

TOWN and AROUND

ISSUE 159 JANUARY 2019

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First word



Happy New Year! May 2019 bring you everything you need.

Just like Dean Baker on page 48 I'm a big fan of January; the days are getting longer and the house looks clear and fresh once all the Christmas decorations have been packed away for another year. It's also about new beginnings, resolutions and the opportunity to mark a new year with positive change. In 2019 I'm planning to

spend more time outside. Perhaps you have plans for the year you'd like to share with readers?

It is always a pleasure to publish good news and this month we send congratulations to all the team at Searles; they have been named as Britain's best holiday park and you can read about their success on page 45.

Recently Richard has been glued to The Last Kingdom on Netflix; stories based on the novels by Bernard Cornwell. It came as a bit of a surprise to see Hunstanton appearing on the screen as a place of great importance as a regional centre in the ninth century. You can imagine his delight when he found out about the Viking exhibition that comes to Norwich in February and I've included a piece about that on page 63.

My thanks as always to our magnificent delivery team, our advertisers and everyone who has contributed articles and photos for the magazine. I love receiving your articles and photos, and it keeps the content interesting for everyone. Sadly, sometimes the photos supplied just can't be used. On page 73 there are some guidelines that hopefully will help! Also, please send your photos separately and not in a Word document.

Have a great month.

Best wishes

Elaine

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Cooking up a storm at Smithdon

Fred Hargreaves, Ella Tuckwood & Holly Finch win prizes at Smithdon 'Young Chef'

Stephen Thompson

November 27th was tasting day at Smithdon High School. Ms Angela Pleasants led her team of budding Young Chefs in the first stages of a National Competition organised by the Rotary Club of Hunstanton & District and sponsored nationally by Berio Olive Oil and locally by Hunstanton Tesco. The Rotary 'Young Chef' national winner and parent will win a week in Tuscany hosted by Filippo Berio and his chefs.

Thirty-eight Year 9 students competed within the school, from which six finalists competed for cash prizes and entry to compete in the North West Norfolk regionals to be held in King's Lynn in the spring of 2019. Chives of Hunstanton High Street will be featuring the winning meal as a 'January Special'.

Angela told Hunstanton Town and Around that: "meals were judged on the basis of nutritional content, cost, presentation and taste". Tasting the meals were Cllr Amanda Bosworth (Mayor of Hunstanton), Hilary Farrell (President, Hunstanton Rotary), John Crofts (President Elect - Hunstanton Rotary), Peter Atterbury (Former President - Hunstanton Rotary) and Sophie Gohegan (Mr Bun the Baker). The judges declared Fred Hargreaves first place with his Curried Parsnip Soup and Chickpea Curry. Runner up Ella Tuckwood cooked Star Salmon with a Luscious Lemon Mousse dessert and Holly Finch's menu was a Bacon and Mushroom Tagliatelle followed by Caramel Ripple Cheesecake.

The thirty-eight students were set a budget of £5 with ingredients provided free of charge by Tesco Hunstanton. At the next stage Fred and Ella will be given a budget of £10 and one hour to cook a three-course meal.

Hunstanton and District Rotary Club and Hunstanton Tesco donated the competition aprons to the school, and Sophie Gohegan is giving the six finalists a voucher to spend in her shop. All entrants will receive a certificate.



Above from left: Oliver Askew, Jess Hitchings, Holly Finch, Ella Tuckwood, Eric Bartkowiak and Fred Hargreaves



*Above left: Fred Hargreaves Above right: Ella Tuckwood and Holly Finch
Below: Rotarians with Mayor Amanda Bosworth and Ms Angela Pleasants*





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Hunstanton Christmas Tree Festival – best yet!

Ann McKimm

The Tree designers excelled themselves at this years Christmas Tree Festival in Hunstanton. Visitors mentioned the high standards of the competitors and the unusual nature of their entries.

There were 30 trees on display. These included a clever upside-down Tree from the Red Hat Ladies, an origami tree of birds from Glebe School and a Dickens themed Christmas Carol Tree from the



local One Act Play Drama Festival.

Father Christmas arrived to give out gifts on Sunday and he was met by Town Mayor Amanda Bosworth, the Town Cryer, and lots of happy local children who attended this free event.

Festival Director Steve Hayter said, "We are delighted with the standard this year and we have had more than 500 people coming through the doors to view the Festival and casting their votes for their favourite trees."

Winner of the cash prize was the RSPCA Tree made in the shape of a large dog which received the most votes, closely followed by the Harry Potter Tree entered by the Hunstanton Scouts who won the junior prize. The Committee vote for the most original tree went to Glebe School for their Origami Birds of Peace Tree made by the children.

The HDFA Chairperson said, "We thank everyone for taking part in this happy event" and she thanked the team of hardworking volunteers who ran the three day event led by Christine Earnshaw.

Full details of the winning entries can be found at www.hdfa.org.uk or Facebook pages.



Pre-Christmas fun in St Edmund's Terrace



Snow White and the Seven Dwarfs joined in some pre-Christmas fun on 2nd December switching on the lights at the Princess Theatre.

During the day visitors to St Edmund's Terrace enjoyed a fairground ride, side shows, mulled wine and music from the acoustic trio Kill Me Date and children of all ages visited Father Christmas in his grotto.

Over forty members of Mike Tandy's Rock Choir entertained in the early evening and they are pictured below with Mike conducting.



Ugly Duckling to Silver Swan!

I have always thought that I was reasonably fit with gardening, dog walking and the allotment but a recent photo came as a reality check. I am round shouldered, have a definite tum and my balance is not as good as it used to be. What to do about it? I couldn't sum up the energy to go to the Oasis and my self imposed exercise regime failed. Then I saw an advert for the Silver Swans class - exercises based on ballet for the over 50s - and thought I would give it a try. From day one I was hooked!

The classes are run by Fiona Fretwell, a qualified ballet teacher and we do the exercises that every ballerina does in training. Very gentle but improving your core strength and balance. Fiona is an excellent teacher explaining the purpose behind each exercise with a light hearted approach which puts us all at ease. We are various shapes, sizes and ages but we are all improving and noticing the difference in our postures.

I don't think that I shall be ordering my tutu just yet, but thanks to Fiona I don't feel such an ugly duckling!

Canny Jones

For further details contact Fiona

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Ten years of record breaking Lions Christmas lunches

Over the past ten years, the Hunstanton and District Lions Christmas Lunches have become a much-loved tradition in the area with spaces being snapped up as soon as the advertisement appears in Town and Around.

Served by Lions and friends over a week with two sittings each day, the subsidised lunches were instigated by Ian Wallis and the late Peter Mills. The idea was to provide a budget Christmas dinner and an event that local residents will enjoy. This year the Lions served 456 diners at the United Services Club in Hunstanton.

Co-ordinator of the event Lion Chris Holt said: "This is our flagship event and it is good to see faces from previous lunches and lovely to welcome new diners each year.

"I've tried for years to get 100 diners seated together in a day and on Wednesday (5th) we did it!

"Thank you to all the Lions and volunteers who have made it so successful."

Pictured standing from left: Peter Sutton, Robert Williamson, Chris Holt, Jane Scott, Mike Ruston, Kathryn Williams, Robbie Bloy, Sharon Noble and Jill Pollard.



CROSSWORD ANSWERS

Across: 1. Diametric, 6. Asset, 9. Opposum, 10. Earlier, 11. Stoppages, 12. Renew, 13. Casualty, 14. Willow, 17. Papaya, 19. Alderney, 22. Chord, 24. Observant, 26. Omnious, 27. Inexact, 28. Slope, 29. Negotiate

Down: 1. Dress, 2. Amorous, 3. Easy-peasy, 4. Ramsagate, 5. Cheese, 6. Aired, 7. Spiguel, 8. Throwaway, 13. Capacious, 15. In earnest, 16. Flashing, 18. Proximo, 20. Niagara, 21. Cousin, 23. Drove, 25. Tithe

1st Heacham Rangers

Sue Richardson



On 7th December 1st Heacham Rangers held a fundraising tea party to complete the 'Centenary of Women's Vote Challenge' which they had been working on this term. During the term the girls had found out about inspiring women, looked at when different countries gave women the right to vote, made jewellery in the colours used by suffragettes, designed stained glass window effect invitations for our party and recreated posters from 100 years ago.

We were pleased to welcome about 20 guests to the tea party, there were displays around the room, items for sale, a raffle and the opportunity to sit and chat over a cup of tea and cake. We were delighted to raise a grand sum of £100.50 which will be split between CARE international UK, the charity for which Helen Pankhurst is an ambassador and unit funds.

To finish off the term the Rangers will be going to London to visit the Centenary of Women's Vote exhibition in the museum of London.



Hunstanton and District Ladies Circle

It really is very exciting to finally have put pen to paper or fingers to keyboard for our first Hunstanton and District Ladies Circle article.

We are now welcoming 2019 and looking back at a busy 2018.

Ladies Circle is a vibrant club for women aged 18-45. We aim to have FUN, make FRIENDS, FUNDRAISE and VOLUNTEER for local charities along the way.

For fun, we like to try something a little different like axe throwing, life drawing, beach nights, pole dancing and kayaking to name a few activities.

It was great to exhibit a tree again this year at Hunstanton Christmas Tree Festival at the Town Hall. We tried something different and made an alternative tree in the shape of a Lady. We ran a competition to give her a name and after a vote we have decided on our winner. She has been christened BETTY BAUBLES by Chris Glenn who was awarded his prize of a bottle of Prosecco. Well done Chris and thank you to all who took the time to enter. Watch out for our entry this year!!



Throughout 2018, we have been volunteering, for Cancer Research UK at the Race for Life at Houghton Hall, marshalling for the Glebe House School triathlon and selling refreshments to the public at the Bonfire Night hosted by the Round Table.

In November, we supported the newly formed First Heacham Rangers and presented a cheque for the cost of their first year membership fees. We hope that in the future we can work with the girls on community events towards their volunteering badges.

Hunstanton Circler Suzy Mason has been leading our help with The Purfleet Trust, which is a homeless charity based in King's Lynn. We



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have been collecting warm clothes for the charity to distribute and we also held a collection at Hunstanton Tesco for Christmas gifts to be handed out to the guests who attend the Purfleet Christmas Dinner. We also decided to scrap our annual Ladies Circle 'Secret Santa' and have all donated a present to a homeless person instead.

A few of the ladies volunteered at Fridhem Rest Home in Heacham. We met some of the residents and the care staff and helped with the poppy painting activity that our very own Suzy from Paint Me Ceramics had organised.

Heacham Yarners also featured in our activities. We were happy to donate towards the cost of some yarn and even tried our hand at knitting, needless to say that we will leave it to the professional yarners! This group meet once a month and knit to donate to Queen Elizabeth Hospital Premature Baby Unit and Breast Cancer Unit.

If you are interested in what we do at Ladies Circle and want to know more, please contact us on hunstantonladiescircle@gmail.com. We are always happy to welcome new members and receive applications for donation requests.

Wishing you all a very happy and prosperous 2019!

Claire Quinn

Chairman - Hunstanton & District Ladies Circle

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Pride in our Neighbourhood 47

Andrew Murray

The Draft Neighbourhood Development Plan for Hunstanton (HNDP) was put out to public consultation in late November in accordance with Regulation 14 of the Neighbourhood Plan Act of 2012.

The consultation will end on 18 January 2019. Now is the opportunity for members of the public, businesses, landowners, developers and statutory bodies to comment on the contents. The plan can be found on the websites of the Town Council and the Civic Society or hard copies can be seen in the Tourist Information Centre and Hunstanton Library.

The plan only applies to potential use of land for development within the parish boundary of Hunstanton until 2026 but because the Local Plan is being updated, its validity might be extended to 2036.

The HNDP describes a vision for the future of Hunstanton that has been compiled from engagement with members of the community who have made comments, observations or expressed their concerns about the future. The plan brings these together with census information, strategic and statistical information into one document that voices the town's objectives together with the policies required for their realisation.

Hunstanton serves as a service hub for surrounding villages, a dormitory for the sub-regional centre of King's Lynn, a seaside resort and tourist destination as well as a popular place for those seeking a quiet retirement.

Although we think of Hunstanton as having the wide green open spaces that our founder Henry le Strange envisaged, it is much more developed than the considerably larger surrounding parishes.

The 2011 census data showed that there is a very skewed age distribution with some 41% of residents over the age of 65. When these figures are compared with those of 2001, it is apparent that young adults move out of the area whilst elderly people move in. We do not know whether those moving out do so in order to obtain higher education, employment or housing which they may be able to afford. The reduction of that outflow of the young adults is a big challenge. It needs the promotion of better all year round employment opportunities, better transport and Internet connectivity and the provision of more starter homes.

The Hunstanton Town Council decided that the focus of the Neighbourhood Plan would be on the size and style of houses that will



be built in the town. The strategy has to consider the accommodation required for a full time population, including elderly people wishing to downsize, as well as for second homeowners and holiday lets. The community expressed a strong view that new homes should be of a modest size with 2 or 3 bedrooms and capable of being modified to suit people with different needs. 30% of the total number of second homes within the Borough is in Hunstanton and this inflates local house prices. Policy K11 follows St Ives in restricting the sale of new open market housing to those who will occupy the buildings as their principle residence.

Local residents have expressed concerns about the difficulty of obtaining appointments to see General Practitioners and about the congestion on the A149. The first objective is therefore that amenities and infrastructure should keep pace with housing development. Similarly, there is a strong feeling that our local identity, heritage and quality of our environment should be preserved thus Policy J2 states that 'All development will be expected to conserve or enhance the natural environment, local landscape and biodiversity'.

The communities overwhelming desire is to preserve the quality of the environment and make Hunstanton an even better place to live and work, both now and for future generations.

**Have you looked at
HUNSTANTON NEIGHBOURHOOD PLAN?**

**Have you commented on
HUNSTANTON NEIGHBOURHOOD PLAN?**

Now is our chance to comment on the Policies that could affect all of us who live here.

You can find the full plan on the website of Hunstanton Town Council or Hunstanton Civic Society.

The first 25 pages are factual, background information, all very interesting but recommend jumping to page 25 to read the policies. If you have any comments, suggestions or observations please email np.hunstantoncouncil@gmail.com or write to Hunstanton Town Council, Town Hall, The Green, Hunstanton, PE36 6BQ

Or phone Town Clerk on 01485 532402

Closing date for this consultation is January 18th

**Please read this in conjunction with
'Pride in our Neighbourhood – 47' (above)**

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Norfolk's gritters are ready for action this winter but we too can do our bit, and GRIT!!

With winter having officially started, Norfolk's gritters are prepared for what could be a busy period.

Every year when the weather gets cold, Norfolk County Council launches its Norfolk Winter information-sharing campaign, designed to help people in the county cope during the colder months. Regular gritting updates and other useful advice are posted on Norfolk County Council's social media channels, using the #NorfolkWinter hashtag on Twitter (www.twitter.com/norfolkcc) and on Facebook (www.facebook.com/norfolkcc).

People are being asked to help each other by getting behind the Norfolk Winter campaign and sharing any information that may help keep people in the county happy, healthy and safe when the weather is cold, icy or snowy. But surprisingly there are still people who don't realise the grit bins are there for our use. So please don't wait for some official looking person to come along because they are there for us to spread the salt on pavements, cycle paths and roads near us and who hasn't used a bit on their own driveway as well? Sssh!

People can check which roads are on the council's gritting routes for the 2018/19 season on the map at www.norfolk.gov.uk/gritting which also shows the locations of around 1,900 grit bins that are filled by the County Council and which people can use on Iain Temperton, Norfolk County Council's Road Safety Team Manager, said: "We often see a rise in the number of collisions on the roads as the first cold snap sets in and people aren't used to driving in the conditions. Make sure you leave enough time to travel to your destination and don't take unnecessary risks; slow right down and brake gently when road surfaces may have less grip. Tyres grip less efficiently in cold conditions - so even if the temperature is above zero and there's no ice on the road, you should take extra care."

Partly taken from NCC news update with added comment from Cllr Chris Earnshaw



Civic Society News

Talks Programme

The AGM was held on 12 December. Reports were presented about this year's varied activities. The following were elected to serve on the committee:- Tony Armstrong, Terry Ashworth, Margi Blunden, Amanda Bosworth, John Bridger, Bob Clark, David Harris, Sheila and Stephen Kent, John Maiden, Andrew Murray, Jeremy Simmons and Ann Stevens.

Members enjoyed a delicious finger buffet and then Brian Howling gave an interesting talk about the history of Fenland profusely illustrated with maps of the drainage channels and soil characteristics. The next talk will be on Wednesday 16 January at 7.30 in the Town Hall when Stephen Pope will talk about 'Working Horses in Norfolk'. Admission, £1 for members and £4 for visitors, includes refreshments.

Heritage Centre

At the time of writing, the purchase of the former Nat West Bank is proceeding but we have no date for exchange of contracts or completion.

We are very encouraged by the fact that several people have approached committee members to see if they can help with the renovations and refurbishment that is necessary. We will require a considerable revision of the electrical systems, the locks and new floor coverings in addition to painting and decorating. All help will be gratefully received. We aim to be able to open in mid February but it will be a challenge.

Judy Simmons

The Civic Society was greatly saddened by Judy Simmons' death on 16th November.

Her funeral was held at St Edmund's Church, which was full of family and friends who afterwards went to the Le Strange Arms Hotel for refreshments.

Judy only moved to Hunstanton within the last few years but almost immediately joined its community with much enthusiasm.

She was a fully engaged member of the Civic Society committee taking on the role of secretary, helping with the public gardens, which the Society maintains; she volunteered at the Heritage Centre and was a keen participant in the work necessary to maintain the displays. She also helped to create the new Hunstanton Guide Book.

Her creative thinking, good humour, steadfastness and commitment was much valued by us all and she is hugely missed.

Our heartfelt commiserations go to her husband Jerry and their children in their very deep loss.

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A Page from the Sage

Well here we go, another Page from the Sage for the month of January 2019, and another new year.

As you all know I get lots of people ask me things about all subjects about Dersingham and Hunstanton; I was asked about Cumberland House at 28 Northgate, if it was still there, I did not know much about it, in fact I had never heard of it so I put a bit in the November issue of Town and Around asking for help.

It was not long before I had Neil Quincy on the phone telling me all about it. Up to 1914 it was apartments then during the war it was taken over by the army, then after 1918 it was again apartments then some time in the 60s or 70s it became the Tudor Rose nursing home, it is now a block of flats, so there you are Cumberland House is still there at 28 Northgate.

I had another dear old gentleman ring me up, Mr Wilf King who was an AA patrolman for many years, he patrolled along the North Norfolk coast on his bright yellow motorcycle and sidecar. On the morning of the first day of February 1953, the day after the great flood Wilf and some of his other AA patrolmen including a Mr Starling from Heacham had to go round the coast of Norfolk putting up over one hundred signs telling people about diversions, flooded roads, sand on the

roads and no entry signs. When I spoke to Wilf he said he remembered it as if it was yesterday.

I saw in the press the other day where a small seaside town down the south of England had a small high street that was just over 300 metres long had 14 coffee shops in that one small street. A man put in a planning application for another one in an empty shop but the council said no. We have a few coffee shops here in Hunstanton but not that many; there are lots of charity shops, cafes, restaurants, hotels, bars and a dozen fish and chip shops, the one thing we do not have is a public house. The definition of a public house is no rooms to let, the licensee living on the premises, no food, no electronic music, and a nice open fire with a piano standing up the corner for anyone to play.

Travelling Fairs

There are still a lot of travelling fairs about like the King's Lynn mart, the Nottingham Goose Fair, Hull Fair and many more but they are nothing like the steam fairs of old.

In Norwich twice a year the Cattle Market and the Agricultural Hall were cleared at Christmas and Easter to make way for these fairs, the showmen would arrive and in no time at all both hall and the market would be packed with every conceivable kind of diversion with hardly an inch to spare anywhere; it was still the traditional type of gathering, with the hissing steam from the



by
Dick Melton

traction engines, the tooting of whistles, the heat of the paraffin flares and the ornate old organs with figures beating on drums and crashing cymbals to fill the air with mechanical music. There were the galloping horses, Thurston's Dragons and cake walk, the penny on the mat (helter skelter), there were the renowned swinging boats shamrock and resolute, taking their names from the yachts which competed for the America's Cup in the days when Sir Thomas Lipton carried the British flag to victory, and there was Billy Wood's International Boxing Academy where foolhardy local lads risked life and limb in an effort to overcome the travelling pugilists, on a more modest scale there was an absolute plethora of hoopla stalls, coconut shies, and shooting galleries, not to mention the stalls offering fairground rock in a wide selection of flavours and colours.

The greatest variety, however, was to be found in the many booths which housed attractions as diverse as knife throwing acts and flea circuses, many offered a selection of animal exhibits, from the biggest rat in the world (that turned out to be a coypu) to a selection of freaks of nature like a five legged sheep. In some cases, however, the animals on show were accompanied by somewhat scantily clad young ladies like Rona the Rat Girl, sharing her cage with crawling rodents, or Tianga the Jungle Girl, who held up such things as lizards for members of the public to inspect, those heady days have long gone and unfortunately will not return.

Taken from Daniel Defoe's, *tour through Great Britain (1724)*

Suffolk is particularly famous for furnishing the city of London and all the counties around with turkeys, and it is thought there are more turkeys bred in this county and the part of Norfolk that adjoins it than in all the rest of England.

A person living in this place has counted 300 droves of turkeys (for they drive them all in droves on foot) pass in one season over Stratford bridge on the River Stour which parts Suffolk from Essex, about six miles

from Colchester on the road from Ipswich to London. These droves generally contain from three hundred to a thousand in each drove so that works out at about 150,000 pass that way each year, and yet this is one of the least passages. The numbers that travel by way of Newmarket Heath, and the open country and the forest, and also the numbers that come by Sudbury and Clare being many more in numbers.

They have found it practicable to make the geese travel on foot too, and it is very frequent now to meet droves of a thousand sometimes two thousand in a drove, they begin to drive them generally in August by which time the harvest is almost over and the geese will feed on the stubbles as they go thus they hold on to the end of October when the roads begin to get to stiff and deep for their broad feet and short legs to march in.

A farming tale

This is a little tale about an old boy that worked on the land 60 or so years ago, he was a man of enduring simplicity, his education had been basic in the extreme, if he bought something and the change came to three half pence, he insisted on receiving three halfpennies, it was no good offering him a penny and a halfpenny if he did not get three coins he was sure he was being swindled, there was on one occasion when he bought a cockerel from his boss on being asked the price, his boss replied: well do you think a crown would be alright? Oh I don't about that Master, said the old boy, I was thinking more like five shillings.

When he first started work for that particular farmer, quite naturally he'd been anxious what wages he would receive, but the farmer had been quick to allay his fears, don't you worry about that the farmer said, I'll pay you what you are worth. The old boy's face fell, that's no good to me Master, he said, I'm getting more than that already!

