

TOWN and AROUND

A close-up photograph of a woman with long, wavy brown hair, wearing a dark blue plaid winter hat with a thick, grey fur trim. She is blowing a cloud of white snow towards the camera. Her eyes are light blue, and she has a slight smile. The background is a soft, out-of-focus white, suggesting a snowy day.

ISSUE 171 JANUARY 2020
PRICELESS!

NEWS FROM
NW NORFOLK
FREE

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

First word



Happy New Year to you all.

It's a new decade and since it is traditional to start every year with resolutions or a new purpose, we at Town and Around have a big ambition, and we are joining forces with one of our local County Councillors, Andrew Jamieson, to campaign for a safer A149. I do hope that you will join us after reading the article on page 62.

We have passed the shortest day now and can look forward to lighter evenings very soon - and that usually helps us all feel a bit better. In the meantime, Dr Saint has some useful advice about developing a winter health plan on page 30.

There's a huge variety of articles in this edition including the heartwarming story of Angie and her Granary Angels who have now raised the amazing total of £25,000 for CLIC Sargeant. Just turn to page 13 to read about how they've done it.

We normally think of January as a fairly quiet month but if you turn to the diary section towards the back of the magazine you'll find plenty of things to do.

Special thanks to Richard and Andrew who distribute two tonnes of magazines each month around the area, and to all our magnificent delivery team and distribution outlets.

Thanks also to our advertisers, writers and photographers. If you have a story to tell or a business to advertise please get in touch.

I hope you enjoy your read; we'll be back next month!

With all best wishes for January 2020

Elaine

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Real Nativity at Snettisham

Rachel Alexander

The stalls and nativity stable are made, the animals watching and waiting. The children begin to arrive, faces shining and outfits ready for their participation in the story of love coming down at Christmas.

The buzz and chatter of preparation is a backdrop to the sense of anticipation and what we might call the magic of Christmas.



The Nativity story being told again, as it has for 2,000 years. The animals join in to make it accessible and brought to life for toddlers through to grandparents.

We listen, we sing, we stroke the donkey; we smile then finally share together in sausage rolls, mince pies and a drink.

This is Christmas Live Nativity for all in Snettisham St Mary's. A great night!

-oOo-

The animals came from Snettisham Park and included Pebbles the donkey, calves, sheep, a llama, a goat, a rabbit and guinea pig.

St Mary's was full for this very special annual event and afterwards Mandy Draper said "It was beautiful." And Sandy Easom said "I tried to sing through tears of joy! Loved every minute. And I even got to cuddle the baby.... thank you to everyone involved. The perfect start to Christmas."

Photos by Ian Burt - ianburtphotography@gmail.com

Monty Baker age 6 (Joseph) & 8 year old Erin Rattenbry (Mary)

Baby: Reggie

Isabelle and Lauren Lawrence age 5 and 4 respectively with Pebbles the donkey



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Four years of sporting gold for Dersingham pupils

Sophie Hooker

Dersingham V A Primary School have a lot to celebrate this year as they secure their fourth consecutive year with a gold sport award.

The School Games Mark is a government led awards scheme that rewards schools for their commitment to the development of competition across their school and into the community.

Each school is judged on the amount of young people engaging in sporting activity, how many different sports are being played and how many competitions entered, the number of pupils involved in leadership activities and how many links a school has with local clubs.

The children at Dersingham school meet monthly for 'sports council' meetings where they chat all things sport and how to look after sports equipment; they have an agenda, minutes and a different pupil is a chairperson for each meeting.

They compete on a three-tier level: they compete within the school, then against local schools and then county level.

They have played competitively played sports such as hockey, swimming, basketball, javelin, cross country, basketball, cricket and gymnastics.

Teacher Sue Picton said: "The idea is to get as many children participating as possible and it's the sports council who decides what sort of sports we do in school."



The sports council responsible for organising sporting provisions are pictured with their award

Last year they celebrated Sport Relief with a sponsored event and next year the Year 6s are organising an Olympics themed event for key stage 1 pupils from schools within the Smithdon High School cluster.

Gift of dictionaries for Hunstanton pupils

Sophie Hooker

The nationwide Rotary scheme involves the club and local businesses raising funds to donate free dictionaries to local schoolchildren.

The dictionaries are provided by Usborne books at a reduced cost and fundraising during the year goes towards paying for the remainder of the costs.

Year 5 students from Hunstanton Primary School were presented their dictionaries by current Hunstanton Rotary Club president John Crofts and former president Peter Atterbury.

Rotary have raised funds throughout the year from events such as Norton Hill Light Railway weekend and the Hunstanton Kite and Classic Car festival.

Hunstanton Rotary Club president John Crofts said:

"We're delighted annually to come and present dictionaries to the primary schools in the area.

"We're very fortunate on this occasion to have three sponsors: Mr Bun the Baker, Georgie's Café and Hughes electrical, all located on the high street in Hunstanton.

"It's a great pleasure and it shows our commitment to the schools in the area and to making sure literacy is encouraged in all of these schools."

The club have already presented dictionaries to schoolchildren in Ingoldisthorpe, Snettisham, Sedgeford, Docking and Heacham.

Following months of fundraising, the Rotary Club of Hunstanton and District are well underway with their 'Dictionary 4 Life' Project.





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Further changes for Sandringham Estate revealed

Sophie Hooker

Representatives from Sandringham estate were on hand to provide new information and dispel rumours at a Dersingham Parish Council meeting on 26th (November) following the announcement in October that the Sandringham estate will implement parking charges in the new year.

New designs for the visitor centre, café, shop and courtyard were displayed and a few amendments to parking charges were announced:

- A season ticket (£40) will cover two number plates per ticket for an entire year
- Free parking has been raised from 20 minutes to 30 minutes
- Two car charging points will be installed for electric vehicles
- Parking charges will commence in February 2020

A refit of the gift shop and café, expansion of the central courtyard to enable more visitors and stalls, safe and well-lit pedestrian access from the car park to the visitor centre, landscaping such as the cutting of the conifer trees and planting of more varied species of trees, the conversion of the sculpture trail into an arboretum, improved signage and refitted toilets were also announced.

Improving accessibility in the county park, the car park itself will hold more disabled spaces which will be tarmacked and there will be a buggy service to bring visitors with access issues into the visitor centre. There will also be more cycle racks installed and coaches are free to park so long as they are not using the park as solely a pitstop.

The car park will be controlled by a barrier which will allow vehicles inside but will require payment on departure to be raised. The barrier recognises number plates for season ticket holders. Access to the car park will also be restricted from 7am to 9pm during the summer and 7am to 6pm in the winter.

The prices for the car park remain the same at £3 for up to 2 hours, £5 for up to 4 hours and £7 for all day – they revealed prices were set after a survey which looked at the current dwell time of visitors.

Garry Marsden, Visitor Enterprises Manager, said:

“The car parking charges will provide funding for the maintenance of the country park and also for future developments.

“Today, people have a much higher expectation of a visitor attraction and country park and what it should offer... To a degree, Sandringham has gotten a little bit left behind and it's important that that doesn't continue.

“I think you can start to see deterioration in places– things you wouldn't expect to see in a modern-day visitor attraction.”

Garry also noted that it is a “competitive market” and that the estate is “running a business”, but that the money that is generated can go back into improving facilities in order



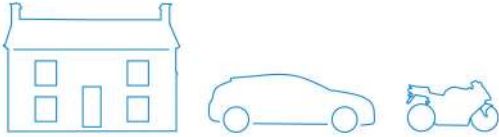
to “modernise the image that we have”.

He adds: “Visitors are so important not only for Sandringham but the villages surrounding it, they put bring money into the economy we want people to realise they're arriving at a royal estate.

“£40 a year, 11p a day or 77p a week – yes it's a contribution you have to pay, but you can already see the estate investing money into the

facility that it hasn't done for a long time.

“I say in 18 months to 2 years' time, people will have gotten used to it, some will never, but I think the majority will. I also hope that by 2 years' time people will turn around say ‘Look what the estate has done in this time and how much has been invested into this estate which we all enjoy’.”



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OUTSTANDING CARERS RECOGNISED

Carers who work for a Heacham-based home care company were honoured at a special celebration event at Fakenham Race Course on Wednesday 11 December.

A total of 90 Extra Hands staff members were nominated for the prestigious Gill Chase Award - an annual event to thank carers who have been nominated by their service users and their families for their outstanding work.

The Gill Chase Award was started five years ago in memory of a long-standing Extra Hands carer who died suddenly in 2014 aged 68, and this year, out of the 90 nominations, eight were shortlisted, including Heacham resident Susan Bloy. The winner Stella Cason, from King's Lynn, was announced following an afternoon tea at the famous race course.

Susan's nominations said that nothing was too much trouble for her before adding: "She is always cheerful, smiling and would do anything for you. She has a very kind heart and is always attentive. She has great knowledge of care."

Speaking during the award ceremony, Anita Walter, Public Relations and Marketing Director at Extra Hands, said: "This was the fifth year now that we have hosted this award ceremony recognising the fantastic work that our carers do across our organisations."



Photo: Ian Burt

"It is wonderful that people are embracing the award and taking the time to continue to submit nominations."

"The judging took place in November with a panel consisting of our two Registered Managers and our Training Manager and what a difficult task they had going through 90 nominations - the most we've ever had recognising the commitment and dedication of our staff members across the organisation."

"From these 90 nominations, we picked eight shortlisted names, four from each office, and we selected a finalist from each office, and Stella was named the overall winner."

Extra Hands' Heacham office was rated Outstanding by the Care Quality Commission earlier this year. The company was also the first in the county to offer well-being checks to help reassure families and friends who can't always be available to help.

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National Family Law Firm Woolley & Co Expands in East Anglia

Family law specialist Woolley & Co, Solicitors recently boosted its team in the region with the appointment of Karen Willis based in Kings Lynn.

Karen has more than 20 years' experience in practising family law. Having trained in London she has made a name for herself in the local area, working for several well-known firms before deciding to join national firm Woolley & Co.

She said: "Having spent time out in Hong Kong after graduating, teaching English as a foreign language, I returned to the UK to complete my legal training in London.

"I like dealing with people and that is what attracted me to family law. I fully appreciate that, for most people, going through a divorce is a new experience and therefore, it is extremely important that I'm available to answer any questions, however trivial they may seem. The flexible model offered by Woolley & Co, where I decide my own hours and clients have direct email and telephone access, rather than the constraints of a traditional firm, mean I can offer the best possible service with my legal advice."

Karen joins an extremely strong team in East Anglia, which was praised in respected professional directory Legal 500 for 'outstanding service and timely, appropriate, knowledgeable and supportive advice'. Clients include expats, high-net-worth individuals, farming families, business owners and company directors, with the lawyers handling often complex cases involving leave to remove, difficult child arrangements cases, cross-border divorce, and multimillion-pound financial disputes.

Andrew Woolley, Woolley & Co Senior Partner, said: "Karen is a fantastic addition to an experienced and well-respected team. Her experience in dealing with family cases will further enhance our ability to help separating couples and families across the East Anglia region."

You can find out more at www.family-lawfirm.co.uk.



Photograph: Woolley & Co, Solicitors family lawyers in East Anglia with Senior Partner Andrew Woolley.

Back row: Tamara Glanvill, Andrew Woolley, Karen Agnew-Griffith and Nick Wiseman

Front row: Karen Willis and Abby Smith.

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Bowlers support the Purfleet Trust

Early November saw thirty two bowlers take to the rinks at the Oasis Hunstanton Indoor Bowls Club for their annual charity match organised by Club President Shirley Chapman. Among the bowlers was 13 year old Zoe Mullins and her mum Sarah. Zoe has taken up bowls as part of her Duke of Edinburgh Award and mum Sarah is training to become a Level 1 coach.

Last year Zoe, a pupil at Smithdon High School, had her hair cut to raise money for a cancer charity and she was keen to support another worthy cause this year.

Sarah said: "Zoe is a kind girl who is always looking to help others, and with the onset of winter and the colder weather she decided she'd like to do something for the homeless within our community."

Zoe approached the Club Committee to ask if they would support the Purfleet Trust as their chosen charity this year. The committee agreed and before one of the club's charity matches before Christmas Zoe presented a cheque for £150 to Michelle Hepburn, a Homeless Complex Needs Support Worker, on behalf of the Trust.

Michelle thanked Zoe and the bowlers and said the money would go towards the Christmas Dinner on 19th December and Christmas gift bags full of things like essential cold weather wear.

Above right: Indoor Bowls Club members at the cheque presentation.

Below right: Zoe presents the cheque to Michelle Hepburn. Sarah Mullins is pictured left.



Heacham care company and schoolchildren bring festive cheer



The festive season was well and truly started when a Heacham care company event saw different generations celebrate together and raise money for a charity appeal.

Extra Hands Home Care, which has offices in both Heacham and Broadland, arranged two community events to share mince pies with friends, service users and their families along with local school children.

Pupils from Heacham Junior School entertained with Christmas Carols at one of the afternoon gatherings which was held in the village. Money was raised from a raffle organised for the Falls Support Appeal at the Queen Elizabeth Hospital, King's Lynn.

"We really enjoy organising social events in the communities we work. It is a really nice way to meet everyone, make new friends from across the generations and ensure our service users have the chance to socialise," said public relations and marketing director Anita Walter.

The appeal, with a target of £35,000 is raising money towards a raft of specialist equipment to help prevent injury from falls.

Angie and her Granary Angels raise £25,000 for CLIC Sargent

It all started with a dream to raise £1000 in a year from selling books for 50p in aid of CLIC Sargent eight years ago.

Angie Raines had cancer, and while she was undergoing treatment she couldn't stop thinking about youngsters with cancer and she vowed to do something to help them. At the same time there was some local fundraising for CLIC Sargent so she and her team at The Granary aimed to make £1000 in a year to support this cause.

The rest as they say is history. Apart from raffles, quizzes and coins around the room events, Angie and friends have undertaken parachute jumping and white water rafting, all to raise funds for the charity that fights to stop cancer destroying young lives.

The charity says: "We know everyone is different, so we work hard to help when each child and young person needs it most.

"Those first days, weeks and months after a cancer diagnosis are overwhelming, when young cancer patients are confused, scared and anxious.

"Our care teams provide day-to-day support for each child, young person and family, from information and guidance to clinical care and specialist play during treatment.

"Funds raised directly help the children, young people and their families."



Pictured in the cafe at The Granary, Angie is front right with some of her team (and a basket of delicious date and walnut scones)

A target was set to raise £25,000 by Christmas 2019 and that figure was achieved early in December, and as we begin a new decade the fundraising will continue.

Angie said: "The first event in 2020 will be a special Valentine's Day dinner with raffle on 14th February.

"In the meantime the 50p book sales will continue; we are always looking for people to donate books - novels in particular - they are our biggest seller."

To donate books or reserve a table for the Valentine's Day dinner, please call in at The Granary or telephone 77760 115888.

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A Page from the Sage

Here we go again with a Page from the Sage in the January 2020 issue of Town and Around.

Living by the sea for 75 years of my life I have always took a great interest in lifeboats and their crews. So, here is a story about the Cromer lifeboat that took place during the Second World War in the North Sea in August 1941.

On the morning of August 6th 1941, Shrimp Davies was sitting in his home in Cromer because he had not been to sea that morning as the weather was too rough. At 8am he got the call that all lifeboat men expect and made his way down to the Cromer lifeboat shed. The 27-year-old fisherman had no idea where he was heading and was given no indication by Cromer's legendary coxswain Henry Blogg; he never told us where we were going until we launched because of the wartime secrecy.

We usually had to go out to boats that had been torpedoed, but this time it was not torpedoes or mines that had ripped into the convoy of ships. Henry Blogg told his men that several ships had run aground on the southern end of the middle Haisbro sands, they came across six ships being battered about by the stormy sea. A Destroyer and her Whaler had started rescue work but twelve seamen were already dead; the steamers nearly all had their backs broken by the rough sea and gale force winds.

Only the funnel and upper deck of the nearest boat the Oxshott was above the waves, so the lifeboat crew decided to go to the nearby ship the Gallois. The captain of that ship waved us to go back to the Oxshott as that was in a more dangerous position. Turning back, they realised 16 sailors were hanging on to the funnel of the Oxshott by ropes and we could not believe there was any of them around the funnel; it is amazing that any of them had survived. It was at that moment that Henry Blogg decided to use a breath takingly bold manoeuvre: he drove on top of the sinking deck of the Oxshott the crew got the grapples to run across the deck and one by one all 16 of the crew were saved.

Then Blogg skilfully brought the HF Bailey alongside the Gallois and 21 men slide down ropes or jumped on to the deck, 47 exhausted but relieved sailors were placed on to a Destroyer, then the lifeboat turned for a third steamer the Deerwood. Once again, 19 men jumped aboard after the lifeboat drove on to its submerged deck. By this time, the second Cromer lifeboat the Harriot Dixon had reached the scene and shrimp's uncle Jack Davis transferred to the smaller boat to take over as Coxswain, he maintained a similarly brave position against the bridge of the steamer Taara to rescue the 8 remaining men aboard.

by
Dick Melton
01485 535658



The Cromer crews were not alone: the Great Yarmouth and Gorleston lifeboat the Louise Stephens arrived at 11.30am and with great difficulty went along the steamer's lee side ropes were thrown and the entire crew of 23 were taken off. But for the crew of the HF Bailey, any thoughts of home had to wait till they had rescued the 22 crewmen of the sixth and final steamer the Paddy Hendly. With the job almost complete the worst moment of the rescue arrived: heavily-laden with 51 men the lifeboat twice bumped on the sands and then ran aground, waves were breaking all the time had another one broken on top of us we would probably all have been washed overboard, but the next big wave lifted us off the sand.

Anyone who says they have not been afraid in a lifeboat is a liar, we were all a bit scared at the time. The relieved crew of the HF Bailey transferred the remaining 41 sailors to a Destroyer and with the Louise Stephens made its way to Yarmouth while the Harriot Dixon returned to Cromer. I got home in the late afternoon and the first thing I did was to kiss my wife Kathleen and the children. Shrimp and the rest of the crew were decorated by the RNLI.

