

TOWN and AROUND

ISSUE 195 JANUARY 2022

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Local News • Events • Great Outdoors • Features

First word



What will 2022 look like? At the time of writing Omicron cases are rising and we may be facing more restrictions in the coming weeks.

Whatever happens we plan to bring you good stories to lift your spirits together with news from around the area.

I hope you like the snowman on the cover. He was built by our neighbours, Victoria and Steve, last winter and was a magnificent sight. The long range weather forecast predicts a colder than usual January so hopefully we will have the opportunity to build some more this year.

Talking of magnificent sights, the light show at the church at Snettisham continues until 2nd January. It is free and well worth a visit.

My thanks as always to everyone who has contributed pictures, stories, news and advertising to this edition. You are all truly appreciated.

If you would like to provide something for the February issue, please note that the copy date is 12th January.

With all best wishes for the year ahead

Elaine

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2022

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Common car maintenance myths debunked

Abigail Brown

As with most industries, the car world has its own version of Chinese whispers. Unfortunately, it's often hard to determine what's true and what's false. Follow the wrong advice and you could suffer real-life consequences.

So, what are some of the most common car myths?

Premium fuel is better for your car and will increase its performance
This myth can be both true and false, depending on the car you drive. The cheaper petrol fuel has to meet quality standards, so won't harm your car's engine; however, if you have a car with a big engine, the premium option is best as it can make for a smoother, and potentially even faster drive. If you drive a car with an average-sized engine, choosing premium fuel will cost you more, without the added benefits - it makes absolutely no difference to the car's performance in this case.

Roll down the windows instead of using the air conditioner for better fuel economy

Some people believe that rolling down the windows is better than blasting the air conditioning to keep your car cool. It's thought that this reduces the amount of fuel consumed, however it actually makes little difference to fuel efficiency.

You need to change your oil every 3,000 miles

Although this used to be the case, nowadays how often you need to change your oil depends on the manufacturer. Schedule your oil

changes based on your owner's manual recommendations - otherwise you're pouring money down the drain.

Vehicle servicing at independent repair shops will void your warranty

Many people assume that you should have your car serviced at the dealership while it's under warranty, and that going elsewhere will void it. It's in the dealership's best interests to make people believe this; however, this isn't true. Any VAT registered garage can work on cars under warranty—just save your receipts to prove what was done and how much it cost. As long as the garage you go to sticks to the maintenance specified in the owner's manual and does it at the correct times, your warranty will stay intact.

There are lots of motoring myths out there, some harmless, others that could cause serious damage to your car. Hopefully the above will save you some grief. Next month, we'll be discussing the change from E5 petrol to E10...stay tuned!

K Brown Auto Repairs is a family owned and run business based in Hunstanton and King's Lynn. For more information and car maintenance advice visit:

www.kbrownautoskingslynn.co.uk.

Call them in Hunstanton on 01485 533786 or King's Lynn on 01553 763763.

Fund raising success at the Oasis as £300 raised for NARS

Tim Keogh



Youngest member, 15 year old Dylan Smith presenting Dave Cleland the cheque watched on by participants at the President's Day event.

The Oasis Indoor Bowls Club recently raised over £300 for the charity, Norfolk Accident and Rescue Service (NARS).

With over 100 members, the Club has bounced back post-COVID. The Club now has a full programme of morning, afternoon and evening leagues to suit beginners and advanced players alike. There are also regular coaching sessions on Wednesday afternoons for those wishing to take up or improve their game. Throughout the Winter season, singles, pairs, triples and fours competitions are available, with the monthly Sunday friendly events always well attended, with refreshments on hand throughout. Indoor Bowls is an excellent stepping stone for those wishing to progress into the outdoor leagues which take place throughout the Summer.

NARS has been providing an emergency medical response service

on Norfolk's 6,000 miles of rural roads for the past 48 years. They provide specialised trauma assistance at the site of an accident or other medical emergency. Most NARS members are volunteers who give their time freely. NARS' most frequent call outs are to cardiac arrests and one of their aims is to use their headquarters in Dereham to educate the public, improving recognition and teaching Cardiopulmonary Resuscitation (CPR). NARS is funded solely by donations. For more information about NARS or to donate to this invaluable service, please visit their website at www.nars.org.uk.

Oasis manager, Dave Cleland, who is also a member of this charity, was delighted on both accounts. "Whilst we continually try to raise funds for this important charity on a regular basis, our annual President's Day was a great fund raising success. My thanks go to all those involved on the day".

Anyone wishing to take up Indoor Bowls is welcome to come down to the Oasis centre for a taster session. For more information, please contact Frazer Clement on 01485 534449 or Helen Young on 01553 760524.



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When was your coolant last checked?

*For safe winter motoring, contact **K Brown Auto Repairs** today*

Don't think that your car only needs antifreeze in the winter, because there's a reason it's also known as coolant. In addition to preventing the engine freezing in cold temperatures, it also protects it against boiling over in hot weather. Both events can be very costly and extremely inconvenient, which is why regular checks and changes are so important.

Leave it too long and your car can run into all sorts of problems. Over time coolant/antifreeze tends to become more acidic and loses its rust-inhibiting properties - causing unnecessary corrosion and damaging everything from your radiator and water pump to your thermostat and cooling system.

"All cars have different coolant changing intervals which depend on the manufacturer's

recommendations, although some manufacturers don't actually specify this," says Keith Brown, who started K Brown Auto Repairs with his wife Tamsin over 25 years ago. "That's why we always check the history of the coolant every time we service your car and advise you accordingly."

It's also important to use the right coolant/antifreeze for the make and model of your car, since the wrong type can also cause your car to overheat or freeze. It's a relatively inexpensive procedure (certainly against the cost of a damaged engine) and can be carried out fairly quickly. If your car doesn't need a service for some time or you're unsure of the correct coolant change interval, please call the friendly reception team at K Brown Auto Repairs and they'll give you all the help and advice you need. And please note that if you tow a caravan you'll need to change your coolant more regularly.

As we do move into winter, don't forget that K Brown Auto Repairs also

offers comprehensive winter motoring checks - which typically involve a fully-trained and qualified mechanic looking at everything from your tyres and brakes, to your battery, windscreen wipers, lights and oil.

With lower temperatures, poor visibility, snow, ice, and hazardous driving conditions it's vital that your car is in top working order so it's ready to tackle the worst the winter can throw at it. It's better for your car, and it's safer for you and other road users.

"We've always been open and honest with our customers, and we've never carried out any work without letting them know first," says Keith's wife Tamsin. "That's why we've got customers who've been with us from day one and why we're now looking after their children's cars."

To get your car ready for the winter, contact K Brown Auto Repairs today.



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Celebrating a decade of Christmas Tree Festivals

The 10th Anniversary Christmas Tree Festival at Hunstanton Town Hall was a splendid event with 33 trees of varied design and construction.

Local groups, associations and businesses created a display that added festive sparkle to the Town Hall over the weekend of 3-5th December.



Photo credit: Ian Burt

The festival was organised by the Hunstanton & District Festival of Arts and opened by the Mayor Adrian Winnington (above) who said how pleased he was to see so many different groups participating in the event.



Father Christmas with 18 month old Orla Nobes and Orla's mum Lucy Nobes. Photo T&A

Taking a break from packing presents at the North Pole, Father Christmas was on hand to distribute gifts to visiting children.

The winning tree in the public vote was the Hedgehog tree (pictured top right) designed by Hunstanton and District Ladies Circle with the



Matilda Clarkson with the winning tree. Photo credit: Ian Burt



Cinderella Tree in second place and the Community Fridge's Banana was third.

In the shop window competition that ran alongside the Christmas Tree Festival top spot was taken by Lily's Pet Supplies, closely followed by Fen Spirits and in third place was the Hospice Shop. Kemp's Fruit and Vegetable Shop and the Enchanted Plaza received Certificates of Merit.

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*From left: Jenny Chapman, Jill Buttle and Christine Earnshaw
Photo credit: Ian Burt*

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Dersingham flower arrangers deck the doors

Yvonne Fuller's flower arranging class made a Christmas must-have decoration at their early December session.

Blossom buddies meet every first and third Wednesday from 7-9pm at Dersingham Village Centre to learn the art of flower arranging from retired professional florist Yvonne Fuller.