Addresses

In the press on Friday there was a planning application for number 2 Marine Parade, South Promenade Hunstanton, this puzzled me as I had not heard of Marine Parade Hunstanton. The Southern Promenade Hunstanton goes from the southern end of the fair to the hump (Heacham boundary), there is only one building along that stretch and that is the cafe in the power boat car park. The length of promenade from the southern end of the promenade to Johnson's Slipway is the Central Promenade and the length from there to the cliffs has always been, and still is, the North Promenade. If the name has been changed or a new road constructed, then maybe someone will let all the good people of Hunstanton know about this.

Oh dear, I read in the paper where the

Friday night switch on was a bit of a damp squib - the new lights were still at the airport. Why buy from abroad? You only had to go down the road to Lidl's they had plenty. Never mind, the Sunday night Christmas switch on in St Edmund's Terrace went okay and was enjoyed by many people.

Well that's all for this month, do you all a keep a troshin'.

The Sage, The Boy Dick, Sunny Hunny.

Wow, what do you know, Hunstanton had three Christmas lights switch on's.

Donate your old car or other vehicle

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Contact Cllr Richard Bird

07860 476 198

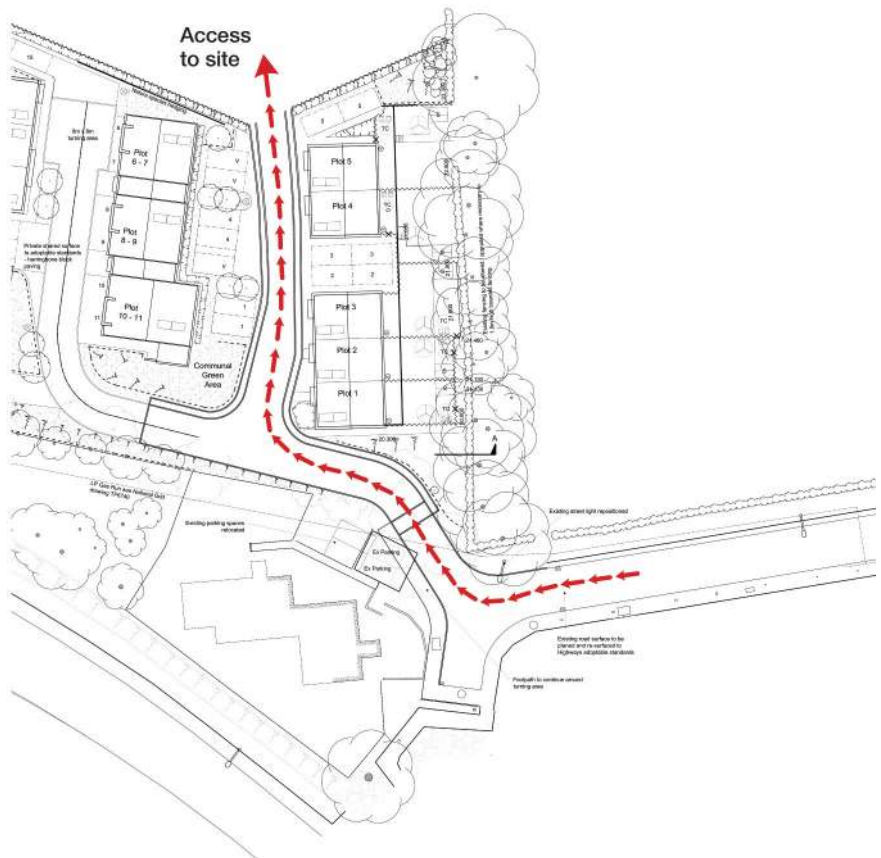
Sheepfield Community Housing project

The Sheepfield Community Housing project in Hunstanton is being developed by the Borough Council of King's Lynn & West Norfolk as an innovative affordable housing project to help local people onto the housing ladder. The development will include homes available for Shared Ownership, Shared Equity, Rent to Buy and Affordable Rent. The borough council held a consultation event previously, and has made changes to the proposed development, based on the feedback from this consultation.

The Borough Council, with Hunstanton Town Council, West Norfolk Housing Company and Victory Housing, will be holding an event to share more information about the proposed development. Details of the low cost home ownership options being offered along with a further indicative site layout and detailed floorplans of the proposed homes will be available to view. This will be held at Hunstanton Town Hall on 31 January 2019 from 2pm until 8pm.

Anyone who has anything they'd like to ask about the Sheepfield Community Housing project before the event is welcome to contact the borough council's Corporate Projects team on 01553 616807.

Anyone who would like to register their interest in one of the new properties, whether this be by shared ownership, rent to buy, shared equity or renting, should visit <https://www.west-norfolk.gov.uk/sheepfieldhousing>



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SNETTISHAM NEIGHBOURHOOD PLAN

Snettisham became the fifth parish in the Borough of King's Lynn and West Norfolk to have its Neighbourhood Plan approved by residents in a referendum.

The vote took place on Thursday 29th November, and the "yes" vote won by 450 votes to 138 (77%-23%). The turnout was 26%. As a result, the new Plan will be used by the Borough Council in planning decisions for the Village for the next fifteen years.

Parish Council Chairman, Cllr Ros Pugh, said she was delighted with the outcome. "After two and half years' hard work by our Plan Team, we have shown we have the support of the Village, and will now have more control over planning decisions affecting the development of Snettisham for the foreseeable future. I should like to thank all those involved."

Neighbourhood Plan Team Chairman Cllr Mel Billington expressed his gratitude to those residents who had supported the Plan. "We have been working on the Plan for a long time, and have had many obstacles to overcome. We are the first parish to make an allocation for residential development, and this provided additional challenges. We are thrilled that we have now been able to complete the process, and we look forward to seeing the effects of this in coming months and years. However, we do not propose to rest on our laurels, and are now moving on to look at some exciting new projects that will provide the excellent facilities our wonderful Village deserves."

Parish Clerk Simon Bower said he was pleased with the turnout – 26% being not insubstantial in local elections. "As well as increasing our ability to influence planning decisions, there is also a financial benefit to the Village. The Community Infrastructure Levy now comes direct to parishes, and those with such plans in place receive a larger proportion of this. This will help us to provide the Village with a first-class infrastructure over the next few years, and we hope that all Villagers will take the opportunity to be involved in those decisions."



Cllr Ros Pugh (PC Chairman), Cllr Mel Billington (NP Team Chair) and Parish Clerk, Simon Bower with the notice of result of the referendum, outside BCKLWN offices, 31/11/2018.

Picture credit Snettisham PC

Heacham History Group

In November Dr Paul Richards entertained us with a brief history of the Port of King's Lynn from 1300 to the coming of the railways. Many people do not realise how significant Lynn was in the past. In the 14th Century Lynn was the second most important port in England. With a river network spreading into the surrounding counties, Lynn was supplying goods from Scandinavia, Northern Germany, Poland, the Baltic and Low Countries to Cambridgeshire, Bedfordshire, Norfolk and Suffolk, even as far as the East Midlands. Norfolk was rich in sheep and corn. Wool and cloth were exported through the port as was grain. The Hanseatic League established trading links and in the 15th Century built a Steelyard (a trading house) in Lynn, now known as The Hanse House. Kings Lynn has the only surviving Hanseatic building in England. Imports included timber, fish from Norway, furs from Russia, later, wine from France, Portugal and Spain and coal from the North East. Lynn also had a thriving ship building industry. Even as the port declined, goods were still being transported around the coast by water, a much cheaper and easier method of transport. Paul also talked about the modern Hanseatic League, today a social and cultural alliance with a membership of over 190 towns and cities. It was a very enjoyable talk.

Of course the fortunes of Heacham would have been linked to those of Lynn. Local farmers sold their wheat, barley, hemp, linseed, salt, beer and malt through the port of Lynn. In 1610, for administrative purposes, the "Port of Lynn" was not only the headport of Lynn but also included the minor harbours and creeks as far as Wells. Dersingham, Snettisham and Heacham were the most important of the minor harbours but are never explicitly named in the port books of the time. But some Heacham names are given as owners of ships. Frances Guibon, a cousin of the Le Strange family, lords of the manor of Heacham at that time, had 3 ships, Le William, Le Katherin and Le Clemence. Ralphe Hargate, a Heacham farmer was sending barley and beer in Le Katherin and it is possible the two men jointly owned the ship. Local landowners used ships to transport personal goods to and from London. Hamon and Alice Le Strange when escorting their sons to Eton by road, sent their beds on ahead by sea from Lynn. While in London, they did a bit of shopping, including a new coach, bales of cloth and furniture. All these were sent to Lynn by sea.

We are now also putting up a display of local interest each month. Pictures, maps or research we have done on a particular topic etc. These have been well received and have promoted discussion after the talks.

The next meeting is on Monday 28th January. Mavis and John have been working on a photographic depiction of "Heacham Now and Then". They will be sharing the work they have done so far. Also we have a couple of quizzes with a local flavour, (but not too difficult) and a display.

As usual the venue is the Old Friends Hall, Sunnyside Close, Heacham, PE31 7DU. 7.30pm. Everyone is welcome. Admission £3 (Members £2)

Linda Nudds Tel: 01485 571794

You can contact Town and Around by e mail
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or by calling: 01485 540620
or 07533 088196

PARISH (Terry) UPDATE

I hope you all had a Happy Christmas. I don't usually appear in any publication in January as I write principally for The Heacham Newsletter which takes a holiday this month. However, there are several updates to my Borough Council News article I would like to publicise and a little extra for Heacham and Hunstanton at Night.

Borough Council News

This normally appears in the Heacham Newsletter as I am a Borough Councillor for Heacham Ward. For those of you not from Heacham, I was elected as an Independent Councillor. I have had enquiries as to whether I am standing in the May elections and I can now say that I am. However, the Ward will no longer be just Heacham but will be a new one which contains Fring, Sedgeford, and Heacham (assuming such decisions remain constant).

In the December Heacham Newsletter I commented on concerns about traffic on the A149 and, in particular, the Lamsey Lane junction which, travelling towards Lynn, is after the garage and before the Snettisham roundabout. I can now say that NCC Highways is conducting accident studies at this and other sites on the A149. They are also reviewing the proposed average speed camera enforcement scheme along the A149. The report will be considered by Norfolk County Council Councillors in January so I suggest, if you want to make any comments, you contact your County Councillor asap. If you live in Heacham Ward and it is easier, then I can pass on your comments for you. (Contact details below).

Those of you who live in Heacham will know of its developing Neighbourhood Plan. You may not know of the Neighbourhood Plans of adjoining villages and towns. Snettisham and Sedgeford have them and their plans have raised no concerns re Heacham. Hunstanton has a plan out for consultation and, unfortunately, at the time of writing, there is a potential issue which Heacham residents might not like. I advise Heacham villagers in general and particularly those who live along Hunstanton Road, to look at this draft plan post haste. Hard copies can be found in Hunstanton Library, Hunstanton Tourist Information Centre and from the Town Clerk. On-line, just Google Hunstanton Neighbourhood Plan and it will come up with the appropriate Hunstanton Town Council site. Look in the Plan at Policy J7 which is supposed to keep a green space between Heacham and Hunstanton and then look at the proposed housing site allocation. Make up your own minds. Consultation ends 18th January 2019.

Whilst in the area of Hunstanton Road some of you might be unaware that the proposed glamping site in the ancient woodland, rejected earlier this year, has come forward again. Planning application number 18/02130/FM. At the time of writing I am awaiting confirmation as to whether the several hundred people who responded last time will be informed by letter and/or have their previous comments carried forward. Opportunities to comment will normally remain open until a few days before the application is considered. From past experience I recommend that fresh comments are always useful. For those of you who have difficulty accessing the Borough Council on-line planning portal, write your comments and post them to the Borough Council. If you live in Heacham, drop them in at the Parish Council office on Pounds Lane and I will ensure (as a Parish Councillor this time) that they get delivered to the Borough Council. (Make it clear on the envelope what the letter is for).

The reserved matters application for the much-disliked Cheney Hill development has, at the time of writing, still not been made and I have recently been told there is no sign of it. It may suddenly pop up – Christmas is a common time to bury planning applications – and when it does, I am still happy to arrange a residents' meeting.

SINGLE USE PLASTICS and the Borough Council

Last year saw substantial concern about the damage waste plastics are doing to the environment; in consequence there are now several major national initiatives which may emerge from whatever mess politics is in now, and some large retailers and supermarkets are also moving to reduce plastic waste they generate.

Some towns and villages around the country are declaring themselves 'plastic free' which does not mean they do without plastic

entirely but that they endeavour to make single use plastics decline in use and encourage the use of alternative materials. I recommend visiting the 'Plastic Free Falmouth' Marine Conservation website.

The Borough Council of King's Lynn and West Norfolk is also looking at how it can reduce the amount of plastic the Council uses and help, through guidance, or practice, small businesses and individuals to do the same. I am chairman of the informal working group looking at this. I would like to receive your comments about this issue. Have you seen good practice or bad practice; what would you like small businesses, including cafes, doing to reduce plastic use; what sort of advice from the Borough Council might help you?

Some of you might want to comment about litter bins. This is outside of the remit of my working group but is an issue raised frequently by Heacham residents and visitors. The principal complaint is about the location of bins close to the sea. If you have comments about this matter send them directly to me and/or your own Borough Councillors.

Cllr. Terry.Parish@West-Norfolk.gov.uk

07885258428

1, Woodside Avenue, Heacham PE31 7EW

Letter drop / contact available via Heacham Parish Office, Pounds Lane, Heacham

HEACHAM AND HUNSTANTON AT NIGHT

I wrote a December/January article to cover what to see until February. Nothing has changed since then but I would like to confirm that Comet 46P is visible now, 9th Dec, (so friends tell me) so it may have been in the news over Christmas and you may have seen it too (for new readers this continues my recent ponderings on time, space, and whether what happens would do so if we never saw it). Anyway, hopefully, something brighter will appear this year and, if you don't read this, you might see it.



And a bit of news I forgot which interests few. I am currently on Mars and also orbiting the asteroid Bennu. Needless to say, in name only and in company with several million more. As my address is included perhaps Heacham Ward is the first extra terrestrial one and I bet someone has put a planning application in for Elysium Planitia (landing site of the NASA InSight vehicle).

Happy New Year, Terry Parish

Councillor's notes - an Independent's view

Richard Bird

Well folks, we are all watching this country's and Europe's progression with the Brexit arguments, unlike most I will not pass any comments. However, for all those that say "I don't do politics", this is a really exciting and interesting period. I don't think any of us can remember a more difficult and game-changing time since the Northern Ireland Troubles or Falkland's conflict.

Because of the overwhelming interest in Brexit, the job of governing at every level is being postponed, overlooked, recalled or just plain ignored. Gt Britain has a mish-mash of different systems of governance and what was all the rage a couple of years ago is now becoming an embarrassing side show. You may remember the 'Power House' option that was in some way going to create devolved power from central government to regional ones. Regional government was a Labour idea and although Scotland, Wales and Northern Ireland managed to become, to a lesser or greater degree autonomous, when the Conservative/Lib-Dems came to power that scheme was abandoned in favour of a very similar program called simply Devolution. Effectively groups of counties had to get together, create a geographical area, appoint an elected Mayor and then, by degree, take responsibility for that region. Sounds simple doesn't it? Well I am pleased to say we in Norfolk rejected it and those areas that adopted the system are now wishing they had not, Mayors are resigning in frustration and the system ain't working. Currently in this Gt Britain of ours we have no less than six systems of local governance, all appear to be under funded and all are being subjected to the current pressures of national Government pulling out of any financial support for local authorities. The Conservative plan appears to be that all local authorities should be self-supporting and businesslike in their operation, sounds O.K. doesn't it? But what about the concept of helping the local population? With more and more services being cut or curtailed,



it could appear that a local authority is merely self-perpetuating or in competition with the local businesses. So for example, do you think that KL&WNBC should be a housing developer in its own right? Working in partnership with a national builder the Boro' have created a company that will build extensive amounts of houses locally, possibly thousands within the next few years making profits that support the authority itself. I ask the question because I don't know, it's something I wrestle with. The domestic rates that you and I pay are a really small proportion of what is needed to run the various levels of council (too many levels in my opinion) and so the monies obtained from Parking, Business Rates, Planning Permission applications and many other things are essential to keep local authorities afloat. If we consider the ongoing increasing costs of Adult and Children's Social care they are overwhelming and increasing year on year. The Policing costs are now the highest per officer for years and yet we all want more 'Bobbies on the beat', it just seems that even without talking about the wonderful NHS there just isn't enough money to go around. I recently read a report advising that one in five children are living below the poverty level and that although Great Britain is reportedly the fifth richest country in the world, there are

millions living in abject poverty.

My last item this month is about Hunstanton and District. There are more things happening in this area than I can ever remember, it's exciting and decisions are going to effect this area for decades to come, they include:

- 'One Public Estate' which is the consolidation of public buildings and offices and what will happen to the redundant buildings
- The Neighbourhood Plan (now in consultation) that has many aspects including how many more homes of what type might be built within the next decade or two.
- The Southern Seafront consultation; if Hunstanton is to almost solely rely on leisure and tourism for its income and employment opportunities, what and how should the available space be used and where will the cars displaced from those areas go to?
- The accelerated national government housing bonus: two sites have been muted that will bring in over £1.5 millions to the local economy, how will these developments best serve the local population?
- Is there a need to have more commercial premises built (not necessarily retail)? A substantial report commissioned by the Boro has been published (in September) showing a desperate shortage of premises, not only in Hunstanton but all along the coastal regions.
- The shortfall of bedrooms created in the main by the demise of the B&B industry; there are now about 140 beds locally instead of approximately 750 only a decade ago creating the need for proper hotels. If indeed the plan to almost exclusively promote leisure and tourism is to be extended from day trippers to stayers there must be more beds available.

Exciting times indeed, and who can we rely on to get the best deals for the population of this North Western corner of Norfolk?

I can be contacted on: 01485 544501
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Nature Notes with Joanna

Seen through windows!

It's been a busy few weeks and I seem to have been tied indoors more than usual. However it has reminded me about the things one can see from your house windows and car windows as you drive around!

I've been working my way through a sack of Leprosy Mission used stamps, it can be a boring job, but now that the leaves have fallen off my hedge I can see the steady passage of birds that work the field line beside the house. Sometimes it is very quick fly by and I have to rely on my long experience and the birds 'jizz'! The stream of Blue Tits are easy either fast or slow and then joy of joys I get the occasional visit from Long tailed Tits. They move fast but also work the bushes up and down so I can watch them for much longer. Then most days there is a visit from a Sparrow Hawk! It usually flies in fast but then perches on the fence between the house and the hedge. It sits there for quite a while as it tries to decide what it missed and which way to go. Usually it flies off out of the garden and into the hedge opposite. Evening brings a number of Blackbirds making their pre-roosting checks. They sit there one after the other and warn all round with their sharp chipping calls. This is a variant on the alarm call they use to warn of cats etc.

From the kitchen window there is a steady flow of House Sparrows and Chaffinch, also on most days an influx of Goldfinch. They come in flocks of around 20 at a time, for such a small

seemingly fragile bird they can hold their own against the other birds and usually boss the feeders for as long as they want to. The Sparrow Hawks regular visits have slowed down the consumption of seed recently so re-filling has been a once a week job rather than every other day. Also I suspect that there are more people feeding in the area!

The flocks of Feral Pigeons still visit and their flying displays are fabulous to watch. The winds of the past few weeks have been encouraging the Jackdaws and Gulls to play fly! By that I mean they look as if they are using the wind to help them enjoy the freedom of the air.

My bedroom window gives me a great patch of clear sky above the houses and I have been enjoying small flocks of late Fieldfares flying north to south and one early morning a group of Buzzard, 4 in all, flew round the patch before heading back to wards the woods to the east. Once I am up I always check the fields and sometimes spot a Hare and one morning 2 Muntjak decided to travel towards Glebe School area.

From the car windows I have seen a Ringtail Harrier (female Hen Harrier) being harried by Carrion Crows closely followed by the Crows attacking a Red Kite and a couple of Buzzard. The crows seemed to reckon that they owned the air space over one of the Pig Fields! Driving along the cliffs give good views of the stiff winged Fulmar and using the cliff bottom walk you can spot the Fulmar sitting on their newly

acquired nesting spots. They have been back on site about a month now after a trip out to sea to change into new feathers after the messy rearing of last year's youngsters!

There are still some Redwing in the berry hedges and in spite of the shooting plenty of suicidal Red Legs and Pheasants, be warned!!

The Sandringham feeder station has been busy with Cole Tits as well as the Blue and Great, with the regular visits of what I tend to call 'Mallow Tits', they are probably Marsh Tits not Willow Tits but I confess that I find them really hard to tell apart!! I was also watching Grey Squirrels at the feeders. There is at least one that hangs by its back feet from a branch and then it levers up the green feeder cover and sticks its head into the tube for a crafty mouthful of seed. It hangs there for a long time and shows off its creamy white under fur.

On the slow moving front, there are still flowers to spot! Daisies and white Yarrow seem to be about the most common, but there are also Dandelions and assorted Hawkweeds still in flower in some more sheltered spots.

In the garden bulbs are already beginning to push through and I suspect if you really looked in the Snowdrop woods that their bulbs will be showing through the leaf litter.

That brings me on to the next month. If you are stuck indoors don't despair, look out and see what you can from your house



windows, if we get cold weather there will be more birds trying gardens for food. If you haven't a garden watch the endless Gulls and Jackdaws, their flying is a masterpiece of an aviator's art. As you travel around visiting or shopping notice the flowers and the changes in the trees and hedges and also in the Hardwick area there are Jackdaws, Rooks and several types of Gull to watch. Snowdrops will be appearing and early crocuses will be a blessing in the grey world of winter. In fact if you really look around you will be amazed at what there is to see. Have a Great Christmas (remembering why we celebrate) and may be a good New Years resolution could be to really look at what is happening in our natural world.

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Hunstanton Heritage Gardens

The project now enters a period of planning for 2019. We are investigating a new route for the Soap Box Derby which will be a faster and more exciting one. We are also planning dates to repeat much of the 2018 programme (eg Outdoor Cinema) plus looking at a few new events too.

Intergenerational Memories Project

Hunstanton Primary School will be taking part in this and asking questions of older folk in the town about the past. The idea is to record lots of memories about Hunstanton that can then be made available to the public in the Gardens and hopefully in the Heritage Centre too. Interviews will be taking place at Driftwood House at the end of January and students from the College of West Anglia will be doing the recording work.

Interpretation Boards

New boards with lots of historical information have been in the pipeline for some time now. Work on them has been restarted and we hope the boards will be finished and ready to put up very soon.

Friends of the Gardens

This group meets regularly, approximately every 6 to 8 weeks, to oversee developments in the Gardens and influence the activity programme. The Adopt-a-Bed scheme is managed through the group. If anyone is interested in joining the group please get in touch.