Turnstone said in the Lynn News that the town of Hunstanton is going downhill with all this new building and he is right. When Henry Styleman le Strange first advertised building sites for sale at the "sea bathing station of Hunstanton St Edmunds near Lynn" in 1843 he said there was to be no buildings on land to the east of the main road the A149. In 1874, the Glebe House school was built to the east side followed later by the white house at the top of Downs Road, then starting in the 1950s building on the east side just went mad with the police station in 1952 followed by the Smithdon school a year later, the fire station in 1970 and then the properties down Downs Road and the business park, Nursery Drive estate and the Campbell's Close estate, another estate of 120 properties are now being built opposite Old Town Way with another 120 properties

in the pipeline for Redgate Hill.

All of this building is being done on the east side of the main road and this will mean that in a few years' time Hunstanton will have a population over 6,000, but as Hunstanton only covers 559 acres this is far too many people living in such a small area. Now we are being told that we could have a monstrosity of an hotel on the Southend Road car park and fifty properties on the bus station site, the planners cannot expand outwards any more as if they went to the north they would be in Old Hunstanton, to the east they would be in Ringstead Parva to the south we are already a fag paper's breadth from the Heacham boundary and if they went to the west they would get wet feet in the sea. There is only one answer and that would be to build three blocks of high-rise flats on the Green.

Now, here is a bit of Norfolk squit, but true: in the August of 1928 a beach scandal at Hunstanton and Heacham was reported in the press, that the greatest local and natural asset was being systematically scooped by the boat load from both beaches and the natural defences were being deliberately destroyed by foreign crews and ships. One was the Citie-de-Londres and there were others. Tons and tons of gravel and shingle were being stolen from the shore every day, the erosion was being carried away in foreign ships by foreign men and a new and more dangerous erosion being commenced. Great havoc was caused as the tides began to approach even further up the beaches, but the menace was stopped and the practice ceased when the legal and local authorities were brought to bear upon the stealing of the shore and its security for the land.

I love shellfish of any sort, this time of year I eat a lot of mussels that I get from Cyril Southerland a fisherman who lives at Brancaster Staithe. This is a short story about Cyril when he had a rough old day at sea. Cyril went out of the harbour one morning about 6 o'clock and it was raining and it was bad squally weather, two or three boats went out and one came back, and I thought, perhaps it will blow itself out and it is just a squall coming through. As we got going off to the gear, the weather got steadily worse and the wind had really gripped the sea and it was westerly so it was blowing us towards the gear.

Suddenly, the waves were surging past us and I was nearly at the gear, I got hold of three of the five shanks, so I had got some weight in the boat, then I turned for home that was the only time I saw wisps of the sea boil up. The westerly wind was so intense the waves were hitting the sides of the boat and foam and spray smothered the whole boat. It was a short, confused sea and there was so much water everywhere. I would usually get

home from this point in two hours but it took me three and a half hours because you could not drive the boat, I just had to nurse it along; that was one of the worse times I had because I got the weather wrong. This little story told by Cyril is taken from a book called 'Wise up to the Weather' by Margaret Dye.

On the 7th of November I went to the Town Hall to hear what was to be said about the regeneration plan for the south promenade and the rest of the town. On the list, there are only two things that the town needs and that is a new full-size swimming pool and the prom to be resurfaced or re-built. All off the other plans mentioned are just schemes to make more money for the Borough Council.

Well, that's all for now, just keep a troshin' and remember eat plenty of mussels, they are good for you.

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Which? would you choose?

Having been awarded Which? Trusted Trader status, West Norfolk Glass has been rated for its excellent customer service, writes managing director Geoff Parker

The end of 2019 has been a busy period for West Norfolk Glass and we are delighted to announce that our Independent Network Installation service has been assessed and meets the Which? Trusted Traders' high standards for an approved service endorsement.

This means that our Independent Network Installation service adheres to the Which? strict code of conduct. The code is designed to give customers an extra layer of confidence and ensures we have robust procedures and processes that deliver the best possible customer service.

While our excellent customer service has been independently recognised, for our team this is simply part of what we do each and every day for clients across north west Norfolk. Our father started West Norfolk Glass with this ethos 53 years ago, and it is inherent in the way that we operate – from our non-pushy customer service team who genuinely want to help you to find the right product for your home, to our careful and courteous surveying and installation team, who always treat customers' homes with care and respect. As a second-generation, family-run business, we are proud that so many of our customers return to us time and again, and recommend us to family and friends.

This year, the focus of our annual Open Day at our King's Lynn showroom from 11am – 1pm on Saturday 18 April will be A Greener Future, and – like many forward-thinking businesses – we are focusing on further reducing the impact our industry has on the environment. Did you know, for example, that when we replace old glazing from your home, we recycle the different elements as far as possible? At the Open Day, we will also have a stunning display of doors and windows for all budgets, with new products including high-quality flush windows, bi-fold doors and aluminium-style products. If you are considering home improvements this year, please pop the date on your calendar and join us and find out more.

I would also like to take a moment to wish you and your family a healthy and prosperous 2020, and if you are looking for a reliable, trusted double glazing company for your home improvement, please do give us a call.

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Singing is good for your health - that's now an established fact. Make a good start in 2020 by improving your mental health and well-being. Get together with other like-minded folk, from all walks of life, once a week for a choral workout during term time.

Putting us through our paces are our two highly accomplished and experienced (and very kind!) professionals: Music Director, Tom Appleton and Assistant Music Director, Ben Horden. They check up on our voices when we join and it's all very friendly and constructive.

Being the choir that we are, it helps if you can follow a musical score and keep a tune.

A big and important gig this term is a performance of the mighty St Matthew Passion, in its original language, with double Chorus and double Baroque orchestra. A giant of a work and a gleaming jewel of the entire choral repertoire. This work is not often performed, especially in this part of Norfolk.

If you would like to try us out, please come along to our first rehearsal - contact details on our website www.kingslynnfestivalchorus.co.uk

Day/Date : Monday 6th January

Time: 7.15pm – 9.40pm

Place: Springwood High School, Queensway, King's Lynn

Or follow us on Facebook or Twitter @kl_festchorus

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STONE WORK

The Norfolk Cleaning Group is expanding into West Norfolk

Services for Holiday Home Owners

Great news for Holiday Home Owners in West Norfolk, as a long-standing, professional cleaning and laundry service expands into our area. The Norfolk Cleaning Group already cover North Norfolk, but the company is expanding their service area ready for the 2020 holiday season.

The Norfolk Cleaning group is a cleaning and laundry company celebrating it's 12th year in business in 2020. The company was started in 2008 by husband and wife team Diane and Peter, and they now employ over 90 people and run a full commercial laundry. Providing a range of domestic and commercial cleaning services, holiday home management and laundry. They also provide specialist services such as graffiti removal services, carpet and upholstery cleaning, window cleaning, gutter and fascia cleaning. Offering a five-star holiday home management and laundry service to new locations such as Heacham, Flitcham, Snettisham and surrounding areas. Holiday Home owners will benefit from reliable, high standard cleaning as well as an out of hours call out service to make sure their guests receive the best customer service while they are on holiday to Norfolk. This is not only going to be a great service for holiday homes in the area, but they also service hotels, pubs and restaurants too. Norfolk Cleaning Group expanding into the West Norfolk Area will open employment opportunities to people locally too, as they will be looking for cleaning operatives in the area.

Commercial Laundry Services

Norfolk Cleaning is home to a commercial laundry which can launder over 3000 beds a day! They have industrial sized washing machines, dryers, roller irons, dry cleaning facilities and hand irons. The Norfolk



Cleaning Group are becoming more and more popular with commercial customers, processing high volumes of linens for Holiday Homes, Hotels, Pubs and B&Bs. The company has continued to expand and grow the service over the last 11 years, and it is now able to offer the service in new areas, due to an increase in staff members and facilities. Delivery drivers are out five days a week, making sure every customer big or small gets linen directly to their front door!

Get in touch

The demand for cleaning services in the area is already high, so if you would like some more information on the services, get in touch with the Norfolk Cleaning Group today.

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Reuniting families of local WWII servicemen with Christmas letters

Sophie Hooker

2019 marked the centenary year for the Women's Institute and during a year full of celebration and cheer, an interesting discovery was made in the archives of Stanhoe & Barwick WI...



Stanhoe & Barwick WI members (L - R): Nicola Smith (Committee member), Valerie Robson (Secretary), Sandra Carr (New President)

An envelope containing 14 letters from World War II servicemen (possibly even a servicewoman) were uncovered. The WI of 1943/1944 gifted them with money at Christmas raised from drives, dances and a trading stall. Gracefully, the servicemen wrote them a letter of thanks and these were then archived, only to be discovered again in 2019.

Many of the letters are a brief and standard 'thank you', while others wrote in more detail about a wish for peace and a hope that war will be over soon and they can return home; one even ended his letter with the poignant message "until a brighter Xmas dawns".

Secretary Valerie Robson found the letter from Tom Newstead particularly overwhelming. He wrote: "When I think that it (the gift) was made possible only by the combined thoughtfulness of the members, coupled with the generosity of the local populace, it makes me feel as though I were a member of a large well-loved family, instead of just a relatively unimportant person in a small but big hearted country village."

Naturally, when suggestions for a suitable centenary project were made, it became clear to the ladies that reuniting the relatives of the servicemen with the letters would be a fulfilling and appropriate endeavour. Valerie then undertook the arduous task of tracking down the families, with help from newly elected president Sandra Carr and Nicola Smith (whose granny was the secretary during the time the letters were written). So, their journey began.

A few of the letters were fairly easy to track down: a letter, written by M. Ayres, rang bells immediately for the Stanhoe-based group, who immediately recognised the connection to a local road haulage and coal merchant business called M. E. Ayres & Sons. The serviceman in question was uncovered as Maurice Ayres, elder brother to head of the family business Mick Ayres.

The family of Cecil Oldfield was another easy find for Valerie, who discovered that his son still lives in the family home in Stanhoe. Eric Blackburn was another well-known Stanhoe name with a daughter easily traced to Great Snoring.

The trail soon proved tricky after these initial successes however, so Valerie sought out Syderstone archivist Sheila Riches for help. Rather than working out a family tree backwards, this task proved the reverse of the typical route by working out the family tree forwards. Valerie wrote letters to possible addresses and looked up names in the phone directory and struck gold with many families.

The internet proved vital to Valerie's success: she used Google to uncover a death notice in the Lynn News from 2016, so she wrote a letter to the funeral directors asking for it be forwarded to the family. She also used Stanhoe's online archive to uncover photos of another serviceman and was able to trace his stepson that way.



Valerie and Nicola were interviewed on BBC Norfolk's Sunday Breakfast Show in a bid to find the remaining two families, but this proved fruitless. In December of 2019, there are still two families left to trace, involving a search Down Under: they discovered that one of the servicemen emigrated to Australia and work continues to trace the family there.

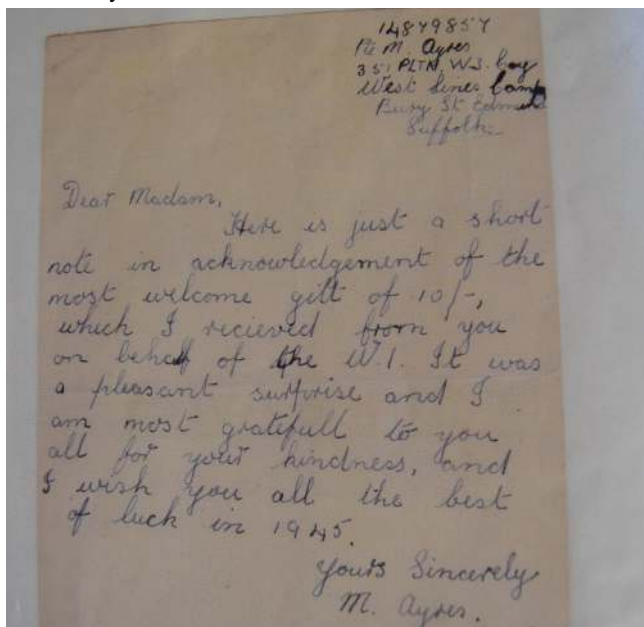
And finally, to the possible servicewoman mentioned earlier: the ladies suspect that the letter, written by a D. Mayhew, was likely a Daisy Mayhew who joined the WRAF. She is proving particularly difficult to trace, however, but Valerie believes she may have remained locally but died childless. Work continues to trace any possible family members.

Reflecting on the task of uncovering the family members over the course of 2019, Valerie says: "I began this project feeling that it was a Herculean task. I am stunned by the number of servicemen that I have traced. At times, it has been as emotive for me as for the families.

"To hear a stranger on the telephone saying, "Yes, that was my father", has given me a sense of immense satisfaction, as well as sending shivers down my spine. When Edgar Smithson's daughter sat crying in my kitchen, holding her father's letter and the photo of him as a young boy, I was as overwhelmed as she was.

"I am absolutely delighted to have reunited these letters with family members, thereby keeping the memory of the men alive."

Maurice Ayres' letter





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The end of the road for Windows 7

DNS Computer Services

Since 2009, Windows 7 has been used on billions of home and business computers all over the world, and although newer versions of the operating system have since been introduced, it is still running on many systems. On January 15th next year, Microsoft will be discontinuing support for windows 7 which means if you are still using it, you will need to make a decision before then, this month we are going to give you some key information to help you make your decision.

What does 'end of support' mean?

When software developers stop supporting a product, it usually means three things:

- There will be no further improvement and maintenance updates
- There will be no further security updates or patches
- There will be no further technical support

The software will continue to work just as it did before, but without any security updates you will be at a far greater risk from cyber-crime through viruses and malware infections.

Third party software developers will also stop supporting windows 7 so if you use accounting software etc, you may begin to have issues.

What are the options if my machine is still running windows 7?

If you are still using windows 7, there are 3 main options for you to consider...

- Continue using your computer with Windows 7
- Upgrade my existing computer to Windows 10
- Upgrade my machine to a new one, with windows 10

The first option, we would certainly not recommend for security reasons, but if you did decide to continue using windows 7, you would need to make absolutely sure that you are running very thorough real-time protection software and that your online risk is very minimal, i.e. no online banking, online shopping etc...., and preferably operate the machine in an offline environment.

The second option is ideal if your machine is still a good spec and not too old, Microsoft are still offering an upgrade to windows 10 which, on a compatible machine can save a lot of the expense of changing to a new machine.

If your computer is quite old and is getting a bit slow, the chances are it may not take too well to Windows 10, in this case it would be better to consider changing to a new machine with the newer operating system preinstalled.

As always, before you make any changes, make sure you have a full backup of all of your data on an external device.

If you are unsure as to whether your machine would be compatible with the upgrade or if you would like any more information please contact Dan & Carrie at DNS Computer Services, Snettisham on 07554 018307 or e-mail dan@dnscomputerservices.co.uk



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Tapping Close, Snettisham

Plan for £2.3m refurbishment for Sandringham hotel revealed

Sophie Hooker



Picture: Paul Tibbs

Full plans have been submitted to West Norfolk Council detailing an extensive refurbishment of the Park House Hotel in Sandringham.

Permission is being sought for the revamp, including:

- An increase in the number of rooms from 16 to 26 and the existing bedrooms refurbished
- Three new lifts – they are replacing an existing lift to meet modern standards and are creating a new passenger and platform lift
- Enlargement of the dining/bar area and kitchen
- A refurbished conservatory
- Enclosing the existing external pool and creating a changing place, gym, plant space and workshop area
- Improving the landscaping so more of the grounds are accessible
- Increasing the size of the car park

The hotel will be closed from January 2020 for almost a year during the renovations.

Park House Hotel is a Victorian country house located within the Sandringham Estate.

Built in 1863 on the instruction of King Edward VII as a guest house and then offered to the charity Leonard Cheshire in 1983 by Queen Elizabeth II, officially opening in 1987.

The hotel is currently run by Leonard Cheshire and provides hotel accommodation for disabled guests and their carers.

The house was also the birthplace of Princess Diana.

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Royal British Legion honours D-Day Hero

D-Day hero Reg Webb's funeral took place at St Edmund's Church, Hunstanton on Friday 29th November.

He had been presented with the Legion d'Honneur in October this year for his heroism by the former head of the British Army, Lord Dannant, and he died just a few weeks later on Remembrance Day aged 97.

Reg's coffin was draped with the Union flag and black ribboned Standards from the Hunstanton and Heacham branches of the Royal British Legion formed a guard of honour as he entered the church.

Aged just 22 on D-Day he had joined the Middlesex Regiment (Home Guard) in 1939, aged 17. Angered by the Germans bombing and destroying his family home, Reg, along with many other young men, wanted to do something to help protect their homes. Every fortnight, Reg would go on duty in a factory that belonged to the company where he was responsible for putting out any fires that broke out from German bombings.

However, it wasn't long before Reg was called up to serve with the King's Royal Rifle Corps (KRRC). The same regiment his father and grandfather had served in. He completed just over two years of training before his regiment was tasked to take part in Operation Overload.

In June 1944, Reg landed on the Normandy beaches 10 days after the initial D-Day Landings. His regiment's job was to make as much trouble for the Germans as possible and their first task was to protect Arromanches, which had become one of two assembly points for the Mulberry artificial harbours, an offloading area for Allied troops and supplies until permanent harbours could be repaired. As the Germans made a breakthrough, The KRRC broke into a lengthy battle and despite being told they would be relieved with heavy infantry by midnight, they fought until on 2:30 am. By the time further help came, the regiment had lost most of their company. Many of whom, Reg had trained with and thought of as great friends. Only 34 soldiers remained.

After leaving unharmed, Reg travelled with the regiment further into France, over to Belgium where they helped take back a Belgium town called Berkeley (the garrison town of the Belgian Army) and reached Holland. On arrival, the regiment was tasked to help rescue paratroopers who were trapped on the other side of the River Rhine.

The unit took over a local village and helped 1036 paratroopers to cross the river safely. But in due course, the Germans tried to break through the village to stop more paratroopers escaping. Reg and his section, as well as another Sergeant and his team of men, went into battle with 300 German soldiers. As the Germans retreated, Reg was



on route to speak with the Platoon Commander when he was hit by a Spandau Machine Gunner, who was hidden behind a church. Reg was hit six times in the groin, and he lay for two and a half hours alone before he was finally found.

