Belsen concentration camp. During Gavin's first stay in Germany, he and the family had a number of moves to Celle, Paderborn, Detmould and Lemgo. Their son Raymond was born in the British military hospital at Rinteln, and for them it was a very happy St Valentine's Day 1963.

Eight weeks after Raymond was born, Gavin and his family were flying back to Scotland, where Frances and the children went to Dumfries to live with her parents while Gavin was stationed in Redford barracks Edinburgh. Gavin's regiment trained as an armoured car regiment in the Scottish Highlands. Gavin then had many more postings, and these are some of the places he was posted to: Aden, Sharjah in the UAE, Malaya and many more places.

Gavin was demobbed on the 9th of January 1979 with the rank of RSM after being in the British army for 23 years. In February 1980 Gavin was offered a new job by the company he worked for and he departed to Saudi Arabia to work with the Royal Saudi Air Force who controlled security at the new Jeddah International Airport. He remained there until

1984 and in August 1985 Gavin and Frances moved to Docking where he worked for the local authority until he retired in July 2002.

Gavin and Frances enjoyed many holidays together, with some of the places they went to including the Maldives, Cuba, Aruba Mauritius, Canada (twice), Bali, Australia and South Africa. One of the many highlights of their holidays was in the Maldives when Frances was chased out of the sea by a shark; in fact, it was only a basking shark wanting to play. Sadly, all this was going to come to an end in a short space of time as in June 2012 Frances was diagnosed with cancer. Gavin's message to you all is do things while you can.

On the morning of 5th of September 2013 Raymond was sitting with his mum in the bedroom, when Gavin heard a shout for him. He went and sat down and held her hand, a big tear ran down her cheek, Gavin wiped it away with his finger and said, "Don't cry sweetheart," and she was gone. Frances' last wish was for Gavin to raise money for the cancer care and treatment unit at the Queen Elizabeth Hospital at Kings Lynn where Frances made so many friends who looked after her so wonderfully. This is the local centre which provides cancer care and treatment throughout north west Norfolk and also includes the areas of Swaffham and Wisbech for both males and females from the age of 18.

Gavin says his charity started with three wardrobes of Frances' clothes and from that it just seemed to explode. He started the charity in November 2013 and so far, he has done over 290 car boot sales and 110 supermarket collection days. Up to the present time, money raised for the charity by Gavin has passed the £55,000 mark. Gavin is always looking for items including clothes for the car boot sales so when you next spring clean, please think of the charity and just ring Gavin on 01485 518194 and he will collect. Every penny donated goes to the fund there are no expenses or overheads, Gavin pays all the costs as he says that is his small contribution.

Keeping busy with the charity fills in a lot of his spare time and he finds it so rewarding helping other people. I would like to thank Gavin very, very much for letting me write some bits from his book ('The Last Waltz') and having it printed in the February issue of Hunstanton Town and Around, thanks Gavin. Just one more thing that is a bit of a coincidence is that Gavin and I were both stationed at Hohne garrison in west Germany in 1960, but he was in the 7th Royal Tank regiment and I was in the 3rd Royal Horse

artillery as a national service man.

There was a write up in the Town and Around about some of the changes that will be taking place at Sandringham, most of all car park charges going up and changes to the visitor centre. 60 years ago Sandringham got a lot of visitors, but the house and grounds were only open to the public on a Wednesday. Two dear old ladies named Mrs Senter and Mrs Magness would sit either side of the Norwich gates selling post cards. Bill Andrews from Dersingham, a greengrocer who had a shop in Chapel Road, would take his horse and cart with fruit on to sell and park up on the ground where the visitors centre is now.

Next to him was Ray Dilks who had a newspaper shop in Dersingham with his mobile ice cream trailer; they were also there on Sundays although the house and grounds were not open. Also, on a Wednesday the kitchen gardens were open and to get to them you went through a door in the wall on the east side of the grounds and across the road. These gardens have been closed for many years and at one time the glass in the greenhouses was painted black and they were used to grow mushrooms in. Those days you could park anywhere for free, on both grass verges along the avenue (Dersingham Road) and the grass verges along the Wolferton Road. Things at Sandringham have changed a



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bit, as in those days you could not get a cup of tea you had to take a flask.

Well that's all for this month, the nights will soon start to draw out and you will have to get your hoe out of the shed so as you can go muck spreading.

All the best, Dick the Sage from Sunny Hunny.

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I suppose some people might agree I was having an early mid-life crisis, but I knew things needed to change! I had qualified as a Master of Mechanical Engineering from Loughborough University in 2011, and had immersed myself in heavy industry ever since. I felt I had reached a point where I no longer had any passion left for this, so decided to take a leap of faith and complete my Personal Trainer qualification. I have always had a passion for health and fitness, racing my bike in Cycling Time Trials, following a 5 day a week training program has certainly given me an appreciation for the hard work required to perform at the highest level.

I have recently kick started my business, based along the North Norfolk coast, and have certainly found it rewarding so far.

With the New Year in full swing, I know improving health and fitness will be at the top of some peoples' agenda. It can be hard to know exactly how to go about this, as it can be particularly daunting for some people who maybe don't fancy going into busy gym environments.

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where they want to be, whatever their start point.

The better weather will hopefully soon be with us, and I

urge people to try and get out, move and be active wherever and however they can. We spend so much of our lives indoors, so it's

great to be able to get out in the fresh air whenever we can. The cold, dark winter months can seem to drag on forever, so use the lighter nights and warmer temperatures to boost our activity levels. Whether this is a gentle walk to the shops instead of the usual drive, or something more intense such as training for your first 10k run, there has never been a better time to start. We live in a beautiful part of the country, so there is no better excuse to get out and enjoy it!

I am a firm believer that if people make the decision to increase their activity levels, the benefits are huge. A lot of people who take up some form of physical activity often say to me it ends up being one of the best decisions they have made. To someone who isn't particularly active, just increasing their base activity levels usually makes them feel happier, and they can find it easier to stay on track with healthy eating programs. Of course there are often hurdles in the way, such as physical limitations, taking on the right amount and intensity so as not to cause injury, and the most obvious one: trying to fit it into our busy lifestyles! With the right guidance and a plan that is as detailed or broad as it needs to be, these new choices can easily be slotted into our lives.

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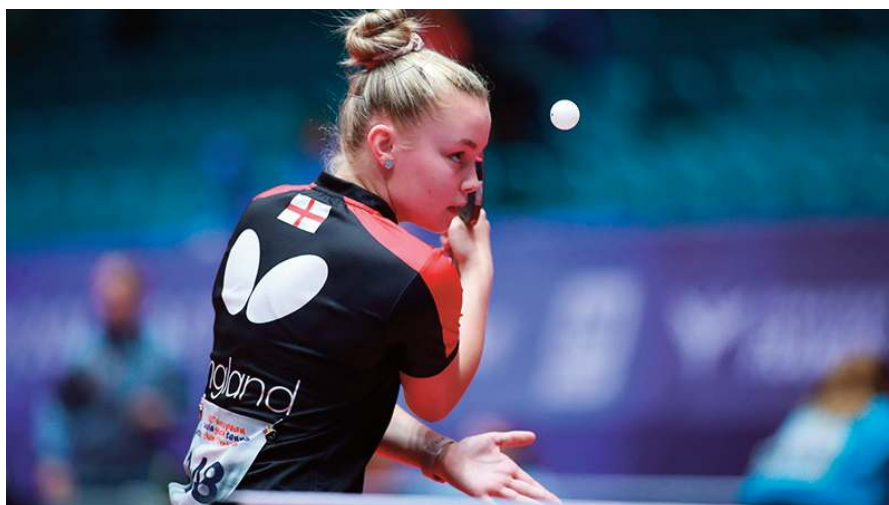
Latest news from Team Patterson

Mollie Patterson, England table tennis player, aged 17

On the 4th September I started on my new course at Grantham College, I am doing a 1 year Sports course, and then looking to start my A levels next year. I moved into my new accommodation, where I have to look after myself, do all the cleaning, and cook my own meals.

At the end of September, I travelled with my Grantham College team mates to Preston for the first Grand Prix of the year, I managed to win Band 1 and was runner up in the women's singles. Straight from Preston on the Sunday afternoon I got the train to Heathrow, where I stayed the night ready for an early Monday morning flight to Belgrade for the Serbian youth open. In the Junior girls singles I got through to the last 32, where I lost to a Ukrainian girl. In the team event, we beat Tunisia, but then lost to Russia, and in the junior girls doubles we lost to a Serbian pair in the last 16. I wasn't at my best in this tournament, but was reasonably pleased as it was so early in the new season.

October started with a short trip to Wellingborough for a senior county weekend, we played 7 teams and our team ended the weekend in 4th place but I won all 14 of my matches. On the 10th October I travelled to Sweden for the 1st weekend of league matches, I trained with my new team mates on Thursday evening, and Friday afternoon, then we travelled to the venue ready for Saturday's Matches. We lost our first match, and drew our second. I won 3 of my 5 singles matches and 1 of the 2 doubles matches I played. There are 6 more weekends to play this season, we currently sit 6th in the league table. The last weekend of October I travelled to Hatfield for a senior Grand Prix, I won the



band 1 singles on the Saturday, and lost in the Semi Finals of the Under 21's and the Women's singles on the Sunday to 2 very good Malaysian ladies.

On Sunday November 10th I made the short trip from Grantham, down the A1, to St. Neots for a Senior women's Invitational Tournament, it was a great day, and I managed to win the event, beating England's No.1 veteran (40 and over) in the Final. Home for a day, then on Tuesday 12th I flew to Portugal for the ITTF junior tour event. I had my best ever European Tournament results, when I got to the last 16 in the singles, and won a bronze medal in both the junior girls doubles and the junior girls team events.

Also in November we had our Annual prize bingo to raise funds for my table tennis fund. Once again, I cannot thank everyone enough for continuing to support my table tennis career. Without the continued support of the

local community, and local businesses, I would not be able to progress as well as I have. You raised just under £1200 which is a massive help, so thank you so much. I was unable to attend the Bingo as I was in Sweden playing in the women's league. I also returned to Sweden on the 14th and 15th December, and over the 2 weekends my team Angby Won 1 match, drew 1 and lost 2. I played well, and won 10 of my 12 singles games, and 2 of the 4 doubles matches I played in. On the 6th and 7th of December I was away at the Finlandia Open, this is a senior women's competition, where you play lots of matches as you play out for final positions. I finished in 30th place of 84 women, which I felt was a decent result. Just before Christmas I had an interview for a sports and work experience trip to Malta in March. There are only a few spaces so I will keep my fingers crossed that I am lucky

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Gwen Leary has been running a successful garden design business for several years and she has an award winning garden of her own in Dersingham being a prize winner in the Sandringham Estate gardens competition at the Sandringham Flower Show, her garden having been visited by the team of judges.

With a life-long interest in plants and gardens Gwen graduated from Nottingham University with a BSc in Horticulture after which she worked as a horticulturalist in Tanzania with Voluntary Service Overseas (VSO). This was followed by a number of years in the agrochemical business. She then decided to follow her earlier ambition of becoming a garden designer, studying with the internationally renowned garden designer, John Brookes. A few years later she took a full-time post-graduate diploma course at one of the top colleges in the country, The Oxford College of Garden Design run by Duncan Heather.



In line with current thinking, Gwen's current emphasis is on informality and sustainability. Her own cottage style garden has year round interest. Mixed borders of shrubs, perennials and other structural plants help, with many plants self-seeding giving a soft cottage garden effect. Watering the garden and the use of pesticides are avoided if

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possible, thus only those plants which enjoy the conditions provided remain healthy and survive. She also endeavours to have flowering plants throughout the year as a nectar source for bees and other insects. Since following a pesticide free regime, she has had few problems with garden pests as the beneficial wildlife species help to keep these in check.

Gwen offers a bespoke garden design service mainly in North and West Norfolk, involving a site visit to discuss the clients requirements. This can be followed by a full garden design or suggestions enabling the client to carry out the work themselves. She offers full planting plans or advice on planting and other garden queries, be they about design, planting or hard landscaping. She works with an expert landscaping contractor, Paul, and his team, who carry out the construction and building of the garden.

For examples of Gwen's work, visit her website at:
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Thaxters plant of the month - Dahlias

Wendy Warner

Although we are months away from appreciating the flowers of Dahlias, now is the time to choose and buy tubers ready to plant in Spring. Dahlias are one of the few plants referred to by just their botanical name – they aren't known by a different common name which makes life much easier!



The dahlia family is classified into 13 different group and their flowers vary dramatically – both in size and shape. There are singles, decoratives, fimbriates – with fringed petals or coloured tips, cactus flowers which have pointed petals giving a spiky effect, pompoms and balls where the flowers are nearly round, collerette and anemone flowered which are often bi-coloured and dinner plates with their huge flower heads. The majority have vibrant flowers, in a huge variety of colours except blues. Particularly attractive varieties are 'Tahiti Sunrise' with its yellow cactus-flowers with fuchsia pink tips; 'Hollyhill Lemon Ice' is a decorative with lemon yellow flowers with white tips; 'Night Butterfly' is a collerette type with claret flowers and very pale inner petals. There are also those with dark bronze foliage which makes the flowers appear even brighter. Both with dark foliage, 'Karma Choc' has very dark red flowers and 'David Howard' has soft burnt orange flowers. Dahlias can vary in height from 30cm (1') to over 100cm (3') tall, and most flower from mid-summer through to the first frosts of the autumn.

Dahlias can be used in mixed borders, at the front, middle or back, dependent on their height, or they can be grown in pots. If you have a spare corner, why not grow some especially for use as cut flowers.

Dahlias are grown from tubers, which are underground stems. They should be grown in a sunny position, ideally with space around them. They require a free-draining soil and if the soil is light enough they can be left in over the winter. If the ground is heavy and prone to cold and waterlogging the tubers may need to be lifted to avoid rotting. Dahlias



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tubers are best started into growth in pots of compost in the greenhouse or a shed and then planted into their flowering site after frosts have passed.

Taller dahlias will require staking with plant supports or canes. A slow release granular feed or Gromore can be used at planting time and a liquid feed from early July and a high-potash feed such as Tomorite whilst flowering to encourage more buds. Those grown in pots will particularly require regular feed. As flowers fade, it is important to deadhead them. A word of warning – the old flowerheads are slightly pointed at the bottom, buds are more rounded – don't make the mistake of removing the flower buds! New shoots can be prone to damage from slugs, and earwigs will often try eating flower buds at night. Earwigs can be trapped by placing upturned flower pots, loosely stuffed with straw on canes among plants being attacked. In the mornings, shake out the pots and remove the earwigs.

Introduce some stunning colour into your borders this summer with a selection of dahlias!

Here we hoe again

Old Muck, Northfields Allotments

Amazing how quick New Year came around, we all agreed as 2020 came in like a lion with a mild spell that saw several Northfielders pottering about on their plots.

Once the usual February cold snap's blown through, we'll be planting the first of this season's crops guided by the usual mix of advice from the older hands and old wives' tales.

Parsnips and new potatoes are usually the first to hit the ground, along with tomatoes and cucumbers sown in members' greenhouses and polytunnels.

While we anxiously monitor forecasts for frost warnings, you can normally get away with a row of 'snips and spuds by mid-March.

If Jack's forecast, reach for the fleece and cover the emerging potatoes. The parsnips might sulk if the soil's slow to warm, but they'll soon get going when spring comes knocking.

One or two members have vowed to do diff'runt and try new crops

this year alongside the usual staples. While previous attempts have not ended well, I've decided to give aubergines a serious go this season.

My onions have never quite lived up to the plump cricket ball-sized specimens raised by some of my neighbours, either. So new varieties have been sourced to see if I can up my game.

Cauliflowers, peppers, squashes and melons are on one or two other wish-lists, so watch this space.

Talking of wish-lists, we're looking to improve one or two aspects of the site including the pop festival-esque toilet facilities.

To this end, we're one of the local groups vying for a grant from the Tesco Bags of Help scheme. This is the one where you get blue tokens with your shopping which you drop in your nominated organisation's part of the box to support them.

So please remember us next time you're in the supermarket.

See you soon.

Mudpies & Butterflies

Louise Barby, Balanis

February is the month for small but beautiful accents in the garden. Catkins, snowdrops and stunning hellebores to name but a few.

Try to mulch borders this month while the weeds are still sleeping, so long as the ground is not frozen or waterlogged.

Flowers:

- Divide congested herbaceous perennials
- Don't be afraid to prune roses if you haven't already, there is still time. Simply ensure the secateurs are sharp, take out thin or dead branches first, then reduce the height by one third to a half in order to maintain a nice bushy shape.
- Prune winter jasmine, cut back to flowered shoots.
- Transplant shrubs growing in the wrong place while they're dormant.
- Plant lily of the valley for both scent and delicate flowers.
- Deadhead winter-flowering pansies and bedding plants
- Remove old or large hellebore leaves to the base, it is well worth the effort as the flowers are able to be seen so much for clearly.

Fruit/Veg/shrubs:

- If you have a greenhouse, get sowing in earnest, beetroot, spinach and winter lettuce are good to start with.
- Continue to plant hedging, shrubs, trees and climbers.
- Plant raspberry canes, in the ground, large pot or raised bed.
- Move deciduous trees and shrubs as long as the ground is not frozen.
- Many summer flowering deciduous shrubs can be pruned from February to March. Pruning now will maintain shape and form. Deciduous hedges can also be shaped now.

Lawns:

- Re-cut lawn edges to crisp up the appearance of the garden and save work later in the season. Aerate using a fork if the lawn is becoming water logged or full of moss.
- Mole activity increases in February, as this is the mating and nest building season. Remove the largest hills and re-firm the ground before over seeding with grass seed in spring.

Armchair time:

Keep all the free seed and plant catalogues that arrive on your door mat. Take some time on a rainy day to flick through and make a list of some things that you would like to include in your garden this year, either for colour, scent or wildlife.

Ash dieback project launches

International Year of Plant Health

The UK's first Ash Archive has been established and is the culmination of projects spanning 5 years to identify ash with a high tolerance to the disease.

The archive will provide the basis for a breeding programme of tolerant ash over time and will enable the development of orchards producing commercially available seed – a major step towards maintaining and restoring ash in the British landscape.

Three thousand trees have been planted in Hampshire as part of a pioneering project to tackle the devastating tree disease, Ash Dieback, and launching the International Year of Plant Health – a global initiative to raise awareness on the importance of healthy plants and trees to protecting nature, the environment and boosting economic development.

Ash dieback is a highly destructive disease which was first identified in the UK in 2012. The fungus penetrates the leaves of ash trees, before growing inside the tree eventually blocking its water transport systems and causing it to die. Spores of the fungus travel in the wind, meaning the disease spreads easily and making it difficult to limit its impact. However, projects to identify trees which are tolerant to the disease mean that the population could recover over time.

As part of the Government Ash Research Strategy, Defra funded two projects which studied ash trees as they grew to identify those exhibiting a high degree of tolerance to ash dieback. These were then grafted on to ash rootstocks and grown in nurseries before being planted to form the archive. Working in collaboration with Future Trees Trust, Forest Research, Forestry England, Kew Gardens and Fera the trees will now be used for further scientific research into the disease.

The next steps for the project are to monitor tolerance levels of the trees under real-world conditions and continue to refine the archive by removing any trees that are damaged by the disease and replacing them with newly-identified tolerant trees from the wider countryside and other trials.



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CLIMATE CHANGE – the speed increases

Edwin Salter

“More banging on about the weather? It isn’t bothering me, and I can’t do anything even if I believe it!” The difficulty is that it will bother all of us, perhaps dreadfully for the younger generation. At the end of our warmest ever years 2014-19 (with record heat in 2019 for Europe), we discard the snowy Christmas cards and some remember icy winters of childhood. Elsewhere in the world are many disasters such as crop failures creating desperate refugees and the Australian fires.

Over 200 years the world’s population has greatly increased and so too individual energy use, the total effect multiplying near thirty times; and if we feel like blaming others, please remember our Industrial Revolution and those huge Victorian families. The burning of fossil fuels has resulted in an extra blanket of carbon dioxide, a greenhouse gas. Unfortunately the effect does not translate as a comfortable bit warmer all round, but as more frequent and intense extremes and the risk of massive global change. We are now well into feedback processes (those fires release more CO₂) and are near to frightful tipping points.

Our own region seems okay with its beautiful coast, historic towns and fine agriculture. But it has the largest area of low-lying land in the country. Draining the Fens was a great historical achievement, but the land has continued to shrink down by drying and oxidation, farming and wind erosion. Notice the straight line drainage channels on a map, the waterway embankment sometimes above your head as you drive.