Roger Partridge

Activities Coordinator

Hunstanton Heritage Gardens

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Give birdwatching a try

Carrie Carey

New Year is traditionally the time when we want to try something new, set goals to get fitter, relax more or try a new hobby. Sometimes this can be a bit daunting if you don't know where to start. So, I'm suggesting that you give birdwatching a try – it's a great hobby, you're outside a lot of the time so you'll benefit from all those green and blue ions and it's a fantastic way to keep in shape.

One of the best things about birdwatching is that it can be a complete no brainer when it comes to the post-Christmas cash flow, after all, birds are all around us – they're everywhere so you can do it for free! I know people who birdwatch from their balcony because they have a great view of the communal gardens to their home. However, it is better if you can get outside and spend a little time watching and listening to birds in the park (Hunstanton's Heritage Gardens and Sensory Park are great for this), along the river or in local woodlands such as Sandringham.

You'll want to familiarise yourself with common birds first, but don't get bogged down with detail when general descriptions are fine for the species that you'll encounter most often. You might think about the size, colours and patterns of plumage, shape of the bill and the bird's behaviour. A guide book is a helpful tool and there are plenty out there. I'm going to plug the RSPB Handbook of British Birds as it's concise, giving just enough information to get you started and there's even a pocket version just right for winter coat pockets or a handbag. If you're tech savvy then you might want to go for an app on your smartphone or tablet. The advantage with these is obvious as they're lightweight, portable and you probably have one with you all time which is perfect if you spot a bird you want to ID instantly. You can also use your phone to record notes about the bird, where you saw it, what it was feeding on etc. If you can sketch, it's an added bonus to draw your sighting, even a rudimentary sketch will help when you come to identify the bird later. Phones often come into their own here as it's so easier to take an image of not only the bird but its surroundings as well. The art of 'digiscoping' (using a smartphone camera attached to a telescope) is becoming more and more popular with birders and is a great way to get close up views of your subject. There are other brilliant resources for bird ID online and lots include bird song and bird calls. These really come into their own in spring when early mornings come alive with the beautiful melodies of the dawn chorus. This is also a great gizmo if you can't visually locate the bird or perhaps have some visual limitations.

Of course it's perfectly feasible to see and hear a lot without any equipment but a decent pair of binoculars really can enhance the

experience. They're not only great for birding but for spotting all kinds of wildlife in your garden or wherever you might be. There are lots of different ranges to look at and you really should look at them and look through them. Binoculars can be a very individual purchase, what suits one person may not suit another so always try before you buy. This is something best done in the company of experts such as the Optics Advisors at RSPB Titchwell Marsh shop. Lastly, you might want to try birdwatching in a group with other beginners so think about joining a club or taking a guided walk at your local nature reserve. We have a number of walks each week and one specifically aimed at novice

birders or beginners.

My last tip is to take part in the Big Garden Birdwatch which happens every year in the last weekend in January. You can order a free pack from the RSPB which will give you lots of hints and tips to encourage birds to your garden, plus you'll receive a handy bird identification list and you'll be part of the world's largest wildlife survey! In 2019 we'll be celebrating our 40th year of the BGBW and we're inviting you to take part. It's a fantastic activity and will only take an hour of your time, so whether you do it alone or with someone else, take part and tell us how you will #BigGardenBirdwatch.

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Firstly, I would like to wish you a very happy new year! January is a time of planning and preparation for the Spring and Summer to come. If you can brave the elements, here are a few things to be getting on with.

Get planting, yes, really! Although the air temperatures are low, the soil will still be retaining some warmth. Unless the soil freezes or we have heavy snow, January is a perfect time to plant, just ensure that the plants you buy have not been undercover or cloches.

What to plant:

- Purchase snow drops 'in the green'. Often neighbours are happy to share theirs if they have a glut.
- Plant or fill gaps in hedging and add trees and shrubs to your plot.
- Bare root trees, hedging, Roses, Azaleas, Camellias and Rhododendrons all do well if planted at this time of year.
- Summer bulbs are also worth ordering now through a nursery or on line, gladioli and dahlias are great bulbs for adding impact in the border without costing the earth.
- If you have windowsill space sow some sweet peas for early summer flowers.

Pruning:

Be cautious when clearing leaves this month as you may find wildlife hibernating there.

- Perennials can be cut back to just above ground level.
- Shrubs such as Buddlejia can be pruned back hard now, you may also remove any very old stems. This will increase the amount of flowers this season.
- Thin out and prune apple and pear trees, cut back any new growth to one or two buds.
- Late flowering Clematis can be pruned now, either down to a foot or so from the ground if you are happy to keep it compact, or shorten all side shoots to one leaf joint.
- If your roses didn't flower well last year, try cutting them back quite hard, mulch them with a well-rotted manure and remove any branches which rub or cross over others. You can also train short climbers along wire, this will result in new shoots from the horizontal branches and plenty of flower buds.

Mulch:

If you haven't already, mulch your borders. You can use compost, rotted manure or leaf mould. Put on a good thick layer, this not only provides your plants with nutrients it also protects them from harsh temperatures and pre-vents on onslaught of weeds come Spring.

From your armchair:

Take time to go through all the mail order brochures that arrive at this time of year. Pre-order small plug plants, seeds and bulbs now to provide excellent savings.

Wishing you a blooming lovely 2019!

STEVE PENN

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TREE COUNCIL FUNDING PROVIDES TREES FOR MEMORIAL ORCHARD GARDEN

Children are planting trees in the new Memorial Orchard Garden in Ingoldisthorpe for National Tree Week
Jennifer Shah

A group of children from Ingoldisthorpe Primary have begun planting apple and pear trees funded by the Orchard Windfall Fund (run by the Tree Council) to celebrate National Tree Week. More trees will arrive later for children from the Village who don't go to the school to plant in the new Memorial Orchard Garden. Twelve trees have been sourced from the East of England Apples and Orchards project, the final tree, donated by Andrew Jamieson of Drove Orchards, was planted at the Christmas Light Switch-on in the Village on Saturday, 1st December.

The trees, which are all heritage Norfolk varieties, carry a special significance as they are being planted as a living memorial to those who lost their lives in World War I and II, 13 men in total from Ingoldisthorpe. A plaque will be displayed at the bottom of each tree engraved with the names of those who died.

It is hoped that the Memorial Orchard Garden will not only provide a calm and peaceful space for quiet contemplation but also another outdoor space for the Village to meet, celebrate the seasons and enjoy life with events such as a pruning, blossom & apple day. Green-fingered volunteers can help maintain and enhance the garden and those keen on cooking will be able to create culinary delights from the produce. The garden is being designed to be accessible to those with physical disabilities and a disabled parking space has already been completed by a Village builder.

The creation of the garden has been funded by a grant of over £350 from the aforementioned Orchard Windfall Fund, a £3000 grant from the Borough Council of King's Lynn & West Norfolk and a grant of £8396 from Orsted (formerly DONG Energy UK) via the East Coast Community Fund. A large number of local residents have also donated to the ongoing maintenance of the Memorial Orchard Garden and their names will be displayed near the entrance.

On Saturday, 1st December, the Village hosted its first Christmas Light Switch-on event centred around a huge existing Christmas Tree in the middle of the disused allotment where the Memorial Orchard Garden is being sited. Locally grown Christmas Trees were for sale



alongside mulled wine, mince pies, craft activities for all ages and stalls from the Bookshop, Katherine's Material Memories and Moored Moisturizers. Money raised will go towards the ongoing maintenance of the Memorial Orchard Garden as it is essential that the garden can fund itself.

If you have links with, or live in, Ingoldisthorpe and would like to be involved with the Memorial Orchard Garden project and/or you would like to donate to the ongoing maintenance of the garden please contact Jennifer Shah via email to: clerk.inc@gmail.com

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Thaxters plant of the month - Hellebore

How welcoming to see some specks of colour breaking through in the garden on dull January days. Accompanying the snowdrops and aconites, one of the first hardy perennials will be Hellebores.

There are two popular varieties, although many others are available. *Helleborus niger*, the Christmas rose, has large, pure white, bowl-shaped flowers resembling an old-fashioned rose (hence the common name) above dark green, leathery leaves. *Helleborus orientalis*, the Lenten rose, comes in an array of colours with clusters of saucer-shaped, nodding flowers in white, pink, mauve, red, green, smoky blue or deep purple, nearly black. There are also more unusual speckled and spotted varieties of Lenten roses as well as doubles and semi-doubles and rarer yellow and apricot colours. You will often get self-seeding where small seedlings will appear around the mother plant and if you have more than one variety you may get new colours and patterns (although they are unlikely to flower for a couple of years).

Hellebores prefer moist, well-drained soil in partial shade, ideally a north or east facing aspect or in a dappled deciduous woodland setting. Being hungry plants, they benefit from a top dressing of bonehead in Spring and Autumn and mulching in Autumn with leaf moulds or chipped bark. They can also be grown in pots in a mix of John Innes No. 3 and multi purpose compost and should then be fed with a high potash feed such as Toherite as they are budding up. In pots they can be positioned in a prime position nearer the house to be fully appreciated in bad weather where you don't want to venture out.



Although their large glossy leaves are evergreen, it is often suggested to cut back the old leaves as buds appear making the flowers more visible. They can also be prone to Hellebore Leaf Spot, a fungal disease where dark spots or margins appear, although it causes no harm to the plants – removing these leaves will prevent further spread. *Helleborus niger* is less prone to this and their flowering habit means leaf removal is not necessary.

Lenten roses have beautiful flowers but the fact they are downturned mean it's difficult to see the detail. This is to protect the flowers from the winter weather as they are high in pollen and one of the first flowers that bees will find on a warm, winter's day. Being one of my favourite flowers, I love the surprise of lifting their heads as you walk through the garden on a chilly day not knowing whether it will be plain, speckled or spotted and often the colour of the inner petals can be different to those on the outside.

If you want to appreciate the flowers indoors, hellebores can be used in flower arrangements or to see the flowers at their most spectacular, float individual heads in a shallow bowl of water.



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heavier than the same sized softwood log they will provide you with much more heat output – up to 50%. Using hardwood logs means having to feed the fire less often than with softwood logs.

It is best to only use dried, fully seasoned chopped wood logs with a moisture content of less than 20%. Well-seasoned logs make a distinctive 'clack' rather than a dull 'thud' when knocked together. They will also feel much lighter than an unseasoned log and the harder the wood the longer the seasoning.

Proper storage is important too, wood should be stacked off the ground with plenty of space between the logs to allow air movement and with the top covered to keep the weather out.

On a recent visit to Sandringham Sawmill, Manager Paul told me that all the wood they sell is kiln dried and is ideal for stoves and open fires. Their logs are stored in a dry barn and Paul is pictured (left) with six-foot tall Ben at the log store and also by one of their one cubic metre boxes (above).

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Paul can be contacted at the Sawmill on 01485 543641





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The killing fields of UK agriculture...

Robin Limb, agricultural consultant

The appalling death toll on UK farms continues, seemingly unabated. The number of farming fatalities reached 38 in 2018, together with many other serious injuries – some of which were ‘life-changing’. Farming is now officially the most dangerous industry in which to work, based on accidents as a percentage of its workforce. Previously, the construction industry was the most dangerous place to work in, until it got its act together several years ago and put its house in order with respect to health and safety for employees and contractors.

The main causes of farming fatalities are:

- Falls from height – e.g. climbing on fragile asbestos roofs
- Contact between people and moving machinery
- Contact with livestock – bulls mainly
- Contact with overhead power lines
- Asphyxiation from slurry gases or carbon dioxide in confined space
- Overturning tractors and quad-bikes
- Falling big straw bales
- Slips, trips, and falls

I recently gave a presentation to the NFU Farm Safety Partnership meeting at their headquarters at Stoneleigh, Warwickshire, on my experiences both in farming and while working for British Sugar. The group of around 40 was composed not just of farmers, but also wider food industry stakeholders such as major retailers and the Health and Safety Executive. Everyone was united in their determination to reduce - if not eliminate - the carnage that we have to witness on a weekly basis in our industry.

The HSE recently published an advisory document entitled “What a good farm looks like”. This comprehensive and very helpful publication is aimed at dealing with, or attempting to mitigate, the risks outlined above, and is available on their website.

- H&S is not just about ‘tick box’ processes and compliance procedures
- It is not just about having all your paperwork in order
- It is not just about ‘Safe Systems of Work’ and ‘Method Statements’
- It is not just about audit processes and training records
- It is about your workplace culture

Many farmers I speak to say they are too busy to waste time on health and safety compliance procedures: I find this quite disheartening. “What is more important – getting the job done on time, or getting home alive..?” I ask. So called “Near Miss Incidents” are frequently shrugged off as just being a lucky escape – but luck can run out. If it happened once, it can happen again.

Although the weight of duty for employees’ safety is mainly down to the employer, workers also have a duty to behave sensibly

and responsibly at all times. As someone once said, “There is nothing common about common sense”. Regardless of all the efforts to provide a safe working environment, if a reckless individual chooses to defy the rules then it is their fault and not the employer’s. The HSE acknowledges this and would not prosecute under such circumstances if an accident resulted.

However, it is also easy to go ‘over the top’ on health and safety rules and regulations. This frequently happens when a serious injury happens in businesses, and the full weight of the law is brought to bear. Over-emphasis on H&S can be suffocating for all concerned, and a sense of perspective has to be retained.

“*Health and safety is no laughing matter - there are no prizes for bravado and mindless risk-taking to be had*”

Accidents don’t just happen: it usually takes three things or more to go wrong simultaneously, such as tiredness, work pressure, and cutting corners to meet deadlines. If such factors coincide, an accident is almost bound to happen. This is known as the rule of ‘3s’. Arguably, all accidents are potentially avoidable – apart from being struck by lightning possibly. I prefer to use the word ‘incident’, as it avoids the common response: “I’m sorry it was just an accident”.

Many readers may recall the horrendous loss of 167 workers’ lives on the Piper Alpha North Sea oil rig in 1988 – the biggest single loss of life in UK industrial history. Unless things change on our farms, there will be a similar number of lives lost in the next four years. I fully recognise that it is far easier to control a building site with perimeter fencing and high-visibility clothing, than on a large farm where working alone, and far from help in an emergency, is often the case.

Lord Cullen’s enquiry into the key causes of the Piper Alpha disaster were as follows - and all apply equally to the farming world:

- Play your part in making your workplace safer
- Is your work adequately controlled from a safety perspective..?
- Do you feel competent to perform the task you are being asked to do..?
- Are you sure that safety critical communication is mutually understood and



being acted upon in your workplace environment..?

- Do you feel pressure to maintain production, or avoid taking equipment off-line..?
- What is the worst thing that could happen today and what would you do..?
- How are you playing your part in making your workplace safer...?

Lord Cullen made 106 recommendations as a result of the Piper Alpha tragedy – all of which were subsequently adopted by government and industry. A ‘step change’ in safety is what agriculture needs right now..!

A trusted and well respected agricultural contractor friend of mine tells his employees on a regular basis: “I have always placed the health and safety of my employees above customer deadlines. I have repeatedly said that if you do not feel safe in your working environment, you are entitled to withdraw our services without recrimination – I can always get another customer, but I can’t get your life back once it is gone...”

Overhead power lines (OHPLs) possibly represent one of the greatest hazards on farms. The minimum statutory height of an OHPL is 5.2 metres – which sag in hot weather – especially during the summer harvesting season. Modern combine harvesters have discharge augers that can reach up to 7 metres high, and telescopic handlers up to 12 metres high – “What could possibly go wrong?” I ask myself ironically. Two workers die every year from coming into contact with OHPLs – one of whom is involved in agriculture.

Health and safety is no laughing matter – there are no prizes for bravado and mindless risk-taking to be had. It is better to be safe than sorry, as the saying goes...



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Norfolk Holiday Homes

Sandra Hohol

As I write this, 2018 is on its way out with 2019 only a few weeks away, and we start all over again. (Bit like a Panto really! Some of our stories could be Panto related....!) If we can have a beautiful summer (please not quite so hot), it will entice holiday makers and day trippers into the area and we all can be as busy as 2018. We have now only just begun to slow down to give us a chance to catch up on much needed paperwork and as I just said, we start all over again. Having Carol join us in June was a Godsend as she has fresh ideas, a vast experience with the holiday industry and allows Julie and myself to do other tasks. Our little office never stops buzzing!

Carol and I attended an interesting meeting a few weeks ago, where a new marketing ploy to take effect in the New Year would encourage more people to visit Norfolk out of season. An achievement all holiday businesses would be glad of - to have the 'shoulder' months seeing more income from visitors. They propose to advertise events that happen out of season in Norfolk in order to attract visitors. The website will also encourage accommodation providers to place their accommodations with them to achieve more bookings. It was just a shame that only six businesses attended. It was local, free and full of information. Sad that attendance was very low - hotels, bed and breakfasts, self-catering could all benefit and then the knock on effect would begin and other businesses would gain too. The organisation involved is non-profit making, so funds go to the community. Maybe those who turned down the invitation to attend should look out for more information in the New Year.

As usual each year we always lose and gain properties. Not many lost, I am pleased to say as our register is increasing. We now have a few properties in other parts of Norfolk which means we are expanding further into the county with more to offer to our long list of clientele. So if anyone has a holiday home further south of this corner of Norfolk which they are thinking of letting, please let us know.

Finally well done to the children who won our competitions this year. Details of the next competitions will be in our new brochure, and will be in our office in January. This year, it will not just be open to our holiday guests who book with us, we are opening it up to the public so children keep a look out in our office window or call in for more details. There will be vouchers for the winners.

Finally, Happy New Year to everyone and all our office visitors.

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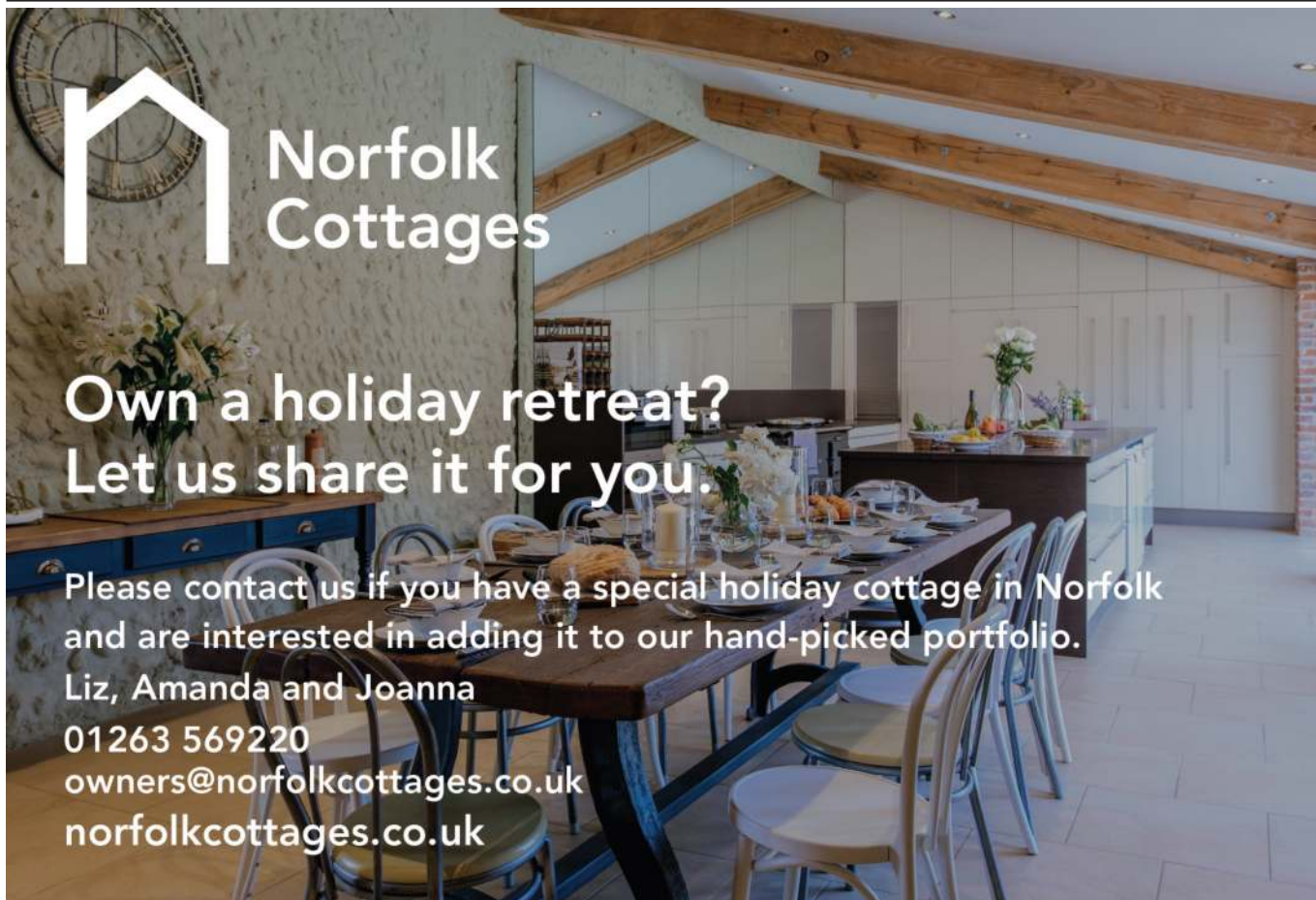
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Outstanding carers recognised



There were celebrations for Norfolk's Extra Hands care company this week when the winner of a special award was revealed.

With a total of 64 nominations for the Gill Chase award the competition was extremely tough, but 25-year-old carer Lorren Payne took the title after reaching the final shortlist of eight for the second year running.

One finalist from each of the company's two Norfolk offices in Heacham and Norwich were chosen before the winner was announced.

Lorren was described a 'caring and compassionate person' and 'an asset to the company' by service users and the recently-promoted team member was delighted to receive the award after working for Extra Hands for three years, based at its Heacham office.

She studied health and social care at Fakenham College and had a spell in retail before embarking on her career with Extra Hands which saw her providing help and support for around 20 people a week within their own home. Having been promoted, Lorren is now a rapid response team member.

She said her work was incredibly rewarding and added that the award was for the whole team because they all supported each other. "I love my job and it's incredibly rewarding - I would recommend it as a career to any young person wondering what they could do," she said.

The second finalist was carer Mark Potter (54) of Cromer, works from the Norwich office of Extra Hands, and has only been with the company a year. His cheerful nature and willingness to 'go the extra mile' saw him take the runner's up spot in this year's awards. Mark said he was delighted to have made the final and he gave his presentation bouquet to his wife Kaye who also attended the ceremony.

Each of the other six finalists was presented with a certificate by the company's founder David Evans. Extra Hands Norfolk celebrated its 25th anniversary this year and was started by David and his wife Hazel. It now employs more than 150 staff and offers care and support across the county.

The Gill Chase awards were started four years ago in memory of a long-standing committed carer who died suddenly in 2014 aged 68 and the company wanted to ensure she was always remembered.