Reg was flown back to England to receive medical care at St Bartholomew's Hospital. The bullets caused Reg to lose the sciatic nerve in his right leg, and after Doctors failed to repair the damage (Reg had five operations), his right leg was amputated below the knee. He was now only 22 years old.

At home, he waited a couple of months before he received his prosthetic leg which was made of wood and plaster.

Following his discharge and rehabilitation at Roehampton Hospital, Reg found work at the Ministry of Defence as a Civil Servant. He worked as a clerical officer, assisting the service directors, before transferring to the Royal Armoured Corps Record Office, then the Royal Electrical Mechanical Engineers, and working in the Army Recruitment Office in Finchley until his retirement.

Reg spent his later years in Hunstanton and local Royal British Legion members Sid and Betty Miller remember meeting him in 1988. Betty said: "Reg was the first person I spoke to even before we moved to Hunstanton and over the years we got to know him really well, seeing him at the United Services Club regularly; he really was a true gentleman." It later transpired that Sid had worked with Reg's brother at Standard Telephones in Southgate.

Press 55 to inform police of a genuine emergency

Silent Solution is a system that alerts Norfolk Police to an emergency when a 999 mobile caller is too scared to speak.

Norfolk Police are raising awareness against violence by promoting Silent Solutions - where victims of violence who are too scared to speak can call 55 to alert an emergency.

Awareness days have been running and the aim is to "Create a future without male violence against women". The focus this year is to engage with young men and boys in particular.

Norfolk Police is using social media to raise awareness and to concentrate on a wide range of violence in all its forms.

The Constabulary is supporting a national campaign aiming to raise awareness of a system to help people alert police when in imminent danger but unable to speak.

The 'Make Yourself Heard' campaign, was originally launched by the Independent Office for Police Conduct (IOPC) earlier this year with support from the family of murder victim Kerry Power, Women's Aid and the National Police Chiefs' Council.

Prior to her murder, Kerry made a silent 999 call thinking she would not need to speak or make a noise for police to send assistance. Sadly, her call was terminated and was not put through to the police control room because she did not know how to use the 'Silent Solution' system.

This 'Silent Solution' system, which is used by Norfolk Constabulary enables a 999 mobile caller who is too scared to make a noise, or speak, to press 55 when prompted – to inform police they are in a genuine emergency.

Lorne Green, Police and Crime Commissioner for Norfolk, said: "This is a vital service and yet it is not sufficiently known about. Pressing 55 and using the 'silent solution' could literally save a person's life. Through my office and via the police I want to see this service promoted as widely as possible to ensure everyone who might one day need it knows about it."





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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.

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Hunstanton Eyecare Blog

Goodbye June!



Happy New Year to one and all.

At the end of 2019 we said our farewell to June, one of Hunstanton Eyecare's longest serving members of reception staff having clocked up over 15 years with the company.

We were chatting about how times have changed over the years, June remembers that we did have a "basic" computer but can't remember what it did. Today, if the technology fails we might as well pack up and go home because we cannot do anything without the "machines" today! June remembers having to write a lot, and the preparation of the NHS forms was always a particularly tiresome and repetitive job. Nowadays we communicate with texts and emails rather than just over the phone or in person. The eye exam itself has become a far more involved eye health check, fifteen years ago it was just the clinicians view without the aid of fancy diagnostic machines such as our new OCT retinal scanner. The original intention of the NHS eye test was just to ascertain a prescription for spectacles, none of this eye health business at all.

What hasn't changed is the friendly and welcoming attitude of all the staff at Hunstanton Eyecare. Our staff are all highly qualified in their roles and we all strive to give the highest quality eyecare. We like to spend time with our clients, listening to their concerns and solving their difficulties in the best way possible. In these days of automation and computerised everything, some good old chat, and empathy goes a long way.

June has been such a great lady to work with. She may not like me saying, but she celebrated her 71st birthday last July. Always punctual and smart (we know she is a frequent visitor to M&Co) she embraced new challenges and was someone you could always rely on to do a good job. Thank-you June. We will miss her greatly, and wish her a very Happy Retirement.

Annette

Mum with disabilities, Hunstanton, requires an adaptable personal Assistant for domestic support, getting out and about and help with parenting. Car owner/driver essential. 6 HPW to be worked Tuesday and Friday 9:30am-12:30pm, £8.46 PH. Closes 17 January.

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Summer concerts to be held at Sandringham House



Concert promoters Live Promotions Events Limited have announced two concerts that are to be held on the west lawn at Sandringham House, (by kind permission of Sandringham Estate) next August bank holiday weekend.

Live Promotions Events Limited have a long history of top quality concerts at prestigious stately homes, and over the years have presented many top artistes.

Managing director Colin Ward said, "We are truly honoured to be allowed to present our concerts on the west lawn at Sandringham House for the first time, and I can think of no better or more prestigious setting".



On Saturday 29th August the company will be presenting Jools Holland's Rhythm and Blues Orchestra, together with special guests Ruby Turner and Eddi Reader. On Sunday 30th August the English Symphony Orchestra will be performing the proms, hosted by Brian Blessed OBE, and complete with a Spitfire flypast and fireworks.



Tickets are available now and can be obtained online from: www.livepromotionsconcerts.co.uk

Thaxters plant of the month - Snowdrops

Wendy Warner



It's hard to believe that one of our smallest and most delicate flowers can emerge when the ground is bitterly cold and icy to give us the first signs of Spring on gloomy days in January and February.

Snowdrops break through the soil with hard-tipped buds that look like tiny white bullets and within a few days, open out into the fragile looking, yet very resilient flowers. Their sap contains a type of antifreeze which aids protection against frost.

Probably the most iconic winter flower, creating white carpets of flowers, many people would think all snowdrops look the same. Although they are all white, there are in fact nearly 1000 different varieties and specialists who have cultivated these, along with collectors, are known as galanthophiles from their botanical name *Galanthus*. Some of the rarest, most sought after bulbs can sell for hundreds of pounds for a single bulb. These unusual ones will have different markings of green, lime or yellow on the flowers. The single flowered, *Galanthus nivalis* is the most readily available variety and will create an impressive display as it self-seeds and spreads quickly.

Snowdrops grow best where they are allowed to naturalise, being left undisturbed and their clumps will grow in size every year. The best position for growing them is somewhere sunny at flowering time but where they have dappled shade in summer with a moist, fertile soil that doesn't get waterlogged in winter. In the wild woodland fits the bill best but you can create this in your garden under a deciduous tree or amongst shrubs in the border.

Snowdrops are best planted "in the green" meaning whilst they are growing with their leaves still intact as they will establish themselves more readily this way rather than from a dry bulb. Plant them at the same depth as they are in the pot, or slightly deeper. Large clumps can be divided and replanted immediately after flowering every three or four years, and you will be amazed at how much deeper the bulbs are than when you first planted them. Always let the leaves die back naturally and feed them with bonemeal in the autumn.

Combine snowdrops with other plants that flower at a similar time such as Hellebores, aconites and hardy cyclamen. Although they are easier to admire if grown in pots on the patio or outside the door, it is best to transfer them into the ground after flowering and buy new ones for the pots each year.

You will find lovely displays of snowdrops in woodlands and churchyards and we are lucky to have some spectacular private displays of snowdrops in North West Norfolk which open to the public on certain days in January or February – look out for Bagthorpe Hall near Bircham, Lexham Hall near Swaffham, many of our National Trust properties and of course one of the best displays in the country in the grounds at Walsingham Abbey.

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Mudpies & Butterflies

Louise Barby, Balanis

Firstly, I would like to wish you a very happy New Year! The days are getting longer, hopefully we will have lots of crisp bright days ahead for planning and planting.

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.

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 for winter or spring colour. 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, 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. No need to too much warmth.

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 Buddleija can be pruned back hard now, you may also remove any very old stems. Don't worry, they will come back with more vigour!

Wisteria can be pruned at this time of year. Prune to two or three buds along the lateral stems. This will ensure a really good show in the summer.

Thin out and prune apple and pear trees, cut back any new growth to one or two buds. Always start with the three 'D' s, dead, diseased or damaged branches first.

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 prevents on onslaught of weeds come Spring.

You could even make a chicken wire cage for the last of the garden leaves, this will provide an excellent leaf mulch in time.

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 2020!

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Big Garden Birdwatch

Carrie Carey

I do mine with a mug of steaming hot chocolate and if I am lucky, a buttery slice of shortbread. My colleague prefers to get outside and do it with friends and my neighbour takes position in his greenhouse and does it while potting up winter lettuce and bok choy. In fact, across the nation an expected half a million people will join us at the end of January to take part in the RSPB's Big Garden Birdwatch. Once hailed as an activity that only the birding community would do, the BGBW has evolved into the world's largest wildlife survey and attracts participants young and old from across the country.

As with last year's campaign, we are asking people "how will you #BigGardenBirdWatch?" and it turns out that the reasons why and how they do it are as varied as the wildlife they see. Tony, a regular visitor at RSPB Titchwell Marsh enjoys the camaraderie of lots of people getting together to watch Britain's wildlife in action. Ecology undergraduate Rachel knows this important piece of citizen science helps conservation bodies keep track on how our garden birds and other wildlife are faring. Joanne and her husband just like watching the birds from their living room window "We're still not experts at identifying the birds on our feeders but we just love watching their antics as they jostle for prime position. Using the RSPB's ID guide helps us fill in the survey form and we like knowing that we're doing our bit for nature".



This year's BGBW runs from 25-27 January and only takes an hour to complete. We're asking the public to record the birds that visit their garden or local park and submit the results directly onto the RSPB website. We'd also like to know about other wildlife seen over the previous year such as slow worms, hedgehogs and stoats. Together with other conservation groups the RSPB wants to protect Britain's wildlife and the places they live so that they will be there for us and future generations. This is one of the reasons Peter and his wife Hazel take part in the Big Garden Birdwatch each year "Participating in the BGBW means we get to sit down and enjoy the birds in our garden, we want to ensure that nature is still around for the grandchildren when they're our age".

It seems that different people do it for different reasons. The goal may be gathering data to highlight population and behavioural trends of Britain's wildlife, it may be to get outside and experience nature in person or it may be to spend time with family or friends. Jeannie lives alone but relishes time over the Big Garden Birdwatch weekend when she spends an hour with her neighbour counting robins, dunnocks, finches and the occasional starling that share their communal garden. "Even if it's raining we'll take time to complete the survey" she says "We love the chance to chat over coffee and cake while enjoying the theatre of nature on our doorstep".

The first birdwatch survey took place over 40 years ago and goes from strength to strength each year. So why not join the party, grab a friend and get outside (or stay in the warm), put up a bird feeder or share a cake with the neighbours and be a part of the action this January.

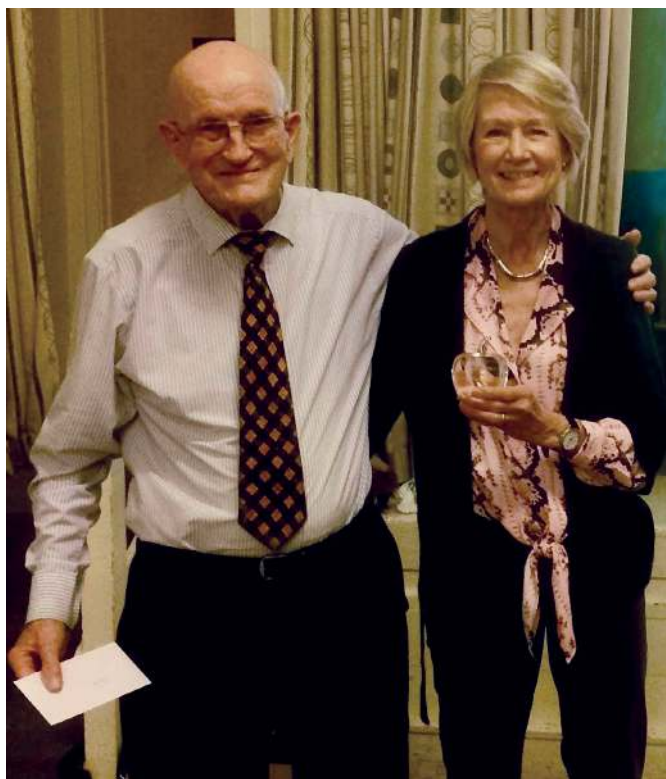
HUNSTANTON GARDENERS' ASSOCIATION

Peter Davidson

The committee of the Hunstanton Gardeners' Association seem to have found the key to getting a good turn-out of their members to their AGM, by holding a Cheese and Wine party immediately after the somewhat prosaic business of the meeting. Chairman Canny Jones welcomed the many members present and reported on another very good year for the Association and began by thanking Secretary Alethea Gillard for obtaining an excellent set of speakers for last winter's talks. During the summer, June Hammond had arranged most enjoyable visits to Peter Beale's Roses near Attleborough and to the English Heritage property of Wrest Park in Bedfordshire. Unfortunately, the bad weather in May meant that the Association's main publicity and fund-raising activity at Blossom Day had to be cancelled.

Treasurer Elizabeth Howe presented the Financial Accounts for the year and explained the reasons why the income was apparently down on last year's, but concluded that overall the finances of the Association remained healthy and subscriptions would therefore not need to be increased for the forthcoming year.

Canny Jones was again re-elected as Chairman, and the remaining positions for officers and committee members were filled by Elizabeth Howe, Alethea Gillard, June Hammond, Tony and Janet Roper, David Jones, Maureen Dyble, Norma Ham, Pat Smith and Derek Cosby.



The Chairman announced that a special award would be presented to thank Mark Dyble for the enormous amount of work he had undertaken on behalf of the HGA over very many years by growing hundreds of plants for sale and for organizing and managing the Hunstanton-in-Bloom Front Garden competition. Canny Jones then presented Mark with a beautifully engraved crystal-glass trophy in the shape of an apple, to the acclaim of the audience.

The AGM being concluded meant that the serious business of eating and drinking could begin, and if the number of empty plates and bottles at the end of the meeting were anything to go by, then it was clear that the gardeners had enjoyed another very successful event. Readers wishing to join or find out more about the Association are asked to contact Mrs June Hammond, telephone 01485 535763.

Are you going to turn vegan?

By Robin Limb, agricultural consultant

Meat is crucial for feeding the world's population leading scientists have said, as they warned it is not more environmentally-friendly to go vegan. You can derive second-class protein from pulses, but it can never compete with real meat. Experts from the University of Edinburgh and Scotland's Rural College (SRUC) said farmers were increasingly feeling demonised by the unsupported 'meat is evil' claims being promoted by environmental lobbyists.

Speaking at a panel in central London, these highly qualified experts argued that meat was critical for the physical and mental health of children, particularly in developing countries, and said that moving away from livestock farming would not improve land use – only increase land usage. Considering that only half of the UK land area is only suitable for livestock production, what would happen to the landscape without farming in these regions?

Professor Geoff Simm, Director of Global Academy Agriculture and Food Security at the University of Edinburgh said: "I think livestock farmers do feel they are being demonised. Often the argument is made that going vegan would minimise land use, and the modelling studies that have been done demonstrate that's not the case."

He went on to say: "We feel that while livestock production has a range of economic, social and environmental costs and benefits, the costs have perhaps been receiving far more attention recently than some of the benefits." Livestock production is actually 'carbon positive' according to a recent United Nations report, due to absorbing more CO₂ from the grass it lives on rather than what it

emits.

Meat has massive social benefits. It's an important source of dietary protein, energy, highly bio-available micronutrients. Even small amounts of animal-sourced food have a really important effect on the development of children in the developing world on their cognitive and physical development and they are really important.

“It's fine to turn vegan when you are a fully-grown adult – that is a lifestyle choice you are entitled to. But to politicise 'Veganism' as the saviour of our planet is beyond the 'pail'”

Professor Mike Coffey, from SRUC, Scotland's rural college, said: "It's completely unnecessary to go vegan. If everybody went vegan it would be devastating for the UK environment. Animals bred for food help boost biodiversity, and to bring up your children on a vegan diet deprives them of vital protein to help them grow and develop both mentally and physically."

The human species are 'Omnivores', which means we can survive on all types of food, but



the class-one protein that comes from eating meat products is essential to a healthy balanced diet. It's fine to turn vegan when you are a fully-grown adult – that is a lifestyle choice you are entitled to. But to politicise 'Veganism' as the saviour of our planet is beyond the 'pail'. The veganist propaganda campaign has rapidly back-fired, and the proponents have gone pretty quiet in the last few weeks – I wonder why? The National Farmers Union rapidly came off the fence with all guns blazing, destroying every single argument that the vegan activists were advocating, using solid scientific and dietary evidence. I wonder how many people eat a meat-free meal on Christmas Day.

"Each to his Own" as the saying goes, but trying to force single-minded and unsubstantiated opinions down the throats of others is despicable beyond belief. I have no intention of turning vegan, and I do enjoy a good Sunday roast beef dinner, but I also respect the views of others that may disagree. Tolerance and respect is all I am asking for. If you think livestock farming is to blame for methane and CO₂ emissions, just turn your head skywards to see how many passenger aircraft there are up there at any one time.

Have you thought about your winter health plan?

NHS partners in Norfolk and Waveney, together with local councils and volunteer organisations, are encouraging people to have a personal winter plan so they are well prepared when the weather takes a turn for the worse and the season for flu, coughs and colds really kicks in.

A winter plan is a sensible way to stay well.

Dr Dustyn Saint, GP said:

"As winter begins and Christmas approaches many people are beginning to plan for their Christmas meal and their Christmas shopping but we are urging people to plan for themselves and their family and neighbours too so that they know what they can do to keep as well as possible, what they can do if they start to feel unwell and how they can look after older family members, friends or neighbours who might need some help.

"Winter illnesses can be headed off by taking action early, so making sure you are stocked up at home with basic cold and flu medication. Or you can visit your local pharmacist for advice and the right



medicines. And NHS 111 will provide advice on the most appropriate place to go for treatment if you don't feel well.

"Obviously there will be times when people become seriously unwell and hospital is the right place for them to be. But by taking a few simple steps and putting together your winter plan you may help yourself avoid admission to hospital."