There are significant local initiatives. They include a modified wilding scheme, a trial of basalt as a soil additive absorbing carbon dioxide, tree

planting, and the efforts of KClimate campaigning in Lynn. Hereabout the obvious risk of flooding is increased by rising sea levels due to ice melt and by storms. The vulnerable area (roughly bounded by Peterborough, Cambridge, Thetford) could be ruinously inundated and establish a new coastline impossible to defend. At present we can draw a short straight line across The Wash, a feasible barrier that would provide reliable, renewable tidal energy with provision for shipping. Yes, it would change the view, the alternative likely to leave Hunstanton as the lonely tip of a peninsula, the rest drowned.

What can we do as individuals and families? Simplest is to be informed and pay no respect to self-serving politicians and the so profitable fossil fuel industry. We can easily be less wasteful, prefer domestic repairs and shared transport, discover that living more frugally is interestingly better than daft spending. Support discussion (if in a group perhaps invite a speaker) and share your own concerns at work, with schools, elected representatives, whoever can make a difference.

The great remedies require national and global action, so we must push governments to drop the lazy pretence that all is well and to act decisively. The good news is that many of the necessary initiatives will also improve the lives of ordinary people, perhaps even reduce the hideous polarisations (wealth, nationalism, faith...) of the divided world. Doing nothing will literally bring home the disasters currently elsewhere on our one planet, the familiar, splendid Earth to which we are so naturally adapted.

Showing the Love for nature and wildlife

Carrie Carey

I have always loved the sea. I was drawn to it as a small child by the smell of salty air, the sound and momentum of waves arriving on the shoreline with great haste or complete laziness and the feel of wet sand underfoot. These have all inspired me to live or work close to the sea where I can.

I took up scuba diving at the age of 40 so that I could enjoy and better understand the amazing world that lives beneath the waves and over the years I have come across the beautiful, the strange and the bewildering. Even in the cold seas that bathe Britain’s coastlines there is a myriad of marine life that thrives here.

We are lucky to have a vast diversity of habitats and landscapes in the UK and no doubt we all have a special place that inspires us. It could be the iconic such as the Peak District, Land’s End or the Norfolk Broads or perhaps the everyday – the local park, the village pond or the back garden. For the most part, we forge an emotional connection with the environment around us and in return we enjoy its beauty, solace or inspiration.

I also love being on our RSPB reserves at Titchwell Marsh and Snettisham where wild landscapes beckon and cool winds carry the scent of the sea over reedbeds and salt marsh. Lagoons and mudflats at Snettisham are filled with wading birds while Titchwell’s reedbeds

are home for a variety of wildlife including water voles, otters and bitterns. From wide open beaches to windswept marshes these reserves offer a much needed retreat from urban living and a sanctuary for busy minds to rest and revive.

I don’t know about you, but I am usually pleased to see the back of January. Following on the heels of the festive season poor old January can be rather underwhelming. The days are bleak and cold and it seems a never ending wait until payday. February is much more welcoming. It’s a shorter month for a start and bang smack in the middle is Valentine’s Day. Not that I’m much of a romantic but it makes me think about the things I love about my life, and one of those is this incredible, wonderful planet of ours.

If you look on the internet there’s oodles of information about nature and the benefits of being outdoors. I think most people know that getting out of the office or house and into the garden or taking a walk or going outside at night and staring at the sky is good for us physically. But it’s also good for the soul. I love the way that nature surprises me, there’s something new around every corner and it changes throughout the seasons. I love the way it awakens my spiritual connection with the earth and allows me to be a part of something bigger than myself. I love the way



that ideas flow and my creativity is revived just by listening to the whisperings of the wind or feeling the crunch of crusty leaves beneath my feet.

In many ways we ask a lot of our earth and in return it asks little of us. Some basic care and attention, respect and a working partnership will ensure that all the things we love about the natural world will continue for future generations. So maybe this year, when you write your Valentine’s card, spare a little thought for Mother Nature and send a little kindness her way.

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"Farming and the environment can live together"

By Robin Limb, agricultural consultant

This is the time of year when hundreds of thousands of pink-footed geese – colloquially known as 'pinkies' – descend on fields in North-West Norfolk to feast on the aftermath of sugar beet crops. On their migration from Greenland and Iceland to Russia, they see our region as a 'Pit Stop', and have come to recognise the fact that sugar beet left-overs are quite palatable and tasty – maybe they have developed a sweet tooth? This does no harm to the farmer, the environment, or the birds.

The RSPB actually pay local farmers not to plough in their crop residues too soon, so that the geese can enjoy the easy pickings. This is just one example of how farmers are working hand-in-hand with the wildlife agencies, and supporting our natural environment.

These birds are very nervous and easily disturbed. In your attempts to get closer to the flocks with a camera, you may tread on a twig and set off a 'Mexican Wave' simply by your presence. This brings into sharp focus the relationship between wildlife and farming.

Farmers are constantly being berated for despoiling the landscape and destroying our countryside. In reality our "Green and Pleasant Land" is entirely down to farming. Calls for a reduction in livestock farming by the vegan movement would turn out to be an 'Own Goal'. Fifty percent of farmed land in the UK is only suitable for livestock production, and without that these areas would revert to scrubland, gorse bushes, and bracken – ramblers take note.

The relationship between farming, food production, and the environment is a hugely complex equation. The agricultural industry is being constantly urged to engage with something called 'Sustainable Intensification', to provide for the food needs of a burgeoning world population. This basically means doing more with less – which is somewhat counter-intuitive and a contradiction in terms.

Despite all the rhetoric, the more progressive farmers are pushing the envelope when it comes to balancing our food needs and protecting the environment. Without mentioning any names, I know of many growers who are already ahead of the game. Food production, land ownership, and entitlement will always be controversial topics, but just one percent of our population provides the other 99 percent with their food requirements – just think about that on an

empty stomach in the morning.

I love living in what some call "God's Own County", although those in Lincolnshire and Yorkshire may argue otherwise. The fact is that agricultural productivity has increased massively in the past 100 years, and the supermarket shelves are never empty. We all live on a knife-edge when it comes to food supply and sustainability. If there was a transport strike tomorrow, major city dwellers would be starving within three days – think about that.

It all really just comes down to the 'S' word – sustainability. This is where I return to my original theme of pink footed geese and farming. If we did not have the left-overs from the beet crop, these birds would land on

“the sustainability principle needs to be central to your business activity”

freshly sown cereal crops and cause havoc, destruction, and the shotguns would come out. Whether you are making washing machines, cars, or producing food, the sustainability principle needs to be central to your business activity.

There are many interpretations of sustainability, but the best one I can think of is "Continuing to do what you are doing without harming the environment or exhausting natural resources." Without getting into the grainy debate about climate change and so-called 'Global Warming', it will always make sense to cut down our reliance on fossil fuels and explore renewable sources of energy.

UK agriculture is under the spotlight like never before. Farmers are having to account for everything they do, and many have just thrown in the towel due to endless bureaucracy and vilification from a public that thinks they are just trying to poison them and extract taxpayers money.

In my attempts to bring all of these thoughts to some sort of a conclusion I will try my best. Farming is not the easiest industry to work in. It involves long hours and very little, if any, financial reward, despite the populist saying:



"You never see a farmer on a bike". As primary producers, farmers will always be at the mercy of the markets, the wholesalers, and the retailers. They will always be 'price-takers' rather than 'price-makers'.

Connectivity with the general public is what really matters when it comes to our basic food supply. It's a tired old saying, but when most kids are asked "Where does milk come from?", the response is mainly: "The supermarket". Traceability and provenance in relation to where our food originates has never been higher on the public agenda. 'Localness' (if that is a word) now counts for more than organic food sources in the eyes of many consumers.



Coming back full-circle to pink-footed geese, I can see many synergies in the way farming and the wider environment can co-exist in the future. We only have one planet, but most farmers are fighting hard to keep food on your plate and protect our precious habitats. Farmers deserve respect for continuing to provide us all with three square meals a day. If you disagree, just go out there and try doing it yourself – you may find it harder than going to Tesco...

Crossword Solution
Across: 1. Made to measure, 10. Whistle, 11. Offhand, 12. Camera-shy, 13. Ingle, 14. Fielder, 16. Assays, 19. Greasy, 21. Raggedy, 25. Hythe, 26. Enlighthouse, 28. Askance, 29. Atlanta, 30. Stormy petrel
Down: 2. Axiom, 3. Enthrall, 4. Overseen, 5. Eponym, 6. Softies, 7. Rearguard, 8. Twice, 9. Adverse, 15. Identikit, 17. Egghead, 18. Ball game, 20. Sterner, 22. Giggler, 23. Hereby, 24. Sneak, 27. Tonal



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Infrastructure revolution for NW Norfolk?

The new MP for North West Norfolk used his first question in the House of Commons on 7th January to encourage the Chancellor Sajid Javid to dual the A47 and invest in half hourly rail services.

The extract from Hansard reads: When my right hon. Friend the Chancellor joined me in King's Lynn during the election campaign, he heard from Merxin, an innovative medical company, about how our infrastructure revolution could benefit west Norfolk. Will he work with me, ahead of the Budget, to ensure that dualling the A47, and half-hourly rail services, are part of that investment programme?

Chancellor Sajid Javid's response: I will work with my hon. Friend, and I welcome him to his place. I was incredibly impressed by Merxin, the company we visited together. It was a reminder of the difference the right infrastructure in west Norfolk can make and how it can attract even more local business success. I will work with him. We will have an infrastructure revolution. It will benefit Norfolk and it will transform the local economy.

Local reaction included Rural Broadband's tweet: (James Wild) "Already putting West Norfolk at the heart of government."

Less than half of the A47 is currently dualled (47%) and the A47 Alliance says that a fully dualled road would not only support the local economy and help to create jobs but also improve response times for the emergency services and reduce pollution from queuing traffic. The Alliance was re-launched in 2011 and it is made up of representatives from Suffolk, Norfolk, Peterborough and Cambridgeshire. Members include the business community, local authorities and MPs together making the case for improvements across the A47.

In June 2019, the then MP Sir Henry Bellingham joined representatives from across the region served by the road to press

Government Ministers to commit funding towards fully dualling the A47. The A47 Alliance says: "Our programme of staged investment will help turn the 115 miles of the A47 into a genuine strategic link."

At the Conservative Party Conference last October, SW Norfolk MP and Cabinet Member Liz Truss agreed that the A47 needed attention. Emily Thompson's article in the EDP reported that: Ms Truss said: "I want to see money going into our roads, which aren't good enough and I am working with my colleagues to campaign for that."

"I will also continue to campaign for the Ely Norfolk junction to be upgraded, that is a project I want to see when the government announce their new infrastructure plans."

Sajid Javid has confirmed the next budget will be on Wednesday 11th March; let's hope he doesn't forget his promise!

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On the turf with Charles Joyce

Nicky Henderson did have an early entry that fitted the trend in the grade 3 race at Ascot before Christmas, but Epatante did not make the field. She turned up in a grade 1 at Kempton on St Stephens Day. The way she won, with the money down at 2/1 (10/3 in the morning), strongly suggests she was the proverbial handicap blot had she run at Ascot. It seems jockey Harry Cobden is not a reader of Town and Around, because we warned about Cynrime in the big Boxing Day race. Hopefully, it was enough for readers not to lose their money on the heavily backed 5/4 favourite as Clan Des Obeaux delivered for Town and Around at 11/2 (6/1 in the morning).

The General Election brought me a new favourite MP. Duncan Baker MP taking over from Sir Norman Lamb was priced up at 7/2 at the start of the election campaign. It can be good fun having a bet on the Grand National. But the difference between being a milch cow for the bookmaker and getting effectively banned (usually called restricted) by the bookmaker is exemplified by such a bet as Duncan Baker. Winning when betting has nothing to do with who you want to win. It's all about who can win and is the risk of losing worth taking for the reward to be gained when winning. It really is that cold and calculating. The bookmakers do not hesitate to stop punters winning with them. So punters must do the same by reducing the risk of losing.

On the subject of being honest with yourself, when Ed Milliband asks why it was the worst result for the Labour Party in more than 85 years will the man in the mirror be up to the job of telling the architect of the cause. During March and April last year people knocking on doors knew what the problem was. A quick look at the local results provides enough information with both the Labour and Conservative brands being toxic. In June, the European Parliament elections made it obvious with some card carrying members of the Conservative and Labour parties not voting for their own respective candidates. The Conservatives took the hint, changed their leader and tack culminating in a majority Government. To misquote self-proclaimed Marxist, former union General Secretary and one time Home Secretary, Alan Johnson, the cult that runs the Labour Party continued with their student union politics and their anointed messiah leading the Party into irrelevance. There is little argument Labour lost heavily in December when it lost a net 59 MPs, but it should not be overlooked that, in 2010, under Gordon Brown Labour had a net loss of 97 MPs, and, in 2015, Ed Milliband lost another 30 MPs. But whatever the rights or wrongs of the General Election the resignation of

Jeremy Corbyn represents an opportunity for punters with the new leader of the Labour Party betting available. As punters we have no interest in whether or not Labour can reinvent itself as the Conservative Party did under David Cameron, when he took the Party from 198 MPs to Government in one term. Nor do we have an interest in whether the best man or woman wins or even enters the race. So we don't look for a leader who will challenge Boris Johnson making the Labour Party a winning machine, or whom of the candidates has the most old fashion common sense. Instead of considering who will be the best for community and country, as punters we need to look to form. Don't forget bookmakers are notorious for misreading these type of bets. Things that seem clear at the beginning can change. In July 2010, David Milliband was clear in the leadership battle, but come September he was overtaken by his brother. In 2015, Jeremy Corbyn was 100/1 at the start. And in 2016, he was only two votes short of having to seek fresh nominations to stand against Owen Smith. There is nothing certain about whether he would have got the numbers if he had needed them.

Unite the union put its weight behind Ed Milliband in 2010 and Jeremy Corbyn in 2015 to become leaders of the Labour Party. Prior to the General Election, in 2015, Unite the union had supported Rebecca Long Bailey to take over from Hazel Blears in Salford. Once elected Rebecca Long Bailey was one of the MPs who backed Jeremy Corbyn's leadership bid. If having a bet on who will be the next Labour leader keep in mind the election will be free, but fair it may not be. There is almost certain to be a continuity campaign supporting Rebecca Long Bailey and a counter campaign opposing her.

Named after the founder of the Labour Party, a YouGov poll in early January made Sir Keir Starmer the bookmaker's favourite. His role as Director of Public Prosecutions pales in comparison to this voting electorate as his pro bono role in the McLibel case. But I suspect not many of the voting electorate know about him helping environmentalists, Helen Steel and David Morris, defence for free against the giant American company. Later the European Court of Human Rights ruled the British Government had denied the McLibel Two a fair trial as they should have been protected by Article 10.

Rebecca Long Bailey's parents are Irish which is not an insurmountable problem to her becoming Prime Minister if she is elected leader of the Labour Party. But being a Catholic could produce a constitutional crisis,

because Section 18 of the 1829 Catholic Relief Act remains on the statute book. This law makes it unlawful for any Roman Catholic to advise the Queen on matters of ecclesiastical appointments. The monarch was given the title of Defender of the Faith by Pope Leo X in 1521. The Pope later withdrew the title, but Parliament reinstated it in the reign of Edward VI. The Thirty Nine Articles came into being under Elizabeth I with Article 37 giving royal supremacy rejecting any jurisdiction that maybe claimed by the Bishop of Rome (the Pope). The 1829 Catholic Relief Act came about following the election of Daniel O'Connell to Parliament in a constituency in County Clare in Ireland in 1828. Due to the fact O'Connell was a Catholic he could not sit in the Westminster Parliament. The 1829 Act repealed the 1672 Test Act and the Penal Laws that were still in place from the 1728 Disenfranchising Act. As Home Secretary, Sir Robert Peel, steered the Bill through Parliament. Until then he had always been seen as being anti-Catholic, earning the nickname Orange Peel, but he saw Catholics in Westminster as the lesser evil when weighed against open rebellion. King George IV was a vehement opponent of the Act, but signed the Act into law following the threat of the resignation of the Prime Minister and victor at Waterloo, the Duke of Wellington, who himself was born in Dublin. The present Prime Minister, Boris Johnson, was baptised a Catholic, but was later confirmed an Anglican when at Eton College.

February is the month when the elite leagues have returned, and with only one match in the Champions League it's a time to make hay with all those football accas (accumulator bets), but by the time April gets here it's time to be very wary of the accas due to many surprise results, because some teams have little to play for while others are fighting for survival, promotion or places in Europe. Firms have differing rules for their accas. So check first before parting with your hard earned.

Last year Town and Around was successful in the Champions League with Liverpool coming in at 12/1. This year they play Atletico Madrid. The odds of 33/1 about Diego Simeone's team are just too big, and if they do dispatch the Reds the price will drop to less than 10/1. So a very speculative each/way bet looks justified. The usual suspects are still in the competition, and 18/1 about Real Madrid is plain wrong. This year Los Blancos seem to be heavily reliant on Eden Hazard judging by their La Liga results in the first half of the season. They have won 4 of their 5 matches scoring 16 goals when he played,

against the same total, but in 11 matches, when he has not played. Winning 4 of the last 6 Champions League Real Madrid's price looks to be based on them playing Manchester City in the first knock out stage. Yet City's record in the competition is far from great, and their form in the Premiership is not what it has been the past two seasons. Of the home sides, one manager who has a habit of winning is Jose Mourinho who is at Tottenham. The "Special One" won the Champions League with Porto and Inter Milan. Neither are in the usual suspect category and he could do it again with Tottenham. Premier League results are erratic to say the least, and they take on German side Leipzig. But this should be a task last year's runner ups can cope with, and with Harry Kane due back in April, at 20/1 Tottenham could give the "Special One" his third Champions League title. But at this stage I'm sticking to one of the teams from Madrid to be lifting the trophy in Istanbul.

The Leopardstown winter festival is at the beginning of the month. Following this many Irish trainers will finalise their plans for Cheltenham. A few clues were revealed at Christmas when Delta Work and Battleoverdoyen won, but I'll wait until after Leopardstown to take a serious look at Cheltenham. However, Fakenham is due to hold a meeting on Valentine's Day. While enjoying the hog roast, Stuart Edmunds is a trainer to keep on side when he teams up with jockey Ciaran Gethings. On New Year's Day they looked to be on a winner at 15/2, but Bran came down at the last hurdle denying all involved. Neil Mulholland and his younger hurdlers (6 year old or younger) do well, especially when going off at 14/1 or less. One note of caution is several of his winners came with Noel Fehily riding, but the Irishman has since retired. Lucy Wadham is a third trainer to keep onside, especially when they go off at 10/1 or less, but I'd be wary of anything of her's at Evens or less, and if they last ran at

tracks such as Towcester, Southwell, Lingfield or Huntingdon.

I can't sign off with saying, I have the greatest of respect for Tracy Crouch after her stand against the bookmakers and fixed odds betting terminals. As far as MPs go I rate her alongside David Davis who has taken such a strong position opposing a surveillance state. But I can't help wondering if the recent campaign against Bet365 making FA Cup matches available on their website has more to do with the £323 million received by Chief Executive, Denise Coates, who is of course a woman, and the family donations to the Labour Party, because as Town and Around readers know many betting sites have these matches and a whole lot more.

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



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Round the bend with Dean Baker

Look who's talking or its still cold !

Hey... over here, behind that parched poinsettia! You never even look at me. I've been struggling away -since October. Turned up high since early December. You expect me to be 'on form', every single day without fail. On Boxing Day, three years ago, your great nephew kicked me !

I'm not complaining, not really, I am made of metal.

There are at least 12 weeks of cold weather ahead so here from an me, an actual radiator, is a guide on how to look after me a real life radiator!

Unlike boilers which need to be looked after by a qualified expert, radiators can be looked after by their persons, errrrr householders, owners.

Us 'Rads' work using convection. A radiator heats up the air around it. As the hot air rises up it pulls up the cooler air into and through the radiator below. Our convector 'fins' promote the movement of air. Currents of warm air heat up the whole room....therefore its vital that air can flow easily around your radiator.

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Now, all you need to know is how to bleed a radiator. If your rads are making gurgling noises, taking a long time to heat up, the top section is significantly colder than the bottom or worse your rad is completely cold - its time.

Step 1- turn your central heating off. Step 2- get a cloth, an old tea towel is perfect, and your radiator key. Put some old towels or newspaper down in the area under the rad. It's important the floor is covered as sometimes the brown liquid inside your radiator will stain there carpet

(sorry and all that!) Step 3- carefully, open the radiator bleed valves. You are letting air out of the system. As soon as water starts to escape turn the key back to close the valve.

Ideally, you shouldn't need to bleed your radiator, if you need to do it more than once a year then it's time to call in a heating professional.