The task for the class was to make a Christmas Wreath. During the preceding days lawns were raked for moss that is bound onto the wire frame, and gardens, hedgerows and woods scoured for pine cones and fallen branches - Storm Alwyn provided most of these!

The class arrived with bags full of greenery and decorations and set to work while Yvonne provided encouragement, tips and sparkly bits from her 'bling' box - a round of Sant-a-plause for the teacher!

By the skin of my wreath I finished the task just in time to take the photo (above) Yvonne is holding it (third from right). Every wreath was different but each was robust enough to withstand a few weeks of windy weather on front doors.

At this simply punderful time of year surely someone is singing 'All I Want for Christmas Is My Two Front Wreath' by now...

The new term commences in February and the first class will be a



techniques session. Anyone who would like to join Yvonne's friendly bunch should telephone her on 07971 896 653.

Stripes for Smithdon sports students

A coaching session was led by Leicester Tigers' Lottie Bozon

Hunstanton's Smithdon High School has teamed up with leading rugby clubs to boost opportunities for students to play the sport.

Students from Years 7 and 9 took part in an in-house rugby festival and coaching session led by the Premier League's Leicester Tigers community coach Lottie Bozon.

Around 60 students participated in a number of drills during a lesson on the school's newly established rugby pitch, with the school's head of PE Dan Ward, headteacher John Hirst and coaching staff welcoming the Tigers community coach.



The Tigers is one of only four clubs in the Premiership to have never been relegated and counts Norfolk's Tom Youngs among its top names.

Also joining the session was Graham Woodcock, chairman of West Norfolk Rugby Union Football Club (RUFC), which has given a set of rugby posts to the school.

The donation is part of an initiative to build links between the club and local schools, including Smithdon High, with the aim of encouraging participation in the sport.

Smithdon High, a member of the West Norfolk Academies Trust, also has plans in place with West Norfolk RUFC to share facilities and coaches to help further develop opportunities for students to experience rugby both inside and outside of the curriculum.

Mr Ward said: "We are grateful to West Norfolk RUFC for the donation of the set of posts and we now have a full sized pitch on



which to play on.

"This has stimulated interest in rugby again at the school with encouraging numbers of boys and girls taking part in our after school rugby club.

"We are excited by the opportunity to build in-club links with West Norfolk."

He added: "It was also fantastic to make links with Leicester Tigers and their community coaching programme.

"We have already had discussions to run further festivals based on the success of this first event."

Mr Woodcock said: "It's great to see the posts up and feedback from the school is very positive with the number of students taking up the sport steadily growing.

"We are keen to continue to foster links with local schools."

Photos: Ian Burt



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Bar 71 50th Anniversary

Geoff Wingrove

Brancaster's Bar 71, formerly The 71 Club, celebrates its 50th anniversary. Brancaster Village Hall complex and forms an integral and focal part of the community facilities that the hall offers.

Hundreds of local people turned out to celebrate this anniversary, which featured live music by local group The Nod, refreshments and displays detailing the history of The 71 Club and Brancaster Village Hall: a very good time was had by all!

Bar 71 has been part of the major refurbishment and extension of the whole site two years ago, which had strong financial support from the National Lottery as well as from the local community. This has included the re-establishment of the village shop and Post Office, which has put the heart back into the village, both being much used.

Following the lifting of Covid restrictions, the Brancaster Village Hall complex, including Bar 71, has gone from strength to strength, with a very significant footfall. It now delivers and hosts a wide range of activities, supporting all ages in the community.

The 50th Anniversary celebrations featured an exhibition on events that have occurred in the village since 1971 and also the development of the site since the Simms-Reeve family funded the original building for community activities in 1904.

To further mark the occasion, the Brancaster Village Hall Committee has approved the development of an archive which will bring together all aspects of this historic and distinguished village and its surrounding areas. Some of this archive, on show at the 50th Anniversary, was put together by Patric Stuart, one of the founders of the 71 Club and now Vice-Chair of the Brancaster Village Hall Management Committee, and Sabrina Rayner, a history student at the University of East Anglia. It dealt in part with the little-known fact that Brancaster was one possible location chosen by the Government in the



early 60s as a site for the UK space centre, which would have had a significant impact on the village and the whole area.

John Wareham, the Chair of the Trustees, thanked the committees of both Brancaster Village Hall and Bar 71, together with staff and all members of the community for their contribution in making this anniversary event such a tremendous success: particular thanks went to The Nod.

Patric Stuart is on the right in the picture, with Neil Bevan, bar manager of Bar 71 on the left.

Brancaster Village Hall Winter Fair

Geoff Wingrove

Brancaster Village Hall hosted a Winter Fair on Saturday 27th November. Despite the presence of Storm Arwen, the event was a great success.



The village hall joined with Brancaster Primary School and St Mary the Virgin Church, Brancaster, to organise a number of stalls and activities, including tombola, bric-a-brac, a home-made produce sale, raffles and competitions. Other stalls were provided by St. Mary's Church, Burnham Deepdale, and local crafts people.

Jo Morris, the organiser of the event, was delighted with success of the Winter Fair, saying it had brought the whole community together in a shared activity and also raised funds for the school, church and village hall, a sentiment echoed by all the stall and activity providers.

Jo warmly thanked everyone who had generously given of their time and contributions to the stalls.

John Wareham, Chair of the Brancaster Village Hall Management Committee, also thanked all the organisers and participants, saying "It was so lovely to have the hall filled with lots of people, interesting stalls and happy laughter". He went on to say that such events play a crucial role in promoting community cohesion – a central plank of the Brancaster Village Hall vision. He looked forward to other community events already organised over the Christmas period and during the Spring. One of these has already been booked for 29th January, when greatly respected international art expert, James Butterwick, will give a lecture on Russian and Ukrainian modern art.

The Brancaster Village Hall Complex provides the following regular groups:

Yoga - Monday evenings - 6.30pm to 8.00pm
 Baby and toddler group - Tuesday mornings - 9.30am to 11.30am
 Coffee morning - Wednesday mornings - 10.30am to 11.30am
 Fitness Fusion - Wednesday lunchtimes - 12.00pm to 1.00pm
 Line dancing - Wednesday evenings - 7.30pm to 9.30pm
 Pilates for beginners - Thursday lunchtimes - 12.30pm to 1.30pm

The Hall also hosts the following:

Community quiz evenings
 Mobile library service
 Scottish dancing
 Specialist food outlets

The village shop and Post Office are also situated on the site, the shop opening daily, and the Post Office on weekdays. Bar 71 is open Wednesday to Saturday evenings and Sundays from lunchtime. More information about activities and events can be found on the following website: brancastervillagehall.communitybookings.co.uk

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Making memories....

Sandra Hohol, Norfolk Holiday Homes

With a new year starting this may be a time for many people to make New Year's Reservations. The last year or so may have certainly put paid to many plans, ideas and celebrations etc, but at Norfolk Holiday Homes, one local gentleman certainly had a very special and particular idea in mind which could change the rest of his life.

We have a gorgeous beach hut to rent in Old Hunstanton and this was the unusual yet romantic venue our gentleman booked to ask his fiancée to marry him. They had a lovely history of memories on the beach and in the area so proposing on the beach seemed very apt – even in the Autumnal October sunshine. We at Norfolk Holiday Homes are used to secrets. The whole process had to be totally clandestine. We had to be careful when we called and he did too as they lived together. Paperwork was all email. The owner provided appropriate refreshments for the few days anticipated celebrations, (no overnight stays permitted in beach huts.....) and the gentleman booked had to sneak time away from his fiancée to decorate it without her noticing his surreptitious behaviour.

Needless to say, when he collected the keys, we wished him luck with his furtive plan. She had no idea what was going to happen over the weekend.....and we had to wait and see in eager anticipation for a few days till he returned the keys.

So, did she say yes? Was the plan worth it? Success!!! As you can



see from the photos the beach hut looked amazing, and we have a very happy couple on the sand dunes in front of it! Sorry we cannot disclose who they are but if you read this, we hope you have now set a date and send our best wishes for the future!

This is not the first proposal. Last year after the end of lock down in July, we had another one on the beach at Heacham. A family was staying in a caravan and unbeknown to their children, dad proposed to mum.....they honeymooned this year in the same property with the children.