Personal winter plans should include:

- Having a free flu vaccination if you are in an 'at risk' group
- Getting help early before your condition worsens.
- Getting repeat prescriptions in plenty of time
- Seeking advice from your local, pharmacist
- Making sure you are aware of the 111 service and have the number to hand
- Finding out where your local walk in centre and minor injuries unit is
- Having a well-stocked medicine cabinet
- Stocking up on winter food supplies
- Getting your boiler serviced
- Keeping your home heated to 18C
- Having a list of emergency phone numbers handy by your phone
- Keeping an eye on elderly or frail friends, neighbours and relatives

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STEPPING INTO THE NEW YEAR!

Many of us are aware that our feet are one of the most important parts of our body. After all, they help us to stand upright and get from A to B! But when your feet are hurting and not very comfortable it can affect your whole wellbeing.

There is plenty you can do to help your feet, such as wear comfortable shoes and clean socks, plus moisturising feet regularly can help to keep dryness and cracks at bay (avoiding in between toes as extra moisture is generally not needed there!) Toenail management is also important in order to avoid nails being caught and to prevent ingrown nails.

However many of us struggle to keep on top of looking after our own feet, whether it will be cutting our own nails or unable to deal with reoccurring corns or callus.

This is where a Foot Health Practitioner such as myself can help. I offer a foot health service tailored to your needs, which includes foot assessment, nail cutting and filing, treatment of thickened/involuted/ingrown nails, callus/corn removal, treatment of dry skin, and completing the treatment with a relaxing foot massage. There is also the option to finish off with polish using non-toxic nail varnish by Drs Remedy, which, unlike many other polishes, contain ingredients to help to condition the nail. Another service available includes toenail reconstruction, for those damaged and unsightly nails as a result of trauma or infection.

I operate a Foot Clinic every Monday and Tuesday from Crystal Cave. So, if one of your New Year's Resolutions is to step up your foot-care please call 01485 535321 to book an appointment.

Catherine Whiting S.A.C. DIP FHPT/FHPP. MCFH
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Pet food donation point opens in Hunstanton!

The Barking Bugle and Lily's Pet Supplies have teamed up to help feed homeless animals and those who maybe struggling to feed their pets.

Life can be really great for us dogs and for all our furry friends but it can also be quite miserable when you're hungry and you have nowhere to call home. So many animals are abandoned each year, particularly after Christmas, and rescue centres around the globe work tirelessly to help provide the love, comfort and shelter that every creature needs.

Some animals end up in rescue centres because their humans have fallen on hard times and are no longer able to buy pet food. As a result food banks for pets are setting up all across the UK, including one in Cromer, to help pet pawrents who have been experiencing difficulties. The first pet food banks were established in September 2014 in Scotland, its aim being to help prevent pets being put into re-homing centres which are heavily oversubscribed with abandoned animals.

It is wonderful to see that the shop, run by David and Angela and named after Lily, their seven year old rescue Rottweiler, is offering a helping hand to all those animals out there in need by asking people to give whatever they can in the way of food. The scheme has only been open for a few weeks and already

the generosity of the public can be seen as numerous goodies and treats have been donated for this cause.

The Barking Bugle will be helping our furry friends by distributing food to animal rescue centres such as PACT, and also working with local food banks to see if they require any pet food donations.

Lily said, 'I ended up in rescue through no fault of my own, and now I have a wonderful family who love me and my own business. I really want to give something back which is why I am so excited about this new venture with the Barking Bugle.'

We would really like to thank Lily and her humans, David and Angela, for helping out animals in need. We must also say a huge THANK YOU to all those incredibly generous members of the public who have donated for this important cause. Please keep giving - together we can all make such a big difference!

If you have any food you would like to donate please drop it off at Lily's Pet Supplies, 56 Westgate, Hunstanton PE36 5EL (open 7 days a week). For any enquires please call the Barking Bugle on 01485 334481.

Woofs Pupstar -
K9 Editor of The Barking Bugle

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

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

HOW GOOD IS YOUR CARDPLAY?

Sometimes it may be essential to disrupt communications between the defenders by using a hold-up play. Take this hand:

S A 7 4

H A 6

D 6 4 2

S 8 6

C K Q 6 3 2

S 10 5 3

H J 7 5 2

H Q 9 8 4 3

D K Q J 10 5

D 9 8

C J 10

S K Q J 9 2

C A 9 8

H K 10

D A 7 3

South is playing in 4S and West leads King of diamonds. Initially it looks like there are 2 diamond losers and one club loser if the Ace is in the West hand but there could be two club losers if the Ace is in the east hand. When east plays the 9 it looks like he has a doubleton so Declarer ducks and then wins the continuation playing the Ace on the Queen and noting East playing the 8 confirming a doubleton.

After two rounds of trumps declarer led a club which East ducked so Declarer returned to hand with a trump and led another club which

East had to win. He had no diamond left so played a heart which declarer won in hand and returned a third club thus setting up a club in dummy for a discard of the losing diamond.

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*According to figures from armedprevention.co.uk

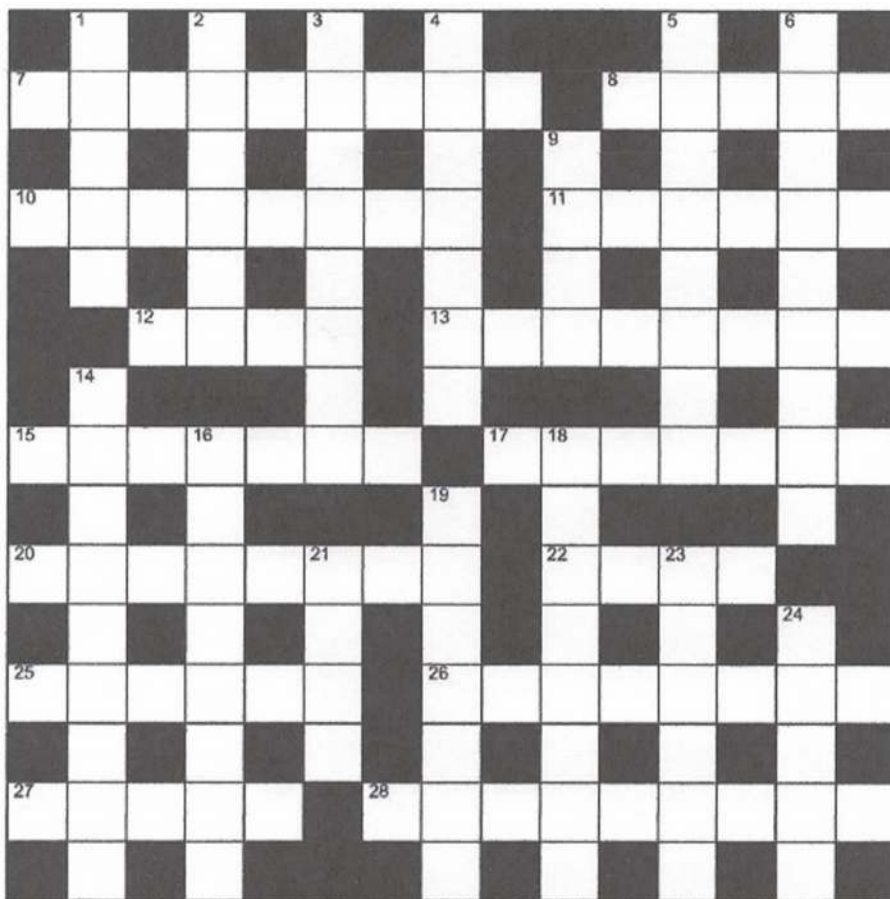
Crossword Clues Across

7. Embroidered creations using long yarns (4,5)
8. Letter penned for most part by Flanders writer (5)
10. Where the last fish disappears tide is receding (it's influenced by the moon) (8)
11. Conservative marginal? (6)
12. Game I brought forward is huge (4)
13. Article carries weight, but in an irresponsible way (8)
15. Film producer has point to put to crew (7)
17. Type of cycle stand a German engineered? (7)
20. It might be brass that is needed to secure item of jewellery (8)
22. Lift iron wheel, height permitting (4)
25. After three, weather needs assessment (6)
26. Sited heading west near cove, making way back to somewhere down under (8)
27. Sing melody without mic, sounding discordant (5)
28. Rogue takes nothing less than one legally possesses (9)

Crossword Clues Down

1. Express surprise when gun is cocked after ramble over the border (5)
2. Maintain a large support following European leader (6)
3. 'Yes, leaving Spain or America without a name is a matter of perspective' (8)
4. Winger could hear Jim with a loud hooter (7)
5. The old are lacking energy to work when it's manual (8)
6. Left track as a result of signal failure? (3,6)
9. Royal, take note, has nothing to hide in the short term (4)
14. A county all-rounder with heart has become established (5,4)
16. Settle for a settle and settle down (4,1,3)
18. Friction had developed over row (8)
19. Men start to entice buck, but land something much smaller (7)
21. Take off most of side and top (4)
23. Draw attention to the one French contributor to newspaper (6)
24. Bringing frosty broadcast to a rapid conclusion is risky (5)

David Elsey's Cryptic Crossword



Crossword solution on page 50

Ray Butchers Su Doku

Easy first...

...then the more challenging

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

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

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*According to figures from campaigntoendloneliness.org



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WHY PAY HIGH STREET PRICES?

When is a Court of Protection Health and Welfare Order Needed?

By Holly Webb

An important part of being fully prepared for later life is by making a Lasting Power of Attorney. This will nominate a trusted friend or family member who will make important decisions on your behalf in the eventuality that you no longer have the capacity to make these decisions yourself.

Before you make an LPA, you need to demonstrate that you have the capacity to do so, if you need to appoint an Attorney but are deemed to no longer have capacity, you will not be able to do so. Some people do find themselves in the position where they no longer have capacity and have not appointed anyone to make Health and Welfare decisions on their behalf.

In these circumstances, the Mental Capacity Act 2005 does allow family members and other carers to make decisions relating to a person's care and treatment. Family members and carers do not need permission from the Court to help someone to wash, dress or feed themselves. It is also permissible to buy shopping and necessary goods for them using

their own money and arrange homecare, services and repairs or maintenance.

Those caring for a person who lacks capacity are also allowed to carry out diagnostic tests to identify an illness, give medication and arrange professional medical treatment. They are also allowed to arrange care in an emergency. There are limits to this, the person must be reasonably deemed to lack capacity to make the decision themselves and it is vitally important that any decisions made or actions taken are in that person's best interests.

If the decision is about where the person is to permanently reside or if there is a disagreement over what is considered to be in the person's best interests then an application will have to be made to the Court of Protection who will make a one-off decision on the matter.

As a rule, the Court of Protection is unlikely to appoint a Health and Welfare Deputy unless ongoing welfare decisions will need to be made. Deputies are more likely to be appointed in cases where a person suffers from

a progressive illness or profound learning disabilities and will require a series of medical decisions to be made on their behalf over a period of time.

If the Court of Protection does appoint a deputy, there is no guarantee that they would have been the first choice of the person needing decisions made on their behalf. While you have the capacity to do so, it is very important to make a Lasting Power of Attorney to put you in control of who will manage your affairs in the event that you are no longer able to.

LPAs can be made for Health



and Welfare and also for Property and Financial Affairs. The Private Client team at Fraser Dawbarns will be happy to assist you with making an LPA or with an application to the Court of Protection.





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Is an incinerator back on the cards for West Norfolk? Town and Around's special investigator reports..

It seems Norfolk County Council still yearns for an incinerator. Following a staunch campaign championed by KLWIN, John Dobson and Lord Greville Howard of Rising, combined with a radical shift in power at the County Council after the 2013 local elections in 2014, the rainbow coalition pulled the plug on the private operator Cory Wheelabrator's attempts to build an incinerator in West Norfolk.



Many will remember how Cllr Brian Long had a Damascene experience after 93% of local voters went against an incinerator in a borough wide Referendum. This time with Cllr Brian Long, as Leader of West Norfolk, the local political opposition appears to be much less than it was when last a mass burn incinerator was on the county council's priority list. The recent Norfolk Waste and Minerals Plan does not rule out an incinerator. Something picked up by the county councillor for South Lynn where the mass burn incinerator was proposed to be built. Elected, in 2012, with a 30% swing against the Conservatives, Alexandra Kemp, brought the issue to West Norfolk Council, after Snettisham borough councillor, Ian Devereux, took it upon himself to omit West Norfolk's opposition to an incinerator when he and Cllr Richard Blunt initially responded on behalf of the borough council to the consultation on the county council's Waste and Minerals Plan. The daughter of a leading member of the Greek Resistance, Ms Kemp claims to have been supported by 3 other councillors hence getting the requisite number to have the decision, of Cllrs Devereux and Blunt, scrutinised by a Borough Council panel chaired by Heacham councillor Stuart Dark. West Norfolk Council Leader, Cllr Brian Long was clearly concerned about the idea of West Norfolk Council opposing an incinerator. Cllr Long is also Vice Chair of the County Council's Planning Regulatory Committee. He is therefore

expected to have some idea of planning procedures. Yet he still wrote to other councillors stating "we do have to consider that as a planning authority ourselves we must not make a response to NCC that could see us as predetermined ahead of any further planning applications on which we are consulted." In layman's terms it seems he was claiming if the Borough Council's response opposed incineration then the



council itself would be predetermined when a planning application came forward. This overlooked the fact that while decision makers in any planning application must not be predetermined (minds made up in advance) they can be predisposed (inclined one way, but still open to be convinced otherwise). And when a planning application for a mass burn incinerator does come forward it will be the County Council's own Planning Regulatory Committee that will be the decision maker, unless the application is called in to the Secretary of State for determination.

Following the panel's, chaired by Cllr Stuart Dark, deliberations, Cllr Blunt changed the Borough Council's response to: "For the avoidance of doubt, it would be helpful if the County Council could add text to explain the position whereby the County Council will not seek to procure incinerators within Norfolk. The position of the Borough Council on incineration is clear from previous involvement in planning inquiries. A clear statement on the matter from the County Council in the Minerals and Waste Local Plan would avoid any uncertainty for residents."

Time will tell if the County Council heeds what happened before when more than 65,000 local voters, who expressed their opposition to a mass burn incinerator, were ignored.

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Fun for all the family



A family-run, local business since the 1930s, Norfolk Lavender has proven an essential pin on Norfolk's map. With its centre located on the A149 as you enter Hunstanton from Heacham, the Norfolk Lavender empire as it stands today now incorporates 100 acres of lavender fields, a farm shop, animal garden, tearooms, a children's play centre and a jewellery, furniture and gift shop. These expansions have been rolled out over a period of almost ninety years and it all originated from a small miller's cottage in Heacham.

Founder Linnaeus Chilvers originally ran a nursery garden and florists' business in Heacham and dreamed of growing lavender on a large scale. In 1932 he went into partnership with Francis Dugate of Fring Hall who provided Linn with 6 acres of land and 13,000 plants for a total cost of £15.



Linn's lavenders proved of exceptional quality and in 1936 two stills from 1874 were purchased and were used to distil lavender all the way up to 2009. In homage, the gates surrounding the site are still emblazoned with 'Chilver's Nurseries'.



Lynn Shannon (left) and Shelley Eagle

Senior tour guide Lynn Shannon says: "It was all really down to Francis Dugate having the wealth to do it, because he had great faith in Linnaeus Chilvers and that was when he started propagating plants and getting these fabulous varieties that we still grow."

Linn died childless in 1953 and he left the business to Henry Head's father who then passed it on to his son who owned it up until 2009 when current owners Shelley Eagle and her partner took over. Shelley was well primed for this venture: she studied horticulture at Birmingham and, as a farmer's daughter, feels right at home amongst the animal gardens and fields of lavender.

One of the first things they did was retire the nineteenth century stills and install a quicker and modern distiller which works around the clock. Distilled oil is then kept for 2 years to mature and then used in a number of products sold on site.

Norfolk Lavender hold the national collection of lavenders and currently house over 150 varieties of the flower, adding about ten different varieties from around the world each year, including a very special variety originating from Japan. Some of the lavenders that originate onsite include Heacham Blue, Miss Catherine and Imperial Gem.



Not only is lavender one of the more aesthetically pleasing plants, it also boasts numerous medicinal purposes: it has been known to relieve tension, tiredness and depression and helps with aches and pains, skin problems, bites, stings and burns. The gift shop caters to these ailments by offering a headache and stress serum and pillow sprays. All of the Norfolk Lavender products contain pure lavender oil or lavender flowers from their very own fields.

at Norfolk Lavender



Animal Gardens is another experience any animal-lover cannot miss: the gardens hold a number of much-loved and unusual species including a raccoon dog, owls, peacocks a newly arrived meerkat family. There is also the opportunity for a cuddle with rabbits and wallabies (and not-so-cuddly tarantulas and reptiles!). Plus, they have recently introduced the opportunity to sponsor the animals and they do party packages.



Charlotte Fenton with Benji the wallaby

Norfolk Lavender have also recently taken over from the previously independent farm shop located onsite; selling a variety of fresh produce and locally sourced products, ranging from a selection of Norfolk gins to sauces and preserves. They also have a bakery and fresh meat counter.

So, where to go from here? Firstly, they will soon be distilling rosemary: considered sacred by ancient Greeks, the essential oil is best known for its stimulating and pain-relieving qualities, with recent studies on dementia suggesting rosemary enhances the ability to remember events.



Shelley also reveals that her dream is to get the water wheel functioning once again and that they are looking to build four new gardens to showcase all the different uses of lavender: there will be a coastal garden, a sensory garden, a romantic garden and a cottage garden. Shelley says this is all to “build on the tremendous heritage of the company.”

These gardens will be located close to the entrance, which Lynn explains is to benefit those with mobility issues. She says: “We do get quite a large elderly contingency coming in, so lots of seating by the entrance will be built so they will be able to feel that they are having the full lavender experience without feeling exhausted.”

Norfolk Lavender has something to offer for the whole family: young children are bound to love the Farmer Fred’s Adventure Play Barn and slightly older children would be enamoured by the vast variety of animals to interact with at the Animal Gardens.

Adults can enjoy tours to the lavender fields during the summer, or they can treat themselves or find a gift suited to anyone in the gift shop.

For refreshments, the tearooms are always a hit for a filling and tasty bite to eat and drink; you could even treat yourself to one of their famous afternoon teas!