Company director Hazel Evans said staff always looked forward to the award and she praised the entire team for their dedication and care.

The Heacham office finalists were also - Daniella Silva who 'always asks if there is more she can do' and her nomination added: "The fact that the day starts well if Daniella is the carer says it all." Daniella has a positive attitude and provides an excellent service.

Oksana Trofimova is a 'calming influence and is never hurried.' She is "excellent at sorting out any problems and is patient, understanding perfectly others' needs with a positive attitude and always goes the extra mile."

Julie Woodberry always treats the service user with dignity and respect and adapts care as necessary. She is described as "kind and understanding" and is always encouraging.

Photo: Winner Lorren Payne and (R) Zoe Back. Ian Burt Photography

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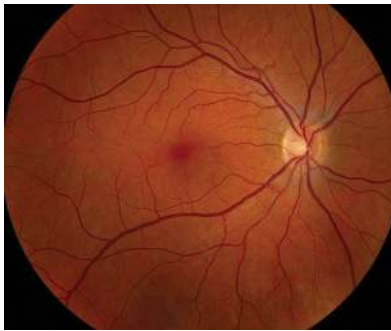
Nicky S.A.C. Dip FHPT, S.A.C. Dip FHPP registered

Hunstanton Eyecare blog

Retinal photography

Happy New Year to one and all! This year at Hunstanton Eyecare we are offering "Retinal Photography", photo of the inside of the back of your eyeball, as a routine addition to our eye examination and to provide us with a more detailed record of your eye health. There are structures in the eye which benefit from a photograph so that any changes can be noticed and action taken to prevent loss of vision. The camera takes a flash photograph of the inside of your eye, and although it's a little dazzling, it certainly does no harm and vision comes back to normal in a couple of minutes.

The retina is the light sensitive cell layer which lines the inside of our eyeball and gives us the gift of sight. I often liken the retina to the film in a camera, yes I am going back a bit to 35mm was it? before all the fantastic digital gadgets were invented! If your film was rather old or damaged in any way, no matter how well you focused the lenses you were unlikely to get a good photo. The same can be said for the eye, if the retina is damaged, no matter what spectacle lens we give you it may not make much difference to your vision. So it is vitally important that your eyes remain healthy. Good habits for healthy retinas are, 1. No smoking, 2. Avoid excessive UV light, wear your sunspecs and/or shield your eyes with a brimmed hat in bright sunshine, 3. Diet, plenty of green leafy veg especially kale and spinach, and the bright fruit and veg like peppers, sweetcorn, carrots etc.



The major structures we observe in the eye are the Macula, Optic disc and blood vessels. The Macula is a tiny area of the retina directly opposite our pupil, responsible for detail and clarity of our central vision. The Optic Disc is the head of the optic nerve, this area is usually affected by Glaucoma, a very common ocular condition. It is the appearance and measurement of the disc that contributes to the Glaucoma diagnosis and photographs are the most brilliant record as we can compare disc photos from sequential eye exams and notice any changes. Blood vessels that supply parts of the eye are easily seen when looking at the retina, the appearance of vessels can give a clue to underlying health problems such as raised blood pressure and high cholesterol. Then there are the things that we may not be expecting, just like we have moles on our skin, occasionally they appear in the eye. Most do nothing and are just "normal for us", however a photo is the best way to monitor it in case it decides to grow into anything sinister. Diabetic patients should have regular eye screening photos, and this has been done for some time under the NHS. Diabetes causes weakness in the walls of the delicate blood vessels and can result in haemorrhages, this can cause major vision loss. We can often see the first signs of diabetic eye disease in the periphery of the retina, it appears as tiny spot haemorrhages. If you schedule your eye exam with us in between regular screening you would have a six-monthly check rather than just annual.

I would recommend everyone to have a retinal photograph at every eye exam. Eye transplants are not possible, so you have to look after the eyes you have. There are many retinal cameras on the market and we have one of the latest to give us a quality image. We do make a charge of £10, unless you are a member of our Eyeplan scheme which includes it, but we believe it is a small price to pay for maintenance of good eye health.

We look forward to seeing you soon,

Annette

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Getting Employment Law Right – Kim Cross, Associate Solicitor

If you run your own business, many issues can give you sleepless nights and one of the most common of these is a difficulty with an employee.

Tribunal claim fees were abolished last year so if an employee wants to bring a claim they can now do so with little risk. Since then, the number of claims to employment tribunals has risen, reaching around 110,000 over the past year. This figure doesn't count claims that were either dropped or settled before getting to tribunal.

Despite the high number of claims, only 536 unfair dismissal claims ended with the employee receiving compensation but the time and expense of going through a claim is something employers will wish to avoid, and by taking certain steps you can reduce your exposure to a claim.

As a starting point, you should make sure that the essentials are in place:

- Use written contracts of employment. Give these some thought so they aren't just generic but cover what you need. If you have an issue with an employee, the contract will give you and the employee something to go back to.

- Review your contracts periodically. Employment law changes all the time and employers often make the mistake of using the

same contract for years, only finding out that the law is out of date after they have encountered a problem.

- Put basic policies in place and use them. Disciplinary policies and grievance policies are standard but it is also helpful to have policies covering incapacity, the use of social media and work computers etc. As with employment contracts, these can be drafted to cover the specific needs of your business. Policies like this help managers and staff know what's expected.

- Have at least a basic understanding of the types of claims that employees can make. If you have an understanding of your obligations and what might get you in trouble, you are less likely to find yourself in difficulties. For example, one common mistake that employers often make is to dismiss someone who is frequently off sick, under the assumption that the employee can't bring an unfair dismissal claim because they don't have 2 years service. This might be right, but if the reason that the employee is off sick is due to a disability (which can include some forms of mental illness), they could bring a discrimination claim which is potentially more costly than an unfair dismissal claim.

Most employers experience difficulties with n



employee at some point. The best advice is, when in doubt, seek legal advice. An employment solicitor is the best place to go for advice rather than relying on the experiences of others and, crucially, get advice before you take action.

You may have valid grounds for wanting to dismiss someone but if you don't handle the procedure correctly, you may end up paying compensation for a claim that you could have avoided by getting good legal advice.



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Dates & Deadlines! Have you filed your 2018 Tax Return yet?

Supplied by Kathryn Gigg, Chartered Accountants, Hunstanton

31 JANUARY 2019

INCOME TAX: SELF ASSESSMENT FILING AND PAYMENT DEADLINE:

Filing deadline for 2017/18 personal, partnership and trust returns filed online, or for paper returns which cannot be filed online (e.g. if you work for the Royal Estate).

Those who did not file their paper return by 31 October 2018 will incur £10 daily penalties if they do not file electronically by today.

Please telephone us if you require any assistance with filing your 2018 Tax Return. At this late stage, we cannot guarantee that it will be filed ahead of the submission deadline but our advice may be invaluable in ensuring that you make constructive progress in bringing your tax affairs up to date. Please contact us on 01485 534800 or email kate@kathryngigg.co.uk.

Balancing payment for 2017/18 and first payment on account for 2018/19 due today.

Deadline to amend a 2016/17 tax return, if relevant.

Deadline to file an outstanding 2016/17 tax return to avoid a tax geared penalty.

Deadline to file an outstanding 2014/15 return to displace a determination.

NIC: Deadline to notify liability to Class 2 NICs where your self employment began in 2017/18 tax year, to avoid a penalty.

Last day for claiming a repayment of Class 2 NIC for 2017/18 on grounds that earnings were below the exemption limit.

CLAIMS & ELECTIONS: 31 January 2019 is the deadline for numerous self assessment claims and elections for 2012/13 to 2017/18. Please contact us to discuss if you require advice in this regard e.g. Loss Relief Claim.

COMPANY ACCOUNTS: private companies with 30 April 2018 year-ends should file their accounts at Companies House.

CORPORATION TAX: returns for accounting periods ended 31 January 2018 should be filed with HMRC by today.

GIFT AID: Individuals should make a claim to backdate gift aid donations, by today, in certain circumstances to benefit from a higher rate of tax relief.

TAX CREDITS: last day to renew tax credits for 2018/19 (if the 31 July 2018 deadline was missed and the claimant can show good cause) or to provide final income figures for 2017/18 (if renewal was done by 31 July 2018 using an estimate).

TRUSTS: Deadline to register UK-connected Trusts with a tax liability for 2017/18 on HMRC's Trust Registration Service (TRS) Deadline for Trusts already registered on the TRS to provide details of changes in 2017/18. The TRS cannot currently be updated online and so details of changes must be sent in writing this year.

1 FEBRUARY 2019

INCOME TAX:

Penalty charged where 2017/18 Self Assessment Tax Return was not filed on time and was issued before 1 November 2018.

Third late payment penalty due of 5% on any 2016/17 Income Tax & Capital Gains Tax due on 31 January 2018 and remaining unpaid.

AND DON'T FORGET MAKING TAX DIGITAL What steps have you taken to prepare for **Making Tax Digital (MTD) for VAT?** Many businesses currently type the figures for their quarterly VAT Return directly into a free form provided on the Government website. Are you one of them? The MTD regulations will make digital record-keeping for VAT compulsory **from 1 April 2019**, as well as introducing a new requirement to file VAT Returns directly from software. Paper based records will not be permissible for MTD for VAT.

If you need any help in this regard, please contact us urgently on 01485 534800 or email kate@kathryngigg.co.uk, as time is now running out!

Mrs K H Gigg FCA



Kathryn Gigg

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

2019 probate court fee hike is taxation by the back door

Miranda Marshall, Director, Hayes + Storr

Adam Smith, the founder of modern economic principles and the darling of many right of centre politicians, established the three essential duties of government. In his 1776 'The Wealth of Nations' he stated these to be national defence, administration of justice (law and order) and the provision of public works and the public institutions that facilitate trade.

The government's justification for the proposed hike in probate court fees is 'access to justice'. They argue the need to raise funds for an effective court and tribunal service. They are expecting a group of vulnerable people (the bereaved) to pay to run the court system. In doing so they are failing in their fundamental duty, as second-stated above.

In the UK we do not have 'hypothecated taxation'; we have general taxation, national insurance and VAT. We should not be paying for public services out of fees paid by users of associated services and arguably, not by users of the service at all. For example, those of us that pay tax, support the NHS whether or not we use it. We pay for schools, whether or not we have children.

This is a tax-raid. There is no more work for the probate court in issuing a grant of probate of a Will on a large estate than a small one. The system is exactly the same and there is no value-related element in the court's work. 85% of estates are to be liable for the higher fees.

At present a flat fee is paid of £155, for applications through a solicitor and £215 for applications without.

Under the new sliding scale, which is proposed from April 2019, one in five families can expect to pay £2,500 in probate court fees on estates of more than £500,000. Admittedly, for estates below £50,000, where increasingly no grant of probate is needed anyway, there will be no fee at all. The increased fee could even fall on a widow

continuing to live in the marital home. Estates between £50,000 and £300,000 will remain little-altered at £250, while the maximum fee of an eye-watering £6,000 will fall on estates of over £2,000,000.

It is wrong and ill-founded to expect the bereaved in England and Wales to pay the cost of upgrading the courts, when the bereaved in Scotland and Northern Ireland will not. I doubt that we would object if the proposed increase was in line with inflation or according to the Scottish or Northern Irish scales.

Ministers backed-off the changes prior to the 2017 general election in the face of criticism but have back-tracked. It is small-comfort that the maximum fee has been cut from the 2017 proposed figure of £20,000 on estates of £2million and over.

The Brexit-embattled government was not brave enough to announce the changes in the Budget; rather they will be enacted via secondary legislation.

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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On the turf with Charles Joyce

The New Year brings new hope to all punters that the old year's losses will be recuperated and new gains from the old foe will make it a prosperous year. 2018, was very much a typical year with many near misses and the odd success. Aidan O'Brien's team caught a virus and he had a poor Royal Ascot in June by his own recent standards. Mark Johnston was down at Glorious Goodwood in July. Sea Of Class just missed out in October behind Enable, and to cap it all Elegant Escape was another runner up in December behind his stablemate, who was the first horse older than nine years old to win the Hennessy Gold Cup, in 37 years. On the positive side Kew Gardens won the St Leger in September, and best of all, in November, Cross Counter became the first UK trained winner of the Melbourne Cup. A goal from Mo Salah against Napoli kept Liverpool's Champions Leagues hopes alive, and Atletico Madrid are also in the play offs with the final on their home soil.

January sees big changes to how people view live horse racing with all racing in Ireland going to a specialised subscription channel. We are told that every race will be shown live. To avoid split screens when there is the inevitable clash of timing, we are told there will be a live feed from every track which can be viewed via the internet. That will be fine for some people who live in rural Ireland and have a gigabit download speed, (€55 a month with no line rental) but not so good when broadband is intermittent, or very slow as it is in some parts of rural Norfolk. The new channel can be seen without a satellite subscription which is a plus, but unless a Black Friday deal was taken up this still means £25 per month for the stand alone channel. Add in the cost of a PC and broadband, and just watching racing is becoming expensive viewing.

New presenters include the jockey's agent Kevin Ryan. He is extremely knowledgeable, and carries out some very informative interviews on track. Kate Harrington, who is the daughter of Jessie Harrington, is another new presenter. Kate is an accomplished amateur jockey and is assistant to her mother. Many claim Jessie Harrington is the best trainer of horses who train in both spheres of national hunt and turf racing. In the last couple of years she has trained a Cheltenham Gold Cup winner (Sizing John) and a multiple Group 1 winner on turf (Alpha Centauri). Women are beginning to come to the fore in horse racing. Before their retirement Katie Walsh and Nina Carberry could more than hold their own in the amateur jockey ranks, often beating the professionals in top national hunt races. If anyone has doubts that women can be successful jockeys they need to check out Rachel Blackmore who is at least equal to any jockey riding today in the national hunt sphere.

In the UK, Laura Mongan trained Harbour Law the St Leger winner in 2016, beating the best John Gosden and Aidan O'Brien could put forward. Among the trailblazers were the late Mercy Rimell who took over the licence when, "Mr Grand National", husband Fred died in 1981. She trained Gaye Brief to win the 1983 Champion Hurdle, and had other Cheltenham Festival winners before retiring in 1987. Mercy kept her interests in racing alive through ownership up to her death in 2017 at the age of ninety eight years old. Jenny Pitman won each of the Grand National and the Cheltenham Gold Cup, twice. Her first National win was also in 1983 with Corbiere. Henrietta Knight trained Best Mate to win three successive Cheltenham Gold Cups. A feat no other trainer living has accomplished. (Paul Nicholls won 3 successive Cheltenham Gold Cups, but not with the same horse) In national hunt racing Lizzie Kelly is probably the best known woman jockey, but Bryony Frost and Lucy Alexander have shown they can hold their own among the best.

January is a quiet month with eyes beginning to turn to the Cheltenham Festival in March. The first month of the year does see the start of the Meydan Carnival which culminates at the end of March with the World Cup. The Carnival brings together some of the best thoroughbreds from across the globe. The idea originated with the ruler of Dubai, Sheikh Mohammed Bin Rashid Al Maktoum. The card

for the finals day, March 30, this year will be the richest in the world and will include 6 Group 1s and 3 Group 2s with a combined worth of US\$35 million, including the most valuable first prize in global thoroughbred racing, the World Cup itself. The Carnival began in 1996 at Nad Al Sheba with a mixture of races on dirt and turf. With the opening of Meydan, in 2010, turf and Tapeta were the racing surfaces used. In an attempt to lure the best horses from the USA back to Dubai racing the Tapeta surface was replaced with dirt in 2014. Trainers to look out for during the Carnival are both UK based Godolphin trainers Saeed Bin Suroor and Charlie Appleby. South African Mike De Kock is another likely to have a strong team. There are some excellent websites dedicated to the racing in Dubai with perhaps www.emiratesracing.com among the best.

Back in the winter chills of the British weather we have all weather racing on a variety of surfaces. When a horse has run a required number of times s/he will be allocated a handicap mark in the form of a rating by the official handicapper. It is this rating that dictates the weight a horse will carry in any handicap race. After each subsequent race the official handicap can re-evaluate his previous opinion. This can mean the rating goes up or down. Trainers often disagree with their horse's handicap mark, usually because the trainer thinks it is too high. However, claiming races give the trainer the opportunity to set his/her own rating, and hence the weight the horse will carry in the individual claiming race. Some trainers are very successful in these particular type of races. Many systems have been devised over the years to aid the punter in finding the winner of these races. One system is to bet on the favourite in this type of race on the proviso the horse won its last race. It has been a successful system over the years, but often the favourite is a prohibitive price for many punters, and which horse is going to be favourite can't always be known until the race starts, which defeats the object. So a much simpler system is, in the first three months of the year a horse running in a Class 6 claimer being run on a UK all weather surface, and that won its last race. This does throw up a few winners that are a bigger starting price, and the system has shown a profit every year since 2012. It can be refined further by restricting the selections to horses that have a jockey claiming an allowance. A jockey is able to claim a weight allowance in many races, because she or he has not ridden a specific number of winners. The allowance does vary and is dependent on the number of winners the jockey has ridden. The theory is that the trainer rates his or her own horse, and then deducts a bit more by having a jockey claiming an allowance to give the horse a better chance of winning. After all it is said weight will stop a train, so why not give your horse a better chance of winning with a jockey claiming a weight allowance. Anyway that's the theory. So the system is until the end of March in UK all weather racing, Class 6 claiming races, the horse won its last race and is ridden by a jockey claiming an allowance. Don't be put off should you not be familiar with the jockey, and especially if she is a female jockey, because women have a better record than the men in this system. Personally, I'm usually wary about betting on an odds on runner, and since 2012 there has been no winner above 10/1. Including these two extra filters reduces the number of bets without unduly lowering strike rate and profits. Hopefully by the end of March we'll have a bit more in our pockets than we gave the bookmakers.

On the Plexicushion in Melbourne the Australian Open is the first of the tennis grand slams. Johanna Konta, Heather Watson and Naomi Broady are likely to be carrying the flag for the UK. Ashleigh Barty will be the top home hope. World Number One, Simona Halep, will want to add the trophy to the one she won at Roland Garros in May, and go one better in Melbourne than last year. Among the previous winners due to turn up will be Caroline Wozniacki seeking to go back to back, Maria Sharapova, Viktoria Azarenka from Belarus, German Angelique Kerber and Serena Williams. Age can be a factor with many of the leading stars, especially if the oppressive heat shows up as it so often does in this tournament. Younger players appearing are Elina

Svitolina, who although a multiple winner on tour has not made a grand slam semi final since turning professional in 2010. Naomi Osaka will hope to add this trophy to her victory at Flushing Meadows last September, but she's unlikely to be the same price this time around. The woman who interests me the most is Aryna Sabalenka, a twenty year old from Belarus. She was in good form in 2018 going down in 3 sets to eventual winner Naomi Osaka in the US Open, in between winning on the hard courts at Wuhan and New Haven. Given a kind draw she could go a long way in to the event, and it's not impossible to see her picking up the trophy.

Wishing everyone a happy and prosperous New Year. Please always keep in mind the golden rule of punting. Pay the bills first and under no circumstances bet if you can not afford to lose, because even the best professional punters lose more often than they win.

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Nuffield Health
Barb House

The Barking Bugle

The Impawtance of Pearly Whites!

It appears I might need a visit to the dogtist. Reports are that my teeth are rather yellow and apparently yellow is not this season's colour. This is very surprising to me. I look after myself as I exercise regularly and I eat a healthy, balanced diet but dad is complaining that my breath is a bit smelly and my teeth are yellow. To add insult to injury, my brother Luca's teeth are fine and he eats what he wants, when he wants and the most exercise he will muster is a slow jog around the block. His teeth are like a toothpaste commercial!

I had a chat with mum about it because I was worried. I work very hard for a living, modelling for stuff and photos of me are all over the Internet. I need to look my best; what is a girl to do with yellow teeth?

Mum was her reassuring self. "The mouth is home to thousands of bacteria. As the bacteria multiplies on the tooth's surface they form an invisible layer called plaque or biofilm. It is important to look after your teeth because it can lead to inflammation of the gums and further down the line, perhaps a periodontal disease. But sometimes plaque can be removed naturally by the dog's tongue and chewing habits. Luca's lifestyle is really no different to yours, Cocoa, except he chews," Mum stated. "I know he chews, you can't trust him with my toys. He would destroy them if I let him," I confirmed. "Yes he would," said Mum, "but chewing does help to remove the plaque. You just need to chew the right things."

"Well, what sort of things? I mused. "Luca, what should I chew to help my teeth do you think?" Luca looked up – as usual he was his busy self, watching Loose Women and snoozing. He seemed very unconcerned. Obviously he didn't understand the gravity of the situation. "Luca, my teeth are yellow which will affect me being my usual photogenic self. This means you may have to step up and help Dad out with photos which means more hours working and less time on Loose women." That certainly got his attention! I have never seen him move so quickly. He headed off to his toy basket and returned with a selection of toys - lots of different snuffle toys, fleece tug toys, the Rosewood bio safe pear, Kongs and various balls. "OK Cocoa, get your pearly yellows round some of



these – we will have a strict chewing diet of half an hour a day – let's see if we can get that plaque removed." Luca was almost masterful as he said that – almost, but not quite!

"So what do I exactly do, Luca? I have never chewed my toys, I don't like to destroy things, I take care of my balls and my frisbees because they are for playing retrieving games, to show my dad how clever I am. "Well, it's like this," as Luca demonstrated by picking up one of our fleece tug toys with his paw and mouth. He then got it to one side of his mouth and proceeded to gnaw away at it. Up and down his mouth it went and I could see it was grazing the side of his teeth. He then moved it to the other side of his jaw and continued. "Just like that Cocoa, did you see?" he asked. "Fleece tug toys are really good for this – they are soft so they don't hurt my mouth but still strong enough with the right texture to rub the scum and plaque off." He pawed the toy over to me and I started to give it go. Surprisingly it didn't hurt my mouth and was almost therapeutic. I could feel it exercising my gums and my mouth and I was positive it was helping already.

"Another good way to help prevent tartar build up is through brushing your teeth daily," Dad then chipped in. "A while ago I ordered you a special dog toothbrush and toothpaste. I had forgotten about them – why don't we try those?"

I put the toy down as things seemed to be getting a bit more involved – at this rate my daily beauty routine would take all day. I asked Dad what exactly I would need to do. "Well, it's just like putting a very small brush inside your mouth and moving it around. Up and down, brushing each tooth, removing tiny bits of food particles off your teeth. It's very simple, doesn't

take long and it is important. Mum and I do ours too," Dad instructed me. "Is the toothpaste mint flavoured? I don't like mint," I nervously asked. "No, it's not like our toothpaste and you must not use the hooman version because there are chemicals in those that are harmful to dogs. You must use the specially designed ones for canines. The one I ordered for you is poultry flavoured."