That's it and after all, we're worth it. So ... I guess now I'll just go back to hanging around.

Until next month, all the best

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We also like to offer them small bonuses to help them enjoy their stay and to save a few pounds if possible. This encourages them to keep local in eating out and visiting holiday interests. So last year we launched our Bonus Cards with the support of a handful of local businesses who kindly took part offering deals on food, entrance charges etc. Some offers were throughout the year and others excluded peak times.

Our tempting offer will not cost you anything if you would like to join our Bonus Card Scheme. Totally FREE and you don't get a lot for

free nowadays so please take advantage of our service which will definitely be to your businesses benefit. So, if you are a business who would like to offer a 'bonus' to our guests, the holiday maker please get in touch. The guest may visit your premises, use the Bonus Card, enjoy what they do or eat and maybe pay another visit.

Just let us know if you wish to take part and we will do the rest - simple - and it will only take a few minutes of your time to email or call us about your offer. It could be a percentage off a meal for two or family of 4. It may be £5 off an entrance fee, or similar.

As I said, only a handful of all the businesses we contacted in 2019 replied which was really disappointing. So we are looking to expand on this with having a lot more to offer to our guests who stay in our holiday homes.

It will be the businesses who benefit. Call or email us please - you have nothing to lose!

Sandra Hohol

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Tuesday, 11th February, 2020

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Tuesday, 25th February, 2020

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SUNDAY TIMES BESTSELLING AUTHOR TO APPEAR AT BRIARFIELDS AS PART OF UK TOUR

Sunday Times bestseller, Stacey Halls, will visit Briarfields Hotel, Titchwell on Sunday 16th February as part of her UK tour, just ten days after the release of her latest book, *The Foundling*.

Stacey will appear as part of Briarfields' series of Bookfest events which take place throughout the year and feature an author talk, Q&A session followed by posh afternoon tea and book signing.

Stacey Halls studied journalism and was Media Editor at The Bookseller and Books Editor at Stylist.co.uk. Stacey has also worked as a Journalist for Psychologies, the Independent and Fabulous magazine plus has sold the TV rights for her best-selling novel *The Familiars*.

Stacey's latest novel *The Foundling* is released on 6th February. Set against the vibrant backdrop of Georgian London, six years after leaving her illegitimate daughter Clara at London's Foundling Hospital, Bess Bright returns to reclaim the child she has never known.

Dreading the worst, that Clara has died in care, the last thing she expects to hear is that her daughter has already been reclaimed, by her. Her life is turned upside down as she tries to find out who has taken her little girl, and

why.

Less than a mile from Bess' lodgings in the city, in a quiet, gloomy townhouse on the edge of London, a young widow has not left the house in a decade. When her close friend, an ambitious young doctor at the Foundling Hospital, persuades her to hire a nursemaid for her daughter, she is hesitant to welcome someone new into her home and her life, but her past is threatening to catch up with her and tear her carefully constructed world apart.

Jac Sandy, Director and organiser of the Bookfest events at Briarfields Hotel said: "Our Bookfest events at Briarfields give booklovers a unique opportunity to hear and meet some of the UK's most popular and well-known authors here in North Norfolk and we are really excited to welcome Stacey Halls, as part of her UK-wide tour, to learn about her latest book". Jac continued, "Like all our Bookfest events we expect a sell-out so encourages anyone wishing to attend to contact Briarfields Hotel to reserve their places as soon as possible."

Following Stacey Halls, the next Bookfest event being held at Briarfields Hotel in Titchwell is on Sunday 1st March with crime novelist Cara Hunter which is already a sell-



out. However, there are a few spaces remaining for The Times political sketch-writer Patrick Kidd on Sunday 26th April with his book titled *The Weak Are a Long Time in Politics*, Sketches from the Brexit Neverendum.

Tickets are priced at £17.50 each which includes authors talk and Posh Afternoon Tea, please contact Briarfields Hotel on 01485 210742

or email info@briarfieldshotelnorfolk.co.uk

What's On at Briarfields Hotel, Titchwell



VALENTINE'S CANDLE LIT DINNER

Friday 14 February

With walks along the beach, crackling log fires and flickering candlelight, we are now taking bookings for our romantic Valentine's dinner.

Enjoy the whole weekend with a 2-night stay in one of our luxurious en-suite bedrooms from £298.



BOOKFEST EVENT STACEY HALLS

Sunday 16 February

Author talk and Posh Afternoon Tea. Sunday Times best seller Stacey Halls talks at Briarfields as part of her UK tour for her new book *The Foundling*.

£17.50
per person



MOTHER'S DAY SUNDAY LUNCH

Sunday 22 March

Why not spoil Mum this year with our special Sunday Lunch?

All Mums will also receive a FREE gift!

Booking is essential to avoid disappointment.



HOW TO PLAN YOUR WEDDING

Sunday 29 March

Talks, live demonstrations and ideas from local wedding experts. Register and attend to be entered into a draw to win a 1-night stay for two with dinner.

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Hunstanton & District Civic Society

Talks Programme

The Sandringham Flower show was the subject of David Reeve's talk in January. He has been involved with its organisation for some 30 years and gave an entertaining, humorous and informative talk. Shortly after Queen Victoria purchased the estate for her son Edward, the flower show was started as a way of the local staff getting together. It has grown to be one of the biggest one-day events and costs £200k to stage but has raised over £800k to support local charities.

The next talk will be on Wednesday 19 February when John Cushing is going to talk about the way in which the Thursford Museum Collection and Christmas Spectacular

Show have been developed. Admission £1 for members and £4 for visitors. The full programme of talks and much more information can be viewed on our web site at www.hunstantoncivicsociety.org.uk

Heritage Centre

Very many people have been involved in various ways with the Civic Society and the Heritage Centre to develop them to their present states. Because of limitations of space, invitations to some people have been sent out for them to come to the official opening ceremony at 12.00

on 14 February that will be performed by local historians, Alison Gifford and Dr Paul Richards. Invitations for a second phase have gone out for people to come at 13.30 for light refreshments.

As part of the celebrations for the opening of the Heritage Centre and Love West Norfolk Day, the City of Norwich Pipe Band will be in town and playing outside the Heritage Centre and at the Spinney.

On and from Saturday 15 February until the clocks change on Sunday 29 March, the centre will be open to the public on Saturdays, Sundays and Wednesdays from noon until 3 pm. The activities of local history groups in villages in the area surrounding Hunstanton will be highlighted each month and other displays are to be rotated.

Development and Regeneration

The Civic Society is monitoring the Public Enquiry process at Knight's Hill concerning the refusal of the Planning Committee to grant permission for 600 new homes on land previously allocated as a development site. Hunstanton Town Council may learn more about the Borough's proposals for development of the bus station / library area and the Southend Road car park when they hold meetings with the Borough and the Coastal Community Team at the end of January.

Borough Council News for Heacham, Sedgeford and Fring

The New Year is flying along and a long pause in many council activities, due to elections and Christmas, has ended.

Beach fun is not likely a priority this month so things you can look out for as the weather warms: The Friends of Horsey Seals gave a moving talk before Christmas with a focus on plastic waste and, particularly, those plastic rings people throw to each other and to their dogs. To be brief, don't use them, don't buy them and destroy and dispose of any you find. If you feel up to it, question shopkeepers and stallholders who sell them. They are land mines for seals and cause lingering death.

Heacham South Beach is on course to get double yellow lines to prevent parking on the approach road.

Proposed groyne repair / replacement on Hunstanton beaches does not seem to be extending to Heacham beaches and I will try and establish whether it is an oversight.

Bathing water quality will be reported on at a meeting of the Environment and Community Panel in January. This follows concerns of reported degradation in quality at Heacham and Hunstanton beaches. If it is significant or not should be revealed. Anglian Water are also being taken to task about extraction of drinking water from boreholes in Fring which, it seems, has likely contributed to loss of flow in the River Heacham during the summer. Sedgeford Parish Council is leading on this investigation.

At the same panel meeting an update on tree planting will be given. You will remember that NCC has promised huge numbers of trees, the Borough Council is about to reinforce that initiative (I hope) and the government, alongside its electoral competitors, pledged forests.

Whilst on tree planting, it is good to report that Mr Thomas has planted three significant oak trees at the Hunstanton road border of the woodlands there. These are to replace two large trees which were damaged by winds.

Local Planning matters have been a bit lively though only a few of you will be aware of them. Some applications were rejected by officers (Heacham and Sedgeford), one went to appeal and was rejected by the inspector (Heacham), one went to planning committee which rejected it unanimously (Sedgeford). Overall, a positive picture for local residents.

The Cheney Hill application which was supposed to be given a public airing last autumn appears, at the time of writing, to have faded into the shadows again. It could appear on the planning portal at any time.

Interested parties have commented on the Heacham Neighbourhood Plan which is moving forward at a respectable pace. Vote for it when you can.

The Knights Hill planning appeal will have competed its public meetings by the time you read this. The outcome, which has been referred to the Secretary of State, will still be awaited. If the developers win then you will know little has changed and residents and commuters will suffer the consequences. If they lose then, maybe, some common sense is reappearing in planning policy though it will take more than that to convince West Winch.

Just before Christmas there was a large fire in Heacham close to the waste water treatment works. A huge column of black smoke was visible from the A149. I, and others, called the fire brigade and Borough Council officers were later informed. For personal reasons I was

unable to follow the matter up but will endeavour to do so. The smoke indicates a large amount of plastic was involved. This is not the first time this has happened. If anyone knows anything please pass your information to the Parish Council. If you are the person illegally disposing of plastic waste, stop doing it, you are harming the environment and are endangering public health.

If you like going to the pictures, then you will be pleased that not only is the private Majestic Cinema in Lynn getting a revamp but the Borough Council's plans for a two screen cinema at the Corn Exchange is forging ahead. You will soon see a giant crane on Tuesday Market Place which is not part of the Mart's rides.

If Shakespeare is your thing, then the Shakespeare's Guildhall Trust is making significant moves to try and regenerate the Guildhall (leased by the Borough Council from the National Trust) though it is a question of waiting to see how their initiatives develop.

Terry Parish Independent Borough Councillor Heacham Ward



Keep the beach close to you heart

Sophie Hooker

In north west Norfolk we are blessed to be surrounded by a stunning coastline and areas of natural beauty; now, a local lady has found a way to capture the charm of the seaside in the form of unique and handcrafted jewellery with her business Beach Finds Designs.



On how she started the endeavour, Wendy said: "I've always done arts and crafts but about a year ago I started making pieces for myself from bits of sea glass I collected over the years.

"I then made some for my friends and family and then I tried Etsy (an online shop which sells handmade items), a few craft fairs, which all went really well, and there I met a few local businesses who wanted to sell my pieces."

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Wendy currently sells her jewellery on her online shop and at local businesses Up Jumped the Mackerel at Emma's Court, Burnham Market and Studio-Line Designs in Wells-next-the-Sea.

Of course, she had to master the intricacies of jewellery making, so Wendy taught herself by watching YouTube videos and reading books on the practice, soon investing in a drill to create bespoke designs.

Wendy predominantly sells necklaces, earrings and bracelets and for craft fairs she creates wall-hangings, sea glass framed pictures and keyrings.



Her aim this year is to try and sell her pieces in more local shops, attend more craft fairs and to expand her website.

You can purchase Beach Finds Design jewellery from their website: www.beachfindsdesigns.co.uk at Up Jumped the Mackerel and Studio-Line Designs.

Snettisham Mobile Post Office

Snettisham Parish Council has confirmed that they are delighted to report the mobile Post Office will be visiting four times each week. The times will be Monday, Tuesday and Thursday from 12:50 to 13:50, and Fridays from 13:50-14:50.

The Council has agreed that the van can use the hatched 'Keep Clear' area on the Square for its visits, and they ask people to ensure that there is room for a larger vehicle to access this in both directions.

A spokesman for the council said: "I would again remind Villagers that the hatched area outside the old newsagent/Post Office is to be kept clear - it is intended as a safe space for children to use on the way to School, not for parking."



Hunstanton Eyecare Blog

I'm writing at the start of a New Year, a time when we try and look forward to making a few changes in the practice. I like to review our spectacle frame suppliers annually, there seems to be far too many in the industry all trying to get our attention. My criteria for a good supplier may not be the fancy brand name they carry, but the quality of the product and very importantly, the sort of service they will give us. I need to have fast delivery, especially if a client breaks a frame, they will need a replacement quickly, not in two months time from Italy! I like to support British companies too, sadly frame production in the UK is non-existent, but several companies do design in house, and manage their business all over the UK.



We are introducing WOLFeyewear to bring individual design and superior quality to the market at an affordable price. WOLFeyewear is a family run, independent company who supply exclusively to the independent optician. The company that was created by Ian and Margaret Wolfenden in 2009, and has been growing ever since they launched. Ian and Margaret have 50 years optical experience between them, and a passion for frame design and quality.

Tom Wolfenden joined the company in 2012, with a strong background in optics as well, he has helped Ian and Margaret push WOLFeyewear forward. He says: "We have a great service driven team at our head office and a very well respected sales team on the road. We pride ourselves on being a great company to work with, we have fun with our staff, agents, suppliers and customers. As I'm sure those of you who know Ian Wolfenden (Wolfie) will agree with, and believe, 'life is too short to be too serious'.

"We love colour in frames, and think it's a fantastic way to express who you are. Eyewear is a relatively small part of 'the wardrobe' but is the first thing seen, and says a lot about the wearer. We use this by looking at new modern designs and fashionable colours whilst catering for the UK style, we also look at shades of colour, and designs that works for the majority of face shapes.

"The designing of our collection starts with Quality. We use a very high standard of hinge for our temples and source the latest design in acetate colours. We design using titanium, stainless steel, acetate and a number of other new materials that give a lightweight, strong and comfortable feel to the wearer."

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Hunstanton Lifeboat Station

Geoff Needham

From all at the station we wish you all a Happy New Year, and thank you for your support given to Hunstanton RNLI. We finished the 'Old year' off with a couple of shouts, and look forward to what the New Year will bring us, but as ever, our volunteer crews will be ready to answer what ever comes along.

Tuesday 17th December at 10.40 UK Coastguard requested launch of Hunstanton RNLI Lifeboat to go to the aid of two persons aboard a 34 ft vessel with engine failure near the Black Buoy Sand. Hunstanton volunteer lifeboat crew launched and proceeded to the area in thick fog. The casualty vessel was located. Due to the tide ebbing it was not possible to tow the vessel into Fosdyke. The lifeboat crew made sure that the vessel was anchored safely, and marked, and the two man crew were taken aboard the lifeboat, and landed at Hunstanton Lifeboat Station, where they could arrange for transport to pick them up. H.W. 09.46 Wind. S. 1. Weather Fog. Vis. Poor. Sea state calm.

Monday 23rd Dec. Both craft were launched at 23.45 to assist police in search for missing person in the river Witham at Boston, Hovercraft met with strong winds as it approached the middle of the Wash and had to return to station, the Lifeboat carried on, but due to the ebbing tide was unable to get up the river, so was returned to station at 1.40 a.m. H.W. 22.22 Wind S.W. 3 to 4. Sea state Moderate. Vis. Good.

Saturday 4th January at 15.40 UK Coastguard requested launch of Hunstanton RNLI Lifeboat to report of a Kite surfer in difficulty off Brancaster beach. Hunstanton volunteer RNLI crew prepared to launched, but were stood down as they reached the waters edge. Coastguard confirmed the Surfer had made it back to the beach. Lifeboat was stood down to return to station. High Water. Saturday. 7.55 Wind S.W.3 Sea state slight. Vis. good.

Saturday. 4th January at 15.40 UK Coastguard requested launch of Hunstanton RNLI Lifeboat to report of a Kite surfer in difficulty off Brancaster beach Hunstanton volunteer RNLI crew prepared to launched, but were stood down as they reached the water's edge. Coastguard confirmed, the Surfer had made it back to the beach. Lifeboat was stood down to return to station. High Water. Saturday 07.55 Wind. S.W.3 Sea state slight. Vis. good.

Friday 10th January at 16.30. UK Coastguard requested launch of Hunstanton RNLI Lifeboat to go to the aid of a fishing vessel with engine failure 3 miles off Hunstanton, three persons on board. Hunstanton volunteer lifeboat crew launched and proceeded to the area. The casualty vessel was located. The lifeboat crew secured a tow and towed it to Kings Lynn. Lifeboat left Kings Lynn at 19.50 arriving back at station 20.30 H.W. 18.13. Wind. S.W. 3. Weather Good. Vis. Good Sea state Slight.

Daisy were in danger of being swept away by the incoming tide, having been caught out on the wreck sands at Brancaster, and were rescued by Hunstanton Hovercraft crew, Michael Darby dived in to save one of the twins who was hanging on to a marker buoy, while the hovercraft crew went after the other two who were drifting with the strong tidal current, having lost their grip on the buoy. All three were saved by the crew and on the 20th December they came back to the station to say thank you to the crew. Footage of the rescue can be seen on the RNLI website www.rnli.org.uk also on our FB page.



Sunday 12th 10 year old Leon Chambers from Harpley came to the station along with his sister and Mum, to present to the station his collection of 30 little pots, full of 50 pences, total sum of £57.55. Leon got the idea on holiday at the Broads, he spied a Betty Pot that can be donated to the RNLI. He started the collection last January; what a great effort from a young man, thank you Leon, your Mum must be very proud of you, we are.



Also on Sunday Lesley Kemp who organises and runs the quiz nights at The Sandboy Public House in Bawsey, presented a cheque for £400.00 to Hunstanton RNLI their chosen charity for the year. Rigil Kent, station manager thanked her and customers of the pub for their generous donation, from all the crew a big thank you.



Six years ago Zoe O'Donnel and her 12yr old twin sisters Molly and

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Hunstanton Bridge Club

Henry Head

It's never too late for you to learn to play Bridge and join in the great social life that it brings. A double benefit: make new friends and keep the mind active.

Here at Hunstanton Bridge Club we are a friendly group of people always looking to welcome new members, whether you are a complete beginner, have been playing for only a few months, or for several years.

We meet at the Hunstanton Conservative Club just off the High St on Monday evenings for Duplicate, and on Friday afternoons we offer Bridge lessons to people who want to start playing, to people wanting to progress a bit further and for those who prefer to play in the afternoon. If you don't have a Bridge partner we can help you to find one.

Banish the fear. Don't be apprehensive about going to a club thinking that everyone will know more than you. All levels can play together and have success and fun.

If you would like to know more please contact Robert Smith 01328 822120.

HOW GOOD IS YOUR CARDPLAY?

As has been said before there are some sayings in Bridge which should be taken as a guide and not a rule. One of these is 'always draw trumps'. Here is a hand where that would not be successful. Declarer is in Four Hearts and the hands are as follows:

S K 7		
H 6 4 3		
D 10 8 5 4		
S Q J 10	C A 9 7 5	S 9 8 6 4 2
H J 10 9		H 8 7
D Q 9 6 3 2		D K J
C K J	S A 5 3	C Q 10 8 6
H A K Q 5 2		
D A 7		
C 4 3 2		

West led the Queen of Spades and declarer looks to have 2 club losers and a diamond loser and a spade loser. However the spade could be ruffed providing there is a trump in dummy to achieve it. Hence it would be a losing play to draw three rounds of trumps because the spade would be the setting trick.

Thus declarer draws two rounds of trumps then plays the King of spades and the Ace and then ruffs the 3rd spade before returning to hand to draw the last trump and make the contract losing just one diamond and two clubs.