In our business over the years (there have been many!) I have booked holidays for and spoken to thousands of people and the majority of them all say the same – they love Hunstanton and that is why so many return. Plus, they all have their own special memories.

Footnote; If anyone has a special celebration and would like to rent a property we can 'prepare' it to your command (within reason) and budget to make sure it is offers the perfect surprise.

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Ground-breaking COVID-19 antiviral treatment trial opens to recruitment

Local GPs and healthcare teams are enrolling participants across the east of England to a clinical trial of new oral antiviral treatments for COVID-19.

The Platform Adaptive trial of Novel antivirals for early treatment of covid-19 in the Community (PANORAMIC) trial will rapidly assess a range of purpose-designed antiviral treatments which could help clinically vulnerable people with COVID-19 in the community recover sooner, prevent the need for hospital admission and ease the burden on the NHS.

These new antiviral treatments are intended for use in the very early stages of infection, by people in the community with COVID-19 who are at higher risk of complications.

Local people can join the study if they are aged 50 and over, or between 18 to 49 years with underlying health conditions that make them clinically more vulnerable. All participants also need to have had a positive COVID-19 test and be within five days of the onset of symptoms.

To enable the benefit of each treatment to be compared against standard care - a total of 10,600 volunteers are needed to take part in each arm of the study. Half of the participants will be randomly allocated to receive the antiviral treatment plus standard care, while the other half will receive standard care alone.

The PANORAMIC study brings together GP practices, NHS 111, Test and Trace, care homes, pharmacies and other NHS and social care service providers from the east of

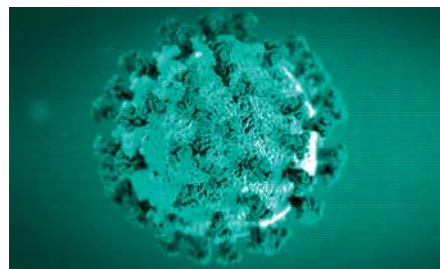
England and right across the UK - who will actively identify potential participants, invite them to take part and support their participation.

Taking part is easy. Local people who receive a positive PCR test for COVID-19 will be contacted by the trial team or a local healthcare professional, such as a GP or a research nurse, to consider enrolling in the study. Alternatively, anyone who meets the eligibility criteria can also sign-up to take part in the study directly through the trial website: www.panoramictrial.org

All participants take part from their own homes, without needing to visit a clinic or hospital. Participants randomised to the group that receives an antiviral treatment will have their medicines sent directly to their homes by courier. Participants will keep a daily diary for 28 days through the PANORAMIC website or receive a phone call from the trial team on days 7, 14 and 28 to speak about their symptoms and any NHS care they have needed.

PANORAMIC has been designed as a 'platform clinical trial', meaning it can rapidly evaluate several antiviral treatments, as and when they become available. The UK Antivirals Taskforce has selected all treatments to be tested. The first treatment to be investigated through the trial will be molnupiravir (brand name, Lagevrio) - a COVID antiviral pill - which has already been licensed by the MHRA.

The results from this highest priority



national study will provide a clearer understanding on how antivirals work in the UK population - which has a high vaccination rate - enabling the NHS to better plan how to make COVID-19 antivirals available for those who would benefit from them the most.

Dr Serge Engamba, Principal Investigator for the PANORAMIC trial at the Norfolk and Waveney NHS Clinical Commissioning Group (CCG) and Primary Care Lead for the NIHR's Clinical Research Network Eastern, said:

"The PANORAMIC trial is essential in finding new treatments which can combat the virus directly, giving those most vulnerable an additional chance to avoid hospital admissions and life-threatening symptoms. Its innovative approach may mean that new life-saving treatments are quickly identified and can be made available in the community. OneNorwich Practices Research Hub is very pleased to have been selected as one of the sites to carry out this ground-breaking endeavour, and we hope as many people can benefit from it as possible."

Top Tips to Keep Well This Winter

Winter can be a time of crisp, bright and frosty days, and a time of festive cheer and goodwill towards our family and friends.

It can also be a tough time for our health and wellbeing, especially if we're alone or feeling isolated over the holiday season. The shorter daylight hours can take a toll on our mental health, and poor weather can keep us indoors and prevent us from doing our normal activities. This winter, more than ever, it's important that you take care of your health. Here are some top tips you can follow to keep yourself healthy and well over the winter, and help your nearest and dearest, too.

1. It sounds simple but...wash your hands! Following good infection prevention and control practices like washing your hands every time you come indoors, catching coughs and sneezes in a tissue and binning it immediately, wearing a face mask in public places, and using antibacterial hand gel will all help to prevent you getting ill from viruses like flu and Covid-19, right down to the common cold. And extra cleaning measures at home are a good idea if you're living with someone who's ill.

2. Stock your medicine cabinet. Be sure your medicine cabinet has everything your family needs to manage common winter illnesses, like paracetamol, ibuprofen, and cold and flu remedies.

3. Be in the know. You can sign up for Cold weather Alerts from the Met Office so you know when there's going to be a cold snap. Be sure to get food and medicine deliveries organised so you are prepared in

case it's too cold to go out.

4. Keep warm. Keep your home at 18C over the winter, and wear lots of light layers to trap body warmth rather than one bulky layer. If you're struggling to heat your home, check you're getting all the support you are entitled to. Find out more at www.norfolk.gov.uk/wintersupport.

5. Keep moving. Don't sit down for long stretches of time, it can make you feel colder and can make your muscles stiffen up too. That can increase your risk of falling. Get up and move around every hour at least. Find a range of activities you can do indoors at www.activenorfolk.org/active-at-home.

6. Be mindful of your mental health. If you're feeling low, there are steps you can take at home to help lift your mood. Search "5 Ways to Wellbeing" on the NHS website for practical ideas to help you stay connected with others, activate your brain, and make you feel good.

7. Look out for others. Look in on neighbours and older relatives. Ask after their health and check if they need any practical support in terms of shopping or medications collection. Don't underestimate the power of a phone call or doorstep chat. Your contact, concern, and conversation can be a lifeline to someone who's lonely or feeling isolated.

Visit www.winterwellnorfolkwaveney.co.uk for more information and advice to help you stay healthy and well this winter.



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Hunstanton Eyecare blog

Here we are again at the start of another year, and I'm sure we are all hoping for good health in the coming months.

At Hunstanton Eyecare we have had to adapt our ways of working, as have most businesses, due to the Covid crisis. Whilst many things are a right nuisance, like endless cleaning and sanitising, we have come to realise that some new things are actually a good idea. We have had to give clients a time slot for every visit for whatever reason even if it was just fixing your specs, whereas before you could just pop in. However, we realised that giving an allotted time enabled us to give quality time to everyone and not feel rushed, sometimes you are like buses when no-one turns up or you all come at once! So this is a practice we will continue.

The main function of an optical practice is to assess the health of your eyes and correct refractive errors with spectacles. We have many machines and gadgets to use and just like modern technology, there always seems to be something new.

A couple of years ago we acquired an OCT, (Optical Coherence Tomography) retinal scanner. The retina is the nerve fibre layer that gives us the gift of sight, you need a healthy retina to see. It is a multi-layered structure and the most important bits are under the surface and not visible to the naked eye, they are also microscopic in size. Thanks to the OCT we can see through the surface and examine all the layers of the retina

Being able to identify and monitor any abnormality within these layers is essential for early detection and diagnosis of some of the major causes of visual impairment such as Macular Degeneration, Glaucoma and Diabetic Retinopathy. The earlier the detection of a problem, the faster the treatment and a happier prognosis for a good level of vision. Therefore, the OCT scan is a vital part of your sight test. The scan will be done before your eye exam so that the images can be discussed with you by the Optometrist.

We often hear folks say that they had a scan at the hospital, or the diabetic clinic, but that doesn't help us. Other agencies do not share their information and that was then and your eye test is now, things could have changed. I know it's £30, but it is the most important test your eyes will have. We all attend for various other screenings, this is just the best one for the health of your eyes. So make your new year's resolution to treat your eyes to an OCT retina scan.

We look forward to seeing you soon.

Annette



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Yippee - the Silver Swans are back!

Canny Jones

We really missed our ballet classes during Covid but now Fiona Fretwell has started up again in the Hunstanton Community Centre on a Wednesday afternoon. We are all so pleased to be back learning the techniques and exercises that help to keep us strong and balanced. We are all very different shapes, sizes and ages - our oldest member is eighty nine and puts the rest of us to shame!