"Did you just say poultry?" At that point Luca popped his head up again, oh gosh that boy is always thinking of his stomach. "It's not for you Luca, it's for me. You don't need it. Your teeth are perfect apparently," I snapped at him. I am sorry, I just couldn't help it – I am normally the perfect one and this turn of events didn't sit easy with me.

But I decided to give a go. I wasn't sure of the brush thing to start off with, it tickled inside my mouth and made me giggle, although the toothpaste did taste nice. We are going to continue with my beauty regime every day to see if it makes a difference so watch this space. I will replace Luca in that toothpaste commercial before you know it!

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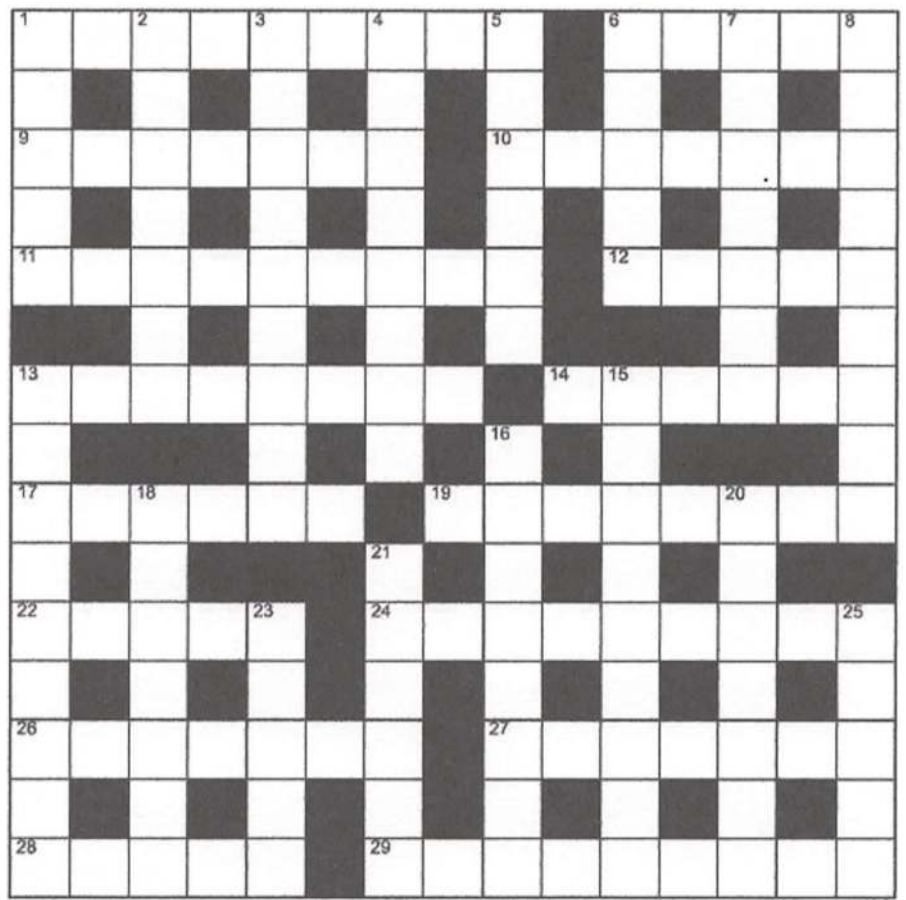
Crossword Clues Across

1. Free credit I am completely opposed to....(9)
6. because a select group benefit (5)
9. Exercise very large (gross) marsupial (7)
10. Lug invention to front of rostrum in advance (7)
11. Breaks stem with leaves attached(9)
12. Come back to start again (5)
13. Victim of impromptu party cancelled, as expected (8)
14. Tree evokes cry of admiration - not well received! (6)
17. Dad will go on about having a fruit tree (6)
19. End early manoeuvre and land in Channel (8)
22. Heard string of notes (5)
24. Quick to spot Russian flower (with help) (9)
26. Black duck has little time to meet mouse, having blanked setter (7)
27. Emerging from exit can be rough (7)
28. Decline to run under direction (5)
29. Debate love note found in scrap (9)

Crossword Clues Down

1. Sleep roughly, right among rubbish! (5)
2. Alluring, but lacking front to become passionate (7)
3. Being repeatedly compliant entering major port makes for plain sailing (4-5)
4. Butter's good with tea freshly prepared in seaside town (8)
5. It can be hard to express sympathy (6)
6. Style queen is under dryer (5)
7. Enormous pig (Nellie) found in smelly plant (7)
8. Get rid of casual? (9)
13. Trump is brought to account over debts (rather large) (9)
15. À la mode bag is French – seriously? (2,7)
16. Brief, but loud, hammering (8)
18. Paid player to join team going down for a short time, as of next month (7)
20. Falls, but gets up again before real action starts (7)
21. Relative with money in America (6)
23. Crowd inside Land Rover (5)
25. It's revealed in the charge (5)

David Elsey's Cryptic Crossword



Crossword solution on page 9

Ray Butchers Su Doku

Easy first...

...then the more challenging

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

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

Snow White at the Princess Theatre

John Maiden

Once again the Princess Theatre is to be congratulated for producing a pantomime that showcased local dancers from the Rollason stage school, performing alongside seasoned professionals. This year's production of Snow White certainly lived up to its billing as 'a fabulous family panto'. In term time, morning performances attracted large audiences from local schools. Afternoon shows provided family entertainment for more mature theatre goers, with or without their grandchildren!

As with most pantomimes, the plot was familiar, but its appeal was in the way the story was presented. The acting, even in the slap stick routines, was well directed and rehearsed. The same applied to the dancing and singing. Young dancers from the Rollason stage school did not put a foot wrong, even when some of them were in bulky costumes as the seven dwarfs!

Helen Farrell as Snow White and Dominic Scott as Prince John were very convincing as the love-struck couple, but the baddies had even better lines and delivered them with real conviction. Linda Newport played the wicked queen to perfection, whether acting or singing; while Dave Kustard, as her cringing side kick, made the most of his every word and gesture.

Michelle Free was perfect as Fairy Snowdrop, looking as if she had just stepped down from the top of a Christmas tree! She ensured that good triumphed over evil, while Mervyn Francis proved that only a man could get away with some of the lines he delivered as Dame Clara!

Andy Eastwood provided lots of laughs as Muddles and showed great versatility when it came to playing a variety of stringed instruments. Add in some foot-tapping tunes; colourful scenery and costumes; and you have all the ingredients for a perfect pantomime! Oh yes you have!



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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.

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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, Wednesday evenings for Duplicate or pairs depending on attendance, and on Friday afternoons we offer Bridge lessons to people who want to start playing or to people wanting to progress a bit further. 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 for a warm welcome and to find out more.

How Good is your card-play?

On the following hand you have to make 9 tricks at No-Trumps. The bidding was simple. South opened 1D, North replied 1S, South bid 1NT and North raised to 3NT.

♠ QJ73		
♥ K		
♦ J109		
♣ K94	♠ QJ1085	♠ 10852
♥ Q10842		♥ 9763
♦ Q52		♦ K83
♣ 62	♠ A6	♣ A3
	♥ AJ5	
	♦ A764	
	♣ K974	

West leads the H4 and declarer wins with the HK. If he now tries to set up the clubs by driving out the A the East hand will win and return a heart. If declarer plays the A and then makes 4 club tricks he will be on the table and have to rely on trying the spade finesse by leading the Q and letting it run. Now West wins and cashes his hearts to defeat declarer.

The solution? When on the table with the HK at trick one the SQ should be led and if it loses, as it will, declarer is safe from a heart return as he has AJ and can then drive out the Ace of clubs to make the contract.

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News from Hunstanton Lifeboat Station

On behalf of all the crew at Hunstanton RNLI we wish you all a Happy New Year and thank you for all the support you have shown to the station. Thanks to Elaine for giving us the space to keep you informed of events at the station.

It has been a busy and varied year for the crew, with over thirty shouts to date, Hovercraft and boat doing about equal shouts.

Tuesday 13th November 1.17 p.m. UK Coastguard requested launch of Hunstanton RNLI Lifeboat to a Kite surfer in trouble off Old Hunstanton. As lifeboat was proceeding across the beach, coastguard informed lifeboat that casualty was now ashore and that they could stand down. Local CG unit spoke to casualty. He said he was unable to get his kite airborne, as the wind had dropped; he had managed to get himself back to the beach, and was OK. Hunstanton Lifeboat returned to station without launching. H.W. 09.35a.m. Wind. S.W 1 Weather Sunshine/cloud Vis. Good Sea state slight.

Looking through our records for some December shouts, December 7th 1867 the first lifeboat Licensed Virtualler launched to the aid of the Barque, Thetis of Gothenburg, aground on the Woolpack sands, and rescued fifteen crew. Fast forward to December 27th 2002 our relief boat Atlantic 75 lifeboat, "Miss Mirriam and Miss Nellie Garbutt", launched to sailboard, saved one. Dec. 27th 2003 DJS Haverhill launched to speedboat two persons and craft brought in. Dec. 2nd 2006 DJS Haverhill saved Kite surfer. December 22nd 2013 Hunstanton Lifeboat "Spirit of West Norfolk" kite surfer off Hunstanton, Dec. 17th 2014 Kite surfer, saved one. Dec. 28th 2017 LB & H-003 person stuck in mud, Kings Lynn river. Dec. 31st 2017 ILB Kite surfer, Old Hunstanton.

A mixed bag, but what ever the season, our crews are ready to respond, and thanks to your generosity we have the best equipment to carry out these tasks, All around our coast and inland there are score's of volunteers ready to go to the aid of others, regardless of the season. I would like to ask you all to raise your glasses and drink a toast to the unsung heroes in our society.

On Sunday 18th November members of Dersingham Bowls Club presented a cheque for £400.00 to Hunstanton Lifeboat Station. The



treasurer - Les Allen - presented the cheque together with his wife and other committee members. They were given a tour of the station, and thanked for making the RNLI their charity to support, with money raised by the club, a Big Thank you from all at the station. (Pic. Les Allen and his wife, plus club members and crew.)

Thank-you to the Wash & Tope who organised a carol service and raffle, Saturday 8th December, a total of £163.47 was raised on the evening, well done, and thank-you.

We also would like to say Thank-you to Young Farmers from Downham Mkt. Who presented a cheque for £1012.00 to Hunstanton RNLI. They were given a tour of the station by crew members.



The Christmas Tree Festival held in the Town Hall, our entry was created by crew member Hannah Torrice, well done Hannah.



Searles named as best holiday park in Britain

Judges in the annual AA holiday awards have told the family owners of Norfolk's Searles Leisure Resort that they are the UK's champion holiday providers.

The Hunstanton park was named this autumn as the overall winner in the "Holiday Centre of the Year" category of the honours, beating thousands of other parks in Britain to the title.

Awards given by the AA – based on guest reviews and a "secret shopper" visit by inspectors – are regarded as the Oscars of the holiday parks industry.

The park first began welcoming campers over 60 years ago onto what was then a farm, and it has since grown to become one of Eastern England's largest and best-loved holiday centres.

It provides more than 800 holiday home and touring pitches, including luxury lodges to buy and rent, plus a raft of family-friendly attractions and outdoor activities.

The citation from the AA's award judges noted that Searles "never stands still, and every year offers something new to delight visitors seeking a truly memorable and high quality experience".

They continued: "The park's success and popularity is thanks to the vision, passion and hard work of four generations of the Searle family, and their quest for ever-rising standards.

"All the resort's facilities are spotlessly clean, and there is a general feeling of pride from the friendly and hard-working staff. Searles is a very worthy winner," judges concluded.

Searles is also a highly-regarded local employer with around 200 staff, and provides valuable training and skills development opportunities especially to younger workers.

Speaking on behalf of the family, managing director Paul Searle said that the AA award celebrates not just the park, but also the entire workforce: "Standards of customer service are an important criteria for these awards, so our team at Searles can take a major share of the credit for this achievement," he said.

"So many of the reviews we receive from customers mention the great atmosphere here, and delivering this is very much in the hands of our park team.

"We hope the publicity from this AA award will also benefit other local tourism businesses by putting the spotlight on north Norfolk as an amazing holiday destination," added Paul.

Earlier this year, the park was crowned as the region's perfect park destination in the holiday parks category of the Norfolk and Suffolk Tourism Awards 2018.

Attractions at Searles include an innovative new indoor "splash zone" with a host of different water play features, a new outdoor gym, and an adventure play park plus nightly entertainment.



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Please note: Mrs Brown Boys does not use scripting from the Mrs Browns Boys television series. The actors play out a series of original scenarios through improvisation and physical comedy and interaction in tribute to the Mrs Browns Boys television show.



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Recalling the past

John Maiden

January is the month for looking forward, but a couple of features in December's Town & Around took me back to the 1950's. I joined the Royal Observer Corps in the spring of 1954 and served until November 1956. The observation post in Hunstanton was at the very top of the lighthouse. From this elevated position there were fantastic views of the beach, which could be a distraction for me during flying exercises, when my binoculars should have been used at all times to scan the sky for 'enemy' aircraft! Fortunately, I had left to join the air force before the role of the ROC became more concerned with the aftermath of nuclear war than with aircraft recognition. An underground bunker would not have suited me at all. I much preferred to be in the open air.

The feature on the altar built by Polish soldiers in 1943 brought back memories of serving mass in the 'open air' - in the garden of the Roman Catholic Church to be precise. This was prior to the extension built in 1958, with financial help from USAF servicemen and their families who swelled the congregation throughout the 1950's.

Sadly, my dear friend Paul Purdy, who was also an altar server in those days, passed away in November. I think the only time Paul was not smiling was when he was serving at mass, or on parade in the Navy! His cheerful outlook on life, even after he became severely incapacitated in his later years, was an inspiration to all those who knew him.

I cannot remember who took the photograph, but someone snapped Paul and me on either side of our mutual friend, Robin Crameri, in front of the Polish altar back in the 1950's. We were once described as the unholy trinity, but that was most unfair...



From left: John Maiden, Robin Crameri, Paul Purdy

10th annual Deepdale Christmas Market Raises over £10,000 for charity

The crew running the Deepdale Christmas Market are immensely proud to announce that over £10,000 was raised for charity from the 10th annual event. 11 charities were supported with various activities over the weekend.



St Mary's Church Building Fund raised funds with their Christmas stall and café in the church.

The Crew of Deepdale Backpackers & Camping ran a charity café in the kitchen of the backpackers hostel, raising funds for St Martin's Housing Trust and The Peoples' Picnic, both helping homeless people in the local area.

Brancaster School and the Parents Association ran a tombola in St Mary's Church on Saturday and Sunday. Their fundraising will benefit all the children attending the local school.

Wells Community Hospital ran a tombola in St Mary's Church on Friday, helping raise funds to supply local health care services.

Norfolk Wildlife Trust had a stand talking to visitors about their reserves and selling membership.

And new for this year we had three charities helping with the car parking in return for donations from car owners, the Benjamin Foundation (with help from West Norfolk Mind), the RNLI and Lions International (Hunstanton).

"We felt that supporting organisations that help the homeless was the right thing to do, particularly at Christmas time. The Deepdale Backpackers & Camping crew all love to bake, and a charity café based around the music in the courtyard works wonderfully. We hope to have a long term relationship with both St Martin's Housing and The Peoples' Picnic," said Chris Haycock

Over 100 filled socks were donated by visitors for The Peoples' Picnic, who will be gifting them to homeless people in Norwich over Christmas. It's not too late to donate yourself, and they are being collected in various places around the County. You can put them in the crate at BrewDog in Norwich or Tesco in Aylsham.

On top of all that charity fundraising, Dalegate Market and the rest of Burnham Deepdale celebrated Small Business Saturday by hosting over 130 local artisans and producers across the weekend. Tens of thousands of visitors enjoyed their Christmas shopping, and were entertained by local musicians and bands who played throughout the weekend. Not bad for a village with less than 30 permanent residents.

A great weekend, and Dalegate Market does it all again in 2019 at the Deepdale Spring Market (Friday 29th to Sunday 31st March) and Deepdale Christmas Market (Friday 29th November to Sunday 1st December). All the details can be found online at www.dalegatemarket.co.uk



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Town and Around has a website www.townandaround.net with a diary of events that is updated between print editions. If you'd like us to promote your event please e mail editor@townandaround.net

Round the bend with Dean Baker

Take care of the little things or you only need to read the end bit



I'm a big fan of January, the days begin to get longer, the house looks fresh without its tinsel and an air of calm prevails.

So let's begin 2019 with some energy saving. First up, my specialist subject 'Heating and Boilers'. In no particular order - don't place heaters under windows or cover them with curtains, you are wasting heat. Never open doors or windows to cool a room, instead, turn the heating down. Check your timer, now that the holidays are over make sure you're not heating an empty house. Take time to put draught strips

around windows and outside doors. Also, if you haven't already, fit a flap across the letter box. Set your heating thermostat at 19C and your water heater at 55C, you can go a little higher, but that's enough! Showers are more economical and quicker than baths and if you're on a budget - don't linger under the shower head.

Insulate your hot water tank with its very own jacket and lag your hot water pipes, it all helps.

And now lighting. Mrs B and the Queen are both keen on turning lights off around the house. The Bakers are used to being plunged into darkness. Of course it's good policy to turn the lights off when you leave a room - if you're the last one! Secondly, use energy saving lights bulbs, they are cheaper to run and they last longer.

Another of Mrs B's favourites is 'turn off' - TV's, computers, printers. In other words, don't leave appliances on stand-by or on charge for longer than necessary. Mrs B will often climb into bed with telling me that the house looked like Blackpool illuminations! Defrost fridges and freezers regularly. Dishwashers and washing machines should only be turned on when they are full and unless vests/saucepans

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Last, but by no means least - cooking. Use a toaster rather than the grill. It's more economical and the toast won't burn. Find your saucepan lids, in our house they lurk at the back of the cupboard so reunite them with their bottoms. Use a kettle to boil water for cooking.

Finally - if you forget or can't be bothered to do any of the above do these two things: check your carbon monoxide detector is working and treat your boiler to a service. It's always nice to save money, but these two little things could save your life.

Until next month, take care

Dean Baker

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The sky at light

Add a little light to your new year home improvement plans, says West Norfolk Glass' managing director Geoff Parker

Happy New Year! I hope this column finds you enjoying a fortuitous start to 2019, and that the year brings health and happiness to you and your family. As a second-generation, local glazing company, it often strikes me how much the area has changed in the 52 years that we have been trading. Nowhere is this more evident than along the Norfolk coast where property development blends old and new sympathetically. A new product that has caught the imagination of many homeowners



in recent years are rooflights, which can beautifully transform dark extensions and conservatories into light-infused places to enjoy spending time in.

Although the lantern style is one many people are familiar with, and which can be styled in a variety of sizes and colours to suit a property's façade, you may not be aware that rooflights can now also be created as flat, glazed options too. These create a streamlined effect which can be particularly effective in more contemporary-style properties and they are definitely a product we are finding more people asking for.

The beauty of a rooflight is that, along with adding style and light to your home, their highly efficient thermal glass reduces noise pollution and heat loss, which is something particularly welcome at this time of year when the central heating is running round the clock to keep us warm.

If you are considering some home improvements for 2019, and more of us are doing so rather than moving according to industry experts, why not consider where you could do with adding some light and insulation to make better use of your space? Give us a call and we'll organise a time to give a free, no-obligation quote.

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FLOWER DEMONSTRATION FOR ST MARY'S CHURCH OLD HUNSTANTON

On Monday 3rd December a very successful festive flower demonstration was held at Ringstead Village Hall to raise money towards the St Mary's Flower Festival.

More than 50 people gathered to watch Gary Bocking of Heligan House Flowers show how to make a table decoration, a wreath and a large arrangement. The afternoon was both informative and educational and many people were inspired to go away and make their own. We all picked up some handy tips as well as marvelling at his skill and dexterity.

We would like to thank him for all his hard work as well as all those who organised it and those who made cakes and served refreshments.

Gary took on the role of co-ordinator of the Flower Festival for 2018 and the event proved as successful as always. One comment said the show was "as good as Chelsea"! Plans are already well underway for 2019 (July 26th to 28th) when the theme will be The St Mary's department Store. We always welcome new flower arrangers and if anyone is interested in



volunteering their services or finding out more, please contact Gary on 01485 210408 or bocking554@btinternet.com.



Other events are being planned, including some with a Department Store theme, so watch this space!

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Message from the Mayor

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Happy New Year!

By the time you read this, the Christmas festivities will be over for another year and we will be looking ahead to 2019 and what it might bring. The Councillors, Clerk and staff at Hunstanton Town Council and Tourist Information Centre join me in wishing you all a peaceful and healthy year ahead.

Traditionally, January is a time to look forward, to elaborate plans and resolutions to improve one's quality of life and financial situation in the coming year. In my experience, the same applies to organisations, so why should local government be any different?

Regenerating Hunstanton

As you all know, there are a number of initiatives under way, led by our colleagues at the Borough Council of King's Lynn and West Norfolk (BCKLWN), that aim to regenerate the town. Principal amongst these are:

(1) One Public Estate (OPE). This programme aims to get more from collective assets, whether through health and social care integration and benefits reform, unlocking land for new homes and commercial space, or creating new opportunities to save on running costs or generate income. This is encompassed in three core objectives: creating economic growth (new homes and jobs); delivering more integrated, customer-focused services; generating efficiencies through capital receipts and reduced running costs

(2) Southern Seafront Regeneration (plans currently being developed by Hemingway Design). This is part of the Masterplan for Hunstanton, launched in 2008 and updated in 2016, that guides regeneration of the town centre and southern seafront. The plan provides a framework for enhancement of the built environment, promotion of development opportunities in the area and attraction of new investment

We should see significant progress on these initiatives during the year, so please keep your eyes open for announcements in the local press and on social media to keep abreast of developments and to take the opportunity to comment on them.

Hunstanton Town Council elections

The following polls will take place on Thursday, 2 May 2019:

- Local government principal area elections (i.e. district, borough, county borough and unitary authority elections)
- Parish council elections
- Local authority mayoral elections in England
- Any combined authority mayoral elections in England

In preparing for the formation of a new Town Council, the Clerk and Councillors have already begun to review and update existing policies (and to add new ones where necessary) in line with best practice. Some of the current Councillors will be putting themselves forward for election again in the hope of serving another term in office; in addition, between now and 2 May, we will be actively highlighting opportunities for interested individuals to learn more about becoming a Councillor, with the aim of encouraging new candidates to come forward.

Council and community events

Irrespective of whether or not you would like to become a Town Councillor, do you have a positive attitude, combined with some spare time and energy? Would you be interested in helping with organisation of Council and community events? If so, we would be delighted to hear from you!

Please contact us by email: clerk@hunstantontowncouncil.gov.uk

Upcoming meetings

The next Full Council meeting will take place on Friday, 18 January at 6.30pm in Council Chambers. More information can be found on the Town Council website: www.hunstantontowncouncil.gov.uk

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THORNHAM VILLAGE NEWS

Happy new year and a warm welcome to 2019 from Thornham Village Hall.