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Crossword Clues Across

1. As a rule, not readily available (4,2,7)
10. Whereas way in might be seen as an official requirement... (7)
11. ...without preparation you could get a bad deal (7)
12. Arrived in haste, but has long gone, shunning publicity (6-3)
13. Ordering leader to hold fire (5)
14. One might catch fire when cooking with LED (7)
16. Tests a small sample, initially, inside mouth (6)
19. Rage about forks being returned due to condition? (6)
21. Was furious about good year being seen as shabby (7)
25. A haven somewhere in Kent (5)
26. I lengthen dress to put in the picture (9)
28. Pray for a new church and get a look of disapproval (7)
29. At first, colonial can be found in Louisiana state capital (7)
30. Windswept, favourite South African golfer has a run of birdies (6,7)

Crossword Clues Down

2. Accepted principle that a kiss sent to this person in France should be returned (5)
3. Learn the final sacrifice to qualify for entrance (7)
4. Directed Panorama, broadcast after above (8)
5. Bobby for one has £25 invested in them, unofficially (6)
6. Conclude lots of couples are sentimental people (7)
7. Raise screen for those at the back (9)
8. Double load to be lifted – I get involved, being down to earth (5)
9. Notice piece of doggerel is at odds (7)
15. Taking a dip in one's clothes? What a picture! (9)
17. Its removal would give soldiers access to boffin (7)
18. Grouse shot over a situation that could be completely different (4,4)
20. Manoeuvre ships on board, being more sober (7)
22. One who breaks up live performance at gala, regularly, over backing (7)
23. On hand to bang your heads together, as a result of this (6)
24. Snake in the grass is a slippery type (5)
27. Put on a lock, cut according to key (5)

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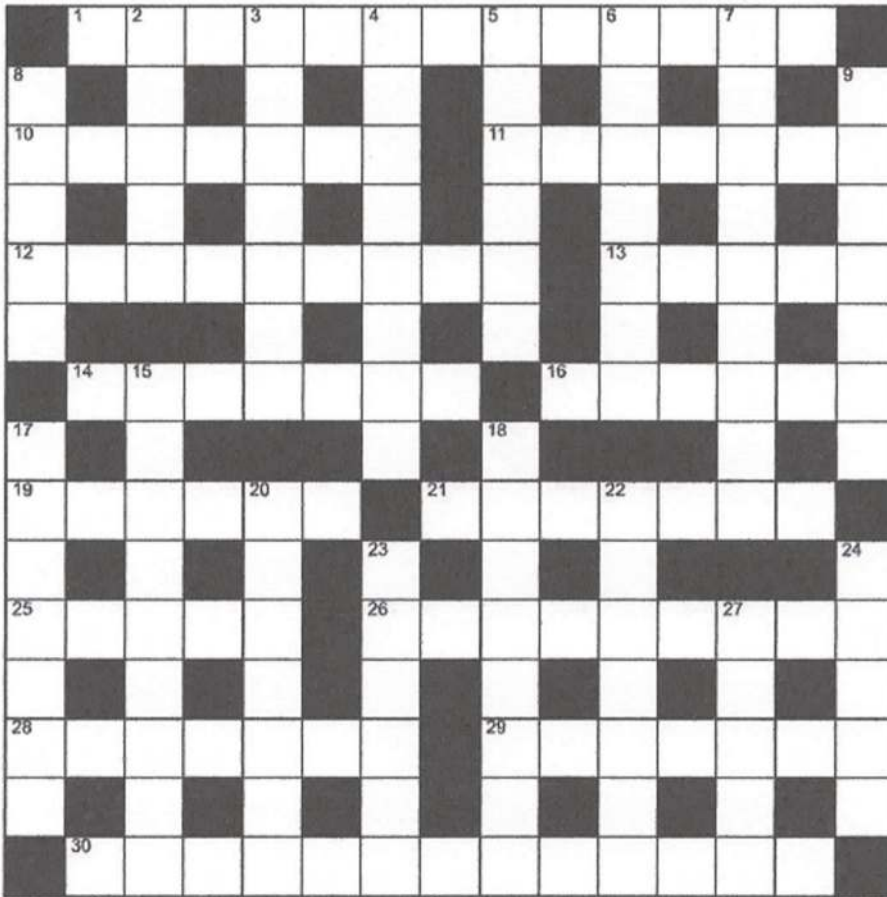
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David Elsey's Cryptic Crossword



Crossword solution on page 24

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Easy first...

...then the more challenging

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

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

Hunstanton Christmas Festive Fun Day 2020

WE LOVE HUNSTANTON



So much so, that we want to bring the community together again to create a marvelous, fun-packed, Hunstanton Christmas Festive Fun Day 2020! That's why we are asking for volunteers early.

Due to the success of the 2019 event, we want to build on this so we need you to join us. It'll be fun.

We are looking for volunteers from all sectors:

The Community; Hunstanton High Street Traders; Local and Regional Businesses; Craft, Art and Drama Enthusiasts; Street Entertainers; Marshalls; Musicians; Artisans; Graphic Designers; Writers; Social Media Influencers; Printers; Council Members; Accountants; Electricians; Story-Tellers; Bakers and Candlestick Makers...

So, if you have some great ideas that you'd like to share and you want to be involved come and join us. A date for your diary: HUNSTANTON COMMUNITY FESTIVE FUN DAY GET TOGETHER - Come and meet us at Hunstanton Town Hall and share your ideas, Thursday the 13th of February 2020, at 6pm, we look forward to it.

Contact us by email: HunstantonFestiveFunDay@gmail.com or call us on 07855 44 768.

And LIKE us on the Hunstanton Festive Funday.... Facebook Page (Soon to be updated). Hunstanton-Festive-Funday

Swimmers brave the icy waters of the Wash on Christmas Day



The water might have been chilly but the sun shone attracting record crowds to the Hunstanton Christmas Day Swim.

Organised by the Hunstanton and District Round Table, the event attracted 207 swimmers this year and thousands of supporters turned out to cheer them on. New for 2019 was the double-banner swim with



the banners placed about ten metres apart.

For sixty years swimmers have braved the icy waters of the Wash to raise money for charity, most in fancy dress or festive costumes adding to this amazing spectacle.

A spokesman for Hunstanton and District Round Table said: "Thank you to all those that gave up their Christmas morning to do the swim and came to watch! We smashed 2 amazing milestones over 200 swimmers and over £10,000 raised for local good causes!!"



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Stand-up for Pandora

Pretty Funny comedy night restarts in 2020 on Wednesday 4th March at Dukes Head Hotel King's Lynn. The show starts at 7.30pm. MC Jenny Beake with a great line up of comedians featuring headliner Kate McGann, a finalist at So You Think You're Funny at the Edinburgh Festival 2019, described as 'a wild force of nature performer' by the editor of Chortle.



Kate McGann

There will be a charity collection on the night in aid of Pandora, the charity that offers one to one support for women and children affected by domestic abuse. Pandora Project runs King's Lynn Women's Centre. This service is open to all women for information, advice and support every Thursday 10am – 4pm at Access, Old Hospital Mews, King's Lynn, PE30 5RU. The entrance is first right off Seven Sisters Close and there is free parking.

They provide a one-stop-shop for women with easy access to local services, enabling women to make informed choices about their support needs. Whether it's information on nursery schools, accessing family support, addressing health issues or just someone to talk to, they can help.

Book a seat for a fabulous night of stand up and variety through the hotel on 01553 774996.



Jenny Beake



Norfolk Photography Walks to return for second season

Led by local photographer Jon Clifton, Norfolk Photography Walks were started in July 2019 with the aim of giving attendees a chance to meet others, explore the beautiful county of Norfolk and learn/develop photography skills.

After moving to West Norfolk 10 years ago, Mr. Clifton found the area and the creative people he met to be hugely inspiring. He also found that getting back to nature and concentrating on a practical skill helped with both physical and mental well being. After releasing his first book of Norfolk photography 'into the light' in December 2018, the idea of holding photography walks came from wanting to share practical knowledge and a longing to help and inspire others.

During the group walks, attendees are free to wander and capture images in their own style, Mr. Clifton is on hand to offer guidance on observation, composition and basic camera control. Walks are aimed at beginner and hobbyist photographers, the use of all camera types (including smartphone) is welcomed. Mr. Clifton is happy to guide those new to photography or those who have owned a camera for a while and would like to know what the different settings are for. Each walk lasts 2-3 hours and walks are approx. 5 kilometres (3 miles) long.



Past events have been held in Old Hunstanton, Snettisham, Thornham, Sandringham and Wells Next the Sea. The plan for 2020 is to build on the success of these walks by visiting more wonderful locations around Norfolk and also to collaborate with local businesses/charities.

For further information, please visit www.norfolkphotography-walks.com or see the Norfolk Photography Walks social media pages on Instagram, Facebook and Twitter.

A selection of Mr Clifton's photographic work is currently on display at the new Norfolk Deli Cafe in Hunstanton.



Flower power

Florals are back, blue is on trend and big bags are everywhere, writes Allez Chic's Cheryl Daubney

February might still feel like we are in deepest winter, but the fashion world is already way down the runway with its spring/summer collections. Most of us are more than happy to anticipate lighter days and warmer weather, and the Allez Chic team has been enjoying a sneak peek at the season's new arrivals.



Floral prints are enjoying a revival this spring, with splashes of bold colour creating some standout items in the gorgeous Michaela Louisa collection – from traditional fitted shift dresses to this stunning cap sleeved style, this label is perfect for smart occasion wear.

Each year, the Pantone Color Institute announces its colour of the year, and for 2020 it selected Classic Blue as a 'solid and dependable hue'. We like its thinking, not least because blue is a classic in fashion terms and there is plenty to choose from

across most labels. Marble, which is a Scottish brand that celebrates classic clothing in high quality fabrics, has some beautiful items including this stylish navy and white striped short sleeved top which is wonderful under a jacket or cardigan, or worn alone with trousers or a skirt as the weather warms.



Big bags are another catwalk trend this season, and Lunar has a fantastic collection in neutral tones that work well for a wide variety of outfits and occasions. This lovely label also has a great range of comfortable, stylish shoes and sandals, so pop in to see the full range – they sell quickly, so don't wait!

As always, there's a warm welcome and a relaxed atmosphere at Allez Chic, so pop in soon and refresh your wardrobe so you are ready to embrace the season with style.

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THE LODGE HOTEL IN OLD HUNSTANTON RAISES £1,570 FOR THE QUEEN ELIZABETH HOSPITAL'S SHOULDHAM WARD

Staff at The Lodge Hotel in Old Hunstanton recently visited Shouldham Ward at Queen Elizabeth Hospital to present a cheque for £1,570.

The cheque was a combination of £570 raised at a recent Rock and Roll Bingo evening that took place in early December 2019. The remaining £1,000 was donated by The Lodge Hotel who recognise and support local charities.

Brittany Taberner, General Manager at The Lodge Hotel, said: "When we first heard of Rock and Roll Bingo, we instantly loved this fun idea of playing bingo but with song clips instead of the traditional numbers." Brittany continued, "One of our Shift Manager's father recently passed away and was given excellent care by the nurses and staff at Shouldham Ward during his illness. This seemed a perfect opportunity to host our first Rock and Roll Bingo event and raise funds to support the ward".

Shouldham Ward provides palliative end of life care at the Queen Elizabeth Hospital in King's Lynn and the money raised has gone towards the ward's equipment fund. Ward Manager Nicola Whales commented, "This money will allow us to purchase equipment that patients need during their stay with us. Specifically, we are currently looking to purchase equipment for our massage and reflexology services". Nicola continued, "We are very grateful to all the staff and customers at The Lodge Hotel in Old Hunstanton for putting on this exciting fun event, along with their own generous donation, for the benefit of Shouldham Ward patients".



From left: Lodge Shift Manager Drew Leggett, Shouldham Ward Nurses with Ward Manager Nicola Whales, General Manager of The Lodge Brittany Taberner

The Queen Elizabeth Hospital celebrates its Big 40 and invites you to get involved!

This year is going to be a big one for The Queen Elizabeth Hospital (QEH) King's Lynn as it celebrates its 40th anniversary - and you can help make the year extra special.

The hospital will be 40-years-old on 22nd July and the West Norfolk community is being invited to celebrate the work of staff and volunteers by nominating their hero of the last 40 years as part of a series of activities planned to mark the milestone occasion.

Nominations will then be shortlisted by the hospital's Chief Executive and Chairman and then be put back to the public to decide the winner, who will be honoured with a plaque to be unveiled on the day of the anniversary.

Businesses in the area are also being sought to contribute 40 prizes for staff as a thank you for services provided by the hospital to the community over the last 40 years.

These prizes will then be available for staff to win at the anniversary celebration.

The hospital is named after the late Queen Mother and serves a population of around 331,000 people living in west Norfolk, south Lincolnshire and north east Cambridgeshire.

There are 500 beds across 28 wards at the QEH and in November 2019 the Trust employed 3,480 staff, compared to January 2007 when there were 2,708 staff.

During 2018-19, staff treated 41,080

inpatients and 280,745 outpatients.

For comparison, almost 20 years ago in 2001/2002, the hospital had an annual target to treat just over 31,000 inpatients and just under 185,000 outpatients.

Chief Executive Caroline Shaw said: "I'm extremely proud to be leading the hospital in this historic year, which is a really important milestone and a time to reflect on the vital work of staff and volunteers past and present in caring for the local community.

"The anniversary is also an opportunity to thank local residents and fundraisers for the wonderful support they have given to the hospital over the years. Without their contributions, we would not have been able to provide the level of service that we have.

"We will soon be launching our five-year strategy, which will set out how we intend to move forward as a Trust and our vision for the future, which we can look forward to with renewed optimism and vigour.

"Let's enjoy this special anniversary year and celebrate the work of the staff, volunteers and local residents who enable the hospital to provide such fantastic support to the communities we serve."

To nominate your QEH hero of the past 40 years please email communicationsqeh@qehkl.nhs.uk stating the

reasons why you are nominating your chosen individual. The nominations period will close on Monday 16 March 2020.

If you are a business and can contribute to the 40 prizes initiative please also email communicationsqeh@qehkl.nhs.uk.

Keep watching the @TeamQEH Twitter feed (#QEH40) and Facebook pages for details of forthcoming events to coincide with the 40th anniversary celebrations.



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England v Ireland

Sunday 23 February - 3:00pm



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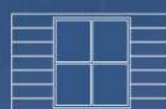
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Coastal Stroke Group Carol Service

Our stroke survivors, carers and volunteers enjoyed and participated in our annual modern-day nativity service in December. This was held at the Hunstanton Methodist Church, who have given us long term support and is where we meet every Tuesday morning. Whilst socialising before the service, everyone was served warm sausage rolls, mince pies and hot drinks – which were all gratefully received.



If you have some spare time and maybe looking to become a volunteer and would like to do something really rewarding, please come along and have a taster session at our group, you never know it might be the thing for you.

Contact information

Gemma Smith Tel 01366 377803 Mobile 07515 596953
Stroke Helpline Tel 0300 3033 100
Website Stroke.org.uk

Keeping well in the cold

Health professionals are encouraging people in Norfolk and Waveney with illnesses that affect your breathing to take extra care of themselves this winter.

As the weather changes and there is more moisture in the air people with respiratory diseases, such as chronic obstructive pulmonary disease (COPD), or asthma can be particularly susceptible to the effects, finding themselves shorter of breath or coughing more than usual.

One of the most important tips is to ensure you have had the flu vaccination.

Sam Oughton, COPD Nurse Specialist based in King's Lynn, says: "If you have a long term health condition, particularly a lung condition, cooler, damp weather can trigger a flare up of symptoms as well as making someone more vulnerable to illness.

"If you know someone, a friend or a neighbour with COPD, or a lung condition, or anyone vulnerable to changes in the weather, do look out for them – have they collected their milk from the doorstep? Opened their curtains? Turned their lights on/off, or cleared their path of ice or snow?"

Every autumn and winter, GP surgeries and hospitals see an increase in visits from people with respiratory conditions. If you have a lung disease, here are some tips to help look after your lungs this winter.

Feeling unwell? Don't wait

If you have a lung condition and are feeling unwell (onset of cold symptoms) don't wait - seek advice from your local pharmacist, nurse or doctor.

Follow your self-management plan if you have one (patients with COPD should have one - if not ask your GP surgery/nurse for one).

Get the flu jab and avoid contact with people who have cold symptoms

Ensure you have both the flu and pneumonia vaccinations and avoid people with cold symptoms where possible.

Cover your mouth and nose with a tissue when you cough or sneeze

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and encourage other people around you to do the same.

Throw away used tissues as soon as you can and wash hands regularly.

Stay warm

Heat your home to at least 18c or even warmer if you don't move around much or feel the cold. Keep your bedroom warm and the window closed at night as breathing in cold air can increase the risk of a respiratory infection.

Wear layers of clothing as these trap the warm air better than one bulky layer, wear a hat indoors if needed, and keep a blanket nearby.

If you are unable to move around much make up a hot flask and have hot drinks/soup throughout day. Try and have one hot meal a day.

When you're out and about, check the weather report. If it is too cold or windy for you or you are not feeling well or are having trouble breathing stay indoors and keep warm.

If you do go out take reliever medication 30 mins before going out to help prevent cold air tightening the airways.

Wear a scarf/snoody to cover your mouth and cheeks to stop the cold air tightening your airways.

The British Lung Foundation offers advice to anyone living with or supporting someone with a lung condition. For more information call their helpline on 03000 030 555

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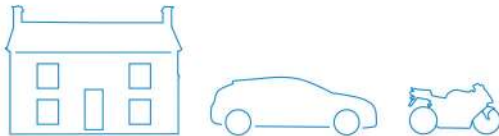


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There are many benefits in sending your child to Nursery, such as, helping them to extend social and everyday skills, developing a sense of identity, whilst also supporting their emotional needs, which are vital skills for future academic and social success and positive mental health.

Nursery is an opportunity for growth; it prepares them not only for their reception class and future education, but also everyday life and challenges.

A great Nursery encourages your child to take care of themselves and others; it promotes language and cognitive skills, nurtures curiosity, boosts maths and literacy skills, and helps develop motor skills. It also makes them feel safe and secure in different environments and gives them the confidence to relate to others whilst still being their unique self in our inclusive environment.

Sending your child to Nursery not only benefits the child but it also benefits your emotional well-being especially if you feel secure with the setting you are using, giving you peace of mind while you deal with everyday life, knowing that your child is happy, secure and developing essential skills.

Here at Glebe our Nursery Ethos is:

To work closely with parents and carers, to ensure that all children feel valued, safe, secure and happy. Happy children learn and thrive and develop the necessary confidence to cope with life's challenges.

We achieve this by providing a family friendly environment for everybody with an open door policy.

We have an excellent, well trained team of staff, with exceptional knowledge of child development and a wealth of experience. We are constantly striving to be better and enhance our already outstanding setting, whilst always having the children's welfare at heart.

Community is very important to us at Glebe and we have close links not only to our attached school but also with local schools and external agencies within our area, and our other two nurseries being Gaywood and Hunstanton First Steps. In our Hunstanton Nursery we have a community room where we work in close liaison with external agencies such as Early Childhood and Family service, running various activities such as baby massage, parenting classes, which is available to everybody in the community.

We accept various forms of childcare vouchers from working parents. In addition to this we offer 2, 3 and 4 year old government funded places, giving eligible children up to 15 to 30 hours free funding per week.

If you would like more information on Glebe Nursery please contact either:

Marie Day, Nursery Manager
mday@glebehouseschool.co.uk
01485 532809 ext 2

Tamzine Fraulo, Registrar
tjf@glebehouseschool.co.uk
01485 532809 ext 3



We accept various forms of childcare vouchers from working parents. In addition to this we offer 2, 3 and 4 year old government funded places, giving eligible children up to 15 to 30 hours free funding per week.

Gardening at Sandringham & West Newton

Jayne Windsor



Sandringham & West Newton Primary Academy have launched a new Gardening Club with the aim of introducing pupils to the skills and delights of growing their own vegetable and flowers. The club's aims also include improving some of the existing beds and borders around the school building.

Mrs Catherine King, Head of School, said, "The pupils themselves asked for this club. They are really keen and look forward to the weekly sessions. They have already made a big improvement to what was an unused area of the school grounds.

Plans are being made on what seeds to sow in the spring, but in the meantime they are

cheerfully weeding and preparing seed beds." Sandringham & West Newton CE Primary Academy is always delighted to welcome parents and families and show them around our lovely school. We have places available for Reception currently and for Reception 2020.

SEDGEFORD PRIMARY SCHOOL

John Davis

Topic

Chinese New Year is on 25 January – the year of the Rat and China is the basis for our topic this term. The main focus of our topic will be the Shang Dynasty of Ancient China. We will be looking at the inventions of writing, the Chinese calendar, Royal burials and traditions and Chinese art work.

Visits

On the 28 January the Education Group are visiting the school. In the morning we have a Chinese Dance workshop. The professional dancers will bring with them a traditional Chinese dragon, parasols and fans to create an exciting dance performance. In the afternoon we have a Chinese plate painting workshop which is an engaging way for the children to learn about Chinese culture. We will all create our own unique design and will be able to take this home.

Science

For our Science topic this term we will be looking at teeth and digestion from when food enters the body to when it leaves.

Music

As part of the Norfolk Music Hub Service to schools, we will be having weekly tuition on the Dood (a basic type of Clarinet). The whole school will be taking part and will end with a concert to parents.

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Letters to the Editor

Regeneration of Hunstanton

No doubt what follows will 'put the cat amongst the pigeons' as to my views on the regeneration of Hunstanton.

When you take a close look at the town it has to be said it is rather drab, not helped by the amount of the local carstone used in many of the buildings. How do you make brown look attractive? Most high streets and shopping centres in older towns all suffer from bland aluminium framed display windows, but when you look to the first floor you see signs of just how buildings looked in olden times. The same cannot be said for Hunstanton. Some of the older towns in the area still look attractive, Holt being just one example.