Norfolk Lavender’s opening hours are Monday to Sunday 9am to 5pm in the summer and to 4:30pm from November to February. The main site is free to visit including the National Collection of Lavenders, the Herb Garden and all of the shops. The Animal Gardens and outdoor play area have a charge £5.50 per adult, £4.50 for children and concessions. A family ticket (two adults and 2 children) is £18.00. There is a season ticket where you can visit the animals as often as you want for £45.00.

Sophie Hooker

Hunstanton's Christmas trees shine bright

Sophie Hooker

Thirty trees stood loud and proud at Hunstanton Town Hall for the annual event at the beginning of December.

A number of local groups and charities decorated their trees for a chance to win the coveted prize of best senior and junior tree as voted for by the public over the three-day extravaganza.

Hunstanton RNLI scooped the prize for best adult entry while Hunstanton Primary School took home the gong for best junior entry.

The event, organised by Hunstanton and District Festival of Arts (HDFA), was opened by mayor Tony Bishopp who also brought along characters from the Hunstanton Pantomime of Peter Pan. There were also characters from the Princess Theatre's production of Dick Whittington on hand to entertain the visitors.

Father Christmas took time out of his busy schedule to welcome children into his grotto at the event. Hunstanton Community Choir were also on hand to sing suitably festive tunes.

HDFA member Christine Earnshaw said: "I would like to thank everyone who took part in this year's event for making it such a lovely spectacle.

"Next year will be the 10th anniversary of the festival and we want to make it extra special."

The winners of the HDFA's Shop Window Display Competition were also announced, with Kemps Fruit & Veg shop scooping the top prize. The YMCA Charity Shop and Sense Charity Shop won second and third place respectively. They each won a certificate and £20's worth of wine or a voucher.

There were 48 entrants in total and runners up included Candy & Cream Sweetshop, Illusions hairdressers, Hunstanton Pet Shop, Scent with Love Florist, The Salvation Army Charity Shop and The Norfolk Deli.

Photos: Ian Burt



Festive fun at Hunstanton light switch-on



Hunstanton heralded the start of December with a suitably festive light switch-on and family-fun extravaganza. Five hours of non-stop entertainment included free fairground rides courtesy of Rainbow Park Hunstanton, Santa's Grotto, meeting miniature donkeys, face painting and a photo opportunity in a giant snow globe outside the Town Hall.

There was also a short Christmas Carol service at St Edmund's church before the switch-on began.

Spectacles included the epic Light Parade making its way through the town with the King and Queen of Snow stilt walkers leading the way.

The Parade alighted at the Princess Theatre where the cast of Dick Whittington and his Wonderful Cat greeted crowds and Hunstanton Rock Choir performed.



The Parade then moved onto the high street where KLFM's Simon Rowe entertained the crowds and invited Hunstanton Mayor Tony Bishopp and the cast of this year's Peter Pan Panto onstage to start the countdown.

Retail therapy included a Christmas craft



fair inside the Town Hall and stalls along the high street serving street food and local handmade goods.

Hunstanton Rotary Club set up shop inside and outside Mr Bun the Baker selling hot drinks, mince pies and mulled wine to help fight the chill.





Time to nip slow broadband in the bud

A year after the government pledged that all of the UK should have access to full-fibre by 2033, Heacham-based company Rural Broadband is part of the driving force to connect struggling businesses and homes throughout rural and coastal Norfolk to the world wide web

We are now in a time where banking, shopping, communication, work and entertainment are now, for a large majority, primarily internet-based. So, what are homes and businesses that are unable to access acceptable internet speed to do?

"It's a pervasive issue for some folks in areas of Norfolk. When you're relying on an average download speed of 1.2Mbps it can take up to 12 hours to download one film. Some customers can hardly even manage to send off an email," says Richard Dix of Rural Broadband.

Completing over 150 installations throughout Norfolk



in the last six months alone, Rural Broadband are currently working with the government-subsidised Better Broadband Scheme who are aiming to deliver efficient and affordable connectivity for homes and

businesses who cannot access more than 2Mbps.

Richard adds: "We're required to provide those eligible with at least 10Mbps, but we surpass that with an average of 22Mbps - which is funded by the

government."

The company has recently provided off-site broadband and WIFI services for outdoor events such as the Sandringham Flower Show and the Royal Norfolk Show, enabling stallholders to take card payments, a crucial element as we evolve toward a cashless society. On top of this, they have installed tracking systems on coastal reed-cutters, keep safe boats on the Norfolk Broads and have linked remote offices.

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HEACHAM CUBS

Samantha Couzens
Akela, 1st Heacham Cubs

On a very windy night in December Heacham Cubs went to the Hunstanton Food Bank at St Edmunds Church. We were warmly greeted by Father James Monro and Rev'd Rachael Dines.

The Cubs listened to a short talk about how long Hunstanton has had a food bank and when the food bank idea started in the UK by the Trussell Trust.

Next the Cubs had a look around the stock room where they made a food parcel up for a single person.

Cubs made up a box of food from a list of items the food bank needed and we were able to donate these on the night.

We finished the evening sharing some chocolate :)



Round the bend with Dean Baker

Plumbing in January or This Isn't Funny!

The current Mrs B has just sniggered over my shoulder. I can't think why ... this is a serious article about a serious subject.

And there's nothing more serious than the subject of smoke and CO2 detectors.

In one of the first articles I wrote for the Town and Around I encouraged readers to check the batteries on your smoke alarm on Boxing Day. I got the idea from my father-in-law. In the early days of courting the current Mrs B, we would visit her folks for Christmas. Every Boxing Day, without fail, Grandpa Mac would set off round the family home armed with a step ladder and fresh batteries. Of course, it could be New Year's Day or Twelfth Night or even Halloween. But, while you have time on your hands, the decorations have to come down and you've lost count how many times you've watched The Railway Children this is the perfect time to check your smoke and CO2 detectors.

Batteries should be changed once a year. The actual smoke alarm should be replaced every 10 years. A detector I frequently mention is a Carbon Monoxide Detector. Again, the batteries should be replaced every 12 months. Carbon Monoxide Detectors need to be changed every 5-7 years. Not all CO2 detectors have batteries that can be replaced, in which case you'll have to buy a new one.

It's always worth buying the best detector you can afford. Don't be tempted by cheap eBay or Amazon offers.

If you have a smart phone and a deep pocket - I suggest a smart CO2 and smoke detector combined. They are the best part of £100 but probably worth the money. Smart detectors last 10 years and carry out 400 safety checks every day. If there is a problem, the smart detector will alert you to the location. It will also help you exit your home by

the safest route via your smart phone. Another big plus is that it will monitor your home while you are away....

Oh ... I've got it. That's why Mrs B is smirking

I'm not plumbing in the New Year - I'm writing about plumbing in the New Year.

There's a distinct difference

It's obvious ..

Until next month, all the best

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Missing a parent

By Maria Endall, family solicitor, Hayes + Storr

When a child loses a parent, through death, divorce or separation, the impact is often significant and long-lasting.

This is bad enough for a child whose loss is owing to the death of a parent, but what if one parent is preventing contact with the other post-separation? No matter how well intended a parent might consider this sort of intervention to be, it has been well researched that the consequences of such actions can have the opposite effect, and cause the child unnecessary suffering and long-term damage.

Not involving yourself in your child's life, or being prevented from seeing your child by the other parent, can cause feelings of rejection and grief for your child. To make matters worse, the child may feel unable to grieve properly if they have been drawn into conflict.

Where one parent prevents the other from having a normal, positive relationship with a child, it is known in family law proceedings as 'parental alienation' or 'intractable hostility' and is considered extremely damaging to the child and is increasingly being recognised as a form of child abuse.

In certain cases where parental alienation is established, the courts will increasingly consider transferring residency of the child

to the alienated parent in order to reunify the child with that important missing link in their life, and address the emotional trauma they have suffered up to that point. The courts aim is to ensure that both children and adults are kept safe, and to enable children to maintain relationships with both parents where it is safe and in the child's best interests to do so.

No matter how parents may feel about one another after a separation, the importance of keeping the child's well-being as the main focus, cannot be understated. It should be remembered that it is the child's right to have a positive relationship with both his or her parents, and it is both parents' responsibility to ensure this happens.

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 Maria on 01328 863231. If you require advice on any other legal matter call 01485 524166 or email law@hayes-storr.com.

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HEACHAM HISTORY GROUP

In November HEACHAM HISTORY GROUP welcomed our very own Heacham author, Mary Mackie. Mary, who has written over 70 books, mostly fiction, talked about how she, aided by her husband Chris came to research The Lady Farmer of Sandringham. Mary originally wrote a romance, Sandringham Rose, the story being inspired by the tale of Lousia Cresswell who farmed on the Sandringham Estate when the Prince of Wales, later Edward VII was the landowner. Mary then decided to look into Louisa's story in more depth, only to find that the truth was not the sad story as written by Louisa. Mary's research took her into archives belonging to landed families in several counties, finally ending up in the iconic Round Tower of Windsor Castle searching the archives of the Queen. Following various lines of information including some from Louisa's family in America gave Mary a story far different from the accepted story as told by Louisa and others. It was a very interesting tale and a good evening.

In January we have our popular social evening. There will be an illustrated talk, "Heacham Then and Now" when we will share recent research by one of our members, a general knowledge quiz, a quiz of anagrams of Heacham houses and another quiz which will test how well we know Heacham, with photographs of places and features to identify. And, of course nibbles and refreshments throughout the evening.

Monday 27th January 2020 at the Old Friends Hall, Sunnyside Close, PE31 7DU. 7.30pm. Everyone is welcome and admission is only £3 (Members £2)

Linda Nudds Tel: 01485 571794

OLD HUNSTANTON NEIGHBOURHOOD PLAN



The Old Hunstanton Neighbourhood Plan Questionnaire responses have now been analysed. Full details are available on the Parish Council website:

<https://oldhunstantonparishcouncil.norfolkparishes.gov.uk/neighbourhood-plan/>

Residents were concerned that over development should not spoil the village, with 83% of respondents against allowing development outside the existing village development boundary, and 91% against large scale developments of 10 or more homes. Over three quarters were against overdevelopment of sites by replacing existing dwellings with more or larger ones.

55% of respondents felt there should be a limit on second homes and holiday lets.

There was great support for maintaining clear space between Old Hunstanton and neighbouring parishes, extending the Area of Outstanding Natural Beauty (AONB), protecting and enhancing green spaces, trees and hedgerows, wildlife, footpaths, and minimising light pollution.

Parking and speeding traffic were major concerns, as were poor broadband and mobile phone reception.

The Parish Council has used these questionnaire responses to draft a set of policies for the village Neighbourhood Plan, which will be put out for consultation later this year.

If you have any queries please email Lynne Butters at neighbourhoodplan.oh@gmail.com

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January - a time to look forward and to remember the past

John Maiden

If it were not for my Irish citizenship (thanks to my father) I would be feeling very unhappy at the prospect of being stripped of my European citizenship by the end of January. As it is, there is no need for anyone to die in a ditch, because the chances of a United Ireland are greatly enhanced and Scotland seems on course to become an independent nation once again. These possibilities arise from the result of the election held on the 12th of last month, which brought about a remarkable change in the composition of parliament.

By way of contrast, an election held on the previous evening in the lower room (its original name) of the Town Hall, resulted in a very smooth transition, when members of Hunstanton & District Civic Society elected its committee for the coming year.

It was really a vote of confidence in the outgoing committee, which was elected with just one new member, Mick Smith, with two members standing down. As one of those members, it was very pleasing for me to see former Town Mayor, Amanda Bosworth, elected as Chair, with Sheila and Stephen Kent continuing as Secretary and Treasurer respectively.

One senior member not present was Neil Quincey, but in recognition of his contribution to the work of the Society in general and the Heritage Centre in particular, Neil was made an Honorary Member when Sheila Kent presented him with the award at his Hunstanton home. Anyone who has lived in the town for long enough, should know that Neil's first hand experience of the 1953 Floods makes him something of a 'living legend'.



The tragic events that occurred on the night of January 31st 1953 have been well documented over the years, but it was not until 2010 that I became fully aware of the important role of the USAF 67th Air Rescue Squadron during and after the tidal surge, which claimed 31 lives in the devastated 'South Beach' area of the town.

Out of the blue I was contacted in my capacity as Civic Society chairman by Mark Service, the official historian of the 67th, subsequently renamed the 67th Special Operations Squadron. Although a Scot, serving as a Flight Sergeant in the RAF at the time, Mark has an encyclopaedic knowledge of the 67th throughout the many changes in its role since its activation at RAF Sculthorpe on November 14th 1952.

Thanks to Mark's initiative, the town hosted the 67th when it

celebrated its 60th anniversary. Subsequently the Squadron was granted the Freedom of the Town. Since May 2016 Hunstanton has been twinned with the 67th SOS. Last November a large contingent from the 67th took part in the town's Remembrance Day activities and it is hoped representatives from the Squadron will be at the Reis Leming Way Floods Memorial on January 31st for the 67th anniversary of the 1953 Floods.



Reis was of course a member of the 67th and, along with Freeman A Kilpatrick, was awarded the George Medal for individual acts of heroism on that dreadful night 67 years ago.



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Hunstanton & District Civic Society

AGM

Because the Town Hall was set up as a polling station, the AGM on 11 December, was held in the basement but that worked out well. When the Civic Society was formed in 2002 in response to the controversial decision to permit the construction of an enlarged pier building on The Green, John Maiden was one of the founder members. Having served on the committee ever since and been chairman for the last year, he decided to step aside. Amanda Bosworth has stepped into the role of chairman whilst Stephen Kent is to continue his good work as treasurer and his wife Sheila continues as secretary. The following were elected on to the committee: - Tony Armstrong, Terry Ashworth, Margi Blunden, John Bridger, Bob Clark, Andrew Murray, Jeremy Simmons, Mick Smith and Ann Stevens.

Talks Programme

The AGM was followed by an excellent light buffet, and then Doreen Reed entertained us by reading humorous poems with topical and seasonal relevance. On Wednesday 15 January at 7.30pm, we welcome back David Reeve who is to talk about the organisation of the Sandringham Flower Show.

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

Visits

Arrangements are being made for visits to the North Norfolk Railway at Sherringham; Boston market and Boston Stump; the Fornett Industrial Steam Museum; Fakenham market, Gas Museum and auction. The first visit is to Blickling Hall provisionally on Thursday 16 April. Further details can be seen on our web site. Enquiries to John Bridger on 01485

Heritage Centre

The centre was opened to participate in the Christmas Funday on 1st December and on 11th December for members of a coach party. There will be no normal opening hours until mid-February but we welcome any groups for special tours. - contact our Secretary Mrs Sheila Kent on 01485 534200.

Preparations are being made for an official opening of the centre to take place on the morning of Friday 14 February. From then until the start of summer time, the centre will then be open on Wednesdays, Saturdays and Sundays from noon until 3 pm.

Planning

The Civic Society considered that the Town Council had abrogated their responsibilities by failing to submit a formal response to the Borough Council's proposals for redevelopment of the bus station /library area and the Oasis leisure centre and Southend car parks. A compilation of the views expressed by local residents was made and submitted by the Civic Society.

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Hitching a ride with a taxi, ambulance or hearse?

It's the party season and we know it can be all too tempting to get a bit carried away with the festivities.

To offer a visual of the possible consequences of drink driving, Norfolk Fire and Rescue set up a demonstration of a crash outside their station in North Lynn on Saturday 7th December.

The team attend many incidents like these and are hoping to prevent them happening in the first place by showing the consequences of unsafe driving.



They were joined by East of England Ambulance Service NHS Trust, Thornalley Funeral Services and Kings Abbey Cars.

In December 2017, police officers stopped over 98,000 vehicles and administered over 91,000 breath tests, of which 5,922 were positive, refused or failed, according to the NPCC.

Despite the dramatic fall of drinking and driving in the last thirty years, over 200 people are killed each year in drink drive accidents.

It comes after a report from the Department for Transport which revealed drink drive deaths have hit the highest rate in nearly a decade.

Many of the functions that we rely on to drive safely are impaired after drinking alcohol, such as delayed reaction times, blurred and double vision, increased risk-taking and difficulty in processing information.





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 20. Necklace, 22. Heft, 25. Triage, 26. Tasmania, 27. Vodel,
 28. Impounder
 Down: 1. Haver, 2. Allegre, 3. Panorama, 4. Peafowl,
 5. Yearbook, 6. Not online, 9. Anon, 14. Taken roof,
 16. Take a pew, 18. Adhesion, 19. Centime, 21. Apex, 23.
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On the turf with Charles Joyce

December came in with profiling producing three winners at the Fairyhouse festival. A pound on each would have seen a profit of four pounds. For the more adventurous the treble paid slightly better than 6/1 at starting prices with a 12+1 treble available earlier in the morning. January is when trainers and owners start firming up their plans for the mecca of national hunt racing in mid-March. One of the Fairyhouse winners, Envoi Allen, is now as short as 5/2 to win the Supreme Hurdle at the Cheltenham festival in March, but this race is notorious for favourites being beaten at a short price. Betting ante-post is fraught with such dangers, and none more than the 2,000 Guineas. Favourite for the race on the first Saturday in May is Pinatubo at around Even money. Sometimes when the odds make the risk worthwhile ante-post betting can be justified as we know from Town and Around's bet in the 2018 Melbourne Cup, when Cross Counter won at 25/1 ante-post. But betting on a 2,000 Guineas short priced favourite in January is a way to lose money quick. It's something I always avoid.

On the racing front January is a quiet month with the big event being the opening of the Meydan Carnival which ends on the last Saturday in March with the World Cup. Since the Meydan all-weather track was torn up and replaced with dirt the UK based runners are harder to win with. Although the Godolphin Newmarket based trainers, Saeed Bin Suroor and Charlie Appleby, are likely to have their share of the winners. The races are usually only shown on subscription channels, but www.emiratesracing.com is a very good website for anyone interested in the multi-million pound Carnival.