If one of your new year resolutions was “New year new me!” then have a look at what is on offer at Thornham Village Hall. You can find details of all the regular classes held at the hall including pilates, yoga, ‘Move it or Lose it’ fitness class, and a new Zumba class starting in 2019 on our website www.thornhamvillagehall.co.uk/events/regularactivities. If you a more outdoors person come and visit our multi-use games area for tennis, five-a-side football, basketball and netball

THORNHAM VILLAGE CINEMA AND LIVE BY SATELLITE

Our new season brochure for the Village Cinema is out now and gives details of forthcoming films and live by satellite theatre January – March.



The first film of the season is: The Children Act on Wednesday 16th January

A High Court Judge must decide if she should order a life-saving blood transfusion for a teen with cancer despite his family's refusal to accept medical treatment for religious reasons. Starring Emma Thompson and Stanley Tucci. Tickets £5 To book call 0781 802 8687 - Film starts 7.30pm

Soup and Sandwich Lunches

The first lunch of the new year is on January 8th 2019. To book call Carolyn Barret 01485 512033

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The Queen of Spades Tuesday 22nd January

Tchaikovsky's most ambitious opera receives star treatment in Stefan Herheim's staging, with a cast including Eva-Maria Westbroek, Felicity Palmer and Aleksandr Antonenko. Doors and bar open 6pm – Curtain at 6.45pm. Book online at www.thornhamvillagehall.co.uk or call 0778 725 5597 Tickets £15.00 children £10.00

Winter Warmer Supper Talks

“Restless Empire: China's Past, Present and Future” 11th January 2019

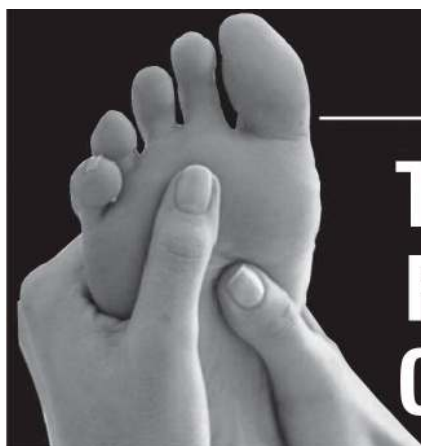
Arne Westad is the S.T. Lee Professor of U.S.-Asia Relations at Harvard University, where he teaches at the Kennedy School of Government. He is an expert on contemporary international history and on the Eastern Asian region. Doors open at 6.30 pm, and the talk begins promptly at 7pm.

Tickets are £20 per head and includes a welcome drink, buffet supper from The Orange Tree, and a dessert. A pay bar, with an excellent selection of wines, is available throughout the evening.

Booking is essential, and is best done online www.thornhamvillagehall.co.uk/winterwarmer

Vintage and Antiques sale

Watch out for details of our second Vintage and Antiques sale and the Thornham History Society Exhibition in February



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Mollie Patterson's latest update, England table tennis player (aged 15)

September 4th and I start my final year of high school, this will be a tough year, juggling my Table Tennis training and competition schedule with my GCSE work.

On the 8th September I caught the train to Nottingham to attend the first England Youth Squad training weekend. It was very good, with the focus on mental game, strength and conditioning and we also had a session on nutrition.

I didn't have to wait long for my first competition of the season as on the 16th September I travelled to London for the Greenhouse 4*. I came back with 2 silver medals. In the junior singles I narrowly lost in the final to Welsh No.1 junior Anna Hursey 3-1. In the team event I played for my school Charles Read Academy, we unfortunately lost to the Welsh team in the final, I was again disappointed to lose to Anna, this time 3-2.

On the weekend of the 22nd and 23rd I flew to Stockholm, Sweden for my first experience of a European League. I play for a club called Angby and I had a fantastic weekend, meeting my team mates and competing against teams from all over the north of Sweden. My team won all of the 4 matches we played, and I won 10 of my 11 singles games, and 3 of my 4 doubles matches. I couldn't wait to return in November for the next round of matches. It was fantastic to play so many players I had never played before.

The first weekend of October was the second weekend of England Youth Squad training in Nottingham. It followed the same plan as the first weekend, we had a nutritionist look at our diet, and mine is fairly good, I just need to keep an eye on my sweet tooth!

I travel to Wolverhampton on 20th/21st October for the first weekend of women's British League, I play for Burton Uxbridge,



and we had a fairly good weekend winning all but 1 of our matches, which we lost to a very strong team from Nottingham University. I won 7 of my 10 Matches. The second weekend of matches are at the end of January, when the final positions will be decided. I went straight home from Wolverhampton for half term, where I had a restful week ready for the busy tournament period ahead.

On the 3rd November I made the long trip to Preston for my first Grand Prix of the season, this is a senior event, there are 6 Grand Prix this season and I try to play in many as possible. I played in the women's singles and lost in the quarter finals to the number 1 seed. In the under 21's I play Welsh

Junior No. 1 Anna Hursey in the final and this time I get the better of her, winning 3-1.

I went to school on Monday 5th, but then travelled to Hungary on the 6th for some training and the ITTF Premium Junior World Tour Event, there was a world class entry and I don't gain many wins, but I do gain some great experience, which I will carry forward to more European events later in the season.

I had the following weekend off, and spent most of it revising for my upcoming mock exams.

On Saturday 24th November I travelled to Gothenburg, Sweden for the second set of matches in the Swedish League, we only played 2 matches, but managed to win them both, the first 6-4 against BOO KFUM IA and the second 6-2 against Spanga TBK, I win all 6 of my singles games, and win my two doubles matches with team mate Natalie Jescher.

Back to school on the Monday and I started a week and a half of mock exams before flying to Finland on the 5th December for my first senior European event, the Finlandia Open. I played some of the best Table Tennis of my career and finished the event in 14th position, the highest of any of the English women at the event. There were only 6 Europeans above me, and the rest were Japanese and Korean. One of the players I beat was the Junior European Team Champion Elizabet Abraamian from Russia and another was Hana Kim from Korea.

As you can see my schedule is super busy and juggling school and Table Tennis can be very challenging, I want to thank everyone who has, and continue to support me, going forward.

Mollie and everyone at Team Patterson

Thornham CC

Jim Clarke

Thornham CC held their AGM last week at the Lifeboat and the buzz and the vibe of the room being packed can only bode well for the future of the club with not even standing room only being available

We are delighted that the following people have taken on the roles with :-

President - Stephanie Mocatta

Chairman - Mr Graham Boal JP

Treasurer - Tina Burgess

Secretary - Ron Williamson

Youth Team - Sam Woodcock

Results Secretary - John Hewson

1st team skipper - Kev Williamsom

1st team Vice - Andy Arnold/ Dickie Sayer

2nd Team Skipper - Bobby Richardson

Sunday Skipper - Jacob Hewson

Junior teams - Jim Clarke

Many Thanks to all who have taken a role within the club and thanks to all who have attended the meeting .

In the indoor league we have had a couple of defeats in the games

we have played losing narrowly to Downham in the cup despite some good batting from Alex Fry who reached 20* retired and some tight bowling at the start saw us in with every chance of winning before some power hitting from the last 2 batsman saw Downham home with 2 wickets and 13 balls to spare.

Finally, we looking for new members of our social team the Thornham Taverners who do so much to help us with improving our facilities , the President is ex England cricketer Peter Parfitt who lives locally , it is just £20 to join.....





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Heacham Manor Golf Club Presentation Evening 2018

Heacham Manor Golf Club held its tenth club dinner and presentation evening on 16th November. Guests were treated to a superb three course meal in Heacham Manor's award winning Mulberry Restaurant. Prizes and trophies for the club winners were awarded and then all the guests enjoyed live music from singer and club member, Cliff Allman

Winners on the evening consisted of Keith Whiting, Jon Gibson, Tim King, Nick and Karen Callow, Men's Captain Nick Searle, took 2nd place in the Espley Manor Cup. Main Competition winners included past Captain Simon King, who had a number of team wins as well as day One net winner of the Club Championships. Aaron Daly collected 4 medals as well as a Trophy for the Askew Heath Cup.

Director Paul Searle and his partner Ed Fowler were awarded the trophy for winning the Mens Summer Pairs Matchplay, Senior Member Tony Thacker was presented with his trophy for winning the Seniors Club Championship.

Past Lady Captain Rachel Hodgkinson won 4 events including a medal and the ladies summer matchplay.

The juniors showed that the future is bright at Heacham Manor, with Ella Mason, collecting the trophy for Ladies Club Champion, Ella had also



Picture from left: Paul Searle, Ed Fowler; Aaron Daly, Ella Mason, Ben King, Tony Thacker, Rachel Hodgkinson, Chloe Tarbard, Sophie De Winton, Nick Searle.

positioned as the top British girl under 16 in the Scottish Amateur Championship. Alfie Edgson was the 2nd round net winner of the Mens Club Championship, Norfolk under 14's Scratch Champion and Norfolk Junior Handicap Knockout winner. 11 year old Chloe Tarbard took trophies for the Ladies winter Foursomes and Ladies Ping Fourball, with her partner Sophie De Winton, Chloe also took victory in the Heacham Manor Junior Open and Junior

Championship and was the most improved golfer in East Anglia.

Ben King showed consistency throughout the year with prizes awarded for the runner up in the Club Championship and the winner of the Espley Ex Manor Cup order of merit competition.

As well as the wins with Chloe Tarbard, Lady Captain Sophie De Winton collected prizes for the Pink Jacket Stableford, Net Winner of the Ladies Club Champion, Ladies Seniors Club Champion and main ladies prize

of the year being winner of the order of merit competition, the Cribb Club.

Heacham Manor remains playable all year round and have a policy of playing on main greens all winter even in frosty conditions. Quality golf is always available at Heacham Manor with their current winter offer of £99 for 4 months membership between 1st Jan 2019 and 30th April 2019.

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Wells Community Hospital Trust News

Phew!! - we have survived another Christmas ... Fairs & Markets completed, Bucket Collections done, tree dismantled, decorations and Santa Hats carefully stored away (yet tinsel will still appear for weeks to come). The budget was blown and the waist line too. Cards to be re-cycled and just one more mince pie to finish off and then we can all look forward to a brand-new year. Yippee!

From all of us here at Wells Community Hospital a happy & healthy 2019!

Services & Clinics:

The Nurture Project

Join our fun horticultural group and meet new friends! Now open for bookings on Tuesdays, prior gardening experience is not a requirement. For further information: Tel: 01328 711996 Email: admin@wellshospital.co.uk

Anglia Asbestos Disease Support Group

On Friday 18th Jan from 11am AADSG will be holding their first Wells support meeting at the hospital. You will meet carers, professionals & those living with asbestos related diseases and will be able to gather experiential advice and support. Free of charge with refreshments provided. To book email: admin@wellshospital.co.uk or 01328 711 996. For further, please contact Brian Wallis (Mesothelioma UK Ambassador) on 07938 018601 or megatoptwo@sky.com

Norfolk Deaf Association Clinic

Free walk in NHS service from 1-3pm on 8th & 22nd Jan. *Battery Supply Point *Tubing Cleaning *Adjustments *Minor repairs *Advice & Support

Children's Health Visitor

Are you a parent/carer living in Norfolk and you need to speak to a health visitor? Then pop into one of our free walk-in clinics and get help, advice and practical support about the care of children under five. Your child will also check your child is growing and developing as expected. From 10am on 10th Jan.

New Wellbeing Service

'Coffee and a Catch up social' in Wells Community Hospital Monday 21st Jan 2-3.30pm – Come along and meet like-minded people in a relaxed, informal setting. This is not a therapy session but an opportunity to build connections with others – Feel free to bring a friend. No need to book, just turn up. Free tea/coffee/biscuits! For further details contact: Gary Freeman on 07341 867105 or email: gary.freeman@nsft.nhs.uk

Dementia Hub

Join one of our fun, friendly and supportive session, enjoy a cup of tea and make new friends! Wednesdays 1030am -12md. Choose from Arts & Crafts, Activities & Quizzes, Music for Memory & Djembe Drumming. Free of charge and everyone is welcome! Please call for more information. Transport can be provided.

Equiphysique - Private Physiotherapy

Rachael will be offering Physiotherapy appointments at her new clinic here at the hospital, starting the Tues 8th Jan 2019. Please contact her on 07507 870878 or rachael@equiphysique.co.uk

West Norfolk Osteopaths Ltd – Osteopathy

Joelle will be offering clinics from 10th Jan 2019. Osteopathy focuses on hands-on manipulation of the body's musculo-skeletal system in order to treat a wide variety of ailments. It helps restore mobility and significantly improves the quality of life for many people without the use of drugs or surgery. Please call 01485 541210 or email WestNorfolkOsteopath@me.com to book your appointment. Staring Thurs from 10th Jan 2019

Training Hub:

Upcoming dates for your training needs:

- 27th Feb Emergency First Aid at Work. (9am-5pm)
- 28th Feb Basic Life Support (3 hrs)

Do contact us to book your place and for more details.

Tel: 01328 711996

Email: admin@wellshospital.co.uk

Website: www.wellshospital.org.uk

A recipe from the Prudent Pensioner

Doreen Reed

When the skins of Bananas are turning brown they may not be too appealing to peel and eat but they are full of flavour and ideal for this very easy recipe.

Banana & Walnut Cake

100g/3 ½ oz. walnut pieces

170g/6 oz. S.R. Flour

45g/1½ oz. butter softened

145g/5oz soft brown sugar

2 large eggs

Approx. 120g/4oz really ripe bananas peeled and mashed

1 teaspoon Vanilla essence (optional)

Line and grease a 2lb loaf tin. Set oven at 350/180c gas 4

Put butter, walnuts, sugar and bananas into a large mixing bowl and mix well. Add eggs and vanilla essence (if using) and mix well. Add flour into mixture and fold in. Put mixture in to loaf tin and cook for approx. 50mins or until done when tested.

For details of Doreen's books, more recipes and 'How to' Video clips visit the Prudent Pensioners page on www.doreenreedpoet.com



National Trust Brancaster Activity Centre

Our learning and engagement team had lots of fun welcoming Hedgehog Class from Little Snoring Primary School for their WW2 Day. They spent their morning as Evacuees and then found out who the Home Guard were, how they trained and went on patrol to Brancaster Beach.

We are looking for people who lived in either Brancaster or Brancaster Staithe throughout WW2 and would be comfortable talking about their memories or have photographs of the area. We will be looking to record some of the stories to be used as part of our WW2 day in the future. If you or your relatives would be interested, please contact the activity centre on the email address brancaster@nationaltrust.org.uk or phone us on 01485 211215 and leave your contact details and name so we can arrange a meeting.

Looking to the future in March this year National Trust will be hosting an evening talk about Romans and Branodunum, our Roman Fort. This will be based at Brancaster Activity Centre and the content will be aimed at adults. More information including date and time will be confirmed in February. If you interested in this event you can send us an email at brancaster@nationaltrust.org.uk and you will be able to book this event in the near future on our website nationaltrust.org.uk/brancaster-estate



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1st Hunstanton Rainbows

1st Hunstanton Rainbows enjoyed their Christmas end of Term bring a friend party on Wednesday 12th December.

It was also my leaving party. After 4 years of leading I will be handing over to a new leader-in-training. I have thoroughly enjoyed my 4 years after taking over from Jenny Smith.

I look forward to taking the Over the Rainbow Ceremony in February for Rainbows moving over to Brownies.

I have enjoyed seeing my girls move on to Brownies and Scouts groups over the years.

Thank you to everyone who has supported me: Steve, Alirae, Eve, Mum and Dad, Christine, Linda, Jen, Jayne and Mel. God Bless you all.

Penny Tong, 1st Hunstanton Rainbow Leader.

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Brancaster CE VA Primary School news

by Eden, Evelina and Tia

This month some of the pupils from Samphire class achieved our cycling proficiency: the Year 6's had to go out on their bikes around Brancaster and the younger children stayed on the playground. Eden says the best part was biking around the village.

Thrift class had Bethany and Benjamin bear who told them how to stay safe in the car and when walking. Samphire class also had a presentation of why it is so important to wear seatbelts in the car.

Oscar read the Night before Christmas for Norfolk Radio and talked about his best bits about Christmas, this sounded great.

Samphire class went to Duxford which was excellent; Eden was very impressed by the huge nuclear rocket. We also saw planes, helicopters, etc hanging up from the ceiling; we also went in the fastest jet in the world. We saw huge tanks and got to sit in a boat simulator that felt as if you were in a real boat.

Our PFA organised a Christmas bingo that we all enjoyed. The Year 6 went to the hospital and looked at all the different jobs that go on at the hospital such as the blood bikes, CPR dummies and explored healthy living.

We held a celebration for Mrs Bocking Samphire class wrote and read out a class poem written in the style of Allan Ahlberg and



Thrift class painted pictures and thought of a word to describe her. We all had a lovely time, gave Mrs Bocking some lovely presents and had cake at the end!

We joined with children from Sedgeford and Docking to sing at Deepdale Market

where we had lots of lovely comments and on several occasions brought the Church to a standstill as people stopped to listen. Today we are carol singing at Tesco and we are looking forward to our Federation Carol Service and Reverend Susan's leaving service.

A Thank You from Mrs Bocking

I would like to take the opportunity to say thank you everyone for my wonderful leaving celebration at the school.

I was thrilled by everything – everyone had taken so much trouble and really tailored everything to be perfect for me, including my favourite hymns and even a line dance!

I was absolutely overwhelmed by the presents – I still cannot believe how much I was given. It humbles me that people could be so

generous.

It was lovely to see, and hear from, so many people, and to realise how everyone has appreciated what I did during my time at the school – although I strongly feel that I did it as part of a whole team.

I enjoyed my time at Brancaster and, it has such an enormous place in my heart. It has been hard to leave but I was glad to see the children doing as well as ever!

Thank you again for the afternoon, the presents and the love.

Sarah

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Hunstanton Primary School News

We are delighted to let you know that the Governors of Hunstanton Primary School appointed Mrs Di Mapplebeck to the post of Headteacher on Thursday 15th November. Mrs Mapplebeck has been covering the post of Headteacher extremely successfully since March this year in the absence of Mr Harvey. We look forward to working with Mrs Mapplebeck's exciting vision for the future of Hunstanton Primary School.

Children in Need

We raised the fantastic amount of £391.00 for Children in Need this year. We also held a toy sale where our pupils brought in their old toys, teddies, books and games to be re-homed for a small amount of money! What a brilliant idea for clearing out the children's bedrooms!

Fraud and Use of Money Workshops

Natwest Bank came into school and did 'Fraud Workshops' with our Y5 and Y6 classes. They also completed 'How Do We Use Money Workshops' for our Y4-Y1 pupils. This helped our pupils to think about the bigger picture and how to make the most of their money as well as giving them an inside view of working in a bank.

Foundation Stage to the Library

Our Foundation Stage children visited Hunstanton Library to learn about how the library works and to hear some stories.

Y3 Norwich Castle

Our Year 3 pupils went to Norwich Castle to enjoy a day learning about the Egyptians.



Y6 Queen Elizabeth Hospital Wellbeing and Career Event

Our Y6 pupils were invited to take part in a very special event at the QEH in King's Lynn. The children had the opportunity to learn about different aspects of the NHS and hopefully we have managed to encourage some of our pupils to work in the industry future Consultants, Doctors and Nurses perhaps?

PTA Events

Our wonderful PTA have been enormously busy again organising a Film Night for our pupils which was thoroughly enjoyable and attended by a huge amount of pupils!

They also organised and ran our School Christmas Fair which is a massive event, taking up a great deal amount of time. Our School Christmas Disco is also run by the PTA - another seamlessly organised event.

Our PTA works so hard voluntarily to support our school and make events really special, adding a tremendous amount to the enjoyment of the children at the school. We would like to take this opportunity to

thank them for all their support for our lovely school. Their hard work it is greatly appreciated.

Acrobatics Workshop

We held an Acrobatics Workshop in school over two days as part of our P.E. programme to help children think outside of the box regarding choices of activities available to them.



Cluster Swimming Gala

Some of our very talented pupils attended the Cluster Swimming Gala at C.I.T.B on 4th December. The children won 4 gold medals, 5 silver and 7 bronze. A big well done to: Larissa, Harry, Lily B, Francesca, Jacob, Leia, Hannah B, Charlie C, Rhys, Hayden, Lily S, Evie, Summer and Charlie B.



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The unusual suspects

Glebe House School and Nursery is for everyone, and our ISI report proves it, says headmaster Louis Taylor

Christmas and New Year are a time of reflection, and having been headmaster at Glebe House School and Nursery for four months, I've started to make some interesting observations about families who chose our school.

One of the things I'm often asked by prospective parents is, 'What type of children come to Glebe?', and unequivocally I can reply, 'The nicest ones'. I never fail to be impressed by how brilliant our children are.

Having seen one pupil make, bake and sell cakes to raise funds for The Royal British Legion at our Christmas Fair, completely of his own volition, was wonderful. And just before we broke for the holidays, the children passionately nominated and chose the school's charity for 2019.



Big gestures from young children which show much about the character of the school and how it helps to shape fantastic young adults who move on to the next stage of education full of confidence and with good citizenship skills.

Our children come from a diverse range of backgrounds and so I can only draw the conclusion that the ethics we instill in our pupils – supported by parents and the wider community – are well-founded and robust.

Fear of their children fitting in and being able to hold their own is a concern some parents voice when they first consider choosing Glebe for their children. I can reassure them that both are needless worries. Not only have I yet to meet a Glebe pupil who doesn't enjoy being part of our school, but as each child has the opportunity to be a member of our sports teams, participate in dramatic and musical productions, and get involved in our community projects, I can categorically say there is a place for everyone here.

It was heartening that this was independently recognised by our recent Independent Schools Inspectorate report which evaluated our Early Years Foundation Stage as 'Outstanding' and Educational Quality as 'Excellent' – the highest ratings possible.

I urge you to read the full report at glebehouseschool.co.uk, but one statement made by the inspectors that I would like to highlight is: 'Pupils vehemently assert the need to be kind and fair to everyone regardless of cultural background or faith. In the questionnaires, all the pupils and parents agreed that the school encourages respect and tolerance of others.'

I believe this single statement speaks volumes about a school with 160 pupils aged from six months to 13 years – everyone is welcome at Glebe, and if you know a family who would like to be part of our community, please encourage them to come see what makes life at our school so good. I look forward to welcoming them.

Visit Glebe House School, Cromer Road, Hunstanton PE36 6HW Tel: 01485 532809 glebehouseschool.co.uk

VIKING EXHIBITION COMING SOON TO NORFOLK

Some of the most significant Anglo-Saxon and Viking treasures ever discovered in Britain will be on display together at Norwich Castle Museum & Art Gallery from 9 February to 8 September 2019.