The planned new development on the old Kit Kat site to me looked very good, just what the town needs, a modern design that would not look out of place. There is no doubt our town needs investment if it is to survive and thrive. New housing developments have and are springing up, this raises the question, where will these new incomers shop? Sadly I doubt if it will be Hunstanton due to the very limited range of retail outlets.

But perhaps the root of the problem lies a little deeper, what does Hunstanton want to be? A seaside resort that does business for just a few months of the year, or a prosperous and thriving town that caters for locals as well as tourists? That is the question?

Geoff Harris

Campaign for a safer A149

I refer to the above article in the January 2020 Town and Around.

You state "especially as the buses that operate on them are much wider now due to the wheelchair access legislation".

This is not true as the Optare company built a slimline Solo model that covers the legislation.

The reason for the wider buses is that the company operating on this road purchase only second hand, and so cheaper, vehicles.

This enabled them to undercut other companies on NCC tenders that enabled them to force out the Norfolk Green/Stagecoach company from Norfolk.

The previous service on this route by Norfolk Green/Stagecoach was operated with the Optare Solo Slimline model purchased new.

It is interesting to note that the 414 schooldays route from Dersingham to Wells was operated by the same company under a NCC contract, but when the contract was awarded to another company the operator suddenly found they could operate it without the NCC payments.

Hope you find this of interest to you.

J Fisher

Veganism

I am writing in response to the feature on veganism in Town and Around.

I went vegan 39 years ago. Back in those days we didn't know that the meat and dairy industry has such an affect on climate or the environment. To me the argument for going vegan was simple. I did not want to eat or wear dead animals.

All animals, including birds and fish, have the capability to feel pain.

The vast majority of public in the UK would not consider eating cats and dogs. What is the difference between eating a dog and a pig – in my opinion there is no difference at all.

Pigs are considered the 5th most intelligent animal in the world – more intelligent than dogs. They can play video games with more success than chimps. Cambridge University researchers trained sheep to identify faces. Their facial recognition abilities are similar to that seen in apes, monkeys and humans. Chickens possess self control, to

hold out for better food rewards – a sure sign of self awareness. Chickens can also recognise over 100 individual faces – not only of other chickens but humans too. They can recognise that recently hidden objects still exist, which 2 year old children cannot do... Hens communicate with their chicks before chicks hatch, they are caring and sensitive mothers just as dairy cows are. Dairy cows have their babies taken away within 24 hours of birth. This is just so that humans can drink cows milk. The separation of cows and calves is traumatic. Cows are made pregnant and their calves taken away year after year after year. Cows have been seen swimming rivers, climbing fences and chasing vehicles to try to reunite with their calves. Cows also show emotion when taken to the slaughterhouse, and you can watch that on UTube if you do not believe it. In fact, there is a wealth of video footage online regarding slaughterhouses. If you are able to eat dead animals surely you can educate yourself as to how they are kept and how they are killed.

Biologist Victoria Brathwaite et al have produced substantial evidence that fish experience pain. Fish have the capability to detect harm such as high temperatures and caustic chemicals. We don't know whether dogs feel pain exactly like we do but we give them legal protection and most of us treat them humanely. If you see the way that animals reared for food are treated you would hopefully be appalled, yet we allow it to happen.

Dog and cat shelters are full, should we consider slaughtering them for meat? Of course not, but If you are appalled by that suggestion then you should not be eating animals at all. If you really love animals don't eat any of them.

Diane Westwood

Veganism

In response to the article by Robin Limb "Are you going to turn vegan?" I read the article with interest as I have been vegan for over 30 years, though I can respect his right to publish his opinion, I was disappointed at his narrow mindedness. But over the years I've come to expect this view, especially from those with connections to large-scale agriculture and farming. I wasn't surprised to see the only research & leading scientists acknowledged in his piece were associated to a Rural College and Agriculture & Food, indeed those with a vested interest in the results they submit.

I found Mr Limb's comment about the vegan "single minded opinions being pushed down people's throats" especially rich. Try looking at that from a different view, where being a vegan for ethical/animal reasons we have cruelty forced upon us everyday in the form of media & advertising from; McDonalds, KFC and every other large-scale fast food service you'd wish to name. Restaurants hardly ever used to offer a vegan alternative and there have been many times where a salad would have to suffice, and there was no fuss about it. We had hardly any vegan foods that we could buy from the shelf and would have to do our research, read labels & find ethical companies and products, but many people would have no idea about this because we weren't in your face with our opinions.

So, these days Vegan choices are increasing, big companies are changing and advertisers aiming at "their new" audience. Now we are getting our unfriendly carnivores such as Mr Limb, up in arms and obviously feeling the need to retaliate against a group of compassionate people who do not hold his view. He asks for "tolerance & respect" when trying to demean a principal of kindness that vegans hold to other species.

"Unsubstantiated opinions" Limb states are despicable. What I find despicable is the gross cruelty of millions of farm animals who suffer in appalling conditions from their conception to their premature,

bloody death. For those reading this who believe in the hype from the friendly farms and Red Tractor quality ideology, please simply google or YouTube anything associated to cruelty & suffering on UK farms and you will see the evidence first hand.

I'd like to end here with the words of Sir David Attenborough, a well-respected master in his field, who everyone knows has no vested interest in anything but the recognition of our beautiful planet and it's safeguarding;

"Sir David's thoughts about the impact of animal agriculture on the planet are consistent with a major study published in 2018, which offered the most comprehensive analysis ever undertaken of the planetary damage created by farming."

And also; "The vegan diet is the single biggest way to reduce your impact on planet Earth, not just greenhouse gases, but global acidification, eutrophication, land use and water use." Lead researcher Joseph Poore, University of Oxford, UK.

Freddie Hoff, King's Lynn

Veganism is good for all of us!



Kate Dunbar completed the New Year 5k run at Hunstanton followed by another 5k at Holkham where she is pictured with fellow 'Vegan Runner' Stephanie Spangenburg, left.

In 'Veganuary' a letter to the Lynn News described vegetarianism as "self-denying culinary martyrdom." This turn of phrase might sound amusing, but it would be wrong to equate giving up the habit of eating meat and animal products with any form of martyrdom.

Surely, the only martyrs in the food industry are our fellow creatures, which humans choose to rear and slaughter, for no better reason than to satisfy their taste buds. This is why I greatly admire those hardy souls, sometimes seen in shopping centres, showing anyone brave enough to look, how most animals used for food are reared and slaughtered.

On November 24th last year Hunstanton staged a "Winter Vegan Festival" in the Town Hall. A flyer promoting this event explained that the word 'vegan' was coined by Donald Watson in 1944. His definition states: "Veganism is a way of living that seeks to exclude, as far as possible and practicable, all forms of exploitation of, and cruelty to, animals for food, clothing and any other purpose."

The flyer goes on to list four good reasons for adopting a vegan lifestyle, which may be summarised as follows. It is good for the planet, because livestock is responsible for 65% of all human-related emissions of nitrous oxide - a greenhouse gas with 296 times the global warming potential of carbon dioxide, and which remains in the atmosphere for 150 years. Millions of animals, including birds and fish, would not have to be reared and slaughtered for human consumption. Evidence suggests that plant-based diets are good for human health and fitness. (Take the growing number of VEGAN RUNNERS for example.)

750 million people go to bed hungry every night, while one third of the world's grain is being fed to farm animals. A typical western meat-based diet can only feed 2.5 billion people, whereas a plant-based diet is capable of feeding all of us.

To anyone finding difficulty in making the transition to a lifestyle that is better for human health; better for animals; and better for the future of the planet; help is at hand, because the flyer also gives the following contact details for free information and vegan starter packs: The Vegan Society - www.vegansociety.com
Animal Aid - www.animalaid.org.uk
Viva - www.viva.org.uk

John Maiden

The Future is Vegan

Kate Dunbar

"When a vegan tries to educate you about the animal agriculture industry, it's not with malicious intent, it's not to 'get you' to go vegan. It's because they think of you as a decent human being who's open to making the right decision based on evidence." IyeloVesLife.

This year, a record number of people have signed up to Veganuary. This is because they are concerned about their health, the environment and animals. Unfortunately, this is causing other people concerns. Some may work within agriculture and the current food industry, so it is understandable. Change is scary, and it is especially scary to see your profits plummet and your livelihood potentially threatened.

Other people have told me that they are worried their loved ones will not receive adequate nutrition on a diet based entirely on plants. I understand how they feel, I felt the same way before I went vegan. I thought veganism was 'extreme'!

16 years ago, I ate meat and other animal products without much thought about where they came from, or what they might be doing to my insides. But those 'foods' along with a bit of extra stress, made me very, very sick. I found out, counter to everything I had ever been brought up to believe by my loving parents, that I do not in fact need to eat animals. Eating plants alone and skipping the middle moo made me well again. Many other people around the world have also halted or, amazingly like me, reversed their



chronic health conditions. As a vegan, I can gain all the nutrients essential to be happy and healthy from plants, which is exactly where cows, pigs, sheep etc get their protein. Indeed, animal products do not contain fibre or phytonutrients, both of which underpin optimal human health. Instead meat, dairy and eggs contain countless constituents which promote human disease. Our junky, animal-based diet is now the number one killer in the

UK (references supplied). You can find out more from the Plant Based Health Professionals UK website for whom I am an Advisory Board member and Patient Advocate.

The British Dietetic Association in 2017 confirmed that well-planned vegan diets can support healthy living in people of all ages including during pregnancy and breastfeeding. But it's actually really easy and absolutely delicious, once you have a few simple rules under your belt. It's also good, as much as possible, to keep to whole plant foods in their most natural form. Steer away from vegan junk foods, (likewise non-vegan junk foods) full of food additives, salt, fat and sugar; all disease promoting and devoid of micronutrients. The famous Dr Spock, paediatrician, stated in the last printing of his childcare manual, "Children who eat only plant foods have a tremendous health advantage. They are less likely to develop weight problems, diabetes, high blood pressure and some forms of cancer."

Vegan diets also support all types of amazing athletes performing at the top of their professions, including Novak Djokovic, Lewis Hamilton, Scot Jurek and Fiona Oakes, at aged 6, who chose to be vegan for animals (try to watch Game Changers movie on Netflix).

Other parts of the world are ahead of us. Health Canada fought off considerable food industry pressure to publish an evidence-based guideline that supports both human and environmental health. To this end their recommendations are to eat a diet composed of predominately whole plant-foods and to favour protein from plant sources over animal sources. Meat and dairy are no longer required food groups and water is recommended for hydration.

Our current agricultural system is not sustainable. Huge tracts of land grow food crops to feed animals instead of humans. For 100 calories fed to an animal reared for beef, just 3% of those calories becomes human 'food'. Even grass-fed sheep and beef are supplemented with soya, maize, beets and rape seed etc etc. However, most animals raised to be eaten, live entirely within factory farm systems where they live short, miserable existences before being slaughtered at the earliest opportunity for maximum profit. Their one and only glimpse of the outside world is the day they go to slaughter. They are fed high protein diets of corn, beans etc to maximise growth. Indeed, growing food for animal feed is the primary driver of Amazon forest fires, accelerating climate breakdown. So just think how much land could be freed up if we just stopped growing crops to feed to animals, to feed to us.

There is a myriad of other problems associated with animal agriculture including green house gas production; carbon dioxide, methane, nitrous oxide (398% more potent than CO₂), pollution including dead sea zones, water usage, transport, refrigeration, etc. Soil erosion and degradation is also a massive problem with some scientists warning we only have 100 harvests left.

The Eat-Lancet Commission on Food, Plant and Health . brings together over 30 independent scientific experts in the field of health, nutrition, political science, agriculture and the environment from 16 countries to reach a scientific consensus that defines a healthy and sustainable diet. The report outlines a reference diet or planetary health plate that is not only optimal for human health but is sustainable for the planet such that the global food system is environmentally sustainable and predominately made up of whole plant foods. It allows for 15% animal products but acknowledges that these are not essential.

The main threat to animal agriculture is not from vegans, but from new technologies just around the corner. Driven by the imperative to halt climate breakdown and release animals from enormous suffering, (and making money!) powerful international funding bodies, including animal ag, are driving research and production of not only plant-meats, but also 'cultured' meats. And it is only a matter of time before artificially produced muscle fibre hits the market at price parity of 'conventionally harvested' meat, but without the parasites, prions, antibiotics and very messy slaughter, where E.coli, salmonella and other contaminants appear. And then it will inevitably become cheaper and consumers who still wish to eat animal meat, despite it still not being healthy, will buy it. Plant milks, alternative egg and 'leather' products are becoming increasingly popular. The writing is on the wall for

animal farming, and the sooner farmers realise and act on it, the quicker they can take advantage of new opportunities.

Around the world some farmers are already diversifying away from animal production to produce high quality food directly for humans instead. In the UK the Vegan Society's Grow Green campaign offers support to farmers wishing to transition to other crops. Walnuts grow well in East Anglia for example, and how about the novel idea of planting orchards again instead of importing fruit from across the globe? We might also include managing the landscape for wildlife and ecosystems, which are currently under threat of immanent collapse. Nature provides many essential 'services' for us, including restricting flooding and drought, cleaning air, providing a refuge for insects (essential for pollinating crops) and other wildlife. Our physical and mental wellbeing is dependent on nature.

There are so many new business ideas. It is an exciting time! We will always need farmers, land managers and many more small producers growing fruits and vegetables locally and hopefully more organically. Another paper, by independent researchers in the UK, shows that soil in allotments – the small patches in towns and cities that people cultivate by hand – contains a third more organic carbon than agricultural soil and 25% more nitrogen. This is one of the reasons why allotment holders produce between four and eleven times more food per hectare than do farmers. (Jill Edmondson et al., 2014, Journal of Applied Ecology). Change begins at home!

We have a climate emergency NOW and if we do nothing, we are stealing from our children and grandchildren. For me, doing nothing is not an option. It is true that there are other drivers of climate change but controlling what we eat is within the power of each individual and will make the biggest impact. Three times a day. I just wish I had done it earlier.

Veganism is not new, nor a 'craze', it is an awakening. We have witnessed industry 'standard practice' animal suffering, trashing the environment and exploitation of people, including us, and we refuse to participate as practically possible in a non-vegan world. Eating animals is not normal, natural or necessary.

As Leo Tolstoy said, "The time will come when our grandchildren will marvel that their grandfathers had been in the habit of killing millions of animals every day in order to eat them, although they could satisfy their hunger both wholesomely and pleasantly with the fruits of the earth and without killing."

There is so much more information, books, films and 'independent' research. And I try to remember to check that spokespeople and researchers are not funded by industry. If you want to find out more, and try some delicious vegan food, check out the links below:

Veganuary.com, 22DayChallenge.com, Vegansociety.com.

Nutritionfacts.org/healthkit, Plantbasedhealthprofessionals.com



Hodmedod's stand at VegMed conference for health professionals in London October 2019. Based in East Anglia, they lease directly with UK farmers to grow high quality, often organic produce for human, rather than animal consumption which brings farmers a far better return.

Feel the heat

If your house isn't keeping you warm it could be time for a home check, writes West Norfolk Glass' managing director Geoff Parker

February can be a tricky month – on the one hand there are often the first shoots of green around as the bulbs pop up, but we've often been known to have a dump of snow this month. Fingers crossed that the weather averts, but whichever way you look at it, the thermometer usually tells us that spring is a way off yet and Hunstanton's exposure to chilly winds is set to continue for quite a while...

It's also a month when we typically receive calls from homeowners complaining that their windows and doors are letting in all manner of draughts. Whether you have timber frames or older style double glazing, it's worth checking that the heat in your home isn't escaping through poorly-fitted fixtures. Our team is always happy to help with a free, no-obligation home visit to talk through some options to remedy the situation.

You may have seen Solidor's television advertising recently about what people look for in a front door – stylish, durable, secure are the attributes most of us are seeking. As a Solidor installer, our customer team can help you find a front door which fits the ticket, and keeps you warm year-round.

Sometimes however, it's the little things that can make a difference – did you know that we can also supply replacement glass for a wood burner or stove? It's not always necessary to replace the whole unit, so give us a call and we'll sort you out.

And, thinking ahead, if your greenhouse has seen better days we can also supply new panes of glass to bring it up to scratch, just in time for you to start sowing your seeds and planning summer days in the garden.

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A helping hand through your workplace injury claim

Neil John, Partner, Civil Litigation

If you are injured at work, your injury is only one of the things you have to worry about. You may be concerned about being disloyal to your employer and may even be anxious about speaking to a solicitor because you are worried that once you do, you will be pressured into making a claim.

Even if you aren't sure about whether you will pursue a claim, there are certain things you can do after an injury which will make your life easier in case you decide to make a claim later.

Straight after your injury, you should contact the first aider at your workplace for immediate treatment and you should also visit a doctor or hospital if necessary. Getting treatment for your injury should always be your primary concern.

You should report the injury to your colleagues and manager so that any potential hazards can be made safe but also so that there is a record that the injury took place. As part of this process you should make sure that the incident is recorded in your workplace's accidents book.

If your employer won't record your injury, you should make a written request. Having a copy of this in your personal email account's sent items will be evidence that you have tried

to report the accident.

We recommend that you keep records of how your injury has affected you. This should include photographs of your injuries as well as a diary of pain and any symptoms stemming from your injury. Keeping track of any expenses and losses caused by your injury is very helpful if you decide to pursue a claim. This can include loss of earnings, costs of care and much more.

You should also be aware that you are only able to make a claim within three years of the accident or within three years of your realisation that your injury is associated with your workplace. The latter is useful in the case of exposure to toxic substances which may not have immediately apparent effects.

If you decide to make a claim, it can give you peace of mind to know someone with experience is on your side. Neil John, the personal injury specialist at Fraser Dawbarns, has over 20 years experience handling claims ranging from an abattoir worker injured when half a pig carcass fell on them to injuries resulting from workplace assaults.

The 2019 edition of the Legal 500 said that Neil "responded quickly and was comprehensive in his explanations when



outlining his suggested course of action. He listened!"

Our first appointment for personal injury claims is free and we also offer a no win, no fee agreement if we assess that your claim has a reasonable chance of success but we will not pressure you to proceed.

Whether your injury at work is due to faulty machinery, unsafe practices or other people's actions call Fraser Dawbarns on 01945 461456 today and ask for Neil who can start helping you with your workplace injury claim.



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Legal 500 (2019)



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UNIQUE WEDDING EVENT BEING HELD AT BRIARFIELDS HOTEL ON HOW TO PLAN YOUR PERFECT WEDDING DAY

Brides-to-be are being invited to register their place at Briarfields Hotel's How To Plan Your Wedding event taking place on Sunday 29th March 2020

Organised in association with Norfolk wedding planner Alex Swift from Fizz and Bloom, the free event will include talks and live demonstrations from carefully selected local experts such as a wedding photographer, hairstylist and florist plus others.

Sarah Malcolm, Wedding Coordinator at Briarfields Hotel in Titchwell said: "Brides-to-be should not expect a normal wedding fair, it will feature practical, hands-on help and advice in the form of discussions, demos and ideas". Sarah continued, "If you already have a wedding date set, planning on popping the question this Valentine's Day, or ladies taking advantage of the leap year rules on 29th February, the event will be extremely inspirational and well worth making part of your overall wedding planning".

Everyone who registers and attends the event will be entered into a draw for the chance to win a 1-night stay for two with dinner at Briarfields. Prizes also include a romantic dinner for two and Champagne afternoon tea for two at the hotel.

Briarfields Hotel Titchwell is a stunning North Norfolk coastal wedding venue providing facilities for civil ceremonies and private weddings for up to 120 guests and offers 23 luxury en-suite bedrooms.

How To Plan Your Wedding is a free event but with limited places. Registration (which includes a glass of Prosecco on arrival as well as canapés and assiette of desserts) is required.

To register your place, visit <https://briarfields.eventbrite.co.uk> or call the hotel direct on 01485 210742.



Giving the youth something to do

Sophie Hooker

In a bid to offer the youth of Hunstanton more activities and a safe place to meet their friends, a youth funding programme called Youth West launched their Hunstanton Open Access Youth Club in the summer of 2018.

The club is open to young people aged between 10 to 18 and takes place each Monday between 6pm and 7.30pm at the Hunstanton Community Centre. There is no charge to participate and young people can enjoy a range of activities.

They can enjoy a mixture of unstructured activities such as play pool, table football and a number of games. They also hold structured activities each week such as crafting, group games and quest workshops on things like mental health and wellbeing and yoga. They also do trips out of Hunstanton: in October half term they went on a residential trip to Hautbois Activity Centre just outside of Norwich where they participated in archery, wall climbing and assault courses.