There is no need to have ever done ballet before, Fiona is so good at demonstrating and explaining the exercises. Our balance, posture and co-ordination has improved and I hear Fiona's voice in my head while I am waiting for the kettle to boil, "Pull your tummy in and grow tall." Lo and behold there I am rising up on my toes and standing there without wobbling!

Do come and join us after Christmas when we will have finished appearing as chorus girls in the Thursford Spectacular.....(Not really, I made that bit up - but there is always next year!)

For further details contact Fiona

Phone: 07718 521338

email: fionafdance@gmail.com

Hunstanton goes back in time to celebrate St Edmund

Verity Jowett

A medieval banquet in honour of St Edmund, first king of East Anglia who died at the hands of the Vikings on November 20th 869AD, was held at Hunstanton's newly-refurbished Town Hall on Saturday 20th November 2021 and a great time was had by all.



Over 100 guests, most of whom were in 'medieval style' dress, enjoyed a sumptuous three-course meal which included a Hog Roast, whilst being entertained by knights, minstrels and storytellers from Black Knight Historical <https://www.blackknighthistorical.co.uk/> and local Kings Lynn band Fried Pirates <https://thefriedpirates.weebly.com/>.

Chair of the HDFA Christine Earnshaw said: "We were delighted to see how many people entered into the spirit of the evening and made the evening such a success and my hearty thanks to our committee and volunteers who worked so hard to make it all happen.

Christine added: "We were also very grateful for the help and support of so many local businesses and organisations including Drove Orchards Farm Shop, Tesco Hunstanton, Redgate Bakery, Witley Press and our own Town Council which made it a real community event. Any small profits made from the evening will go towards more community Arts-based events run by the HDFA in 2022."

Keelie's

A new year is upon us
Let's see what it brings
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Sale time at Allez Chic

It's time to bag a bargain says Allez Chic's Cheryl Daubney

Allez Chic have been grateful for the great customer support since they were able to re-open in April 2021.

Cheryl said "It is sad that we are still not completely free of the uncertainty of the pandemic and with this in mind I think people have enjoyed shopping with us as we offer a safe environment with plenty of space and ventilation.

"With more restricted lifestyles, we were conscious to stock many styles that were practical for customers' needs, and let's not forget we still have several weeks of chilly weather so it's time to come and grab something nice for a really good price and help us make room for all the exciting Spring stock to come!"

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Piles and Tribulations – Notes from a rural GP

Dr David Ince

So Happy New Year. It is, at the time of writing, a week or so before Christmas and I am sitting incognito (my usual – full dinner jacketed James Bond) drinking a flat white (whatever that is – but rest assured it is shaken and not stirred) in a well-known coffee shop in Kings Lynn. Trying to focus the JK Rowling coffee shop writing vibe plus the middle child is playing ten pin bowling (do you ‘play’ ten pin bowling – or rather ‘perform’, ‘tolerate’, ‘throw’ or ‘indulge’) – anyhow I have done a ‘drop off’ and escaped to a warm caffeine hostelry. The other two thirds of my fatherly output are with Mrs the other Dr Ince watching the Heacham first team maintain their top position in the league.

I am surrounded by happy shoppers laden with Christmas goodies all in good cheer despite the recent tightening in Covid restrictions and the emerging Lord Omicron, Father Christmas’ arch enemy.

In preparation for the New Year, I thought I would offer:

Dr Ince’s Lucky 7 Top Tips to avoiding a Health Disaster in 2022.

1. Get vaccinated. I know, I hear you scream, ‘boring and predictable’ but also ‘vital and life-saving’. The Covid booster program is being rolled out and speeded up as growing evidence suggests that a booster (in addition to the two primary doses) offers the best protection against new emerging mutations. Equally, there is also more to vaccination than Covid. The ‘new guy’ on the vaccination scene is rather stealing the headlines but the flu vaccination program is in full swing and routine childhood immunizations through general practice and the school nursing service continue to run.

2. Attend or accept invitations for health screening. Don’t ignore or put off an offer of routine screening. In the UK we currently have national screening programs for abdominal aortic aneurysms (dangerous swelling of the main blood vessel in the abdomen), bowel cancer, breast cancer, cervical cancer and diabetic eye disease alongside new-born and routine pregnancy screening. Please do not ignore any invites to attend.

3. Think about your diet, watch your weight and take regular exercise. Obesity is a major public health concern and being overweight is associated with a number of common diseases (cardiovascular, diabetes and certain cancers) and premature death. Over 60% of adults are either overweight or obese and 20% of year 6 children are obese according to latest figures. Little steps can help and turn into bigger steps - consume less salt and sugar, reduce fat – particularly saturated fats, walk when you can and try and take some regular exercise that gets your heart rate up. Exercise also helps to look after your mental health which brings me to number 4,

4. Look after your mental health. So what do I mean by this – Sometimes it is normal to be sad or irritable – we all have ‘off’ days and we have (and need to develop and access) internal and external mechanisms to help ourselves with this. We all need to make an effort to be aware of and to look after our own mental health and encourage others to do the same. We live in a society where we are all told we should be content and happy all the time irrespective of what is going on – unaffected by stress and walking around whistling ‘I’m a lumberjack and I’m ok’ (or whatever your ‘go to’ happy whistle is). This is unachievable; life is hard and stressful. We need to take responsibility for our own mental health – this includes self-maintaining it as well as knowing when to seek help. And help can come by simply talking to someone you trust if you are feeling down and getting enough sleep alongside a wealth of online resources available through the NHS website. Equally for more serious mental health problems there is your GP practice, community pharmacy and the Norfolk Wellbeing Service (www.wellbeingnands.co.uk).

5. Reduce Alcohol (stay sober) and Eradicate nicotine. There are clear guidelines relating to this – don’t drink excessively, try and have nights off and don’t exceed the recommended weekly unit intake. Dry January is great unless it leads to a Flash Flood February. Smoking – if you want to (and you should) then there is help available through the

NHS website (www.nhs.uk), Smoke free Norfolk

(www.smokefreenorfolk.nhs.uk), practices and local pharmacies.

6. Don’t ignore any symptoms that are worrying you.

Most of my colleagues have anecdotal accounts of patients with significant pathology presenting late. If you have a symptom that you are worried about, please speak to your local practice, community pharmacist or go online to the NHS website. Unexplained weight loss, changing skin moles, blood loss (from pretty much any port – coughing or vomiting it up or passing it (bladder, bowels or unexpectedly non-menstrual gynaecological), persistent cough, chest pain or significant shortness of breath on exertion, unexplained lumps/bumps (especially female breasts (along with nipple or skin changes) and, listen chaps, you younger dudes - check your testicles and the older dudes – think about your prostate and whether you have had any recent change in your urinary stream (slowing) or having to get up at night more to pass urine – all of these warrant consideration.

7. Don’t believe everything you read in the press. As I have mentioned in previous articles, I have had patients who have read something in the press and believed it to be true – generally along the lines of all general practice is closed because of my end stage laziness. This has directly hampered their care without any input from the NHS and it has become apparent to me how powerful the press is. I accept that it is merely ‘our turn’ and, at any point, it will switch to politicians, the police, teachers, bankers etc but some sections of the press’s vitriolic campaign against General Practice has seriously undermined the good relationship we have built up with our communities over many years. I know I risk the, very reasonable, ‘when I rang my GP I couldn’t be seen / I was 4000th in the queue / I was offered an appointment in 8 weeks / the only option I had was to go to A&E’; but I would ask you to consider that these complaints may not always be the practice’s fault. Work with us - supply is simply outstripping demand and there is only so much supply available at the Primary Care source. I accept that some practices are managing more effectively than others (and you have to remember we are all small independent businesses that are individually subcontracted to the NHS each with its own unique characteristics and challenges). I would respectfully suggest that the issue is one of central (i.e., way above my pay grade) long-term, strategic poor planning and underfunding in community care. This was becoming a serious problem prior to the pandemic but has been exacerbated by it. General Practice recruitment and retainment of staff is in crisis. Despite my boyish good looks (this is not as evident as I would care for it to be from the photograph offered above), I started medical school nearly 30 years ago. I can assure you that my colleagues and I (in both Primary Care and the hospital) are busier and more stretched than we ever have been in my entire career. Despite this we still have high satisfaction rates, but the pandemic has taken its toll with many older GPs and staff deciding to retire as unwilling to continue and younger doctors/nurses/pharmacists deciding to remain in hospital specialties rather than move into community care. General Practice is the cost-effective cornerstone of the NHS and without it, the system would collapse. I find it amazing that a journalist can extrapolate an anecdote or concern and turn it into front page ‘evidence’ that is then viewed and accepted as fact by millions. I think that consideration should be given to growing the Town and Around readership to a national level and then secreting my lunatic ramblings on the front page.