Featuring star objects from the British Museum and Yorkshire Museum, Viking: Rediscover the Legend will offer a fresh perspective on how Vikings shaped many aspects of life in Britain.

The exhibition will include the Anglo-Saxon York Helmet, the most outstanding example of its type to survive, as well as the most significant Viking treasure ever found in the UK – the Vale of York, Cuerdale and Bedale Viking Hoards.

These finds will be shown alongside highlights from Norwich Castle's own extensive collections, including items on display for the first time, and will be interpreted in new ways which challenge our perceptions of what it means to be Viking.

Andrew Woods, Senior Curator at the Yorkshire Museum, said: "This is a unique opportunity to see some of the best Viking and Anglian treasures in the UK displayed together for the first time. It will feature stand out loans from the British Museum and Yorkshire Museum, combined with new research and exciting displays. It will also be a rare opportunity to see the most significant Viking Hoards ever found in this country on display together in the same venue."

Tim Pestell, Senior Curator of Archaeology at Norfolk Museums Service said: "Norwich Castle is an ideal venue to host a show about Vikings – Norwich itself bears traces of its own history as an Anglo-Scandinavian town and is positioned at the centre of an extensive

region well-known for its Viking heritage. Extensive and important finds of Viking and Anglo-Saxon material have been made throughout Norfolk and the wider East Anglian area, many of which are now in the Norwich Castle archaeology collections. We are thrilled to be working with the British Museum and York Museums Trust to explore the legend and legacy of the Vikings through some of the most beautiful and important Viking artefacts ever discovered in the UK."

Items from the Norwich Castle collections going on display for the first in this exhibition include a unique high-status gold lozenge brooch from Attleborough, the Hingham Hoard of four silver brooches and 23 silver pennies of King Edmund, and two silver pennies of King Æthelred, a mysterious East Anglian ruler known only from this coinage. In total 43 new and previously unseen items from the Norwich Castle collections will be included in the exhibition providing a fascinating local perspective on this national story.

The kingdom of East Anglia was conquered by the Vikings in 869 when King Edmund was martyred and then buried at Bury St Edmunds, and became one of the principal areas of Viking settlement in England. It is not known exactly when Danish Vikings settled in Norwich but it is likely to have been in the late 880s. As well as the sometimes spectacular finds from the period found in the area, East Anglia's Viking heritage lives on in the survival of Viking place-names in the region such as Scratby, Filby and Mautby.

Viking: Rediscover the Legend will explore the complex interaction between the Anglo-Saxon and Viking cultures at both a national and local level.




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During Advent our parish had the opportunity to once again participate in the sharing of the Posada statue and prayers. 'Posada' is a Mexican Christmas tradition. A young couple from the parish would be selected to dress up as Mary and Joseph and then spend the days throughout Advent travelling from house to house asking for a room for the night and telling their hosts about the imminent arrival of Jesus at Christmas. Modern day 'Posada' uses a statue of Mary and Joseph and the donkey instead of a young couple to travel from home to home. It provides an opportunity for people of the parish to spend time with family, friends or other groups praying with Mary and Joseph on the journey to Bethlehem.

We also had a Christmas greetings tree in the porch of the parish church. We were invited to add greetings to all on a bauble to hang on the tree, together with a donation to Fr Henry's chosen charity of 'West Norfolk Mind', a local charity supporting people with mental health issues.

St Cecilia's entered a tree into the Christmas tree festival held at St Nicholas church in Dersingham over the weekend of 7th to 9th December. There were 70 'Angels' on the tree which had been loaned by members of the parish.

Foodbank supplies are still required, items can be left in the porches of both churches. Please ensure that all items are well in date. Thank you for your continued support.

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.

Daily Masses will be 10am on Monday, Tuesday, Thursday and Friday, in the convent at Hunstanton during the winter months then back in the church in spring. 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

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New Year Resolutions or New Day Resolutions?

How often have we all heard our friends and family say, as we approach January 1st, "I'm going to lose weight" or "I'm going to stop smoking" or "I'm giving up chocolate" or some other alteration to their lives which they feel will be a positive change? The emphasis seems to be on giving up something, which will be missed. We don't so often hear someone say that they are going to be more grateful or more forgiving and loving, to increase already positive outward actions, but isn't that what Christ Jesus asked us to do? Throughout the New Testament, there are many examples of Jesus requiring more of people daily and to change their lives for the better, often asking believers to change their ways and follow him in understanding and action, in both big and small ways, such as loving their enemies as well as their neighbours, being more humble and caring towards others, and expressing more of their God-given qualities.

But why should we confine New Year resolutions to once a year and not each day of the year? New Day resolutions are just as good, if not better! We don't have to wait for a whole year to decide to change something in our lives. We can make small positive changes every minute of every day and renew our desire to live more loving and caring lives. "Create in me a clean heart, O God; and renew a right spirit within me." Psalms 51:10. Starting each day with a simple prayer of renewal has a positive impact on our lives and we don't need to wait a whole year.

Christian Science Society, Hunstanton, wish you all a wonderful 2019.

We hold services at 11am Sundays, and on the first Wednesday of each month a Testimony Meeting at 12 o'clock. Everyone is welcome to the services and free magazines may be taken from the box in front of the church.

For further information, please contact Gay Paterson – 01366 328108

A New Year, So Get Renewed

by Gordon Tanner, member of the Way C F leadership team.

Many people seem to go through life in a calm, almost serene, manner. Whatever they do seems to go well. They appear to be a bit like the swan moving effortlessly round its pond. But underneath, like the swan, they are paddling like mad to create this impression.

You see, for many of us life is a challenge, just getting through the day takes effort, effort to give the appearance we want because inside we are so insecure but we mustn't let it show. Each person is the sum of the experiences they've had from birth to that moment. For some that has been easy, but for most it's a mixture with painful memories, some of which may be so deep down we've actually hidden them away from ourselves. For years we may have been struggling through life, as it were limping along but not knowing why. For others the memory may be known but nonetheless as painful. Maybe in the past there was some event we'd like to keep covered up, hiding our shame.

I was brought up in a stable family, but was sent away to boarding school when I was ten years old. There were good reasons my parents chose that path for my education, and I'd been told all about them. When I was sixty - 50 years later - I was at a church conference in Canada and Billy Diamond (since deceased) who was a chief in the Cree Indian nation stood up to speak and the first thing he said was 'When I was eight I was sent away to boarding school'. He talked about

the pain of separation from family, from friends, from siblings and the trauma it caused him. And I related to what he was saying though I'm from a totally different cultural background.

After a term away from home I had subconsciously decided that I wasn't going to let the pain of that first separation get repeated. So I built a defensive wall in my heart that nobody got inside. As a result, I had little in common with my siblings and no significant friendships. I did let the defences down once - and got married, and we've been happy together for 49 years.

But my point is this. If like me, you recognise you are carrying damage from the results of past experiences, there is healing available. It's a new year; why not get sorted and start living anew? We can help you with Christian prayer ministry. It is Jesus who is the real healer and we will help you meet him. It was his death on the cross that brought our healing.



"By His wounds you have been healed" 1 Peter 2.24

From the Rector of the Saxon Shore

There's nothing better in my mind than a good story, and if you want to find some great stories in the Christian tradition the Celtic saints of the early centuries of the church provide some wonderful ones.

I remember when I stayed at St David's once, at a convent on the cliffs, we came across a wonderful story of one of the Welsh saints. As you walk the cliff path around that part of the coast you see some small islands, separated from the mainland by just a little water.

For many of the Celtic saints an island was the best territory, you had easy access onto the highway of the seas, and you were also nicely isolated to be able to study and pray. Well, it so happened one day that some marauding opponents of all people Welsh and possibly otherwise, came along to that part of the coast. They raided the island of this particular saint, and finding him, captured him, rowed to the mainland and chopped his head off. However, the Saint was having none of that, so he picked up his head, and walked with it tucked under his arm back across the water and onto his island again....

It's their spirit I so admire!

Another favourite is a saint I have been reflecting on just recently: St Brendan. He was known as one of the peregrinati - the saints who spent their lives adventuring out onto the sea in search of God. They went in coracles, small lightweight seemingly frail boats of willow wood and animal hide, with caulked seams of animal fat or tar. Their

journeys were epic, finding, as they did, all sorts of sea conditions and extraordinary sea creatures (such as the whales, porpoises etc we even see off some of our coasts today).

On one occasion Brendan and his fellow travellers had, after many exhausting days at sea, found an island. Their delight soon turned to frustration as, paddling close to the shore all the way round the island they could not, for four days, find a way to land the boats safely. Eventually they spotted the smallest of opportunities. Thanking God with all their heart they stumbled onto the shore where they were met by a dog, who calmly trotted off with them in tow, to show them food and water.

St Brendan was always thankful for the mercy of God: that wonderful quality which embraces not just forgiveness, and an acceptance of us exactly as we are, but an overflowing goodness and provision. It is possible that another human being might be the least most helpful person for the weary travellers to face, someone concerned for their own safety and territory in the face of these clearly wild looking dishevelled sailors. So God in all God's goodness, provided them a dog, to show them the way. I don't know what any of us face in January, it feels, politically at the moment a bit like looking out into the wide ocean, and wondering what is out there, what shape land will we end up with? How shall we be fed and all the rest? It is unusually uncertain.

For me, I am starting out on a completely new venture, I have begun my Masters studies, and although it is very good to be



studying again, it is a very uncertain project, I have as yet no idea of the exact topic of my dissertation, or once I have written it all where it will lead. And I go to new churches, three new villages just outside Cambridge. How will that be? I do not know.

But I know here I have travelled with various people at various times, on their journeys, and I have found it such a privilege to be alongside you. I have learnt a lot, met some lovely families and friends and been part for a while of the churches and villages here. Thank you, and thanks be to God who has always been alongside me, always there to show forgiveness, acceptance and love in some of the harder lessons I have learnt. May God always provide us with at least a welcoming dog!

Thanks be to God for God's mercy endures forever.

Bless you

Susan

Rev Susan Bowden-Pickstock

New Year Message

I hope that you had a wonderful Christmas and a Happy New Year! Here we are at the beginning of a brand-new year, the year 2019. Are you excited about the possibilities of this upcoming year? God has great things planned for us, our families, and the church here in Hunstanton. But He will do His part if we will do our part! We must pray like it all depends upon God, and we must work like we believe that God wants us to work. Maybe you had a rough year during this past year; it could have been family problems, or sickness, or job difficulties, or emotional struggles. I am sure that we could all say that there were some good days in this past years, and there were some trying, testing days as well. The good news for all of us is that we have a brand new start in life through our Lord Jesus.



This is a brand new year, and there is always freshness in the air for new plans and goals around New Year's celebration. Some will make New Year's resolutions, like the man who wanted to lose weight and as he was weighing himself on the bathroom scales, sucking in his stomach his wife came in and thought to herself, "He thinks that he will weigh less by sucking in his stomach." The wife sarcastically said to her husband, "That's not going to help." Her husband said, "Yes it will. It's the only way I can see the numbers."

The trouble with New Year resolutions is that we rarely, if ever, carry them through. What we need, of course, is not another resolution, but a revolution. We need a turning point in our lives. Like wise men of old we need to catch a glimpse of a guiding light, and we need to follow that light to a New Life in Christ.

I have no idea where your personal journeys are to take you. But I do know that God lives, and that He knows where your travels should take you. He is waiting to give you instructions and markers along the way as you gratefully ask for them.

I wish you all a Happy and Blessed 2019 and may the following prayer be one on each of our lips -

*Lord, make us instruments of your peace:
where there is hatred, let us sow love
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.*

Steve, Rev Steve Oliver

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with Holy Communion
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with Rev. Steve Oliver

Sunday 27 January
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at 10.30a.m.
with Rev Pam Bayliss

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‘TEA with TAILS’

Miss having a dog around because
your circumstances have changed?
Or just love dogs.....

You are welcome to join us for a cuppa
and a chat in the company of
some canine friends.....

from 2.30-3.30p.m.

on 3rd Tuesday of each month
at Hunstanton Methodist Church

Barking Mad
Happy Dog. Happy Holiday.
Happy You.

with

From The Kennel [Known to humans as The Vicarage] Hunstanton



Hello,

I'm Dixie and this is my second letter this week. I tried using my Human Pet's computer but computers aren't designed with canines in mind, so I've had to dictate it to someone who can use a keyboard. I have lived in Hunstanton for the past few years with my human pet called Father John. (It's too much to keep saying Human Pet or his name so I'll refer to him as HP). Well we're soon going to move and I shall be living in a new Kennel in a place called Winterton-On-Sea. I've been to see it and it's quite nice and there's a garden about the same size as the Hunstanton garden, but we're going to miss Hunstanton and Ringstead. I've got a lot of canine friends here, each with their own HP, so I shall have to make some new friends. I've enjoyed lots of walks here which I'm going to miss. My favourite walk is at Ringstead Downs. Last week I got very excited as I saw one of my friends and rushed to meet him, but then remembered HP was on his lead behind me (he has that in case he gets lost and can't find me) so I stopped. Then there was a funny moment, only HP didn't think it was amusing. I stopped because I didn't want to seem over excited at seeing my friend. But HP didn't notice I'd stopped so he kept going and fell over the top of me. He made quite a fuss because he ended up covered in mud. I didn't see what all the fuss was about. I often get muddy and HP cleans me up with my own special towel. And I know he has his own towels, only looking back on the incident I suppose he hadn't got any of his towels with him. I don't think it helped that on the way home we had to stop and HP had to collect something from one of his friends. I sat in the car listening and watching, and I heard HP's friend laughing when he saw the state of HP on his doorstep.

Both of us have lots of memories to take with us, but I suspect he won't be telling anyone about that last walk we had on Ringstead Downs. I have enjoyed going into our two churches, it's always nice and quiet so we can say our prayers. Every day HP tells me I have to be quiet and say my doggie prayers for other canines who don't have a comfortable fun life like me. Honestly some humans, he thinks I don't remember the daily routine, because he tells me the same thing every single day. HP tells me that we're going to have 4 churches in which we can say our prayers after we've moved. I have been to see them all, they are nice friendly places and all of them quiet and peaceful, and they all welcome canines as they've all got a water bowl for dogs in their church porches. It's nice to know that churches are open all through the week so people and dogs and can go and be quiet and find some peace. There's something you find in churches which is special and which I've never found anywhere else, not even here in my own kennel. I know HP goes to church with other humans on Sundays but he doesn't let me go with him on those days as he says "Dixie you get too excited when you greet people, and on Sundays they want to listen to what God might want to say to them, and you're not very good at staying quiet when there are people around."

We're living in a bit of a muddle at the moment as HP is packing things up in boxes and then forgets whether he's boxed it up or not. The other day when he and a friend were sorting out the china and glass I thought I'd help and sat in the middle of it all. HP wasn't very happy with that arrangement, I can tell you.

So as we begin 2019 we're really at a new beginning. But God who looks after all canines and humans is going to be with us and with you as we all start our new adventures. And God who looks after us doesn't need to be tied to me or HP with a lead because he knows where every single one of us is and he will always know where to find us if we do wander off the path of life.

Our last Sunday with you all is on February 3rd in St Edmund's church at 10.30am when we can say goodbye to everyone. I would love to be with you, but HP will probably ask me to stay at home. So HP has told that I can say goodbye to you in this letter.

The two of us will remember you in our prayers when we get to the new kennel, and hope you will remember us in your prayers, because HP is going to need God's help and direction when he gets to start his new ministry in the new parishes.

You won't be left alone because the churchwardens and Father James and the retired clergy will look after you when we've gone. There will still be services at St Edmund's on Sundays at 10.30am and 5pm and at St Andrew's at 9am so you can always offer your praise to God.

Lots of licks from me, Dixie and Father John (HP) sends you his love and prayers for whatever 2019 will bring for all of us.

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Happy New Year Community!

I hope you had a joy-filled Christmas and a rest before the New Year.

It is often at the start of the new year we make promises to change our lives for the better, whether this is to do with our finances, health, relationships, personal confidence or one of the many other things we feel we need a restart on.

However, I want to encourage you to go easy on yourself at the start of 2019 and not make promises to change(!).

In place of your usual promises, I want to encourage you to receive a promise from God that He makes about the 'newness' He can give you to experience...

Therefore, if anyone welcomes Jesus into their lives, they get a fresh start, and is made new! The old life is gone; a new life flourishes! Take it in! 2 Corinthians 5:17

I have enjoyed seeing people discover a 'newness' from God over the last few months in a variety of contexts and ways. This has most often been in praying with people and God giving them hope in difficult circumstances such as their health, finances, family or grief. But I have also seen this in



material provision for their needs and in conversation at the Alpha Course, or, 1-2-1 over a drink.

But I most enjoy seeing people made new through Jesus Christ by asking for forgiveness for their sins and then experiencing a peace that can only come from receiving Christ's forgiveness.

Sometimes as people pray a confession I have seen a physical change with what looks like a weight being lifted off them. It's not that

God instantly changes the challenges in their lives but transforms their heart and attitudes, comforting them and assuring them of His love and purpose for their existence.

If you would like to accept God's promise and receive this new life, then you can say this simple prayer...

Father God, thank you that you love me and promise me a new life. I welcome Jesus into my life and ask that you would give me a new life too. I'm sorry for my failures and ask to receive your forgiveness, peace, and assurance that come through Jesus. Breathe this new life into me now by your Holy Spirit. Amen.

If you prayed this prayer I would love to hear from you and explain more about this wonderful new life with Jesus you are embarking on.

Happy New Year to you all,

Rev. Sam

Phone: 01485 532471

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Would you like to be able to talk to someone that has empathy and who will not tell you what to do, who will sit alongside you and listen? Then for them to help you sort out whatever it may be that is stopping you from feeling better about living your life.

I can offer you a private and secure place where you will not be overheard and will be made to feel safe and confident to open up about any phobias, bad habits, concerns, issues or insecurities that may be negatively influencing or holding you back in life. Then together we will gradually change your negatives into positives. Like from: Stumbling blocks into Stepping stones..!

I also offer meditations, mindfulness and breathing exercises to help you regain control over anxiety or panic attacks.

My New therapy...

My work has opened up to reveal to me over time as a counsellor / hypnotherapist, the need of company. For some of you, life has become a lonely place. You may not be able to get out and about now, or you may have a loved one who has dementia and although they have the care in personal hygiene, they may not have any mental stimulus.

You as the carer should also not be forgotten. You need to be looked after too!

My new therapy is to offer help to those people who may be lonely or have dementia, or for you the carer. I will come to your home, engage in conversation and help with any concerns you may have, regarding emotions or to simply just chat. I also work with many different tools, such as essential oils, music, gentle exercises and more, to help bring back engagement with those with dementia.

If you would like more information on any of my therapies, or

anything else that you may want to discuss, please get in touch. It costs nothing to find out, and it could be the very answer to you feeling much happier in life.

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NEW YEAR. NEW YOU!!

New Year Resolutions - how long do they last if you're doing it on your own? But with a few 'buddies', are much easier to maintain if there's someone to encourage you and give support when things get a bit challenging.

SINGING is now recognised to be one of the ways to improve mental well-being, especially if done within a group.

SO, if you

- can hold a tune (be it 'Nessun Dorma' or 'My Way' down at the pub),
- are prepared to exercise those grey cells,
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BEGINNERS WELCOME

RINGSTEAD VILLAGE HALL

GAELFORCE DANCE SPECTACULAR

Gaelforce Dance, the celebration of Irish dance, music and song, has dynamically tapped its way into the beating hearts of millions of audience members worldwide since its inception in 1999. This Dance spectacular has enjoyed tremendous success on a global scale performing in over 30 countries, across 4 continents and playing to over 2 million people.

2019 will be an exciting new year for Gaelforce Dance, with exhilarating new choreography and the inclusion of new dance numbers. This year Gaelforce Dance is going to be bigger and brighter, with glittering new production, exciting new costumes and electrifying music and songs. "We aim to be different from other shows; we are more theatrical. We operate by a very sharp edge which it is very challenging for our dancers, but the experience of our show is irreplaceable and much more emotional and immediate," says Richard Griffin.

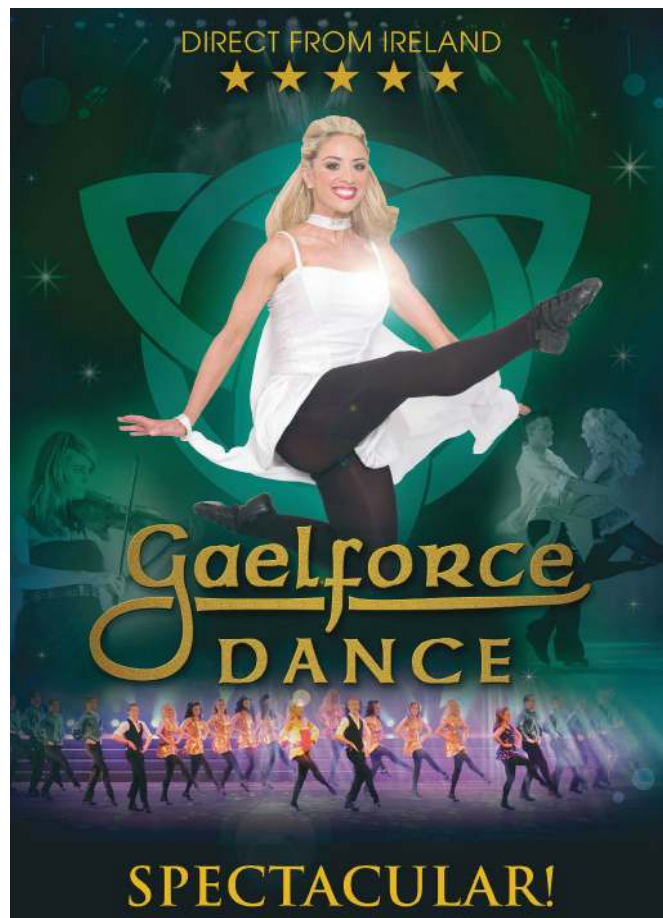
"Gaelforce Dance takes the audience right to the edge with its perfect mix of traditional and Contemporary Irish dance music. It fuses a classic love tale in a spectacle of star studded quality that is Irish dancing at its raw and energetic best."

Gaelforce Dance is the story of two lovers, Lorcan and Aisling who, as our tale begins, are blissfully unaware of the passion that will erupt between them, leading the lovers into a maelstrom of forbidden love and their community into a cauldron of hate. As the story begins, a chance meeting sparks the ill-fated affair where broken loyalties and jealousy tear two brothers apart. Only after the ultimate tragedy are the brothers once more united.

Produced by Michael Durkan, choreographed by Richard Griffin and music composed by Colm O'Foghlú, Gaelforce Dance is a show that expertly weaves intricate choreography, thundering rhythms, enchanting melodies and a compelling storyline into a stirring tale of Love, Passion and Tragedy.