Claire Boothby-Barnbrook, Operations Manager for Youth Work at The Benjamin Foundation, said:

"I think it's really important. Just the fact we have so many young people coming each week who tell us that there are not many other things for them to do locally, particularly in the winter. Especially with darker evenings it's nice for young people to have somewhere safe to go where it's warm, there are refreshments and they can have a chat with their friends without having to take part in games."

Youth West, a Youth Investment Fund programme funded jointly by the Department for Culture, Media and Sport and the National Lottery Fund, has funded a group of youth organisations in Norfolk to deliver youth clubs in rural areas of West Norfolk. The Benjamin Foundation run two youth clubs in Hunstanton and North Creake, YMCA Norfolk run two youth clubs in Heacham and King's Lynn and the SWAN Youth Project run youth clubs in Downham Market and Watlington.



Now 18 months old, the local youth club is going from strength to strength. Claire said: "It has been very successful, but for the first few months it was quite difficult to get it off the ground and to get that message out there to young people. However, we now have a regular attendance of up to 20 young people each week."

The idea of provisions for youths in rural areas is firmly planted in the roots of The Benjamin Foundation: recently celebrating their 25th anniversary as a charity, the foundation was founded in north Norfolk by husband and wife Richard and Vanessa Draper who tragically lost their son in a motorcycle accident. They raised money from his memorial and his friends suggested the money go towards funding things to do for young people in rural Norfolk. Over the years, they have grown into a large organisation who help many young people and families in Norfolk and Suffolk.

Young people are welcome to drop by any of the Monday night sessions to pick up a registration form for their parents to complete.

Do I do?

Miranda Marshall, Director, Hayes + Storr

Getting married is a legal contract. That's why people need a lawyer to get 'unmarried'; or, at least, the legal system oversees and regulates divorce.

The legal act with the lowest level of mental capacity necessary is that of marrying. That could explain a lot, ha ha; I hear you say!

The Court of Protection, which is the section of the court system which oversees the affairs of those unable to manage them for themselves, has recently granted permission for a 28-year-old man to marry his fiancée, even though he lacks mental capacity to manage his property and affairs.

The groom, called "P" in the reporting of the case, so as to protect his identity, has had learning difficulties since childhood. The loss of his leg in a road traffic accident resulted in him receiving an injury compensation award of £1,500,000. Adrian Mundell, P's 'deputy' (i.e. the person appointed to manage P's finances) spent P's compensation on buying P a home and has invested the rest for P.

Early in 2019 P announced his intention to marry a woman, whom he met three years ago and who now lives with him in his home, along with her two children. One is tempted to ask Caroline Aherne's question, on the eponymous Mrs Merton chat show, to Debbie McGee: "What was it that first attracted you to the millionaire Paul Daniels?", but that might be unfair.

Adrian had serious concerns about P's decision to marry, and especially its financial implications. P had made a Will leaving everything to his parents; but as marriage revokes a Will, P would be intestate and his new wife his primary beneficiary, if P died. Adrian felt he had to take steps and so applied to the Court to prevent the marriage. As a reason he gave P's privately-expressed indecision about the marriage and the doctor's assessment that P is easily persuaded, has difficulty saying 'no', is very vulnerable and is open to being exploited. Adrian was concerned that P did not understand that if he married, and then divorced, his wife would have a financial claim. Adrian applied to the Court for a declaration that P did not have mental capacity to marry.

The judge did not agree. He noted that P had already been considered to have capacity to make a Will, for which the necessary degree of mental capacity is 'higher than that needed validly to contract a marriage'. He said that people can have capacity to marry, without needing to understand how divorce financial arrangements work.

The judge said that the amount of P's

compensation had been for his needs alone, and so, if the marriage went ahead and then ended in divorce, the scope of the claim of the wife would "necessarily be extremely limited". The judge added that there were numerous legal authorities which have emphasised the near-immunity of a personal injury award from a divorce financial claim, and so, the divorcing-wife's claim would be limited to relieving her serious financial hardship only.

And so, let us hope that they both live happily ever after.

This article aims to supply general information, but it is not intended to constitute advice. Every effort is made to ensure that the law referred to is correct at the date of publication and to avoid any statement which may mislead. However no duty of care is



assumed to any person and no liability is accepted for any omission or inaccuracy. Always seek our specific advice.

If you would like further advice on this matter please contact Miranda on 01328 710210. If you require advice on any other legal matter call 01485 524166 or email law@hayes-storr.com.

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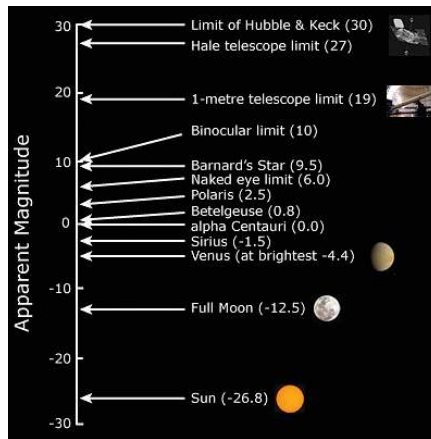
Nights are getting shorter which would be bad news if nights were clear more often. Didn't seem much over the break for one reason and another and I am now short of time so a shorter article for the shortest month.



A Leap Year, so February is 29 days long. Why? asks your youngest – Because: each year, the time it takes the Earth to go once around the Sun, is actually 365.2422 (about 365 1/4) days long. So, every 4 years a day is added to February to keep the calendar from wandering. Otherwise, after 100 years, Christmas would be about a month later. For dissatisfied questioners, this doesn't quite do the job as 0.2422 is less than a quarter, so Century years, like 2000, can only be a Leap Year if divisible by 400. Over time, this makes the calendar pretty consistent. Thank Julius Caesar and Pope Gregory XIII for the Leap Year Rules. Persia, now Iran, has an even more accurate calendar devised by Omar Khayyam about a 1000 years ago.

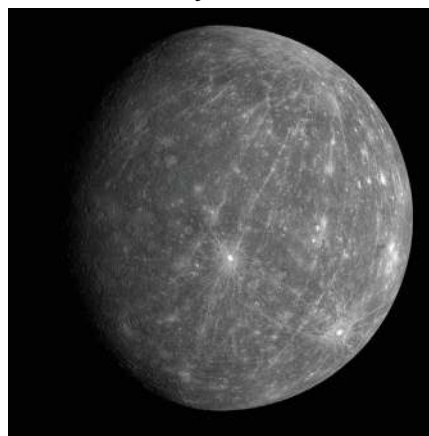
In my lengthy Dec/Jan article I covered much of what is in the sky this month. I particularly discussed Orion and the star Betelgeuse. This made the news over Christmas, at least the news I read. Mighty Betelgeuse has been fading rather more than it generally does (it is variable and not stable) and some think this is a precursor to it going nova. Others believe it is just that several cyclical factors have come together and the star will brighten again. So, if you go out one night and another Moon appears, perhaps with a hint of red, you have witnessed the demise of Betelgeuse or, at least its 640-year-old demise. It will probably be cloudy.

On Sunday February 9th there is a Supermoon; the Moon will be fourth closest of 13 Full Moons this year. So, there are 3 super-super moons to come. Supermoons have gained more recognition from amateurs in recent years as there is a chance that they might actually be seen. They are a combination of a Full Moon occurring at a point in the Moon's slightly elliptical orbit when it is a tad closer to Earth. Put the Moon close to the horizon and optical effects exaggerate the Moon's apparent size.



Venus grows brighter still and will have an apparent magnitude of minus 4.2 at the end of the month when it won't set until 10pm. Look to the west and you can't miss it. On the 27th/28th it will be close to the crescent Moon which is always a fine sight. As I write this, on the 12th January, Venus is shining through the window.

In the first half of the month the bright spark of Mercury should be possible to see and is low down at the lower right of Venus. Mercury sets at 6.50pm. On the 10th, Mercury is at its greatest eastern elongation – furthest from the Sun and is just a little south of west.



Mercury

Mars, Jupiter, and Saturn are morning objects rising at 4.30 am, 5.30am, and 6am respectively. You need a SE horizon. As sunrise approaches, these planets, on the far side of the Sun will be washed out. As the day progresses, they will continue to rise but will be below the western horizon by the time the Sun sets. As the year progresses, the motion of the Earth, in particular, will see them rise later and later until they are evening objects once again. This predictable dance has gone on for a few billion years and will continue for another few. (Note: the motion of each planet contributes to its rise time too – especially if relatively close like Mars).

Early on the 18th / 20th you could catch a crescent Moon in attendance with Mars, Jupiter and Saturn.



For early risers with that SE horizon, find Mars on the 17th/18th. Look with steady binoculars and you will see fuzzy patches above and below it which are the Trifid Nebula and the Lagoon Nebula. The former, Messier 20, is 5,200 light years away and consists of three types of gas cloud illuminated by a star cluster. The Lagoon Nebula is about 4000 light years away and is a giant cloud of gas in which stars are forming.



Trifid Nebula

Lots of spacecraft are off on their travels or are about to be. I will try and catch up with them next month.

Clear skies please.

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Taking Stock

Dr Paul Williams

The start of a new decade is a good time to take stock of where you are, what you have achieved and where you are going.

This year we are entering the third decade of this century; the NHS celebrated its 70th birthday in 2018 so the last 20 years represent only about 30% of its existence. In that time, however, it has experienced the most difficult sustained period of pressure since its inception. We must find the way to manage and meet this demand upon our services.

West Norfolk CCG came into existence during the past decade and will cease to exist as a stand-alone CCG in the next three months when it merges with the other CCGs in the area to form the new Norfolk and Waveney CCG. The idea behind CCGs is that by giving clinicians an influential seat at the commissioning table, the decisions made have a sounder basis medically, which in turn should deliver better outcomes for the patient. At a time where every penny spent has to be examined and justified, the luxury of having small administrative units to manage localities rather than large county areas which confer a saving by doing things at scale, has been difficult to support. There is no doubt money spent on administration will be less with the new merged CCG and it must be right that more of the NHS pound is spent on healthcare rather than administration.

The start of the new decade coincides with a new government. A government which has promised significant investment in the physical infrastructure of the NHS.

Last year our mental health trust was told it would receive £38m to build new wards in Norwich, which will serve people from West Norfolk too, and the Queen Elizabeth Hospital was given the good news that it will share £70m with the Norfolk and Norwich and James Paget University Hospitals to build a suite of diagnostic centres. The Queen Elizabeth also received an extra £470,000 to help it expand services for local people plus further funding to open 30 more beds.

But we have so much more we wish to do. I make no secret of my desire for more funding for our NHS so we can improve our buildings further, build better IT systems for our hospital and our wider health and care system and improve outcomes for our patients.

I'm proud of my primary care colleagues for doing their bit. GP practices are working together in "Primary Care Networks" to innovate



better ways of supporting their patients, and very soon community mental health and nursing/therapy teams will be aligned to work alongside them. More of our local GP practices are offering online consultations as well as phone and face to face contact, and we are starting to introduce a new support service to help patients at some practices in West Norfolk to order repeat prescriptions.

So while the last decade has been difficult there is promise for the future. The changes taking place in the NHS and social care promise benefits from integration of services, for the first time we are encouraging professionals from the different strands of health and social care to work together in a spirit of co-operation on the ground and forming system partnerships across the county as a whole to better plan how investment is made and services provided. I think the quality of the management team we have established in the last few months bodes well for the future running of services in West Norfolk and the new primary care networks and the local delivery group are thriving since their creation.

You can play your part in helping local services to be the best that they can be. You have a responsibility to use the services wisely. The range of services available to you is wide with advice via the telephone and online services through local pharmacies, GP services, ambulance services and A&E services. Use the most appropriate for the type of problem you have to ensure we all get prompt attention from the right professional at the right time.

Dr Paul Williams

Chair, West Norfolk Clinical Commissioning Group

Time for a re-think?

S B Layton

The world changes and many people are more concerned about our environment than ever. Attitudes to waste have become less 'Out of sight, Out of mind' but more that, it is morally and ethically wrong to transport waste somewhere, indeed anywhere else, to be dealt with.

Settlements have always and will always produce waste, after anything useful has been gleaned the remainder has been dumped or burned - as any archaeologist will confirm.

Hopefully we will all become better at reuse, recycle, reduce but there will still be waste- Domestic, Clinical/Medical/ Industrial etc.

As science and our knowledge move on the identification of potential toxins and making them safe progresses. The incinerator may well become the safer option.

An energy harvesting incinerator with safe emissions will most likely be a favourable solution as landfill will no longer be seen as an option.

It is time to think again.

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Job opportunity

Sedgeford Parish Council is looking for a new Parish Clerk and Responsible Financial Officer, to start on **1st April 2020**.

This is a part-time post, averaging 20-25 hours a month, to be reviewed. It is a varied and interesting home-based role, which includes responsibility for the Council's administration, accounts, policy documents and website. While previous experience in a similar position would be an advantage, training will be provided. Salary to be discussed, depending on experience.

The closing date for applications is **Thursday 13th February**.

For further information, go to:

<https://www.norfolcalc.gov.uk/vacancies.html>

For a copy of the job description, email:

sedgeford@suecrump.co.uk

Local social housing boss to step down



Tony Hall, Chief Executive of Freebridge Community Housing, has announced he will be retiring after almost 14 years at the helm of the West Norfolk housing and community organisation.

Tony, who led the setting up of Freebridge in April 2006, plans to step down in autumn this year. He said:

"After 14 years, I feel that I have completed the work I originally set out to do at Freebridge. Being chief executive, working with a great team of people, making a difference in our communities, has been the greatest professional joy of my life.

"I will be leaving a great organisation, with a strong board and leadership team and a committed, professional group of employees who are working hard to deliver great services for our customers and communities."

Tony was previously Director of Community with the Borough Council and oversaw the transfer of almost 7,000 homes to the newly established Freebridge in April 2006. Since then, the organisation has undertaken the decent homes improvement programme, the regeneration of Hillington Square, taking over the ownership and management of Providence Street Community Centre and the Discovery Centre and developing many new homes.

Andy Walder, Chair of Freebridge said: "On behalf of the board, I would like to express my sincere thanks to Tony for everything he



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has achieved for the organisation over the last 14 years. It has been a pleasure to work with him and he will be greatly missed.

"We look forward to beginning the search for our next chief executive. This is a fantastic opportunity for someone to make a real difference in West Norfolk and deliver our strategic goals."

Freebridge has placed on the Sunday Times Top 100 list on three occasions. It has also received the highest ratings for governance and viability from the social housing regulator.

Recruitment will begin shortly for Tony's replacement and it is hoped that the new chief executive will be announced later this spring. Details of the role, including how to apply, will soon be announced on the <https://www.freebridge.org.uk/>

Pictured: Andy Walder, Chair of Freebridge (l) and Tony Hall, Chief Executive of Freebridge Community Housing (r)

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Shakespeare's Guildhall Trust

The Guildhall of St George in King's Lynn is the oldest working theatre in the country, which is still working. Shakespeare is said to have played there.

The Shakespeare's Guildhall Trust, which was formed a year ago to bring the theatre back into use, restore it and – eventually – make it the focus of an arts centre situated in the buildings and land which surround it, is maintaining regular events there.

The next is BBC New Comedy on March 6th, at 7pm, which will bring new stand up, improv and sketches with music from BBC Introducing. The evening will be recorded live for broadcast later in the year and proceeds will go to the trust.

Tickets £8 - £12 from the Corn Exchange box office 01553 764864.

On April 23 Shakespeare's birthday will be celebrated with a day of events at the Guildhall Complex and throughout the town.

A procession with the mayor will leave the Trinity Guildhall – the Town Hall – Saturday Market Place at noon and will proceed via the High Street, where a plaque will be unveiled commemorating the site where Robert Armin, Shakespeare's comedy actor, once lived.

The procession then moves to the Guildhall Complex in King Street where there will be outdoor performances and a buffet lunch at the Riverside Restaurant. Booking details to be advised later in the year.



Volunteers needed for stroke support group

Sophie Hooker

The Coastal Stroke Support and Carers Group is held every Tuesday from 10.30am to 12.30pm at Hunstanton Methodist Church.

The stroke group provides information, support and activities for survivors to exercise both their creative and motor skills. Local artist and craft-makers Maxine and Sue drop in once a month and hold creative workshops, encouraging members to take part in creating various artworks and crafts.

The church houses a relaxation room which functions as an area to destress, rebalance, meditate and learn relaxation techniques which can then be used at home. The meetings also provide carers with a momentary respite, safe in the knowledge that the meetups are a safe space for the survivors.

For the rest of the month the group host a number of social activities and welcome guests such as the Heacham Songsters, RSPB Titchwell and even a police officer to talk to them about avoiding falling victim to scams. They also hold communication and exercise classes run by a trained instructor.



Stroke survivors experience emotional, social and physical problems during their rehabilitation, which can often last months or years. Creative art therapy to significantly decrease depression, improve physical functions and increase the quality of life in stroke survivors.

The support group is a voluntary group run by Stroke Association volunteers who help with all aspects of the meetups: from making cups of tea and coffee, helping with arts and crafts, transporting members and other aspects of supporting the group. The volunteers all praise the sense of satisfaction they receive from supporting the more vulnerable members of the community.

However, to help support the 40 or so members of the group, they are currently in need for volunteers willing to help out on Monday mornings as a way of giving back to the community.

If you are interested in becoming a volunteer for the Stroke Association, please contact Gemma Smith on 01366 377803 for more information.



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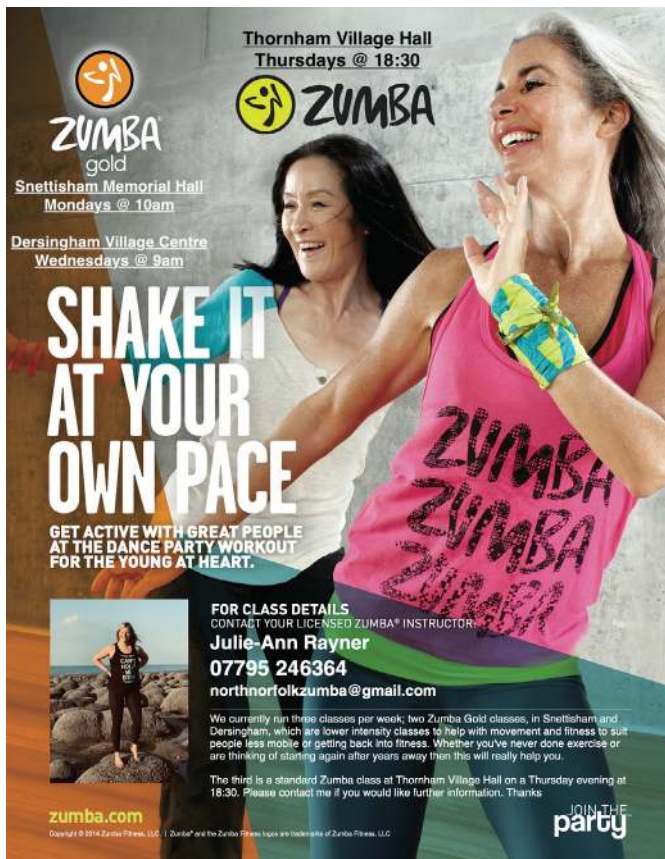
Sandringham season tickets available from February

Following the announcement last year that the Sandringham Estate will start charging for car parking, it has now been announced that season tickets will be available to purchase from 1st February. Two season tickets will be available to purchase:

Car parking season ticket £40: This season ticket valid for one year, includes an annual pass for parking, access to the Country Park, St Mary Magdalene Church, Visitor Centre (Cafe & Gift Shop) and entry to the Gardens and Museum.

Gardens and Museum season ticket: This season ticket can be bought on an individual basis, as a couple, or a family pass. Individual Season Ticket - £40, Couple Season Ticket - £60 and Family Season Ticket £70 (Family tickets are based on 2 adults and up to 3 children over the age of 5.)

For more information visit the website: sandringhamestate.co.uk or email visits@sandringhamestate.co.uk



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Thornham Village news

VILLAGE CINEMA



The Lion King - Wednesday 19th February

Simba idolizes his father, King Mufasa, and takes to heart his own royal destiny on the plains of Africa. But not everyone in the kingdom celebrates the new cub's arrival. Scar, Mufasa's brother --- and former heir to the throne --- has plans of his own.

The Lion King is Disney's latest effort in its quest to remake many of its animated classics. What's new is this film's astonishing CGI animation style.

Tickets £5.00 Bar 7.00pm Film 7.30pm To book call 0781 802 8687 or just come along

A DATE FOR YOUR DIARY

Our annual charity film night will be 'Downton Abbey' on 15th April, supporting the Burnham Market Area Community Car scheme. Tickets £10 - amazing raffle prizes.