I think I might have time to squeeze in a tall, iced, sugar-free, vanilla latte with soy milk (I just heard someone order this and it sounds terribly sophisticated) before I pick up the Ten Pin Bowler.

I wish you good health.





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A message from Owen's DIY

We are currently challenged by the closure of access from Southend Road to our business premises.

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Christmas tree shredding events 2022

Residents will once again be able to have their real Christmas trees turned into chippings at one of the borough council's shredding events on 8 January.

Natural wood chipping can be used as a chemical free form of weed suppressant or can be used to improve soil structure, making the most of unwanted Christmas trees.

The events are free for residents and take place as follows:

Saturday 8 January - 9am - 12 noon Hunstanton Recreation Ground car park
Saturday 8 January - 1 pm - 3 pm King's Lynn, Gaywood Plant Nursery, Gayton Road

Only one tree is permitted per household. Decorations should be removed from the tree before it is brought for shredding.

Brown bin customers can dispose of real Christmas trees in their brown bins. If the tree does not fit into the bin it can be placed beside it on collection day. Real Christmas trees will not be collected with black bin refuse collection.

Christmas trees can also be taken to one of Norfolk County Council's recycling centres. For more information visit www.norfolk.gov.uk/recycling.

Town's response to pandemic recognised with special award

The Vice Lord-Lieutenant of Norfolk, Peter Wilson MBE DL presented the special memorial plaque commissioned by Lady Dannatt, Her Majesty's Lord-Lieutenant for Norfolk, to commemorate the resilience of Hunstanton's community during the time of the pandemic at a special ceremony at Hunstanton town Hall.

To accept the award on behalf of the Community the Mayor, Cllr Adrian Winnington, asked Smithdon High School's Head Girl, Caitlin Wagg, and Head Boy, Theophilus Bazeley-Smith, and Mark Williamson, Vice-chairman of Hunstanton Round Table, to join him.

A spokesman for Hunstanton Town Council said: "The plaque has been awarded to Hunstanton's community as a whole for pulling together in the challenging times of the Covid pandemic and it will be placed on the front of the Town Hall."

In his thanks to the Vice Lord-Lieutenant the Mayor said: "The response to the pandemic in Hunstanton had all been down to people; so many had needed to change and adapt their way of working which had



From left: Hunstanton Mayor Adrian Winnington, Smithdon's Head Girl Caitlin Wagg, and Head Boy Theophilus Bazeley-Smith, Vice Lord-Lieutenant of Norfolk, Peter Wilson and Mark Williamson from Hunstanton & District Round Table.

required a lot of extra time and hard work.

"Organisations and individuals had taken it upon themselves to care and provide for those in need of help and there had been a general outpouring of good-neighbourliness."

The Mayor referred to the words on the

plaque that read: 'Live your best & act your best & think your best today', and also referred to Smithdon's motto 'Work hard, be kind and smile', he said: "If we all tried to live up to these then our community would be all the stronger to face any new challenges

The Mayor writes..

Let me begin by wishing everyone a Happier New Year. As we begin a new year we are still living in challenging and uncertain times. Although 2021 was better for Hunstanton and for most people than 2020, there are many who found it difficult. Some, like me, lost someone dear to them during the year. What got many people through difficult times was the care and kindness shown by others – friends, neighbours, relatives and total strangers. One act of kindness, or even a smile, may have helped someone get through a bad day.

2021 was a busy year for the Town Council. The refurbished Town Hall and Community Centre were re-opened for use by community groups and others. Two new Town Council projects were started, the Friday Friendship Group and the Community Fridge, and have been very successful, thanks to the hard work of dedicated volunteers. Young People's groups, Little Lights and The Benjamin Foundation, were supported and encouraged. The Council was able to give financial support to a number of groups including the Hunstanton & District Festival of Arts and the Hunstanton Pantomime. We improved our communication with a number of groups in the community and

recently became part of the new Hunstanton Town Events Committee which is already making plans for next year's Carnival. We continued our efforts to obtain the freehold of the Community Centre and to complete our Neighbourhood Plan. These, like a number of other things, will come to completion during the coming year.

You may have seen that I followed the previous Mayor's initiative by making an appeal for toys and vouchers for Christmas. The response from so many individuals and businesses was fantastic and I want to say a very big thank you to you all. By the time you read this the gifts will have been distributed to local charities and youth groups to give to families and individuals to whom they will bring a bit of extra happiness at Christmas. Shortly before Christmas the Town Council obtained a Norfolk Household Support Fund Grant from Norfolk Community Foundation. This was used to purchase a large number of vouchers from some of our local shops; the vouchers were then given to families and individuals to help them with their needs through the winter months.

My main mayoral duty in December was to open the HDFA Christmas Tree Festival. This was the tenth year this has taken place and once again the Town Council was pleased to provide the Town Hall to host the festival. It is always great to see the variety of trees on display and also the range of groups from around the town which enter a tree. I would like to offer my thanks and congratulations to Christine Earnshaw and other members of the HDFA for organising another successful and enjoyable festival. At the time of writing I am looking forward to attending other events leading up to Christmas and the New Year, including the Town Hall Pantomime, Cinderella.

It seems that we are all, once again, having to change our way of working and going about our daily life in order to protect ourselves and others, even though many of us have received a full quota of vaccinations.



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From the Sage... Dick Melton

Well here I am again the Sage of Hunstanton writing for the Town and Around for January 2022.

I was brought up in East Winch and Dersingham, my wife Joy was brought up in Shernborne and Dersingham so we have always liked wildlife especially birds. When we first got married we lived in a small cottage in Heacham with very little garden and very little wild life, the best thing about this cottage was that it was very close to a public house.

After a year we moved to Hunstanton to be nearer my work at the Kit-Kat in fact we were in the same road, number one Seagate which was a first and second floor flat. We had a bigger garden with lots of seagulls and pigeons making lots of mess, but we did have an advantage we were only 100 yards from the sea and the beach. Also, out of our kitchen window on the second floor we could see Skegness, look right into the Blue Lagoon swimming pool and the railway ran about 10 yards along the side of flat. Unfortunately the blue lagoon was demolished to make way for a car park in 1967 after being there for only 40 years and the railway was closed down in 1969.

In 1970 we moved up to number 3 Willow Road a three bedroom house with a nice garden back and front. We put a bird table in the garden with food on it for the many starlings, sparrows, blackbirds, jackdaws, pigeons and seagulls; we even had a herring gull nest between the chimney pots on the chimney stack and one of the young gulls fell down the chimney! We had a nice front garden that Joy kept neat and tidy with plenty of flowers and two nice holly bushes. After 48 years living in number three Willow Road we moved on to the Hopkins estate down Redgate Hill about three years ago as both Joy and I were having trouble getting up and down the stairs at Willow Road so the council moved us into a very nice new two room bungalow. Our address is number 26 Butterfield Rise, right next to Harry's Way which is next to the Bennett estate on Redgate Hill. The bungalow is right next to the spinney which is within the Heacham boundary so we are only one bungalow inside the Hunstanton boundary, we only have a yard wide strip of land for a front garden but Joy has it all planted up. The back garden is a nice size, all fenced in, with a large tree and a shed up the corner, there is a good area of grass with plenty of room for Joy's



flowers - and lots of wild life.

Right in the middle of the grass is a very large and strong bird table the main thing is the large number of birds that we get up here; we get lots of pigeons, jackdaws and magpies, also many hawks that are after the pigeons to eat, blackbirds and starlings, many doves, some pheasants and partridges. We also get woodpeckers, red kite and only the other day we had a jay sitting on the fence, but the most enjoyment we get is not from any of these birds but from a family of six to seven squirrels when we found out that we had squirrels in the garden we got a feeder with a flap on the front that they have to lift up so as to get inside to get the nuts out. At the moment we are feeding them walnuts as my daughter has a walnut tree in her garden; they keep us amused chasing each other around the garden and then the magpies chase the squirrels pecking at their tails, so out of the four properties we have lived at during are lifetime, this is the best one for wildlife and birds.