The third round of the FA Cup brings in the Premier League and Championship teams. Often the leading teams do not put out the first team and shocks occur with the minnows going deep into the tournament. That being said, since 1888, only ten teams outside the top league have won the FA Cup, and since 1980, six teams have held sway. Tottenham, Manchester City, Liverpool, Manchester United, Chelsea and Arsenal have won every year, except six years. This century, only Portsmouth in 2008 and Wigan in 2013 have broken the monopoly. So it's no surprise to see the six teams at the front end of the market. It is likely the "Special One" will want to make an impact and win a trophy, but at 7/1, Tottenham have not won the competition in nearly 30 years; Liverpool's main aim is likely to be the Premier League; Manchester City will want to focus on the Champions League; Manchester United have the players, but have still to regain their glory years under Alex Ferguson; Arsenal may struggle through their league position to make Europe next year and at 14/1 give a sporting chance to add to their 7 wins this century; Chelsea have won 6 times this century and should hopefully give us a run at 8/1 for Frank Lampard to win in his first season as manager at the club.

The other big sporting event in January is on the Plexicushion in Melbourne where the Australian Open is to be played with the first round due on 20 January. Every winner of the women's event this century had appeared previously in at least one grand slam (Australian Open, French Open, Wimbledon and US Open) semi-final. Only Serena Williams, who is a law unto herself, and Jennifer Capriati who, in 2001, became the lowest seed (No 12 seed) to ever win the Australian Open, have not been in the top eight seeds when winning the Australian Open this century. These two factors limit the number of possible winners. If we add in the additional factor that this grand slam is usually won by a player in good form who has reached at least a semi-final in January of the year the numbers will reduce even more. At this stage knowledge of form in the first month of the year is not known, but the other two trends are known. Home champion Ash Barty may try too hard to win in front of a cheering crowd. Bianca Andreescu won the US Open in September, but in Beijing, in September, lost in three sets against Naomi Osaka last year's Australian Open winner. One possible reason for her defeat was she seemed to be suffering from a virus that took its toll as the match wore on. Last year the Canadian born US Open winner was a sensation beginning the year ranked 152 in the world. She is likely to be seeded 4 or 5 in Melbourne. Around 7/1 seems fair, especially if she returns in the form she showed

throughout 2019. In the semi-final at Flushing Meadows she beat the likely No 8 seed Belinda Bencic who is around 25/1 and represents value, especially each way where half the odds are paid for a player to make the final. If one of the other leading seeds does show good form going into Melbourne it may be wise to add her to the list.

January is also a good time to catch Chucky Three Sticks, or to give him his correct name Charles Howell III. The American rarely wins, but does like January in Hawaii at Waialae where he has finished top ten in ten of the eighteen times he has shown up. If he's around 5/1 to do it again he's worth considering. One bookmaker gives all ties with top ten bets. That can be a very good concession, because in golf while there is an outright winner, it frequently happens that a player ties with others for a position lower down. They share the prize money for that place and all the lower places included, but the bookmaker uses dead heat rules to settle a bet. The dead heat rules are that if there is a tie your stake is divided between the number of those tied and settled at the original odds. Not always, but it can mean your bet wins, but you still lose money. However, if the bookmaker pays the ties you win at full stake and price irrespective of how many players tie. The golfer usually associated with Torrey Pines, in California, is Tiger Woods who won there eight times between 1998- 2013, and in that period only once finishing outside the leading ten. Chucky Three Sticks also does well at Torrey Pines where he has finished top twenty 12 times out of 18 appearances. I would be looking for close to 3/1 for him to make the top twenty, especially if ties were being paid.

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

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Norfolk Holiday Homes

It is now a year since we were thinking of moving from one corner of Westgate, across the road to the other side. Where has the time gone?

If you are like us at Norfolk Holiday Homes and have a calendar which plays a huge part of your work and personal life in your household you will no doubt notice how time flies. We have a huge board in our office where we have all the Saturday dates across the top, all our properties listed down the left and all guest names inside the 3640 boxes which make up our year of records. Of course, all details are on our booking system on computers but we still like to use the chart. As I write there are over 200 bookings already made for 2020 and we will expect the whole chart for 2020 to gradually fill up over the next year. Anyone who calls into the office seems mesmerised by it all. Certainly a talking point we have found.

This chart takes up a huge space on our wall and houses 70 properties. We do have another one so if there are any prospective holiday home owners out there please get in touch, then we can erect our other board and have another talking point. We can inspect, write details, take photos, put property on the website all within a day if the owner is organised, has paperwork, and if we have a straight forward run of no interruptions or distractions. I must have the appointment first thing in the morning though!! This is the plan and normally works so the sooner we have new properties the sooner we can start marketing, processing bookings and filling in the wall chart for another year!

We have added a good handful of properties over the past few weeks and a few have been refreshed so we are looking forward to achieving bookings on these new properties which is always exciting for owners and ourselves. Our ever faithful booking chart will soon fill up and office visitors will be gazing at it in awe.

Over Christmas the 2020 media advertising campaigns will start for foreign holidays and UK travel so the rush will begin with bookings with us too. A busy time which will continue till October! February Half term, Easter, Whitsun, summer holidays and then half term in October. Day trippers and holiday makers will come and go. We catch up with paperwork in November and then on to Christmas again which we have just left for another year. Oh my goodness, I have just sped through a whole year in a few lines!

As I said at the start 'how time flies'.

Best wishes for a Happy and Healthy New Year from Sandra, Julie and Carol.

Sandra Hohol
01485 534267
www.norfolkholidayhomes.agency
info@norfolkholidayhomes.agency

Come and Share Your Memories of Ringstead and have your Photographs and Documents copied and shared for posterity

If you once lived in Ringstead, or visited it on holiday or to see relatives, or had relatives here, and have photographs of people and places, letters, deeds, documents, postcards, posters, receipts or bill-heads, or anything made in or associated with Ringstead, Great Ringstead History Group are building up an online scrapbook and archive of Ringstead, and would love to include your items.

We would like to invite you to bring them along to our Heritage Information Day at Ringstead Village Hall, to be scanned and copied on Saturday 29th February, anytime between 10am and 2pm. There will also be free tea, coffee and cake, and an opportunity to talk about your items or memories.

If you can't get along, do let me know, and we could arrange to visit you to copy them

We will keep a record of what people allow us to copy, and we will deposit copies of everything we copy in the Ringstead archive in Norfolk Record Office in Norwich.

Also, if you would like to share your memories of Ringstead, or what brought you here, we would be pleased to make an appointment to record you for our sound archive of the village.

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Creative Resolutions!

After that 'most wonderful time of the year', our thoughts often turn to making New Year resolutions. What would we like to change? How can we improve/make things better in our lives or the lives of others? Well here's a little idea....

How about making some time for yourself? Improve your wellbeing by exploring your creative side. We all have one. It's in there somewhere.

And if you don't know where to turn or exactly what you might like to do Studio@55, Heacham, can help.

Running various courses through the year, such as clay modelling, or soap stone carving, Studio@55 is just the perfect place to begin. You could try a taster course, join in for a session, or if you have a different personal project in mind, Studio@55, can help turn your dreams into reality.

And if you need a bit of encouragement to explore that inner creative you, here's what a few course attendees had to say: "Take time to tap into your creative side in good company. Esther's experience and gentle guidance will give you the techniques to bring your idea to life. Very relaxing and good fun." J.B.

"A very relaxing friendly group. The help from an experienced artist to guide our every move to create a wonderful sculpture of our own making was invaluable. Thank you Esther' from Studio @ 55" V.R.

"Taking a clay modelling course I found it a relaxing and enjoyable

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two hours each week. You are allowed to follow your creative side with a good teacher who follows your work progress, gives guidance without interference. I actually found it to be therapeutic." P.K.

So what are you waiting for? It's a New Year, and it could be a New You.

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Letters to the Editor

Foodbank client thank you

First a thank you to every person and organization that has stopped and thought of somebody that needs a helping hand. Taking those few moments has meant helping myself though days, which otherwise would have been very difficult. I can reassure you that entering a foodbank is not a choice taken easily. To do it needs an acceptance that I need help. This experience I wish on nobody, but should it happen to you, accept the hand that is offered. I wouldn't be able to accept this help if it wasn't offered with the right heart. So once again thank you. In return, I too when able will reach out with the hand of help.

S. G., Hunstanton

Flooding

The November article on flooding by Richard Bird rightly keeps attention on a dramatic global process with great regional importance. Climate change is not just 'a little bit warmer all round' but drives an increase in extreme events with effects everywhere: weird weather and sea level rise bring floods.

Hunstanton may be relatively safe itself but it could be a pivot point for a protective Wash barrage (Sep. 2017 issue) or if the low fens are inundated (land lost and its people refugees) become the northern tip of a narrow peninsula. It is very important that there are ways of restraining climate change, but as we dreadfully run out of time the options get less easy.

Edwin Salter

Christmas Bazaar

A big 'Thank You' to everyone who supported the Christmas Bazaar in St Mary's church in November. So many people generously contributed to the raffle, gifts, cakes and preserves on sale, and the event was very well attended. The grand total raised was a record breaking £1,150, which will go towards buying the flowers for our 2020 Flower Festival. Thanks and well done everybody!

Jennie Guest

Note: Letters for the February edition should be sent to editor@townandaround.net by 12th January please.

Copy date for the February edition is 12th January
please e mail to:
editor@townandaround.net

Doreen's Soup Mission

I am on a bit of a mission trying to get more people making soup. Blending vegetables together can create some superb flavours making a delicious way to get some of your 5 a day, many children love them. It is an excellent way of using excess vegetables that may otherwise have been wasted. I have, during the last few weeks, encouraged friends and family to try making a few of my easy, budget friendly, recipes and the feedback has been most rewarding. A friend's 5 year old granddaughter described the Carrot, Parsnip and Celery soup as delicious so I decided this was the one to share this month. This made 700ml.

Carrot, Parsnip and Celery soup

1 med Shallot or small onion

A knob of Butter

Potato approx. 115g/4oz

Carrots approx. 220g/8oz

Parsnips approx. 115g/4oz

1 large or 2 medium sticks of celery

Chicken or vegetable stock cube dissolved in 500ml hot water.

Salt and Pepper.



Peel potatoes, parsnips and carrots and cut them into small pieces.

Peel shallot or onion and slice thinly.

Clean celery and slice fairly thinly.

Place butter in a saucepan over a medium heat and add shallot/onion slices and stir well cook for 1 min. add other vegetables, stir and mix well. Carefully add stock, increase heat and bring to boiling point. Reduce heat and leave covered, simmering gently, stirring occasionally, until vegetables are quite soft (approximately 15-20 minutes)

Strain off most of the liquid into a jug, put aside while you either put vegetables into liquidiser or use a hand blender and whizz until pureed. Carefully return liquid to pureed vegetables in a saucepan, stirring gently to mix well. Add salt and pepper if required. When all liquid mixed in, reheat stirring gently. Turn off heat, serve and enjoy.

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

I am working on a book of nourishing, budget friendly soup recipes and hope to have it published and available on Amazon very soon.

For details of my books and more of my recipes and 'How to' Video clips

Visit the Prudent Pensioner's page on my website www.doreenreedpoet.com



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Hunstanton RNLI news

Geoff Needham, LPO Hunstanton RNLI

On behalf of all the crew at Hunstanton RNLI we wish you all a Happy Christmas and a Happy New Year, 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, both Hovercraft and boat doing about equal shouts. We have had no shouts to report so far this month, But our crews are ready to respond if the pagers go off, and thanks to your generosity we have the best equipment to carry out these tasks. All around our coast and inland there are scores 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. Have a good Christmas and a Prosperous New Year. The RNLI is a registered charity and relies on the support of the public to maintain its job of saving lives at sea. Your support to our station locally and wider a field is amazing.



Sunday 17th 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. David Jones Hunstanton Lifeboat Treasurer accepted the cheque on behalf of Hunstanton RNLI. 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.

station and presented a cheque for £2500. The company operate 78 outlets around the UK coast, including Old Hunstanton Post Office and general stores. A previous donation was made to the station from the charge on plastic bags. Last year the money came from a NISA campaign dedicated to making a change locally, Mr. Lloyd said we get a rebate on all the NISA branded heritage products we buy which goes into the fund. This year all the money came from locally operated Hotels and shops, and it was decided to support local charities. Well done, we are most grateful, from all at the station a big Thanks. Picture shows, Paul Stewart and crew members receiving cheque from Brittany and Bradley, with Scott Lloyd (holding his young son in red.)

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



Respect the water campaign and advice to Holiday makers:

Tidal waters have strong tidal currents, especially the approaches to the harbours. General coastal safety tips.

1. Check the Weather and tide times.
 2. Read signs. Be aware of local hazards, ie; sandbanks. Channel Strong tidal currents.
 3. Carry means of calling for help. 4. If you see someone in danger dial 999 or 112 ask for the Coastguard who will page us.
- Stay safe enjoy the festive season.

Stop Press - 17th December Stranded fishermen rescued by RNLI Lifeboat

At 10.40am UK Coastguard requested the launch of the Hunstanton RNLI Lifeboat to go to the aid of two persons aboard a 34 ft vessel with engine failure near the Black Buoy Sand.

Hunstanton volunteer lifeboat crew launched on service and proceeded to the area in thick fog and located the casualty vessel. Due to the tide ebbing it was not possible to tow the vessel into Fosdyke. The lifeboat crew made sure that the vessel was anchored safely, and clearly marked. The two man crew were then taken aboard the lifeboat and landed at Hunstanton Lifeboat Station.

H.W. 9.46am. Wind S 1 Weather Fog Vis. Poor Sea state calm



Sunday 1st December Scott Lloyd, managing director of J & J Wilson and Brittany Tabener from the Lodge Hotel, and Bradley Williams representing J and J Wilson Shops, came to Hunstanton RNLI

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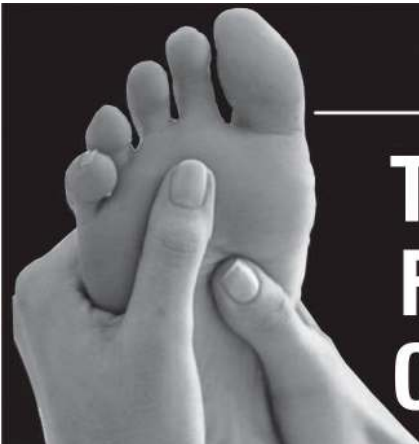
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Magical moment with Mother Nature



James Thaxter with Grace (3) and Mother Nature



Mother Nature's abode was decorated with foliage from the reserve

Titchwell Marsh Nature Reserve proved the perfect enchanting backdrop on Saturday December 14 when the RSPB hosted their first ever Winter Wonderland day.

Eight children were treated to an 'alternative Christmas' where they played games and enjoyed afternoon tea in a cosy gingerbread house before being guided by elves through magical woodland to meet Mother Nature.

Mother Nature, played by volunteer Jill Ferrer, rewarded each child with a present to thank them for what they have done for nature this year.

They are hoping to hold more Winter Wonderland days next Christmas.

Hayley Roan, Senior Site Manager, said: "Because we're an RSPB nature reserve, we do Mother Nature instead of Father Christmas at Christmastime."

"Staff and volunteers all sat down together and thought, 'Right, how do we make Christmas special for children? How do we make it non-commercialised with a really strong, solid connection to nature?' And this is what we came up with!"

Jill Ferrer, Mother Nature, said: "I like it very much because the children are involved and it's about what they have done for nature, so hopefully they will carry on doing it and it will be an important aspect of their lives."

Titchwell Marsh boasts diverse habitats that include reedbeds, saltmarsh and freshwater lagoons where avocets, bearded tits and marsh harriers nest.

The RSPB is a charitable organisation registered founded in 1889 which works to promote conservation and protection of birds and the wider environment.

Sandringham pre-schoolers hit all the right notes

Sophie Hooker

It was a weekend of festive fun at the Sandringham estate on December 14th and 15th involving singing, fundraising and even a special visit from Father Christmas himself.

Sandringham Café hosted a day packed full of special performances from the children and staff at Sandringham and West Newton Pre-school and the Salvation Army Band while Father Christmas wowed the crowds on his horse-drawn carriage outside.

The little ones gave rousing renditions to festive classics such as Rudolph the Red Nosed Reindeer and Jingle Bells much to the delight of spectators in the café.

Sian Wells, Chair of the Sandringham and West Newton Pre-school, said:

"We thoroughly enjoyed our morning at the Sandringham Visitor Centre and were particularly impressed with the children's singing! We raised over £99 for the Pre-school, which is absolutely fantastic."

"We are currently in the process of forming a pre-school partnership with the Sandringham and Weston Primary School. This will then enable us to offer families the 30 funded hours of pre-school education that



most families are eligible for. We hope to be able to offer this to families sometime in the New Year."

Ofsted hailed Sandringham and West

Newton Pre-school as 'outstanding' in all four categories in its last inspection in February 2018.

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Conservatives secure North West Norfolk seat

Sophie Hooker

James Wild (Conservative) has been elected as MP for North West Norfolk after securing 30,627 votes, almost 20,000 more than his nearest competitor.

Jo Rust (Labour) received 10,705 votes, Rob Colwell (Liberal Democrat) 3,625 and Michael de Whalley (Green Party) 1,645.

There were 46,807 verified ballot papers from an eligible electorate of 72,040, giving a turnout of 64.97%. There were 200 rejected ballot papers.

In a statement, Mr Wild said: "(It is) a huge privilege to be elected MP for North West Norfolk. I'm very grateful to everyone who has put their trust in me to be a strong voice for this constituency. Big thanks to a great campaign team for this result. Let's Get Brexit Done and move our country forward."

Mr Wild will succeed retiring Sir Henry Bellingham's seat which he has held consistently since 2001 but was first elected in 1983.

All constituencies in Norfolk except Norwich South are now Conservative held seats.

North Norfolk elected Duncan Baker (Conservative) with 29,792 votes to Karen Ward's (Liberal Democrat) 15,397. Emma Corlett (Labour) received 3,895 votes and Harry Gwynne (Brexit Party) 1,739.

Mr Baker will succeed retiring Liberal Democrat Sir Norman Lamb as MP for the constituency.



New North West Norfolk MP James Wild

The Conservatives secured their biggest majority at Westminster since Margaret Thatcher's 1987 election victory.

Campaign for a safer A149

Cllr Andrew Jamieson

Recently, as I am sure you are aware, there has been a fatality on the A149 near Old Hunstanton. My deepest sympathies are with the families of the bereaved and injured. I think it is time for us to work together again for a campaign to resolve this dangerous stretch of road once and for all.