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THE Cellist / Dances at a Gathering Tuesday 25th February
Choreographer Cathy Marston is previously an Associate Artist of the Royal Opera House and Director of Bern Ballett, and much in demand internationally. The inspiration for her first work for The Royal Ballet Main Stage is the momentous life and career of the cellist Jacqueline du Pre. This exercise in pure dance for five couples, set to music by Chopin, is a masterpiece of subtlety and invention.

Tickets £15.00. Children £10.00 Doors 6.30pm Curtain 7.15pm
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Our new season of live satellite productions from the Royal Opera House 2020 continues:

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World Day of Prayer this year will be held at St Cecilia's Catholic Church, Mountbatten Road, Dersingham, on Friday 6th March 2020. Refreshments will be served from 10am and the Service will start at 11am. It has been prepared this year by the women of Zimbabwe and the theme is "Rise! Take your mat and walk". This is an ecumenical service, open to everyone, men, women and children of all faiths or none, so please come along and bring a friend. All the churches in the local area have representatives involved in this service, which is celebrated in over 170 countries. For further information and resources go to the website wwdp.org.uk

Many thanks go to all the volunteers involved in making both our churches look so lovely and inviting for the Christmas period, including cleaning, dressing the crib, doing flower arrangements, as well as readers and ministers etc.

There is a Fair Trade Stall at St Cecilia's after the 9am Mass on the first Sunday of every month. Please support this very worthwhile cause by buying fairly traded goods to support families abroad trying to earn a living. For more information please contact Caroline Brooks on 01553 673069.

All social events will be well publicised in the weekly bulletins and on the website. Everyone, whether Catholic or not, is welcome to all of our services and social occasions. We have refreshments after the 11am Mass every Sunday and after 10.15am Mass every Wednesday. There are also refreshments after the 9am Mass on the first Sunday of the month at Dersingham. Everyone will be most welcome.

The Power of Tolerance

Most of us use social media to keep in touch with friends, news, interests, etc. and very useful these tools are, but increasingly it seems, social media has also become a platform for bringing out intolerances and insulting language. These intolerances often appear greater than would be voiced either in public or face-to-face. Anonymity is the key here and the lack of neighbourly love and care goes out the window! In the last few years, it has become so much easier to voice an opinion and disregard the consequences and remain in the shadows. Unfortunately, although we are all entitled to our opinions, it seems that sometimes it is the language used to express them and the harsh reactions to the opinions of others that is the issue. Christ Jesus faced major intolerance on many occasions but always maintained his poise and love for his fellow man. He said "As ye would that men should do to you, do ye" - the Golden Rule for living. As Wikipedia states "The Golden Rule is the principle of treating others as you want to be treated." The Discoverer and Founder of Christian Science, Mary Baker Eddy also faced similar intolerance for her radical ideas, but, like Christ Jesus, also loved her neighbours,

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Daily Masses are 10am in St Theresa's Convent, 27 Sandringham Road, Hunstanton, during the winter months, on Monday, Tuesday, Thursday and Friday. Wednesday mass is at 10.15am at St Cecilia's, Dersingham.

Sunday Masses are 9am at St Cecilia's, Mountbatten Road, Dersingham and 11am at the Parish Church of Our Lady of Perpetual Succour & St Edmunds, Sandringham Road, Hunstanton. The Parish telephone number is 01485 534675.

If you require a Priest urgently please telephone V. Rev Canon Peter Rollings on 01553 772220 or email; parishpriest763@gmail.com
Website: www.hunstantoncatholicparish.org
Email: parish@hunstantoncatholicparish.org

community and the world, by understanding God's love for all. She writes in her major work Science and Health with Key to the Scriptures, "My weary hope tries to realize that happy day, when man shall recognize the Science of Christ and love his neighbour as himself, — when he shall realize God's omnipotence and the healing power of the divine Love in what it has done and is doing for mankind."

Our church services are every Sunday at 11am at Christian Science Society, 10 Queens Drive, Hunstanton. We also hold a service on the first Wednesday of each month at noon and everyone is most welcome. Free magazines are available from the box outside the church and for more information on Christian Science visit www.christianscience.com or follow us on Facebook.



Hunstanton & The Saxon Shore

Dear Friends,

I have been living in this wonderful area for about two and a half months and I am delighting in the surroundings and the people I meet. We have such a lovely area to enjoy which Pippi (my dog) and I are taking as much advantage of as we possibly can. Even ten minutes down by the sea seems to blow the cobwebs away and help me to get a fresh perspective on things.

Have you noticed that despite having a great deal to be thankful for we are so easily drawn into little complaints and moans? It happens without us even realising it and can bring us down when, quite honestly, we need lifting up, especially during the darker and colder months. I am still being asked by friends 'What's your new Benefice like? Is it as lovely as it looks? Have the people been welcoming?' My answer is always positive and I seek to encourage people to come and visit our special area. Do you do the same? Before moving to this patch of Norfolk I did my research and if those I had spoken to had been very negative it may have affected my decision to apply for the post here. Thankfully I had some great encouragement and I am so glad I came to join you.

Being given positive encouragement, in anything that we do, can have a dramatic affect on the outcome of our endeavours. I was very aware of this as a teacher and parents will know this too. If we encourage our children they seem to thrive, have greater self confidence and achieve many of their goals. What is it, then, that stops us from encouraging each other as adults? I wonder if we think that by encouraging others we become less, or perhaps we don't really want others to succeed in their achievements because we didn't get that far? As Christians we believe that God loves us and wants the very best for us. The poem 'Footprints' talks of God walking with us in life and when life gets too hard He doesn't just walk with us He carries us. What a wonderful image to hold on to in difficult times.

We are reminded in the Bible that we need to support each other. Clearly the early Christians struggled with negativity, and difficulties with different characters, and needed to be brought back to a place of mutual love, respect and support. In 1 Thessalonians 5:11 we read this 'Therefore encourage one another and build up each other'.

This month of February is dominated in the first half with Valentine's Day promotions and I wonder if, as well as telling our loved ones that we love them, we also commit to building each other up. This wouldn't mean being insincere but offering words and actions that tell the other person that they are of great value and worthy of encouragement and love.

Let's look to the positives that we see in where we live but also those we share this fantastic part of the world with. Jesus calls us to be different, to love each other and to make a difference in the world for good.

Come on, let's be to each other encouragers and see the difference it can make in the lives of our communities!

With my thanks for a great start to my time in North West Norfolk and prayers for you all.

Rachael

Rector of Hunstanton and the Saxon Shore Benefice



Methodist Church

As I write this I am very conscious that the season of Lent is getting ever closer and for many people Lent is seen as a time when people of faith give up some particular food or activity and dress themselves in sackcloth and ashes as they lead to the great celebration of Easter. This is a great discipline, but not impossible if my efforts have anything to go by. But Lent must be seen to be more than this for people of faith and of none. It must involve reflection on life and the implications of having a new/revitalised understanding of God.

At present the Hunstanton Growing Church Mission Team are reflecting on where our church should be heading both in its mission to our communities and our growth as the body of Christ on a journey of faith and discovery. There have been some interesting and searching suggestions which need much prayer and further discussion. There are other discussions on our ability to listen for the still small voice God which will lead us to a new understanding and a new vision of faith in our community.

Lent is about reflection and I believe this year is about all of us looking at ourselves and asking what does God want of us and where our gifts can be used best for His purposes. So if you are wondering what exactly faith is all about then please come along to the events we will be holding in the coming months as I am sure it will give you pause for thought on the new life it brings.

I suppose I am saying that:-

LIFE ISN'T ABOUT FINDING YOURSELF,
IT'S ABOUT
DISCOVERING WHO GOD
CREATED YOU TO BE

Steve, Rev Steve Oliver

WHAT A DIFFERENCE A FAITH MAKES	sunday 2 february 2020 10.30a.m. All Age Worship with Elizabeth Batsone
sunday 9 february 2020 10.30a.m. All Age Worship with Carol Powers	sunday 16 february 2020 10.30 a.m. Holy Communion with Rev Steve Oliver
sunday 23 february 2020 10.30a.m. All Age Worship	helping people encounter JESUS Find us on the corner of Austin Street and A149



Well, December was a very busy month for us at The Salvation Army in Snettisham. Maybe you saw our band carolling at one of the many venues we visited. It was really good to be able to meet so many of you and I hope you enjoyed hearing the old familiar carols. Our Christmas Afternoon Tea was also well attended and is now so popular we have to hold it over two days as we can't fit everyone in one sitting! Maybe you visited our Christmas Tree Festival with village businesses and organisations decorating a tree and raising money for their nominated charity. If so, I hope you enjoyed both the trees and the welcome. Or maybe you attended our Carol Service, so many of you did that it was a bit of a tight squeeze but we had a good time celebrating the birth of Jesus.

I would like to thank you all for your generosity in regards to donations received for our Toys and Tins Appeal. The Toys and Tins Appeal is run by The Salvation Army in Norfolk in conjunction with BBC Radio Norfolk and aims to provide food hampers and toys for those who struggle to cope at Christmas time. This year we were overwhelmed with the amount of toys and food donated to our appeal through our Community shop in Hunstanton and also left at our hall in Alma Road Snettisham. Because of your generous donations we were able to help over 50 local people this Christmas time with food hampers and toy parcels. The Salvation Army is often called 'Christianity with its sleeves rolled up' in other words our faith is

worked out in actions but much of what we do can only be achieved because of the generous support we receive from you, the general public.

If you didn't visit us at Christmas then there will be plenty of opportunities in the coming year to come and visit us. On February 15th we have a ceramic painting workshop from 10am-12 noon and on 21st March we have a Community Breakfast from 9am-11am. No tickets needed just pop in for a full English Breakfast for £5.

At the start of a new year I always have the urge to start decluttering and Spring cleaning. Over the course of a year we can hold onto things that might be useful or we might need and then they just sit in a cupboard taking up space and gathering dust. The new year is a good time to get rid of all those things that just clutter up our homes so that we have room for things that are of more use to us. The Bible tells us that we need to declutter our lives too. In Ephesians 4:31 Paul tells us 'Get rid of all bitterness, passion and anger. No more shouting or insults, no more hateful feelings of any sort. Instead be kind and tender-hearted to one another, and forgive one another, as God has forgiven you through Christ.' He then goes on to say in Philippians 4:8 'Fill your minds with those things that are good and that deserve praise, things that are true, noble, right, pure, lovely and honourable.' This year as you start to declutter your homes start to declutter your lives too. Get rid of all those hateful, bitter feelings and just hold onto the good things.

**Alison Kirby, Corps Leader,
Snettisham Salvation Army**
visit our website www.salvationarmy.org/snettisham
01485 579079
07775 717852

Bring Back the Good Old Days?

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

In my article printed in the November edition of Town and Around I wrote of my reaction to the lack of insects in the countryside and my thoughts about it. Recently I've been aware of more such things but on a global scale.

We've had severe floods in UK with many farms still severely affected, but there have been more elsewhere in the world. We've seen wild fires on the news from California and from Australia. Vast areas of land have been devastated by them. We've heard of earthquakes and volcanoes. Even Somerset had an earthquake recently albeit not of a scale to flatten houses but nonetheless big by UK standards. Further, recently there has been the volcanic eruption on White Island, New Zealand with some deaths as well as many more people in hospital with serious burns. The BBC news carried an article on how global warming was already serious enough to cause some areas of the oceans to become de-oxygenated and therefore unable to sustain life.

And the scientists are saying that there is worse to come as the earth warms even more. Do you feel frustrated by our inability to do anything about it? Even if UK was spotlessly clean with no emissions we'd still be in the same conditions because the problem is global.

Peter, one of Jesus' apostles, writes that though in the past there was a major flood across the whole world (which is recorded in the histories of a number of different races) the world is now reserved for fire (2 Peter 3.7). If you look in the last book of the bible – Revelation – you will find a series of visions. Some are what is happening in heaven, some are what is happening on the earth. The visions concerning the earth all have a sequence which ends with earthquake and fire.

Jesus was asked about the end of the world. He did not say that was not going to happen but rather gave some pointers to the sequence of events that we might expect. One problem with prophecy is that the events forecast can only be truly discerned once they have happened. But in Luke's gospel chapter 21 Jesus tells his disciples "When you hear of wars and revolutions do not be frightened. These things must happen first, but the end will not come right away. Then he said to them, nation will rise against nation, and kingdom against kingdom. There will be great earthquakes, famines and pestilences, and fearful events and great signs from heaven." And later on in the same chapter he says "There will be signs in the sun, moon and stars. On the earth men will be in anguish and perplexity at the roaring and tossing of the sea".

Now I am not saying these things are happening yet. But when you hear of the sea level rising and some island nations' very existence being threatened, when you look at the news with war and conflict in various places – most recently the middle east, when you read of the effect of global warming on the earth, and the apparent unwillingness of many countries to take it seriously, it seems to me a good time to take Jesus' words seriously.

There is hope, hope for every person who puts their faith in Jesus' sacrifice on the cross, hope of eternal life with him. You can have that if you want. In His love for us Jesus paid the penalty for our sin. In any court if the penalty for a crime is a fine, the authorities do not mind who pays the penalty as long as it is paid. At the very start of the bible God says the wages of sin is death. In dying on the cross for us, Jesus paid the penalty for our sin. Anyone who was a sinner could not pay that fine for someone else, but Jesus had not committed sin, so he could do it; He was the only one who could.

I urge you that, if you don't know Jesus personally, go to church and find out about Him for yourself.

Dazzling Pocahontas Players cast a freezing spell

Sophie Hooker

It was Heacham's time to shine during a three-day run from January 16 with an original pantomime from the Pocahontas Players, an amateur drama group based in Heacham who are celebrating their 25th anniversary this year.

This year's pantomime, titled *Freezing in Heacham*, was written by Warren Marshall and Tom Whybrow, with Warren also directing the show. The panto follows the shenanigans of Brain and Freeze, selling chilli peppers and dishing out puns galore, who are finding a heatwave bad for their questionable business.

Chaos ensues as they plot to take down Dame Widdow Whippy's successful ice cream business by summoning Lord Frostbite who engulfs the village in an eternal winter. A kidnap plot, young love and a profound moral story about greed underpin the plot while perfect comedic timing, popular cultural references, magic and audience participation draw the laughs and gasps so intrinsic to a panto.

Jokes about Prince Andrew, 'Megxit' and Brexit elicit more laughs from the audience and the familiar backdrop of Heacham Manor functions as a safe haven from all of the chaos going on outside.

80s hits took centre stage with the cast impressively belting out classics from Bananarama, Elton John and Queen and while



more contemporary love duets from Disney's *Enchanted* and *A Star is Born* are peppered throughout to appeal to all ages.

A running gag of 'let it go' is particularly prevalent, where characters uttering those three words being hounded with the chorus of that Disney film through the speakers. It is one of the many homages paid to *Frozen*: this is also particularly apparent in the unshakeable sisterly bond of Annatarctica and Alasica and with the hammer-wielding snowman named Thaw – a character inspired by the amiable

Olaf from the Disney film and the mighty mythological figure.

It is clear from watching just a single performance that the talented cast and crew of about 30 locals are all very close and passionate about what they do and from audience reaction alone, it is clear they know what appeals to the audience. With such a successful start to the year, it looks to be an exciting silver anniversary for the Pocahontas Players.

Trussell Trust's campaign to end the five week wait for Universal Credit

New statistics show food banks in the Trussell Trust network gave a record 1.6 million food parcels to people in the past year. And 594 of these were given by the Hunstanton & District Foodbank. These figures represent a 73% rise in just five years.

Locally James Monro, from the Hunstanton and District Foodbank that works under the Trussell Trust umbrella, prepared figures for Foodbank parcels given from 2015 to 2019 and the numbers are staggering.

44 children and 84 adults had three-day food parcels from the Hunstanton and District Foodbank in 2015. Compare this to the 252 children and 342 adults with the same three-day parcels in the past year.

James Monro reports: "The need for help continues to increase, and the advent of Universal Credit is increasingly cited as the cause of need."

The Trussell Trust has launched a campaign with the hashtag

5WEEKSTOOLONG and they say: "Our benefits system is supposed to protect us all from being swept into poverty. But the main reasons for people needing emergency food are benefits not covering the cost of living and delays or changes to benefits being paid.

"Ending the five week wait should be the Government's first priority to help create a future without food banks."

Join the #5WeeksToo long campaign and help make that happen.

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A recipe from the Prudent Pensioner

Doreen Reed

Carrot, Parsnip & Brussel Sprout Soup

As there are lovely British parsnips, brussel sprouts and carrots available in the shops now, this recipe is not only nourishing, tasty and budget friendly but kind to the planet too.

Makes approx. 700ml

1 med Shallot or small onion

A knob of Butter

Potato approx. 115g/4oz

Carrots approx. 115g/4oz

Parsnips approx. 115g/4oz

Brussel Sprouts Approx.

200g/7oz.

Chicken or vegetable stock cube

dissolved

in 500ml hot water.

Salt and Pepper to taste.

Add potato carrots and parsnips, stir and mix well. Carefully add stock, increase heat and bring to boiling point. Reduce heat and leave covered, simmering gently, for 10 minutes stirring occasionally. Rinse sprouts in cold water and add to saucepan. Increase heat until liquid is starting to boil, reduce heat and leave, covered, simmering for a further 5-10 mins or until all vegetables are fairly soft.

Strain off most of the liquid into a jug, put aside while you either put vegetables into 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.



Remove and discard discoloured base and outer leaves on sprouts. Cut each sprout in half and leave to soak in lightly salted cold water.

Peel potato and cut into small pieces. Peel shallot/onion and slice fairly thinly.

Peel parsnips and carrots and cut them into small pieces.

Put butter into saucepan over a low to med heat. Add shallot/onion, stir well and cook for a minute.



If you have left over Brussel Sprouts you may like to make Brussel Sprout and Celery soup, my recipe for this on the Prudent Pensioner's page on my website.

-o0o-

For details of my books and more of my recipes and 'How to' Video clips visit the Prudent Pensioner's page on my website

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Council tax rise proposed for Norfolk residents

Sophie Hooker

Norfolk County Council has published its latest £427.7m net budget proposals, including a council tax rise of 3.99 per cent – 1.99 per cent for general Council Tax and two per cent under the Government's adult social care precept.

Significant extra investment in adults' and children's services has also been proposed in the county council's latest budget.

Councillor Andrew Jamieson, cabinet member for finance, said: "We're proposing a series of prudent measures to balance the books next year – tackling what was originally predicted to be a £36m budget gap in 2020/21.

"That buys us time to encourage the new Government to resolve the long-term pressures facing us and other county councils.

"Although we're putting significant extra investment into adult social care and children's services, we're effectively running to stand still, in the face of rising demand and costs.

"We welcome the Government's commitment to tackle adult social care funding and we look forward to working with them on this and fair funding for councils."

The Council is funding £65m of additional service pressures next

year, with significant investment in adult's and children's services:

- £34.6m for adult social care, including £6.1m for demographic pressures, £7.6m for inflation and £7.9m for pay and price pressures
- £23.3m for children's services, including £3.7m for inflation, £11m for budget pressures including children looked after, £4.5m for home to school transport and £7.1m for staffing pressures, including investment in the service's new operating model and resolving the structural budget gap

In addition, the Council is:

- Investing £887,000 in the fire service, to support the proposals in the integrated risk management plan
- Supporting the environment policy, with a budget rising to £350,000 over two years.
- Following public consultation, the cabinet is to consider a total of £38.2m of savings and additional income for 2020-21, including savings agreed in previous budget rounds.

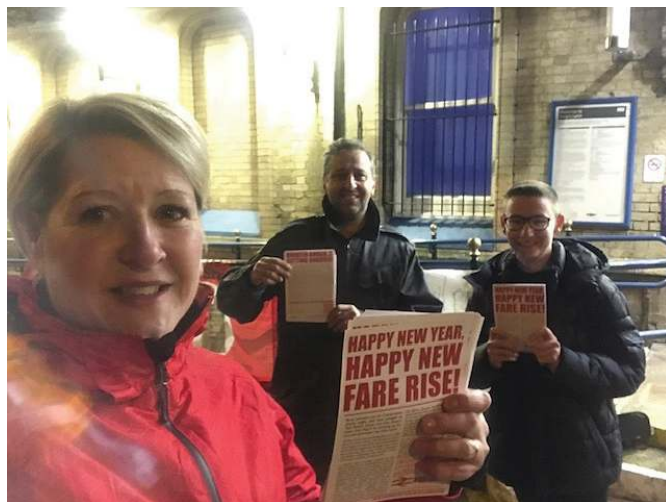
The council has budgeted to save £395m between 2011-12 and 2019-20. Over that time, its funding from the Government has reduced by £220m and cost pressures have risen by £440m.