October and November is the time to go out looking for sweet chestnuts. There are one or two trees in Hunstanton park but don't forget you cannot go through there - only on a Thursday. I don't know what sort of crop it was this year as I was unable to go.

The best place for chestnuts is Dersingham, as you go through past eight mile stone corner and the village sign then on your right is Sandpit Cottages where a mole catcher and a rat catcher, who both worked for the Sandringham Estate, lived and on your left is, or was, a small gate then there is a winding path that takes you up a slope and on your left is a fairy dell where the fairies and the pixies

dance all night - or so the story goes. Just before you get to the Queens Drive there is a belt of sweet chestnut trees that runs south nearly as far as the telescopic television mast.

When I lived at Dersingham about half a mile away from these trees my father and I would go up there in October to pick up the nuts that were laying scattered about on the ground. It was best to go after a strong wind when the nuts were blown to the ground. When we got them home we would put them in an earthenware jar with a screw top lid, dig a hole in the garden put them in fill the hole in then dig the jar up at Christmas time and the chestnuts would be as fresh as the day we had picked them up.

On the 31st January 2022 it will be 69 years since the great flood of 1953. There are less people about who still remember that terrible night, 31 people were drowned along South Beach Hunstanton including 16 Americans along with their children, 9 people at Heacham, 25 at Snettisham also 15 at King's Lynn, many people ask me how it happened and why.

It all started off in the Irish Sea with a great surge that came round the top of Scotland and carried on down the east coast of England with a gale force north-west wind behind it that had been blowing for four days. A man who had been on the beach getting some mussels for his tea walked into the railway hotel (Wash and Tope) for a drink said the sea will come over tonight. Another man said don't be daft, it's not high water till 7 pm and then it is a predicted tide of only 24 feet, but as we all know it got a lot higher than that. In fact the sea was washing over the promenade by 4.30pm, but nobody seemed worried.

In those days there was no controlled flood alert, it was mainly word of mouth but the in the sixties the old World War Two air raid sirens were brought back into service and they were used for many years. We had four or five around the town but I am pretty sure that none of these sirens are used anymore. A few years ago a system was put into use that is called a precautionary evacuation notice, with flood information on the board and it will start flashing one or two days before the predicted high tide or strong winds. There are two or three around the town, we also have flood information boards along the promenade. That's it, keep a troshin'.

The Boy Dick, Sunny Hunny.
01485 535658.

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Beacon of hope at Snettisham

This year's show of lights at Snettisham church was launched on 4th December and it will run until 2nd January.

Churchwarden Andy Gee said: "Last year we illuminated the Church Spire as a beacon of HOPE for the village of Snettisham, it was very popular with the local community and attracted visitors from as far as Peterborough and Lincoln. In fact, it was so popular that we have decided to run the event again this year."

Designed and installed by Matt Hallard with help from Mike Tandy the lights recognise and honour local heroes and the spire was turned Blue in recognition of the QEH & NHS, and green in recognition of the carers and volunteers who administered and supported the vaccination programme.

"To coincide with our nativity journey in the church building with live animals the light show moved into the full program which will include moving beams and multi coloured displays.

"Our hope is that families will walk up to the church over the Christmas holiday to watch the display (though it will be quite visible from most areas of the village) and pause and reflect on the challenges and triumphs of 2021," he added.

"The event has been supported and sponsored by local business who through their



generosity have allowed us to put on this spectacular light show free of charge for all to come and enjoy," he added.

Photos: Ian Burt



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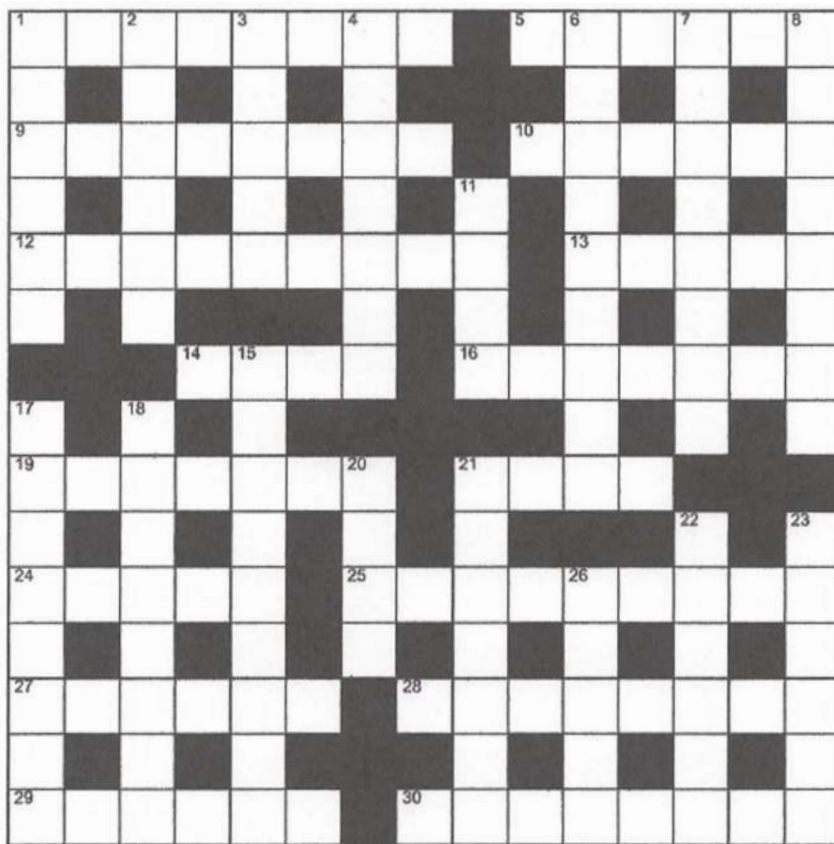
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David Elsey's Cryptic Crossword

Crossword Clues Across



1. Start with nothing, add one and finish with a number in the sixties (4,2,2)
5. Inland Revenue is to make heavy demands on staff (6)
9. Good vintage – do you say in some parts it's rare? (4,4)
10. Sister, for one, isn't tough (6)
12. A mostly metric SAT is changed and shown in feet (9)
13. Tucked in under mattress is tissue (5)
14. This guy is Romeo in pants (4)
16. Problem with service – repaired bit should be connected to earth? Forget it! (3,2,2)
19. Receive support needed to recover (3,4)
21. Album he recorded first was a best seller (4)
24. Is reverting to green source of power (5)
25. An unknown number? Just the opposite (9)
27. Slips and dreads missing start (6)
28. Shakespearian role successful American leaves (8)
29. Dad's at heart of invention that aids digestion (6)
30. Little boy is seen as a favourite (4-4)

Crossword Clues Down

1. Pod – it houses choppers in sheltered spot (6)
2. Gents rise when expected to dance (6)
3. During meeting in Downing Street trouble starts (5)
4. Fancied seeing knight in action (7)
6. Locate and destroy - based on hearsay? (9)
7. State judge is sober (8)
8. Tells tales about published likes (8)
11. Miss dress being taken up, having left (4)
15. Track machinery for jam makers (9)
17. Finish golf, say, before taking on case (8)
18. Bob gets a haircut ... (4,4)
20. ... sheik shaves off current unkempt beard (4)
21. Number, initially, will become hot around the shoulders (7)
22. Gee, is Her Majesty into the blues? (6)
23. Long-standing silver lode is reworked (3-3)
26. Polish while in dry to preserve finish (5)

Crossword solution on page 32

Ray Butchers Su Doku

Easy first...

...then the more challenging

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

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



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HUNSTANTON BRIDGE CLUB

The Bridge Club has moved to new premises, at the recently refurbished Old Hunstanton Village Hall where there is ample parking and easy access. We meet there:

* For regular duplicate play on Thursday evenings at 6.30pm, we finish by 9.30pm.

* For supervised play and for those who prefer afternoon bridge on Friday starting at 1.30pm and finishing by 4.30pm. In this session: players are welcome to consult their notes if they wish and ask for help during the play. And there is no need to book or to bring a partner.