Those of us who travel the route daily know that the road has got more dangerous in recent years: traffic flows have increased as road users familiar with its tortuous bends have become a lower percentage of total users.

In fact, this whole stretch from Old Hunstanton to the Burnhams and beyond is really not fit to be classified as an A road, or fit for purpose anymore, especially as the buses that operate on them are much wider now due to the wheelchair access legislation.

Therefore, I would like to work with Town and Around and the two recently elected MPs for North West and for North Norfolk, James Wild and Duncan Baker, to campaign for a safer road.

In preparation for this and following the recent tragedy at Burnham Norton I had asked The Network Safety team to assess the 16.5km length of the 60mph A149 from Old Hunstanton to Wells-next-the-Sea. Whilst statistically accident numbers are deemed to be pretty low (2 fatal, 2 serious, 3 slight), the timing for a campaign is good as Norfolk County Council is currently preparing to consult on the updated Local Transport Plan. We must link in with that and feedback local feeling to the Transport Strategy team and be ready to respond when consulted.

Even if the rate of accidents is considered low (I am told that statistically the accident rate on this stretch of road is 9.3 per 100km vs 15.2 nationally), their severity, as this recent accident shows, tend to be severe.

This level of severity is elevated as the geometry of the A149 is not to modern standards and a 50mph, or preferably 40mph speed limit severity levels are elevated, particularly as this is a tourism focused A class road rather than a strategic one.

While the current accident record means that we might not succeed on purely justifying a lower speed limit as a Local Safety Scheme, I would also argue that any lower speed limit on A149 should be looked at holistically within the North Norfolk AONB.

I know that my predecessor, Richard Bird, was supportive of a previously proposed trial 40mph zone. My preference, supported by Norfolk County Council, would be to source external match funding to take any speed limit changes forward as part of our previously proposed trial 40mph zone.

However, we will need your support and I would ask you to write to me to help me make the case for a lower speed limit.

andrew.jamieson.cllr@norfolk.gov.uk
or to editor@townandaround.net

Note: If you do not have e mail, please write to:

The Editor, Town and Around,
18 Tapping Close, Snettisham, Norfolk PE31 7FF





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Heacham Football Club news

Nathan Stockdale

Footballers net a large sum for stroke unit

Footballers were on target to raise more than £700 for the stroke unit at The Queen Elizabeth Hospital in King's Lynn.

The representatives of Heacham Minors FC presented a cheque for £713.70 to staff in the West Raynham ward in recognition of the treatment Les Dedman, a coach at the club, had received after suffering a stroke.

The money came from a five-a-side tournament involving ten local adult teams, which was staged at Heacham FC's ground on 7th August.

Nathan Stockdale, chairman of Heacham Minors, said: "We were really happy with the money raised from everyone involved. We chose to raise money for West Raynham ward because it is a great cause, which is close to our hearts.

Paula Marquez, West Raynham ward manager, said: "It is a really great amount of money and it will make a real difference to our patients."

This was run by Heacham Minors F.C and supported by Heacham F.C first and reserve teams. Other team entries were from the local area including Heacham Social Club and a team made from Norfolk Street Bar workers. The amounts raised was from player entries, cash prize raffle and catering on the day.

Foodbank Race Night

Heacham FC hosted a race night on Saturday 9th October and our chosen charity on the night was the King's Lynn Foodbank.

The event was sponsored by several local companies including Double G Clothing, Pishorn Garden Maintenance and Griggs Electrical. Thanks to their support and people who attended the event a cheque of £407.50 was presented to the Kings Lynn Foodbank at our home game against Freethorpe United where Heacham ran out 2-0 winners. We wish the charity all the best for the future and would like to thank everyone that attended, to those that sponsored the event thanks to David and Rachel Griggs for all their hard work in organising the event.



Darren Bailey Heacham Minors F.C Secretary and Nurses and Ward Manager from West Raynham Stroke Unit



David Page Heacham FC Chairman, David Griggs Heacham F.C Manager and King's Lynn Foodbank

Thornham Village

VILLAGE CINEMA

JUDY

Wednesday 22nd January



Winter 1968 and the showbiz legend Judy Garland arrives in Swinging London to perform a five-week sell out run at The Talk of the Town. It is 30 years since she shot to global stardom in The Wizard of Oz, but if her voice has weakened, it's dramatic intensity has only grown. As she prepares for the show, battles with management charms musicians and reminisces with friends and adoring fans, her wit and warmth shines through. Featuring some of her best known songs, the film celebrates the voice, the capacity for love, and the sheer pazzazz of 'the world's greatest entertainer'.

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

Live by Satellite from The Royal Opera House

Covent Garden

THE SLEEPING BEAUTY

Thursday 16th January



With Pyotr Il'yich Tchaikovsky's enchanting score and Marius Petipa's original choreography beautifully combine with sections created for The Royal Ballet by Frederick Ashton, Anthony Dowell and Christopher Weeldon, this ballet is sure to cast its spell over everyone who sees it.

Tickets £15.00. Children £10.00 Doors open 6.30pm Curtain 7.15pm Book online at www.thornhamvillagehall.co.uk or call 07787 255597

Our new season of live satellite productions from the Royal Opera House 2020 continues:

The Cellist / Dances at a Gathering 25th February, Fidelio 17th

March, Swan Lake 5th April,

The Dante Project 28th May, Berliner Philharmonic Orchestra - Mahler's Symphony No. 2 in C - 12th June

Winter Warmer Supper Talks

Founding a Festival

Simon Rowland - Jones and Barry Cheeseman

Friday 28th February

Simon Rowland - Jones and Barry Cheeseman are joint Directors of the North Norfolk Music Festival, which they founded in 2005, and have very different lives. They tell how a musician of international reputation and a keen music lover had the idea of starting a festival in South Creak and the very different skills this required.

Tickets £20.00 including a 2 course supper and welcome drink. Booking is essential - to book visit www.thornhamvillagehall.co.uk - or call 07802 724967. Doors open 6.30pm Talk starts promptly at 7pm followed by supper. Full bar facilities available.

A NIGHT AT THE RACES

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Friday 21st February 7pm

Tickets £15.00 to include supper provided by
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If you are considering your health and fitness in the New Year come and join one of regular exercise classes :

Pilates - beginners and intermediate

Yoga

Move it or Lose - Active Ageing with Clare

Zumba

For information on all of our classes please visit our website
www.thornhamvillagehall.com

Festival of Angels at Heacham

For the whole of Advent and over Christmas Heacham Parish Church was filled with a host of around two hundred angels.

The angels were all shapes and sizes and they were made by individuals and groups from the village - from nursing homes to toddler groups plus all the uniformed organisations and schools.

Vicar of St Mary's Heacham Rev Veronica Wilson said: This festival really caught the imagination of people in the village and we have been overwhelmed by the creativity of our local community.

"Two thousand years ago the angels told the good news of Jesus' birth and we've got all these angels in the church telling the good news to the local community and the wider world."

Pictured right: Rev Veronica Wilson

Below: Lilian Stephenson with Monica Burton



A sculpture of hope - The Knife Angel, raising awareness of knife crime. On tour around the UK and currently displayed at Chester Cathedral



"A Very Happy New Year"

Every year at Christmas millions of greetings cards are sent around the world to family and friends, sending them happiness and blessings for the season. In addition to these festive wishes we usually include wishes for a happy New Year, but what do we actually want to say? Are we limiting our good wishes to a specific and limited time frame? Probably not, so why limit happiness to just the New Year. Happiness is not dependent on a certain time but is a quality that is available for us all. Happiness is not limited, doesn't need a reason, is not something to seek or wait for, because it is ours now and comes from within. The Bible is full of examples of the happiness and joy that comes from an understanding that each of us is loved and precious to God. Christ Jesus often referred to this divine happiness such as his words in the Gospel of John 15:11, "These things have I spoken unto you, that my joy might remain in you, and that your joy might be full." Mary Baker Eddy, the discoverer and founder of Christian Science also understood that happiness is from God and eternally ours when she wrote in her work, Science and Health with Key to the Scriptures, "Happiness is spiritual, born of Truth and Love" and "Each succeeding year unfolds wisdom, beauty, and holiness."

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

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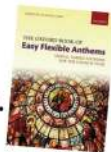


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Dear Friends, HAPPY NEW YEAR TO YOU ALL!

I hope that over Christmas and the New Year you had times of joy, and moments of beauty to look back on with a smile. As this is my first Christmas and New Year in this wonderful part of Norfolk I am enjoying many new experiences here. The joy of welcoming about 200 people, to the first ever service for the Lights On afternoon, has to have been a highlight. It was wonderful to see so many people enjoying the Singing for Pleasure Choir and belting out some familiar carols, as well as being reminded of Jesus, The Light of the World.

There is a place for the familiar as well as the new in our lives. The Bible reminds us that God is the same yesterday, today and always. What remains the same is His love for us and His desire to be part of our lives. This doesn't mean that God is out of touch with our lives today! We change, our lives and families change, our direction in life can change but God assures us that He is with us in all of this change. From the Old Testament, Isaiah 41:10 'do not fear, for I am with you, do not be afraid, for I am your God; I will strengthen you, I will help you, I will uphold you with my victorious right hand.'

We do not need to fear the future, but sometimes the future can seem difficult to face. If that is you, or someone you know this New Year then why not speak to God? Ask Him to help you and give you strength to face the times ahead. And, if you need to talk through things that you find difficult then find a friend and share your worries. If that seems too difficult the ministers in our churches would be happy to listen and even pray with you. We all go through tough times but sharing our worries with each other, and God, can help. Sometimes we need to ask for help and other times we need to be the one bringing compassion and a listening ear.

I pray that we all experience God's peace this New Year and in the months to come.

God Bless you all,

Rachael Dines
Team Rector, Hunstanton and the Saxon Shore



Just a thought....

A Happy New Year to you all; I hope you had a joyous and blessed Christmas.

New Year means new resolutions; making a new start which will change our lives whether it be our weight, our money, our lifestyle etc. Of course we will start off with great conviction, this year will be different; but most of the time our resolutions get weaker and weaker until in the end we give up.

The following is a wonderful example of how resolutions for the New Year really work:-

2016: I will get my weight down below 170lbs.

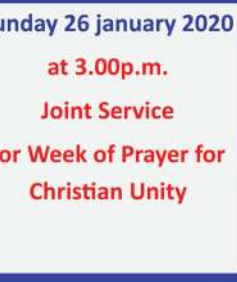
2017: I will watch my calories until my weight is below 200lbs.

2018: I will follow my new diet until I get below 220lbs.

2019: I will work out once a week.

2020: I will drive past a gym at least once a week.

When we read the gospels new starts were the motivating point for the followers of Jesus. When He began something it could not be stopped, it had a momentum which drove people on to greater things. There could be

 WHAT A DIFFERENCE A FAITH MAKES	sunday 5 january 2020 10.30a.m. All Age Worship with Joella Nash	sunday 12 january 2020 10.30 a.m. Annual Covenant Service with Rev Steve Oliver
 sunday 19 january 2020 10.30a.m. All Age Worship with Sharon Esposito	 sunday 26 january 2020 10.30a.m. All Age Worship with Heather Brown	 sunday 26 january 2020 at 3.00p.m. Joint Service for Week of Prayer for Christian Unity

no weakening of the task at hand, no watering down the expectation; when Jesus called it had to be acted upon, and there could be no going back.

It is because of that same expectation that I am very excited about the coming year.

Though there will be many highs and lows on our faith journey together there can be no turning back, and I am absolutely confident that through the grace of God the welcoming

vibrant church community that we are will be a beacon for anyone who is willing to open their hearts to Christ.

No one knows what this year may hold, but I pray that it will be a year of wonder, joy and fulfilment for you and those you love

Steve
Rev Steve Oliver
Methodist Church

Next step for proposed new specialist autism school

Norfolk County Council's bold £120m plan to transform special needs education in the county has taken another step forward, with the launch of a six-week consultation about the potential re-use of the former Fakenham VI Form playing field.

The consultation is part of a formal process for seeking Government approval for re-using the field, which records show hasn't been used for approximately 20 years. If granted, the approval would enable the council to move ahead with its plans to build a new specialist school for up to 100 children and young people with autism in north Norfolk, subject to planning and other approvals.

Cabinet Member for Children's Services at Norfolk County Council, John Fisher, said: "We have pledged to transform special needs education in Norfolk and deliver hundreds of new specialist school places across the county. "Too many children and young people in North Norfolk with autism are having to travel long distances to get the education they need and we want to change that. "We have a potential site at the former Fakenham VI form which would enable us to deliver this much-needed capacity. We believe that using the redundant playing field to build a modern, specialist school would be the best option which is why we intend to ask the



Secretary of State to allow us to do so. "We need people to give us their views on this proposition which we will forward to the Secretary of State so a decision can be made on the future of the field." Detailed plans for a new special school at Fakenham are being developed, along with proposals for the entire site. All plans are subject to consultation, engagement and approvals, including planning permission. In addition, a process to secure a sponsor to run the school is currently underway. The consultation about the playing field will

run until 24 January 2020 and people can have their say by visiting the Citizenspace website. Printed copies of the consultation document can also be requested by emailing schoolreview@norfolk.gov.uk

A drop-in session has also been arranged where people can come along, ask questions and find out more about what is being proposed.

Date: Monday 6 January 2020
Venue: Fakenham Community Centre, Oak Street, Fakenham NR21 9DY
Time: 10am to 12:30pm and 2pm to 6pm

SEDGEFORD PRIMARY SCHOOL

John Davis

Yo! Ho! Ho! – Look out for Pirates

The younger members in the school have been enjoying a piratical theme. Singing pirate songs, making eyepatches and three-cornered pirate hats and, most exciting of all, dressing up as the fiercest pirates you could ever see (that's just the girls!). Watch out for waving cutlasses!

The Victorians

The whole school topic for the latter half of the autumn term was 'the Victorians' (very appropriate as our school was built in 1838, one year after Queen Victoria became queen). The children visited Lynn Museum on 13 December when they dressed up as Victorian children and ate a Victorian lunch, enjoyed Victorian parlour games and looked at Victorian toys and fairgrounds.

Science Topics

KS1 have been investigating properties of different materials, including absorption, and whether or not they can conduct electricity. The main focus in KS2 was electrical circuits with various activities to demonstrate their uses.

He's Behind You!

All the children in the St Mary Federation (Brancaster, Docking and Sedgeford) enjoyed a visit to the Pantomime at the Princess Theatre on 6 December – Dick Whittington, with his trusty cat and even pirate ships on the horizon. Help was needed from the children to enable Dick to win the day!

Christmas

The children sang carols at the community lunch and held a Nativity at the school on 17 December.

Spring Term

See the next issue of Town and Around for details of how and what we are learning as we progress into 2020.

Please send your school stories to us for publication: editor@townandaround.net
We can come along and take photos too!

Hunstanton Primary School

QEH

On Wednesday 13th November our Y6 pupils went to the Queen Elizabeth Hospital in King's Lynn to take part in a Primary School event designed to promote health, wellbeing and career aspirations. This event was fast-paced with activities taking five minutes each. Some of them included first aid on an injured limb, taking a computer apart, role play with a physio and blood bike. The children thoroughly enjoyed this event and made us proud with their exemplary behaviour.

Christmas

Our Christmas tree from the Hunstanton Tree Festival has found a second life on our wall and looks excellent, thank you to everyone involved in this event.

We have had a fantastic December practising for our Christmas Nativity Play (KS1 and EYFS) 'Prickly Hay' which involved lots of hay, singing, dancing and fun! These were incredible performances by our youngest pupils – well done everybody!

Our KS2 Christingle performance was held at St Edmund's Church on Wednesday 11th December. The church was packed out for this lovely traditional Christmas Service. Thank you to Father James for



letting us use the church which always makes this an extra special event.

As well as enjoying the build-up to Christmas, we have had Christmas parties at school, Christmas lunch, Christmas Discos, a Christmas Fair and also a visiting pantomime performance of Alice in Wonderland by Purple Dreams.

Our school choir visited Thornham Village Hall and Driftwood Care Home to sing carols. Our older community members really enjoy seeing our pupils who always sing beautifully and behave impeccably to make our school proud.

Thank you to our PTA Members who all work especially

hard at this time of year to ensure our pupils have a wonderful Christmas. Thank you to all our staff who also work incredibly hard all year round, but even more so at this time of year.

Happy New Year to you all from Hunstanton Primary School

Sea Enjoy Aspire

Dance to the Music UK Tour 2020 showcases local talent

The Dance to the Music UK Tour 2020 is waltzing into Hunstanton on Saturday 18th January, bringing an unforgettable show which the whole family will love.

The spectacular tour will be curated, choreographed and performed by Strictly Come Dancing favourite Kristina Rihanoff. She will be joined by singing host Jake Quickenden – the former Dancing on Ice winner, X Factor star and Hollyoaks newcomer. In addition, the show will include electric performances from South African National Champions and Dancing with the Stars professionals Marcella Solimeo and Dylan Daniels and other world-renowned professional dancers.

The cast are also hugely proud to be working closely with Rollason Stage School, enabling local talent aged 4 - 16 to take part in the show.

Speaking of the groundbreaking collaboration, Kristina says: “We are extremely proud to be supporting young local dancers and offering them the chance to perform on stage in front of a live audience. Nurturing fresh talent is extremely important to us as a team, and this show could offer life-changing opportunities to many youngsters.”

Dance to the Music is the UK’s first show to portray the evolution of dance through musical eras and genres. Starting with the roaring ‘20s and the arrival of Charleston and



tap, the tour will showcase 15 dance styles through every decade. Appealing to all generations and ages, the spotlight will shine on the Lindy hop, jitterbug, rock’n’roll, hustle, funk, disco, breakdancing, street, hip-hop, contemporary ballet, salsa and Argentine Tango. The foot-stomping adventure will bring the audience right up to date with modern-day ballroom and Latin.

Featuring fabulous costumes and lashings of glitz and glamour, the show will be accompanied by a brilliantly upbeat soundtrack, packed with pop hits and classic tunes that will get everyone bopping in their seats.

Adding to the mix, each sequence will be backed by light-hearted humour from the host

and performers, as well as fascinating anecdotes about showbiz life. There will also be lots of opportunity for the whole family to get involved and participate in the fun.