Saturday 23rd February - 7.30pm

Tickets £25.00 Princess Theatre Hunstanton



Wild Goose Chase

Sunday 30 December and Saturday 5 January at 7:00am Snettisham

Deep in the heart of lowland Iceland a successful breeding population of pink-footed geese is flourishing. As temperatures drop and glaciers are swept by powerful Arctic winds the geese head to the UK for the winter.

By mid-October large numbers have gathered on The Wash at Snettisham reserve where they roost overnight. As the night skies lighten the geese stir, hungry and vociferous - ready to fly at first light. The sight and sound of tens of thousands of pinkies forming trailing skeins of chattering geese across the Norfolk sky is one of our most loved wildlife spectacles. Join our expert guide this season to be in the middle of the action as mighty flocks of pink-footed geese fly overhead.

We invite you to continue the experience at Titchwell Marsh reserve where Brent and greylags also gather among the plethora of waders on the Fresh Marsh and Patsy's Reedbed.

Booking is essential. Please telephone Titchwell Marsh reserve on 01485 210779. Every booking will receive a 20% discount voucher towards food and beverage at Titchwell Marsh on the day, so why not join us for a breakfast bap or lunch.

Price: £12.50 per adult (£10 RSPB members) £6.50 per child (£5 RSPB members)

Booking essential



Natural Beauty

By Kyra Cruise (MGHT) – Aromatherapist, Naturopathic Nutritionist and Holistic Therapist
at The Cloud Cabin, 7, College Drive, Heacham 01485 571230

Do you spend a fortune on lotions and potions? Do they actually work well for you? There is an alternative – and that is to make your own! It can be really easy, enjoyable and affordable so here are a few ideas to try out.

Why try your own home-made products?

Companies can spend a fortune on marketing to promote the positive aspects of their products so they may well highlight natural sounding ingredients and play down potential petroleum based or chemical components that can cause skin sensitivity. Sometimes the long list of ingredients can be quite daunting and difficult to understand. If you make your own products you know exactly what they contain and you can tailor them to your own skin type and add essential oils that you like the smell of.

It is important to realise that anyone can be allergic to anything natural as well, but most allergic reactions occur due to synthetic cosmetic ingredients. One cosmetic scientist (Judi Beerling) has stated that man-made chemicals are inherently dangerous as the source of such chemicals tells you nothing about their safety. In addition synthetic chemicals in beauty products are not only potentially harmful to our health, but also pose a threat to our environment and wildlife.

Some natural products to try making at home

Lavender Bath

We are surrounded by Lavender in Norfolk in the Summer months – so it's a good place to start. You can use fresh or dried flowers – you can add them to some Epsom salts or Himalayan Salt and then just pop into a warm bath. Or if you skin feels the need for some moisture use a can of coconut milk instead.

Marigold Hand Cream

Golden marigolds are in bloom during May, June and July (they are also known as Calendula). I make my own balm using oil, beeswax, vitamin E, Oil of Evening primrose and essential oils but an easier alternative is to use any unscented cream or lotion that you like and simply add about ¼ of the volume of freshly shredded petals. Keep this in the fridge to make a very cooling and soothing product ideal after a day in the sunshine! This is also helpful for psoriasis and eczema sufferers and if you add a few drops of chamomile essential oil this will help calm skin inflammation.

Anti-aging Peach Face Mask

This one is super easy. Just mash 2 peaches together with 2 table spoons of whipped cream and apply to the skin. Leave on for 10 minutes and then wash off with warm water. Good enough to eat! And the peach is very moisturising and high in nutrients and vitamins.

Peppermint and Rosemary Foot Soak

A foot spa is very refreshing, but if you don't have one a bowl of warm water can be used instead. Add a couple of tablespoons of Epsom salts, some sprigs of fresh rosemary and a couple of drops of peppermint oil to soak away tension and leave your feet relaxed and ready for a moisturiser.

Eye Refresher

A really easy way to refresh tired eyes or soothe eyes that are irritated by pollen is to use either chamomile or marigold tea bags. Soak the bags in a little boiling water then remove and allow to cool. Place in a plastic bag and then pop into the fridge for about an hour. Take out of the fridge, squeeze most of the moisture out and then lie back and relax for 5 minutes with the bags over your eyes.

Rosemary Hair Tonic

Rosemary helps to condition dark hair and helps to maintain colour as well.

Add 6 sprigs of fresh rosemary to a pint of boiling water and leave to infuse for several hours. Strain and add 1 dessert spoon of dark rum, and 2 drops of rosemary essential oil. Transfer to a bottle and use to rinse the hair with after shampooing.

(For blonde hair you can use chamomile flowers, or 5 chamomile tea bags and vodka instead of the rum.) The alcohol acts as a preservative.

Lip Stain

Take 450g of cherries (or other dark fruits) and bring to the boil in a pint of water. Simmer until the liquid has reduced by a third. Strain to remove the stones. Melt 1 teaspoon of castor oil, 1 dessert spoon of jojoba oil and 10g of beeswax (in a bain-marie or in the microwave). When liquid add 2 tablespoons of honey and 1 capsule of wheat germ oil. Slowly add and stir in about a dessertspoon of cherry juice and then put into small jars. It will keep in the fridge for at least a month.

Raspberry Body Scrub

This one smells amazing! Cook the raspberries and then pass through a sieve. You use the seeds for the scrub which means you can make puree or jam with the liquid. Put the seeds into a blender along with half a cup of olive oil (or coconut oil) and four cups of granulated sugar. Blitz to a scrub consistency and then use as a body exfoliator.

I hope that you enjoy trying out some of these recipes. We often grow herbs and flowers in our gardens that look beautiful and smell wonderful too – hopefully this will inspire you to go out into your gardens or allotments and really make use of the natural ingredients we have right at our fingertips!



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AM PROJECT MANAGEMENT

Taking photographs for Town and Around

As the Editor I've had comments that I haven't always used supplied photographs. I have a limited amount of space available and will make a judgement as to the value of any picture supplied. I hope that this guide to supplying photographs for publication will be helpful.

Town and Around is essentially a journal of record, so we publish reports of events that have happened or notices that something is going to happen.

In either case the words may be accompanied by a photograph.

What to 'shoot'

What is the point of the photograph? There's an old saying: "A picture is worth a thousand words."

Your photographs are there to support the words and as such needs to be informative. When I receive a photograph, what am I looking for? Well, besides the actual technical aspects of the photograph, more of which later, there will generally be people or animals in the photograph. They need to be recognisable, so pictures of the backs of people do not give the reader any relevant information. If the photo is of the walking group then why not pose them helping each other across a style? Help them make it look like they are having fun! If it's a picture of a fete, garden party, flower show or whatever, a few people in a big field do not give the impression of a successful event, (unless of course you are trying to tell the viewer that it wasn't!).

As the photographer you are recording the event and as such you should get closer, ask the people to look at the camera, if it's a group, get them tight together. Don't be afraid to get them to pose, you will need to be firm as people generally don't want to get close. Fill the frame – are the readers really interested in the vast expanse of the

playing field? No they want to see who was there, they want to be able to recognise those people.

If you are supplying a photograph for the front page, then I have different criteria. I'm looking for a 'pretty picture' but it needs to be eye catching.

Technical

A photograph embedded in a Word document will not be of high enough quality to print, so all photos should be sent as separate jpegs. The file size needs to be sufficient to enable good reproduction. For a 'news' photo then a file size of three megabytes should be considered the minimum. For the front page anything bigger than 10MB will do the job. Also bear in mind I will crop the picture to get it tight on the page. The photograph needs to be in focus and sharp. I hesitate to say that photographs taken on your phone won't be good enough, as many phones now have good image capturing capabilities. If you are using a 'proper' camera then you should be able to set it to aperture priority, which allows you to focus on the subject and throw the background out of focus – generally good. Please refer to users' manual.

Using flash and shooting indoors: I've lost count of the number of photos I've received of indoor presentations where the subjects are standing directly under a light source, the tops of their heads appear white. Try to avoid wall lights in your frame as they appear as big white flares. Have a good look at competing light sources, get your subjects to move or turn the lights off, don't let them spoil your image.

I hope this has made some sense and will help you get some good photographs for the magazine.

Good luck.

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Hunstanton and District 4T5

Joe Bates

Hunstanton and District 4T5 club presented a cheque on Sunday 16th December for £2,140 to Hunstanton RNLI station manager Robin Rafferty and the lifeboat crew from money raised by doing our gin bar at this year's Searles Soapbox Derby along with sponsorship from several local businesses with banners on the course, a bucket collection on the day, and the sponsorship of the 2 carts entered by the RNLI crew that were built by last year's and this year's winner Ed Napolitano.

We would like to express our thanks to Greg Schofield from GS Plumbing and Heating and Hunstanton Area Facebook page for sponsoring the 2 carts and to all those local business and volunteer bucket collectors.

If you wish to have the 4T5 club rustic gin bar at your event get in contact with us at the4T5clubhunstanton@mail.com

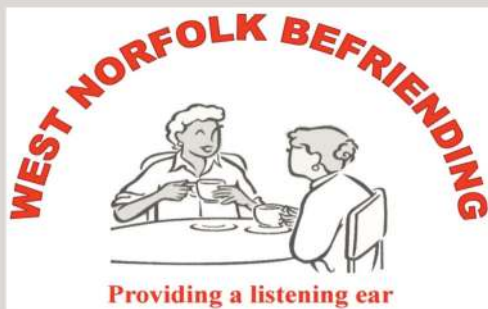
All the money we raise goes to local good causes.



Top from left: Michael Darby (head helm), Lee Torrice (commander & helm), Dave Cleland (helm)

Bottom from left: Matt Mallett (4T5 club) Charlie Parfitt (RNLI ladies team driver 4th place & RNLI pilot) Jason Palmer (4T5 club), Robin Rafferty (station manager) Ed Napolitano (2 time soapbox champion, RNLI commander Joe Bates (4T5 club presenting cheque.) Greg Scofield (GS Plumbing and Heating, sponsors of the champion soapbox), Debbie Harrington (representing Hunstanton area page), Micheal Jackson(4T5club), Dave Eastwood (RNLI crew and champion soapbox pusher), Neil Wells (4T5club)

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Kyra Cruise

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Elaine Coker on 07746800055 or email:
elainecoker@btinternet.com

Northfields Allotments

The Northfields Allotments Christmas celebration was held at the United Services Club in Hunstanton on December 7th. Photos by Chris Bishop.



Chairman Paul Emmerson (left) and Plot Manager Derek Cosbey with our certificate from In Bloom...



Northfields Allotments Club manages the allotments on behalf of Hunstanton Town Council. Some vacant plots will become available in the New Year.

To qualify you must be resident in Hunstanton. If you are interested and would like to know more, please contact Derek Cosbey (Plot Manager) on 01485 535435 or email Linda (Secretary) linda.baker1@gmail.com.





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Take care of your car this winter

Just the basics, if you value your car, why doesn't live in its garage? Your car is probably worth a lot more than what you are storing in the garage.

So let's start at the beginning. If you value your car and want it to last the best place for it is under cover, not left out in the salty air and rain in all weathers. The best place is inside with a cover to keep the dust off, if you only have a car port or equivalent then make sure you use it, preferably with an all-weather cover on. When possible make sure it's clean and dry before covering it and putting it in the garage or car port.

Without any cover you are reliant on the quality and standard of car polish you use, the better the quality the more protection, for long life its essential.

Obviously, the tyre pressures are very important, especially in the winter months and generally speaking a quick look in the cars manual will advise winter tyre pressure, it costs little or nothing to maintain tyres and don't forget the spare.

Batteries are under more pressure in the winter months and well worth getting your local garage to check before it lets you down a simple test is generally free or low cost.

Anti-freeze for the engine has to be at the appropriate strength and once again a trip to your local garage at a very low cost can save you a lot to aggravation, time and money.

Windscreen wash has to be compete with anti-freeze, you can buy it complete, clear water can freeze and in turn windscreens can be spoilt, while on the subject of windscreens do check that you have no cracks or chips, if there are some ,it is as well to check with your insurers about windscreen cover, a lot will now have a free or low cost repair option, insurers may believe that a repair is the cheaper option rather than a replacement screen. Do check, the insurers will, no doubt, recommend their approved replacement/ repairing specialists.



On older models of cars the heater units can be suspect due to various reasons this, once again is a short garage check will alleviate those frozen morning moments, that can be so uncomfortable.

When going on a long journey in bad weather conditions make sure you are equipped properly, if it's snowing, take a shovel, always take a sleeping bag, Hi Viz clothing is useful if your car stops, a torch, and a breakdown sign, make sure your mobile is working and be prepared. Check that your car breakdown coverage is up to date and operational. It's no good telling them you were going to continue with your membership but forgot.

In short do everything that you should do all year around, only make it a real priority, stay safe.

Free New Year walk in the Hunstanton Heritage Gardens

A healthy walk starting in the Hunstanton Heritage Gardens will be the perfect way to start the New Year.

West Norfolk Walking for Health and the Borough Council of King's Lynn & West Norfolk have organised two guided walks on 1 January 2019.

One walk is about 1.5 miles, and the other is about 3 miles. Both will start in the Hunstanton Heritage Gardens at 10:30am. There is no need to book a place: anyone who is interested should simply meet at St Edmund's church ruins near the old lighthouse, register, and choose their walk.

Both walks are fully supervised, and suitable for all standards of walkers. Everyone walks at their own pace in a sociable and chatty atmosphere and no one will be left to walk by themselves.

Each walker is responsible for their own safety, so should wear suitable footwear and clothing. Anyone under 18 must be accompanied by an adult. Dogs are welcome, and should be on a short lead.

Roger Partridge, activities coordinator for the Hunstanton Heritage Gardens, said: "This is a perfect activity to blow away the cobwebs at the start of a new year! Come along and join us for this free guided walk around Hunstanton – bring the kids, bring the dogs, it's a no-pressure, fun activity suitable for everyone. No need to book, just turn up on the day and stretch those legs!"

All West Norfolk Walking for Health walks are free, but any donations are welcome, and will go to support the work of this registered charity.

Further details are available from David Mace from West Norfolk Walking for Health on 01553 773164 or from the Hunstanton Heritage Gardens Activities Coordinator on 01553 616326.

Here is a poem that was written about my Greyhound some years ago by my friend Michael Faulkner. Michael separates the words in the last verse to describe the look of him! I love the way that Michael conveys the idea of his speed!

Michael McGonigle

Fawn

Trotting to flight
He knows the elemental world,
Astounding with her lush
And lavish form:
He courts the mood
On woodland walks,
The beauty stalking;
Handsome Fawn.

Sinews rested,
Twitching at the thought
Of all the tender creatures
Flown from home,
Winking in sleep
And stretched to pare,
The cracking bones
Of the tall, winsome hare.

He rules the wind
Without a sound,
The silent, strident
Great, grey hound.

Michael Faulkner



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January Diary

- | | | | |
|----|--|----|--|
| 1 | Free New Year Walk in the Hunstanton Heritage Gardens. Two routes of 1.5 and 3 miles. Start at 10.30am. Meet at St Edmund's ruins. Contact David Mace 01553 773164 | 23 | 5597 Tickets £15.00 children £10.00 |
| 1 | Docking Walking Group: Barrow Common and Brancaster Staithes meet at the Jolly Sailor PH 2pm Helena Aldis 07769 850965 or Mike Rogers 07765 571313 | | South Creak War Memorial Institute, Memorial Pavilion, The Green, South Creak NR21 9PD 10.30am- 12 noon |
| 2 | Hunstanton Library 1-3.30 Gardening Tips and a cuppa | | Coffee Morning Tea, Coffee and Cakes/Biscuits will be available. There will also be four stalls selling cakes, plants, books and Greeting cards. There will also be a raffle with proceeds towards local charities. Peter Haywood 01328 823920 |
| 5 | United Services Club Hunstanton entertainment: The Lawrie Haley duo start 8.30pm | 24 | National Theatre Live by Satellite at the Princess Theatre: Anthony and Cleopatra 01485 532252 |
| 6 | Docking Walking Group: Holme and Ringstead meet at The White Horse PH 11am Helena Aldis 07769 850965 or Mike Rogers 07765 571313 | 24 | Norfolk Wildlife Trust illustrated talk: NWT Thorpe Marshes by Chris Durdin. 7.30pm at Hunstanton Methodist Church Hall Austin St, Hunstanton Cost £2.50 members and £3 visitors. |
| 6 | United Services Club Hunstanton entertainment: Karaoke starts 8.30pm | | Hunstanton Library LILY – meet Lynda and find out more about Living Independently in Later Years. |
| 7 | Hunstanton Library 10.30 Learn to crochet, share tips and ideas | 25 | Docking Walking Group: Leziate Lakes meet at Leziate Village Hall PE32 1EN 11am Helena Aldis 07769 850965 or Mike Rogers 07765 571313 |
| 8 | Hunstanton Library 2.30 Walk and Talk, a short walk around Hunstanton start & finish at the Library | 25 | Hunstanton Community Orchard AGM. Hunstanton town Hall Basement 6.30pm. All welcome |
| 9 | Hunstanton Library 6-7pm Quiet time ideal for those with autism, dementia or if you just want peace and quiet | 25 | South Creak War Memorial Institute, Memorial Pavilion, The Green, South Creak NR21 9PD 7-10pm Soup and Pudding Supper with a Quiz Night £6pp please bring your own drinks. There will also be a raffle. All proceeds go towards Pavilion funds. Peter Haywood 01328 823920 |
| 10 | Hunstanton Library 10.30 Knit and natter | 25 | Hunstanton Library Colour a postcard – design and write a postcard for the housebound and isolated. All sent through West Norfolk Befriending Service. |
| 11 | Docking Walking Group: Fring and Peddars Way meet by Fring church 11am Helena Aldis 07769 850965 or Mike Rogers 07765 571313 | 26 | Hunstanton Library – Love your Library event 10am-1pm a special free event to explore the range of services and activities available at Hunstanton Library. |
| 11 | Winter Warmer Supper Talks “Restless Empire: China's Past, Present and Future” Arne Westad is the S.T. Lee Professor of U.S.-Asia Relations at Harvard University, where he teaches at the Kennedy School of Government. Tickets are £20 per head Booking is essential, and is best done online www.thornhamvillagehall.co.uk/winterwarmer | 26 | Syderstone Village Cinema, with the support of Creative Arts East, presents MAMMA MIA! HERE WE GO AGAIN (PG) Amy Robsart Village Hall, Syderstone PE31 8SD 7.30pm Advance tickets £3.50 Tel. 01485 578171 or 01485 578244 Email cinema@syderstone.com |
| 12 | Hunstanton Conservative Club entertainment: Karaoke 8.30pm | 26 | United Services Club Hunstanton entertainment: Simon Lee starts 8.30pm |
| 12 | United Services Club Hunstanton entertainment: Take Two start 8.30pm | 26 | Hunstanton Conservative Club entertainment: Burns Night with Pete and Celia, Haggis and all things Scottish |
| 13 | United Services Club Hunstanton entertainment: Karaoke starts 8.30pm | 27 | United Services Club Hunstanton entertainment: Karaoke starts 8.30pm |
| 14 | Hunstanton Library 10.30 Colour Yourself Calm – join in some calming colouring | 28 | Hunstanton Library 10.30 Colour Yourself Calm – join in some calming colouring |
| 14 | Hunstanton Library 2.30pm Book club, new members welcome | 28 | Heacham History Group, Old Friends Hall, Sunnyside Close, Heacham, PE31 7DU. 7.30pm. “Heacham Now and Then” and Local Quiz. Admission £3 (Members £2) including refreshments. Everyone is Welcome. |
| 15 | Docking Walking Group: RSPB Snettisham Beach meet at RSPB Car Park off Beach Road (£) 2pm Helena Aldis 07769 850965 or Mike Rogers 07765 571313 | 29 | Docking Walking Group: Heacham and Snettisham cost paths meet on South Beach Road by cafes 2pm Helena Aldis 07769 850965 or Mike Rogers 07765 571313 |
| 15 | National Theatre Live by Satellite at the Princess Theatre: The Tragedy of King Richard the Second. 01485 532252 | 31 | National Theatre Live by Satellite at the Princess Theatre: I'm Not Running 01485 532252 |
| 16 | Hunstanton Library 5-6pm Coding Club after school computing club | | Hunstanton Library |
| 16 | Thornham Village Cinema The Children Act. Tickets £5 To book call 0781 802 8687 - Film starts 7.30pm | | Job Club Wednesdays 3pm |
| 17 | Hunstanton Library 10.30 Sci-fi/Fantasy book club | | Just a cuppa – discussion and a cuppa Fridays 10.30am |
| 17 | National Theatre Live by Satellite at the Princess Theatre: The Madness of King George III 01485 532252 | | Bored games. For all ages Saturdays 10.30 |
| 18 | United Services Club Hunstanton entertainment: Quiz night £3 per person plus food starts 8.30pm | | Coming soon – Crime Book Club launching at the Love your Library event on 26th when fist book will be available |
| 19 | United Services Club Hunstanton entertainment: Tobacco Road start 8.30pm | | |
| 20 | Docking Walking Group: Syderstone Common meet Syderstone Church 11am Helena Aldis 07769 850965 or Mike Rogers 07765 571313 | | |
| 20 | United Services Club Hunstanton entertainment: Karaoke starts 8.30pm | | |
| 21 | USA meeting at Hunstanton Community Centre 2pm Tamsin Wimburst on David Parr's House | | |
| 22 | Live by Satellite at Thornham Village Hall The Queen of Spades. Doors and bar open 6pm – Curtain at 6.45pm. Book online at www.thornhamvillagehall.co.uk or call 0778 725 | | |

Please Note: Copy date for the February edition is 12th January. If you have an event you'd like to promote we can include it in the magazine and also publish it online at www.townandaround.net. The online version of the diary can include a lot more information than we have room for in the magazine too.



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What's on January 2019

Please note the Theatre, Sunset Wine Bar and the Box Office will be closed from Wednesday 2nd January and will re-open on Monday 14th January.

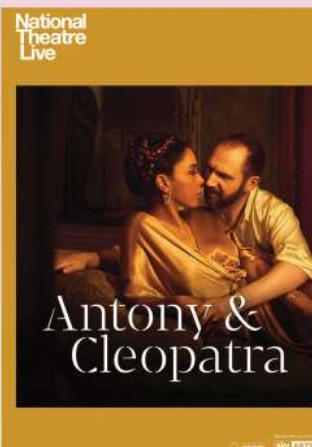
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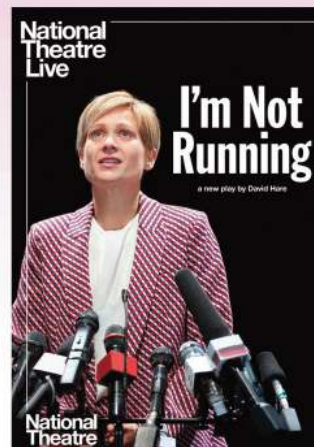
Tuesday 15th



Thursday 17th



Thursday 24th



Thursday 31st

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