Complimentary tea, coffee and biscuits are now available for players, please bring your own mug.

In addition, on Sunday evenings, starting at 7pm we play online using RealBridge.

Thursday and Sunday sessions both award English Bridge Union (EBU) Master Points.

Now, test your skill and knowledge:

EVEN INTERNATIONAL PLAYERS MAKE MISTAKES

We all curse when we make a simple mistake at the Bridge table but we should remember it can happen to top players also. Take this hand from an international match played by Americans. Dealer North

	S KQ6432	
	H AJ4	
	D AJ4	
	C 6	S 1095
S J8		H 109
H 863		D KQ1075
D 6		C J87
C K1095432	S A7	
	H KQ752	
	D 9832	
	C AQ	

The bidding was 1S—2H—4C—5C—5H—6H where 4C was a splinter bid agreeing hearts and showing at most a singleton club.

On the lead of D6 South was concerned that if the spades did not break he could not dispose of his diamond losers as his entry would have been removed if he won with the A. Thinking that the lead was from either the K or Q he thought if he played low and it lost then the AJ would be protection from a diamond return. So he played low and the diamond return was ruffed and defeated the contract.

As you can see the spades did break and he could have made the contract. At other tables the North hand cue-bid the Ace of diamonds which West doubled to indicate a lead and of course South knew he should take the lead with the Ace and rely on the spades breaking. Funny old game!

On the turf with Charles Joyce

Hopefully, paperboy Richard had T&A delivered in time for readers to get on Bryony Frost who after 3 days at the disciplinary hearing was riding for Paul Nicholls on the first Saturday in December on Greaneteen who won the Grade 1 Tingle Creek Chase at a rewarding 12/1, in the process sending Willie Mullins home to Ireland empty handed. The county Carlow trainer was also out of luck when Kilcruit was beaten at 1/14 in a maiden hurdle run at Cork the next day. Kilcruit is the shortest priced horse to lose in Ireland this century. Readers will recall I mentioned Bryony was very successful when riding for trainer Paul Nicholls. She also does well when teaming up with Lucy Wadham. Together on the Saturday they had two runners placed for each/way returns of 20/1 and 16/1. So a reasonable start to December. On the following Monday Bryony again rode a second at 16/1 along with a 7/4 winner for Lucy Wadham before an 11/4 winner for the same trainer on the following Thursday just minutes before the verdict came out that the jockey whom she had complained about was found to have bullied and harassed her. He has been banned from riding in competitive races for eighteen months.

The New Year is with us and the resolutions made. A punter's resolution must be not to work to keep the bookmaker in the comfort to which he has become accustomed. Okay accepted Denise Coates of Bet365 is a woman. There are several ways of keeping that resolution. The most obvious being not to bet. If you are in the category that you must have a bet, not betting is the best resolution you can have. For those fortunate to have iron man will power cold turkey will be hard, but the longer it goes the easier it becomes. For the mere mortals among us the not betting resolution is likely to be kept as long as the smoker giving up nicotine keeps his resolution. Most people will need some kind of outside help which could be professional or maybe a stimulus such as saving up to take the family on holiday or to buy your first car.

For those who enjoy a bet rather than must bet there are many ways to reduce losses. The first thing to do is decide whether you want to win less money more often or whether you want to win more money less often. The aim some will say is to win more money more often, but others will claim the fairies don't really provide the cash for the lost tooth overnight. If a punter wants to win less money more often he backs the favourite. On average in horse racing slightly more than one in three favourites win, but picking that one from the other two is what keeps the bookmaker in his expensive car and house. The other way is

to seek out value. Generally a punter does not win as often, but ends up with more cash. The punter is beating the market where all known and usually unknown potential happenings are taken into consideration. The drawback is the number of times the punter loses, and sometimes real confidence is required to see it through. For example, if a punter backs all his horses at 10/1 and he wins just one in ten he still ends up winning, but he could be looking at betting and losing fifty bets in a row. Very few are that confident. That is a paper example and real life is very different as a punter is not going to always bet at 10/1 and value could be at much shorter odds.

Looking forward, the third round of the FA Cup is about to be played. The big teams play the minnows and we can expect some shock results. Always be wary in the FA Cup in such matches as the top teams do not regard it as once we all did. This is a good time to get the football accumulator up and running with no internationals or European competitions to deflect the elite teams. One piece of advice with the accumulator is don't get greedy by putting too many teams in. And do look outside the elite leagues where the bookmakers have every eventuality well researched. A winner in Spain's Segunda league at the same prices pays as much as Real Madrid beating Barcelona.

One woman worth keeping on the right side of, especially in January, is Sue Smith who's other half is former world show jumping champion Harvey. When she has a runner that has finished in the first four in one of its three previous races and at least in the first seven the last time it ran she has shown a good return, except for some reason nine year olds. I'm very wary of any 20/1 or bigger in price. She had a successful relationship with jockey Danny Cook, but with his retirement I suspect she'll revert to Ryan Mania who has returned from early retirement, as they won the 2013 Grand National with Auroras Encore together.

If you're feeling really brave for the first three months of the year at Lingfield the bumpers (National Hunt flat races) are run on the all-weather. When there are ten or more runners backing every runner that is ridden by a jockey claiming a 3, 5 or 7 pounds allowance has proven very rewarding, most especially when using the exchanges starting price. Some years there are no winners and even when they do come in you'll be betting on average nine losers for every winner but the reward when they do win is worth the risk of betting so many losers.

A Happy New Year to everyone. Remember, always 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.



Equity Release made simple

James Batchelor, Principal of Evergreen Equity Release Solutions, based in the historic Tuesday Market Place of King's Lynn, on making Equity Release simple

When my business partner Nigel Barrett and I first formed Barrett Batchelor Mortgage Services LLP in King's Lynn, our aim was to not only be professional and efficient, but also ensure the service offered was personal and friendly. We firmly believed this was essential to make our company successful – and was also what the people of West Norfolk required.

We were (and remain) determined to treat our clients with the respect they deserve and ensure they don't feel as if they're just a number, as can be the case when dealing directly with the big banks.

When we made the decision to extend our range of services a number of years ago by forming Evergreen Equity Release Services, it soon became apparent to us that this personal approach was probably even more important when dealing with people who were considering Equity Release.

Important decisions have to be made when people are approaching retirement – and using your property to raise funds could be the most important one of all. It's fair to say that Equity Release isn't for everyone, and part of the process I guide people through is explaining the other options available to them.

In addition to this, future plans and state benefits could be affected – it's not a decision that should be rushed into,

and it all depends on your individual needs and personal circumstances.

Having said that, more and more people are recognising the benefits of raising money this way, and it can be a very efficient way of doing so.

Many of you will still be very active in retirement, and still have plenty of plans ahead of you. If you no longer have a wage coming in, and your private pension may not have performed as you'd hoped for, the question that could be asked is – how can you fund your future plans?

For many, it could be a case of having the majority of your wealth locked up in your home. Where some will look to downsize their property to release some money (not a cheap option in itself when you take into account the fees from Estate Agents, Solicitors and potential stamp duty on the new purchase), more and more people are looking at the option of staying in their current property, and raising funds via



Equity Release to enable them to do so. One thing I'm very keen to do is explain to people how the Equity Release market has evolved over the last 25 years. You no longer have to sell your property to the Bank, so you still retain ownership of the property. Another important point is the 'No Negative Equity Guarantee' – which ensures the amount you borrow will never exceed the debt on your property.

Examples of how I've assisted people with their Equity Release requirements are:

- Raising funds to boost their income in retirement
- Clearing an outstanding mortgage on a property
- Property improvements
- Assisting family members financially
- Funding new or existing hobbies, such as caravanning

There are of course numerous other reasons you may be looking to raise money, and the importance of discussing such matters in detail with a fully qualified Equity Release Adviser can't be stressed enough.

A big concern I have is that many people decide Equity Release isn't an option for them without being in possession of the full facts. They could be missing out on a great opportunity because of this, and that's why I offer a completely free consultation without obligation. I'd even suggest you bring a family member or a trusted friend with you to the meeting.

If you're fast approaching retirement (Equity Release is available to over 55's only) or have already reached this milestone in your life and would like to explore the options available to you, I'm here to offer an expert helping and guiding hand.