New year, new rail fare rise

Sophie Hooker

Commuters are now spending an average of 2.7% more on rail fares since the New Year.

Demonstrators lined the front of King's Lynn rail station on Thursday 2 January to protest against national rail fare increases and to hand out leaflets to commuters.



A large number of commuters now face paying out an extra £100 for annual passes, despite official statistics revealing that just over one in three trains failed to arrive on time in July, August and September 2019.

The demonstrators, headed by Labour councillor Jo Rust, were campaigning to bring train services back into public ownership, which they argue is to stop passengers having to fund railway upgrades while operating companies continue to pocket profits. The campaign is led by King's Lynn and District Trades Council who demonstrate twice a year on the issue.

They state that many operators pay below the market rate to publicly owned infrastructure operator Network Rail to run their trains on our tracks – with Network Rail debts now above £50 billion. Trades Council secretary Jo Rust said: "We believe rail services should be brought back into public control to avoid passengers paying twice for their rail fare rise. They pay both through general taxation, which funds the mismanaged Network Rail, and then through the rail fare increase which goes straight into the pockets of private rail companies; companies who often don't pay their fair share to use the tracks in the first place. We're being taken for a ride!" The fare increase follows independent watchdog Transport Focus' report which found that fewer than half of train journeys (47%) are rated as satisfactory value for money by passengers.



Save the Children Fundraising recital in Hunstanton

Howard and Marie Johnston invite you to a RECITAL on Friday 24th April 7.00pm – 9.00pm at their home in Hunstanton to be given in aid of SAVE THE CHILDREN in conjunction with CLASSICAL MUSIC ROCKS.

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Cocktails, canapes, cake and coffee will be served.

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the company of two professional musicians who will entertain you in the comfort of our home in Hunstanton.

Please contact me by return to book your tickets. £20.00

07866 889967 - marie125@btinternet.com

Thank you, Marie and Howard Johnston

Belgrave House, 49 Northgate, Hunstanton PE36 6DS

Electrical update

New technology in the electrical world has been introduced rapidly in recent times and Town and Around sat down with Sean Garrett from Lighthouse Contracts for an update on what's new - and how to save money!

Traditional light bulbs v modern LED's

"The first thing to recognise," said Sean, "is the equivalent light output from the two styles of bulbs; a 5w LED has the same output as the 60w traditional bulb. LED's have a much longer life span meaning that if all the bulbs in your home were LED's, you could reduce your lighting costs by at least 40%.

"There is of course the cost of the initial outlay for the LED's, and they work out about 20% more than the traditional sort.

"We advise people to change a few at a time as this spreads the cost, but bear in mind the running cost saving will take a bit longer to kick in!

"Some people just prefer the traditional bulb" he continued, "sometimes they have older fittings or lamps, and so we supply those too.

"I am pretty sure that we are the largest stockists of bulbs, and possibly the only specialist shop in the country."

The company offers a telephone advice and ordering service for its huge range of bulbs plus a delivery option.

Thinking about getting an electric car?

Up to now the scarcity of public usage charging points may have stopped people investing in an electric vehicle. RAC research has found the lack of charging infrastructure is one of the three main barriers for electric vehicle take-up along with range anxiety and high upfront vehicle costs.

"Things are getting better now with more points popping up around the country", says Sean, "and now we have the certification to fit all types car chargers, both domestic and commercial."

The Electric Vehicle Homecharge Scheme (EVHS) provides grant funding of up to 75% towards the cost of installing electric vehicle chargepoints at domestic properties across the UK.

Full details can be found on the Government website at: <https://www.gov.uk/government/collections/government-grants-for-low-emission-vehicles#electric-vehicle-homecharge-scheme>

The cost of driving an electric car is about 2-5p per mile, which means EV drivers can save up to up £1,000 a year when compared to driving a petrol or diesel car (which costs ~15p per mile). The time it takes to charge an electric car can be as little as 30 minutes or more than 12 hours. This depends on the size of the battery and the speed of the charging point. But don't worry the team at Lighthouse can advise which model is the best for you.

Lighthouse retail shop

"We carry a good range toasters, kettles, irons and food mixers - with many items on clearance at the moment, so it's a good time to grab a bargain" said Sean.

"And landline telephones are available in store too; call in and have a look."

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HUNSTANTON LIBRARY EVENTS FEBRUARY 2020

National Storytelling Week! Story sessions on Saturday 1st and Saturday 8th February noon

Harry Potter Night Wednesday 5th February 5 - 6:30pm (booking essential) Join us for Harry Potter Night and celebrate the Tri-Wizard Tournament theme by taking part in some games and quizzes and completing some fun activity and colouring sheets. £3 per child. Booking essential.

Valentine's Crafting! Saturday 8th February 2pm (Booking essential) Join us to create your Valentine's Day gifts to give out on the 14th and craft some love heart bunting, lollipop butterflies and a cute card for your loved ones.

Love Your Library! Saturday 15th February 10-12noon Come along to celebrate your local library and discover what activities and services are available. All welcome. A chance to talk and find out more about your local library. Refreshments provided.

LGBTQ Coffee Morning! Saturday 22nd February 10:30am Come along for some tea and cake, learn about some of the LGBTQ community's history and raise awareness. All welcome. Refreshments provided.

Pokemon Day! Saturday 29th February 2pm (Booking essential) National Pokemon Day may have been on the 27th but we're still celebrating! Join us for to craft a pom pom pokemon and a poke book mark, do some colouring and bring in your cards to trade. £3 per child.

REGULAR EVENTS

Top Tips Gardening Group Wednesday 5th February 10.30am A monthly group run by the Friends of the Library to share ideas and tips for gardening Refreshments provided, donations are welcome.

Coding Club Wednesday 5th and 19th February 5pm – 6pm Come along and learn how to code, have fun and share your skills with others.

Hunstanton Book Club Monday 10th February 2.30pm New members always welcome. Ask staff for details of the books being discussed Refreshments provided, donations are welcome.

Crochet Along Monday 3rd and 17th February 10.30am – 12noon Come along and crochet, share tips and ideas, with the experienced, novices welcome too. Refreshments provided, donations are welcome.

Colour me Calm Tuesday 4th and 18th February 10.30am - 12noon

Join our group for calming colouring, and postcard design, writing postcards to the housebound and isolated. All cards will be sent via West Norfolk Befrienders. Bring your own book or try some of our collection. Refreshments provided, donations are welcome.

Jigsaw Puzzle Group Monday 10th and 24th February 10.30am – 12noon

Come along and pull out a jigsaw puzzle! Help complete a larger size as a group or do a smaller one on your own. Share photos of your completed jigsaw puzzles at the group or on our social media pages.

Knit and Natter Thursday 13th February 10.30-12.30pm Come along and knit with our group, have a chat, swap patterns and ideas. Refreshments provided, donations are welcome.

Walk and Talk group Tuesday February 11th 2pm from the library. A short walk around the town and then refreshments at the library afterwards. This walk is perfect for those wanting to gently build up their walking stamina.

Quiet Time Wednesday 12th February 5pm – 6pm

A quieter time to visit, ideal for people who may have autism, dementia or if you would like a calm environment.

Who Dunnit? Wednesday 19th February 5.30pm

Come and join the crime book club, held on the third Wednesday of the month at 5.30pm

Friends of the Library meeting Wednesday 26th February 2.30pm

We meet on the last Wednesday of the month to organise events and activities for Hunstanton library, come along and join us.

Journaling for Wellbeing Friday 28th February 1:30-2:30pm

Come along and make your own journal with monthly/weekly diary plans, mood and sleep trackers, colouring pages and more for the following month. Refreshments provided.

WEEKLY EVENTS

Stay and Play! Every Tuesday 10.30am

Drop in and have fun with a selection of games, toys, and colouring available for children and their parents or carers to enjoy together. Stay and Play is a self-serve activity. Tea and coffee available.

Find My Past Support Every Wednesday (booking essential) Our experienced volunteer will be able to assist you with any find my past support or queries you may have. Just book in at Hunstanton library.

Job help session Every Wednesday 3-5pm (Booking essential) Want help to update your CV, using Universal Jobmatch, and searching for jobs online? Then why not book in for a 30 minute session with staff to get you started.

IT help session Every Wednesday 4:45-6:45pm (Booking essential)

Want help to learn ICT basics, get help with emails and other online facilities or familiarise yourself with a new device? Then why not book in for a 1hour session with our volunteer to get you started.

Just a Cuppa with In Good Company every Friday from 10.30-11.30am

Come along to this vibrant group for a cuppa and a chat.

Board Games with In Good Company every Saturday 10am. Come and enjoy cards/chess/board games and jigsaws. For all ages Refreshments provided, donations welcome.

For further information about events and to book please call 01485 532280 or email Helen at helen.senior@norfolk.gov.uk

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February 2020 Diary

- | | | | |
|----|---|----|--|
| 1 | Ingoldisthorpe Sports and Social Club: Bingo 7.30pm. More info: 07792561005 | 14 | Valentine's Cocktails & Live Music with Ant Macandrew at The Lodge, Old Hunstanton 8pm. Ant Macandrew is a singer-songwriter who is often compared to the likes of Mumford & Sons, The Fray, Scouting For Girls and covers anything from The Drifters to Ed Sheeran! It's just one man that sounds like a full band! Special cupid's menu also available. Book your table by calling 01485 532896 or email info@thelodgehunstanton.co.uk |
| 1 | United Services Club Hunstanton entertainment: Dream Street – Duo 8.30pm | 15 | Ceramic Painting Workshop at the Salvation Army, Alma Road, Snettisham 10am-noon. Free to attend, just pay for whichever ceramic item you want to paint. To raise money for Theresa's Tiny Treasures, a charity which supports families who have lost a baby during pregnancy or soon after birth. |
| 2 | Docking Walking Group 11am Brancaster beach and Gypsy Lane. Meet at Brancaster Church opposite The Ship PH * | 15 | Hunstanton Conservative Club Valentine Dinner from 7.30pm. Also music from Paul Lyon from 8.30pm |
| 2 | Country Music with Ryan Payling at the Memorial Hall, Snettisham 7pm. BYO £7 01485 542984 | 15 | Ingoldisthorpe Sports and Social Club: Music by Rhianna 8pm More info: 07792561005 |
| 4 | Dersingham Village Centre Friendship Lunch 1pm £5 Booking essential, call Shirley on 01485 540644 | 16 | Docking Walking Group 11am Walsingham Abbey Snowdrop walk. Meet at Abbey gates (£ entry fee) * |
| 6 | Stanhoe and Barwick WI meeting: Mike Weatherstone speaks on the history of Norfolk through its village signs. Visitors are very welcome; we charge just £3, to include refreshments. The Reading Room, Cross Lane, Stanhoe PE31 8PS. For further information about Stanhoe & Barwick WI, please contact Valerie (01485 576261) or Sandra 01485 518744 | 16 | Bookfest at Briarfields Hotel, Titchwell with Stacey Halls, author talk, Q&A session and afternoon tea. 3pm. £Tickets £17.50 Contact Briarfields on 01485 210742 |
| 7 | Docking Walking Group 11am Ringstead Green Lane. Meet at The Gin Trap * | 16 | Country Music with Darren Busby at the Memorial Hall, Snettisham 7pm. BYO £7 01485 542984 |
| 8 | United Services Club Hunstanton entertainment: Cory Lewis 8.30pm | 17 | Hunstanton U3A meeting 2.00 pm Community Hall, Hunstanton - speaker Tina Burdett on the work of East Anglia Children's Hospice. |
| 9 | Dersingham Village Centre Social afternoon 2-4pm £2.50 includes refreshments, 07707 832295 for information | 18 | Dersingham Village Centre Friendship Lunch 1pm £5 Booking essential, call Shirley on 01485 540644 |
| 11 | Dersingham Village Centre Business Breakfast 7.30am-9.30am Free networking event for local businesses 07790 349896 for more information | 20 | Hunstanton Gardeners' Association meeting Mrs. Julia Stafford Allen will be giving her talk on Private Gardens on Public View. Julia is Norfolk County Organizer for the National Gardens Scheme. Note new venue: Hunstanton Town Hall PE36 6BQ at 7.30pm |
| 11 | Docking Walking Group 2pm Castle Rising. Meet by Almshouses/Church * | 21 | Docking Walking Group 11am Dersingham - Sugar Lane & Ingoldisthorpe. Meet at Dersingham library * |
| 11 | Dersingham Village Centre Village Voice Live 'History of King's Lynn Minster' 7:30pm, £5 includes refreshments, 07707 832295 for information | | |
| 13 | Christmas Festive Funday 2020 get together at Hunstanton Town Hall at 6pm. Looking for good ideas and volunteers! Contact us by email: HunstantonFestiveFunDay@gmail.com or call us on 07855 44 768. | | |
| 14 | Valentine's Day... anyone who hasn't bought chocolates and flowers, do it now! | | |



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- 21 Anmer Village Social Club Film Night 8pm Judy: Starring Rufus Sewell, Renee Zellweger, Finn Wittrock in the true story when legendary performer Judy Garland arrives in London in London in the winter of 1968 to perform a series of sold-out concerts. 12A Anmer Village Social Club. £3 at the door. Doors and bar opens 7.30pm. films@anmerclub.co.uk or 01485 579465 New members and guests welcome.
- 21 United Services Club Hunstanton entertainment: Quiz Night
- 22 Syderstone Village Cinema, with the support of Creative Arts East, presents The Lion King PG In the African savanna, a future king is born. Simba idolizes his father, King Mufasa, and takes to heart his own royal destiny. But not everyone in the kingdom celebrates the new cub's arrival. Scar, Mufasa's brother and former heir to the throne, has plans of his own. This is a reimagining of the classic animation, brought up to date with new voices and rearranged songs that you'll be tapping your feet to whilst taking in its stunning lifelike visuals. Venue: Amy Robsart Village Hall, Syderstone PE31 8SD Start time: 7.30pm Advance tickets £3.50 Tel. 01485 578171 or 01485 578244 Email cinema@syderstone.com
- 22 United Services Club Hunstanton entertainment: Strollers – Live Band 8.30pm
- 23 Ingoldisthorpe Sports and Social Club: Quiz 7.30pm More info: 07792561005
- 25 Docking Walking Group 2pm Holkham beach and woods. Meet at village car park *
- 25 Dersingham Village Centre Village Cinema, Downton Abbey 7.30pm £5 includes tea/coffee; or £10 including Downton style afternoon tea at 6pm. Licensed bar 07707 832295 for information
- 27 Norfolk Wildlife Trust illustrated talk by Robert Hawkes: Breckland – managing for Woodlark, Stone Curlew and wider biodiversity. 7.30pm Hunstanton Methodist Church Hall, Austin Street, Hunstanton. £2.50 members £3 visitors
- 29 Dersingham Village Centre Family Quiz 7pm. £3 per head, £15 per team (Max 6) refreshments available including licensed bar 07707 832295
- 29 United Services Club Hunstanton entertainment: DNA – Live Band 8.30pm

Hunstanton & District Men's Shed

The men's shed is, at last open! Meeting at the old cafe next door to Hunstanton Library on a Tuesday and Thursday 10.00 to 16.00. See page 78.

United Services Hunstanton entertainment: Cash Bingo every Monday and Thursday and karaoke in the lounge on Sunday evenings.

* **Docking Walking Group contacts:** Helena Aldis 07769 850965 / Mike Rogers 07765 571313



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ALL WELCOME

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Contact: Chris 07774 650606 or Martin 07837 149936

Hunstanton Men's Shed

www.hunstantonanddistrictmensshed.wordpress.com



Norfolk County Council



Hunstanton and District Men's Shed are excited to say that we have now moved into our own premises! We are based at 9 and 11 Westgate, Hunstanton (the old café and dog groomers next to Hunstanton library). The Shed is open every Tuesday and Thursday 10am-4pm, and everyone is welcome, so please pop in and say hello.

The next few weeks will be spent cleaning and tidying up the building, then installing some workbenches and furniture. One of the buildings will be a workshop for practical



activities, and the other will be a social area where we hope to have space for relaxing, enjoying a cuppa and playing some games.

We are starting to gather furniture, tools, equipment and materials for our Shed, but we are also looking for donations to help us get the Shed up and running. Please get in touch if you can help.

Anyone interested in what we are doing is welcome to drop in anytime we are open. You can join in with whatever is going on, work

on your own projects, or simply come and join us for a cuppa. We are a friendly bunch and always have a laugh and a joke. We look forward to meeting you!

Please get in touch to find out more, or see our website and facebook page to follow our progress.

Contact: Chris 07774 650606

or Martin 07837 149936

www.hunstantonanddistrictmensshed.wordpress.com

Facebook: Hunstanton Men's Shed

MPs call for more investment in A47

A group of MPs representing Norfolk, Cambridgeshire, and Suffolk have written to the Secretary of State for Transport urging him to approve more investment in the A47.

During the election campaign the Prime Minister and Chancellor of the Exchequer both visited East Anglia and heard from businesses about the importance of the A47 to the region's prosperity.

Signatory of the letter, James Wild MP for North West Norfolk said:

"Now is the right moment for an infrastructure revolution. We have come together as MPs representing constituencies that rely on the A47 to make the case for more investment that will boost jobs and growth. By backing these schemes we can make a real difference for businesses and people across the east of England and help spread prosperity."

As well as making the case for additional investment, the MPs have also called for Highways England to be held to account for delivery of schemes approved in the Road Investment Strategy 1.

The letter reads:

Re: RIS2 Investment in A47

We write to you as MPs representing Norfolk, Cambridgeshire and Suffolk constituencies to underline the case for more investment in the A47 in the Road

Infrastructure Strategy 2 (RIS2).

The A47 is the main east-west economic corridor in East Anglia. As both the Prime Minister and the Chancellor have publicly recognised during their recent visits to the area and in the House, dualling the A47 is vital to support existing businesses and attract more jobs and investment, to improve connectivity, to reduce congestion, to increase journey reliability, to reduce fatalities, and to unlock much needed housing growth in transport corridors.

The A47 Alliance which represents the businesses, local authorities, Local Economic Partnerships, MPs and others along the route wrote to you in December setting out the strategic investment case. There is a common goal of a fully dualled A47 from Lowestoft to the A1 at Peterborough by 2030. However, the agreed priorities for the 2020-25 RIS2 endorsed by us and the Alliance are to commit to investment at three strategic locations along the A47:

- Dualling the Acle Straight to Great Yarmouth in east Norfolk
- Dualling Tilney to East Winch in west Norfolk, including Hardwick flyover dualling at King's Lynn
- Dualling the A47 between the A16 junction east of Peterborough and Walton Highway east of Wisbech. This involves improvements

at Junction 15 in Peterborough.

These three priorities would help level up in the East of England and create a £330m uplift in Gross Value Added, generate £200m benefits from enhanced productivity, unlock 125,000 homes restricted by poor regional capacity and 75,000 jobs along the route, bring about benefits of £40m in regional markets by reducing delays and congestion, and reduce additional costs to business due to delays.

We agree with the Prime Minister that this is the right moment for an infrastructure revolution in this country. It is vital that the A47 as an essential part of our national infrastructure is upgraded to promote and accelerate economic growth and prosperity across East Anglia.

As well as securing this new investment, I would welcome your assurances that Highways England will be held to account and guarantee that all previously committed investment A47 schemes in the Roads Investment Strategy 1 will be delivered by the published target dates.

We would welcome the opportunity to meet you to discuss the A47 before final decisions are taken.

I am copying this letter to the Chancellor of the Exchequer.



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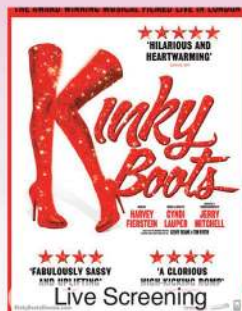
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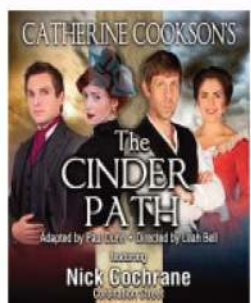
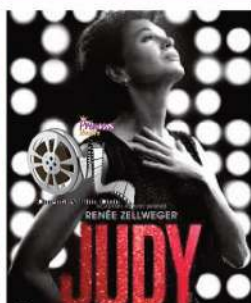
Saturday 1st

Tuesday 4th

Wednesday 5th

Thursday 6th

Saturday 8th



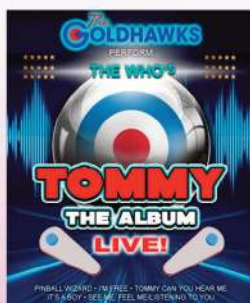
Sunday 9th

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Sunday 16th

Tuesday 18th



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