Kristina adds: “This show will have something for everyone. Whether you’re a lifelong ballroom-dancer, a total novice or you love watching TV shows like Strictly as a family, this is going to bring dance to life in a totally unique way. Expect a riot of music, colour and incredible movement, which will take you on a remarkable and immersive journey.”

“Dance To The Music is an ultimate family show there is something for everyone. You will be dancing in your seats to your favourite music hits whatever the age you are!”

Ten years of music making

Steve Davis

This year Hunstanton Community Choir celebrates its tenth anniversary and plans are already underway to mark the occasion with a concert at St Nicholas Chapel, King’s Lynn on Saturday 16th May. We look forward to experiencing the acoustics in this vast, inspiring, historic building that has played host to so much music down through the centuries of its use and development.

Do come and be a part of the action as we start our new term of weekly rehearsals on Tuesday 7th January from 7 to 9pm in Hunstanton Town Hall. We allow you your first visit free of charge, thereafter we pay a £4 subscription each week with the option of a £1 raffle ticket too. It doesn’t matter where you’re starting from with your singing; there are no entry exams or auditions; just have a willingness to take part and allow yourself to be guided and encouraged into your vocal range’s appropriate harmony part, singing technique and interpretation of music by our expert director Simon Bower, supported by the many friends you’ll make amongst fellow choir members.

As a choir we join in wishing you a very happy new year and invite you to watch this space! You can also keep up to date with us by visiting our website at www.hunstantonchoir.co.uk.

Photo below taken earlier in 2019 when the choir presented charity cheques from their fundraising events



Hunstanton and District Camera Club presentations

Rex Makemson

At the end of year trophy presentation evening members for the Hunstanton and District Camera Club were awarded prizes for the following subjects:
 Print or Digital Image of the year
 Named competition winners
 Dave Turner competition
 Portfolio Competition
 Open image, DPI Winners
 Best Novice photographer

As Chairman of the club I am pleased to report that the membership of the camera club is growing steadily and maintains the reputation of being a friendly, enjoyable and helpful club for all photographers from just start ups, the keen amateur to the professional, we help each other in all aspects of photo taking and are always willing to accept new and enthusiastic members of all ages.

We meet on the first and third Thursday of each month at the Common Room, Orchard Close, Dersingham.

The photo shows members with their trophies: Rex Makemson, Chris Holt, Elsie Cheeseman, Andrew Beeson, Pete Sorrell and Andy Leeder.



A guide to supplying photographs

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 excellent 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.

Happy New Year and happy snapping!

Please send articles - and photographs for the February edition to: editor@townandaround.net by 12th January

Zumba Forever!

Ian Rayner

The Snettisham Singers, aka North Norfolk Zumba, brought some Christmas cheer to The Close Care Home in Snettisham, performing some lovely festive songs followed by some chair Zumba (and some dancing). Once all of the activity was finished, it was all topped off with some delicious homemade mince pies, sausage rolls and cakes from Julie-Ann, her wonderful Zumba Gold crew and Sarah the Elf! It was such a fantastic afternoon with so much joy and laughter in the room and a lovely way to celebrate Christmas and finish off a very busy week for Julie-Ann, having had the Zumba Gold Christmas Party and the final Zumba class of the year in Thornham all in the same week.

Julie-Ann's next quest is to bring the Zumba joy to more of the North West Norfolk community, starting with a new Gold class in Dersingham at the fantastic Village Centre on Wednesday 5th February at 9am and running weekly from then. Julie-Ann had previously been asked if she was going to start another class by existing members from the Snettisham group thirsty for more fun. Thankfully she was able to secure the Wednesday morning slot at Dersingham and is looking forward to welcoming lots of lovely new faces as well as hopefully some of her locals.

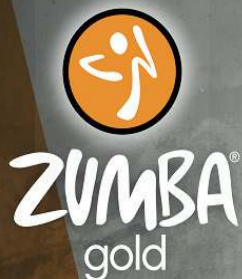
If you are interested but a little unsure then please feel free to go along to see what you'd be in store for, the Snettisham class has a mixture of abilities, with some people joining in and some that just come for the community side of things. It really is a special environment and absolutely everyone is welcome to join. Julie-Ann and the North Norfolk Zumba group can't wait to meet new people that would like to start getting some fitness back, those that are already active or indeed anyone wanting to meet some lovely people.

For more information, please contact her via: northnorfolkzumba@gmail.com or visit the North Norfolk Zumba Facebook page.

Town and Around is keen to report all community events, please all us and we'll do our best to get along.
01485 540620

We'd also love to hear your news - please e mail editor@townandaround.net or telephone 01485 540620





Snettisham Memorial Hall
Mondays @ 10am

Dersingham Village Centre
Wednesdays @ 9am

Thornham Village Hall
Thursdays @ 18:30



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AT THE DANCE PARTY WORKOUT
FOR THE YOUNG AT HEART.**



FOR CLASS DETAILS

CONTACT YOUR LICENSED ZUMBA® INSTRUCTOR:

Julie-Ann Rayner

07795 246364

northnorfolkzumba@gmail.com

We currently run three classes per week; two Zumba Gold classes, in Snettisham and Dersingham, which are lower intensity classes to help with movement and fitness to suit people less mobile or getting back into fitness. Whether you've never done exercise or are thinking of starting again after years away then this will really help you.

The third is a standard Zumba class at Thornham Village Hall on a Thursday evening at 18:30. Please contact me if you would like further information. Thanks

zumba.com

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HUNSTANTON LIBRARY EVENTS JANUARY 2020

New Year, New You! Throughout January

Considering taking up yoga or sneaking some more veggies on your plate? Want to stop smoking? We've got a wide range of non-fiction on display for you to borrow to support your journey to a healthier, happier you.

Winnie the Pooh Day! Saturday 18th January 2pm (Booking essential)

Join us to celebrate A. A. Milne's birthday. Craft a pom pom Pooh bear and a bouncy Tigger in the box! Play find the honeypots and colour some wonderful Winnie the Pooh pictures. £3 per child.

Year of the Rat! Saturday 25th January 2pm (Booking essential)

Come along and celebrate the Chinese New Year with us! Hear the story of the rat, craft a lantern, good luck charm, lucky rat and a paper fortune cookie! £3 per child.

Coding Club Wednesday 22 January 5pm – 6pm

Come along and learn how to code, have fun and share your skills with others.

Hunstanton Book Club Monday 13th January 2.30pm

New members always welcome. Ask staff for details of the books being discussed Refreshments provided, donations are welcome.

Crochet Along Monday 6th and 20th January 10.30am – 12noon

Come along and crochet, share tips and ideas, with the experienced, novices welcome too. Refreshments provided, donations are welcome!

Colour me Calm Tuesday 14th and 28th January 10.30am -12noon

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

Knit and Natter Thursday 9th January 10.30-12.30pm

Come along and knit with our group, have a chat, swap patterns and ideas. Refreshments provided, donations are welcome.

Jigsaw Puzzle Group Monday 13th and 27th January 10.30am – 12noon

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

Walk and Talk group Tuesday 14th January 2pm from the library

A short walk around the town and then refreshments at the library afterwards. This walk is perfect for those wanting to gently build up their walking stamina.

Quiet Time Wednesday 8th January 5pm – 6pm

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

Who Dunnit? Wednesday 15th January 5.30pm

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

Friends of the Library meeting Wednesday 29th January 2.30pm

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

Journaling for Wellbeing Friday 31st January 2020 1:30-2:30pm

Come along and make your own journal with monthly/weekly diary plans, mood and sleep trackers, colouring pages and more for the following month. Catch up at the following session on Friday 28th February and create the next month's section. Refreshments provided.

WEEKLY EVENTS

Stay and Play! Every Tuesday 10.30am

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

Find My Past Support Every Wednesday morning – Booking essential

Our experienced volunteer will be able to assist you with any Find My Past support or queries you may have. Just book in at Hunstanton library.

Job help session Every Wednesday 3-5pm - Booking essential

Want help to update your CV, using Universal Jobmatch, and searching for jobs online? Then why not book in for a 30 minute session with staff to get you started.

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

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

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

Come along for a cuppa and a chat.

Board Games with In Good Company Every Saturday 10am.

Come and enjoy cards/chess/board games and jigsaws. For all ages Refreshments provided, donations welcome.

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The West Norfolk Singers

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The West Norfolk Singers have a new Musical Director, Jean Hornbuckle, who is keen to attract new, returning and even younger members.

She also has a desire to add newer, more modern material to our repertoire. She is very keen that we enjoy what we sing.

Do come and try us out.
NO AUDITIONS

We rehearse at Heacham Methodist Church on Wednesdays, 7.15pm to 9.15pm (new times)

Please see our website at : www.westnorfolksingers.org.uk or call our chair — Anne Davis on 01485 571315

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BEGINNERS WELCOME

RINGSTEAD VILLAGE HALL

January 2020 Diary

- 4 United Services Club Hunstanton entertainment: Mike Shelby 8.30pm
- 5 Docking Walking Group 11am Holkham Lake & Park. Meet at Village Car Park*
- 7 Hunstanton Community Choir new term of weekly rehearsals begin. 7-9pm at Hunstanton Town Hall.
- 9 Stanhoe and Barwick WI 2pm Needles, but not for Knitting - Nicola Porter, acupuncturist. A talk on the history and benefits of this ancient treatment. Visitors are very welcome; we charge just £3, to include refreshments. The Reading Room, Cross Lane, Stanhoe PE31 8PS. Please note that the remaining meetings for 2020 will revert to the first Thursday of the month. For further information about Stanhoe & Barwick WI, please contact Valerie (01485 576261) or Sandra 01485 518744
- 10 Docking Walking Group 11am Leziate Lakes. Meet at Leziate Village Hall PE32 1EN*
- 11 United Services Club Hunstanton entertainment: Laurie Hayley Duo 8.30pm
- 12 Queen Victoria, Snettisham. Quiz night 7pm. Enquiries 01485 541344
- 14 Docking Walking Group 2pm Heacham North Beach and Promenade. Meet at North Beach Car Park*
- 15 Hunstanton & District Civic Society talk by David Reeve 'The organisation of the Sandringham Flower show' Hunstanton Town Hall 7.30pm
- 16 Live by satellite from The Royal Opera House, Covent Garden The Sleeping Beauty – Royal Ballet Doors 6.30pm Curtain 7.15pm Tickets £15, children £10. Thornham Village Hall
- 16-18 Pocahontas Players Pantomime Freezing in Heacham
- 17 United Services Club Hunstanton entertainment: Quiz Night
- 17-25 The Creakes Drama Group presents Robin Hood, a pantomime written by Rob Fearn and Leo Appleton. Directed by Harry Studd at North Creake Village Hall. Adults £10, under 16's £5 Tel: 07423 732562 www.ticketsource.co.uk/CDG
- 18 United Services Club Hunstanton entertainment: Kenny and the Motives (Live Band)
- 18 Syderstone Village Cinema, with the support of Creative Arts East, presents THE CURRENT WAR (12A) This is the epic story of three brilliant visionaries competing to literally light up the modern world. Thomas Edison is on the verge of bringing electricity to Manhattan with his radical new DC technology. On the eve of triumph, his plans are thwarted by charismatic businessman George Westinghouse who believes he and his partner, the upstart genius Nikolai Tesla, have a superior idea for how to rapidly electrify America with AC current. As Edison and Westinghouse grapple for who will power the nation, they spark one of the first and greatest corporate feuds in American history. Starring Benedict Cumberbatch, Michael Shannon and Nicholas Hoult. Amy Robsart Village Hall, Syderstone PE31 8SD Start time: 7.30pm Advance tickets £3.50 Tel. 01485 578171 or 01485 578244 Email cinema@syderstone.com
- 19 Docking Walking Group 11am Wells Town and Coast Path. Meet at The Buttlands*
- 19 Queen Victoria, Snettisham. Music with Jess Orestano 5-7pm. Enquiries 01485 541344
- 20 Anita's Salon Westgate, Hunstanton Coffee Morning, celebrating 10 years of opening. All welcome
- 20 U3A meeting at Hunstanton Community Centre, Avenue Road at 2pm. Speaker: Peter Horgan on Planning for Later Life.
- 22 South Creake War Memorial Institute, Memorial Pavilion, The Green, South Creake NR21 9PD 10.30-noon Coffee morning. See old friends or meet new ones for a chat. Tea, coffee, cakes & biscuits. Stalls selling cakes, plants, books and cards. Raffle. Peter Haywood 01328 823920
- 22 Thornham Village Cinema: Judy Tickets £5. Doors & Bar 7pm, Film 7.30pm Thornham Village Hall
- 24 Docking Walking Group 11am North Creake Abbey. Meet at Creake Deli/Cafe*
- 25 Hunstanton Conservative Club entertainment: Burns Night with Haggis, Neeps and Tatties, and Music with 'Pride' from 8.30pm
- 25 United Services Club Hunstanton entertainment: Carol Ann Heacham History Group, Old Friends Hall, Sunnyside Close, Heacham, PE31 7DU. 7.30pm. "Heacham Now and Then, Quizzes and Nibbles". Admission £3 (Members £2) including refreshments. Everyone is Welcome.
- 27 Docking Walking Group 2pm Wolferton and Dersingham Bog. Meet at Scissors Park off A149 Wolferton*
- 28 Brancaster Camera Club at Brancaster Staithe Village Hall 7.30pm Print Competition Food + 2. Please contact Jim Till on 01485 210013 or Wendy Calow on 01553 674725 for more information. Visitors always welcome
- 31 South Creake War Memorial Institute, Memorial Pavilion, The Green, South Creake NR21 9PD 7pm-10pm Soup and Pudding with a Quiz £6pp. BYO drinks. Raffle. Proceeds to pavilion funds. Peter Haywood 01328 823920
- Thursday 6th February at 2pm: Norfolk's Village Signs Mike Weatherstone. Visitors are very welcome. For further information about Stanhoe & Barwick WI, please contact Valerie (01485 576261) or Sandra 01485 518744
- * Docking Walking Group contacts: Helena Aldis 07769 850965 / Mike Rogers 07765 571313



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Norfolk's PCC wants your opinion on council tax rise

Norfolk's Police and Crime Commissioner has launched his annual budget consultation and is seeking residents' views on how best to meet them.

During his fourth year of delivering his ambitious Police and Crime Plan for Norfolk, PCC Lorne Green is now asking the public if they would be prepared to pay extra in a bid to build "a safer and more resilient Norfolk" – or prefer no rise at all.

The PCC is required by law to set the budget for Norfolk Constabulary and as part of this, decide how much the Norfolk public contributes to the policing element of Council Tax they pay.

This year's consultation runs until Friday 17 January 2020 and will see Lorne touring the county to seek the views of Norfolk residents.

The Norfolk public are being asked whether they would prefer: No increase in the policing element of Council Tax (the precept) which would lead to reductions in policing services

An increase of around 2% to meet inflation-related cost pressures, meaning at best 'standing still with no investment'

An increase in precept above 2% to enable investment in crime prevention activity, support to build community resilience and policing services

Lorne said: "Through Her Majesty's Inspectorate of Constabularies (HMICFRS), I am provided with external assurance that Norfolk continues to have a high performing, effective well managed police force, and dedicated officers and staff who we should all be proud of.

"However, looking forward to the next five years, the risks in our communities and the pressures on Norfolk Constabulary will continue to be very challenging for the police and the Office of the Police and Crime Commissioner for Norfolk (OPCCN).

"This precept consultation is taking place at a unique time starting four days after a general election. As a result, we do not know the level of funding that will be received from central government for policing for 2020/21 and the specific impact this will have locally.

"I have reviewed the financial position of Norfolk Constabulary and the OPCCN to help me understand more broadly the impact on policing services of a number of scenarios and the options available.

"Raising taxation is a decision no-one wants to take, particularly at a time when, for so many, incomes are stretched. However, we are faced with some stark choices and I need to fully understand how supportive you are of the different options available to keep Norfolk safe and build long-term resilience."

People can have their say by taking the online survey or by getting in contact with the Norfolk PCC office in the following ways:

By post: OPCCN, Jubilee House, Building 1, Falconers Chase, Wymondham, NR18 0WW

By telephone: 01953 424455

By email: TellLorne@norfolk.pnn.police.uk

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Contact: Richard Bird 07860 476 198**

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Written by Warren Marshall & Tom Whybrow
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HUNSTANTON AND DISTRICT INNER WHEEL

Sue Trewin

Club Correspondent

Our International officer, Rosemary Bowett kindly hosted an event in her home in aid of TOOLS FOR SELF RELIANCE, a UK Charity that collects, refurbishes and sends out tools, sewing machines and haberdashery kits to Sierra Leone, Tanzania, Uganda and Rwanda. For people in Africa with skills and drive, a good set of tools can help them earn a living for themselves and their families. Fortunately nobody was stopped en-route as our contributions could easily have been mistaken for house breaking tools!

Christine Earnshaw organised the Hunstanton Christmas tree festival which gave many organisations the opportunity to stage their own trees. These community events are terrific fun and worthwhile. Inner Wheel were delighted to be part of this event. In the photograph our founder member Myfanwy Dunford proudly presents our Christmas tree.

SAVE THE DATE!

Hunstanton and District Inner Wheel Jumble Sale - Saturday, February 1st, 2020 10.30 - 12.30 at St Edmund's Church Hall, Hunstanton. All proceeds will go into our charity account for distribution later in the year.

We send good wishes for Christmas and the New Year.



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Saturday 18th January



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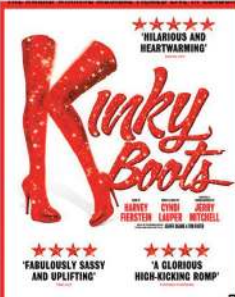
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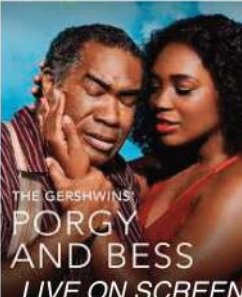
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Tues 4th Feb

Wed 5th Feb

Thur 6th Feb

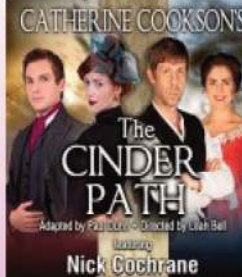
Sat 8th Feb



Nathan Carter



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