To understand all the features and risks, please ask for a personalised illustration. If our service is of any interest to you, I'll be only too pleased to visit you in the comfort of your own home if you'd prefer.

JAMES BATCHELOR
Principal

27-28 Tuesday Market Place, King's Lynn PE30 1JJ

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Wild in Westminster & West Norfolk

As I write this article, it is two years since the December 2019 general election. Aside from the focus on Brexit in the campaign, my priority for North West Norfolk was increased investment in the QEH. Recent Town and Around editions have had contributions about the hospital, so I want to use my monthly column to update you on expectations for the year ahead.

The builders, electricians, and other tradesmen that I saw earlier this month working furiously to complete the new Emerson Unit will I'm sure meet the deadline to open in January. Following a public vote, the unit was named after Chrissie Emerson who tragically died of Covid in 2020. This facility brings together a range of services including urology, pain service, rheumatology, gynaecology, antenatal care, obstetric ultrasound, and a day assessment unit for pregnant women.

The new unit is being funded as part of the £20.6 million capital investment provided by the Department of Health to improve the facilities for patients and staff. Certainly, there was a sense of excitement about its imminent opening when I visited.

As well as the Emerson Unit, a new £12.5 million Endoscopy Unit is set to open in the

spring. It will modernise facilities and create decent space needed to enable QEH to make space for movement of wards and work to install failsafe roof supports where necessary to deal with the well-known concrete plank issues.

I was also delighted when a further £3 million of funding was announced last month to create a new West Norfolk Eye Centre. This Department of Health and Social Care funding is part of plans to recover elective services and will mean there is a dedicated ophthalmology outpatient facility within the Emerson Unit. So what does this investment mean for patients? Well, the good news is that a new bigger facility, more capacity, and better design and ways of working will mean that once it opens - also in the spring - that there is expected to be an additional 2,000 appointments every year.

This £20 million investment in modernising the hospital has rightly been welcomed by the Trust and it will help to deliver a better experience for patients and a better working environment for QEH staff who are focused on delivering improved care.

But while all these developments are undoubtedly good news, the campaign for major investment in a new hospital continues unabated. QEH has submitted two expressions



James Wild MP
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www.jameswild.org.uk
@jameswild

of interest to be one of the next 8 new hospital schemes which I with the support of other local MPs have lobbied the Health Secretary, Prime Minister, and other ministers to back. The Health Minister leading the process told me that a decision on the first phase of that selection process is expected early in 2022.

The case is compelling and I will continue to champion it to get the investment that people across West Norfolk and beyond deserve.

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The Terrace



Pride in our Neighbourhoods 61

Andrew Murray

How will your Transport needs be met ?

The East is a fantastic region with talented people, innovative businesses and a wealth of natural as-sets. It is no wonder more people want to live, work and learn here. But it's fair to say our transport networks hold us back. Through Transport East, local authorities, enterprise partnerships, business groups and wider partners are working hard to change this.

Transport shapes our day-to-day lives in ways we rarely consider – where we live and work, the shops and services we access, our health and wellbeing, our towns and cities, and how we spend our leisure time. And the personal travel choices we make affect our neighbours, places, country and world.

Transport East has launched a consultation on their draft proposals for transport policies for the region which stretches from the North Norfolk Coast right down to the Thames Estuary, an area of over 5000 sq. miles with a population of 3.5 million. In 2018 the East of England saw the lowest per cap-i-ta government spend on public transport nationally, and the fourth lowest across transport overall. This needs to be addressed as part of the levelling up agenda.

The four priorities for better transport for everybody living, working, and learning in the region up to 2050 are 1. Reducing carbon emissions to net zero; 2. Connecting growing towns and cities; 3. Energising coastal and rural communities and 4. Unlocking international gateways.

The on-line consultation is open until Sunday 30 January 2022. This is your chance to help to improve the draft strategy and shape the future of transport for the East of England. To learn more, you can participate in a Webinar on Tuesday 11 January 2022 from 7pm to 8.30pm; view a virtual exhibition on-line or read the public brochure. <https://www.transporteast.org.uk>,

The vision is of a thriving economy for the East, with fast, safe, reliable and resilient transport infra-structure driving forward a future of inclusive and sustainable growth for decades to come. This Transport Strategy sets out exactly how we are going to do it over the next 30 years. A high level of growth is anticipated with an increase in population by half a million with 566,000 new homes and 295,000 jobs by 2041. The region could increase its £73 bn contribution to the treasury to £119 bn by 2050 if there is the right investment in the right places.

Reducing carbon emissions to net zero. The car dependency and the fact that half of the UK's freight containers are moved through the region mean that currently 42% of all carbon emissions are transport related and contribute to many areas of poor air quality. This is well above the national aver-age. In order to achieve both a net zero level of carbon emissions and reduction of congestion, there needs to be a massive shift away from journeys made by private car to walking or cycling for short journeys and public transport for longer ones. Because railways were built to radiate out of London, orbital east-west connections are very limited. At present much freight from the east coast ports is transported towards the congested tracks of north London before going onward to the Midlands or the North. Electrification of the main freight routes, the construction of the railway from Cambridge to Oxford are crucial as is the capacity increase just north of Ely. Even in urban areas, 28% of people still do not have an hourly or better weekday daytime bus service within 500 metres of their home. Dependency on the private car is exacerbated by uncertainty about fares and tickets, and unclear in-formation on routes, services and operating hours.

Connecting growing towns and cities. Six core corridors crucial to the movement of people and goods have been identified which link growing urban areas, ports, airports with each other and the rest for the UK. One of these is an east-west linkage through King's Lynn from the Midlands and the North to Norwich and Great Yarmouth. A second core route is south from King's Lynn to Cam-bridge and London. All six of the corridors have a start or end point at the coast.



The strategy sup-ports the reopening of new lines and stations through the Restoring your Railway programme, including Kings Lynn to Hunstanton, and Wymondham to Dereham. The 13 ports and 3 international air-ports connect Britain to the rest of the world but constraints in both the road and rail connections to these hubs slow deliveries, add costs and make it harder for businesses to trade internationally.

Energising coastal and rural communities. Evaluation and promotion of the transport needs of our coastal towns is part of the strategic network plan and corridor studies, to improve sustainable connections from our coast with the rest of the region and the UK. The region has 500 miles of coastline. 21% of the people live on the coast and 33% live in rural areas. Poor connections are a particular challenge for many people living in our rural and coastal areas, making it difficult to access jobs, education and essential services. Two-thirds of our rural residents live in a 'transport desert' where there is no realistic alternative to the private car. With communities cut off further by poor broadband and mobile provision. High unemployment, low wages, low productivity and poor health are prevalent in coastal areas and can all be linked to inadequate transport. Rural and coastal areas in the region are home to a disproportionately high number of people over the age of 65, which creates challenges related to isolation and access to healthcare. Poor accessibility is also a key factor for those areas of embedded deprivation. Better connectivity both along and to our coast is vital.

Hunstanton & District Civic Society

The AGM of the Society was held at the Heritage Centre on 8th December; once the statutory reporting documents and financial accounts had been approved, the new Committee was duly elected for 2022.

After the AGM, members took part in discussions on shaping the future of the Society (which will celebrate its 20th Anniversary in August 2022). Based on feedback received during these discussions, the Committee will finalise proposals for submission to the membership early next year. Covid rules and regulations permitting, we have a talk planned for 19th January 2022 to be given by David Reeve who returns to entertain us with more stories of his time protecting the Royal Family. This should take place at 7.30pm at the Heritage Centre. Entry Fees: £1.00 for Members and £4 for Non-Members – Refreshments included. The Heritage Centre will reopen to the public in mid-February, having closed at the end of November due to a significant reduction in visitor numbers.

We wish all of our members and friends a very Happy New Year and hope that 2022 will be better for everyone!

Where are we now?

Jo Rust

On Sunday 12th December we held our last campaign session of the year in the town centre. We had been out on Saturday 11th and on Sunday 21st November encouraging people to sign our letter to Santa aka Sajid Javid. The letters expressed our disappointment that we hadn't heard whether our hospital had been shortlisted and went on to request that we were included on the shortlist. We managed to get hundreds and hundreds of these letters signed as well as a "Santa's Scroll" full of signatures. People were literally queuing up to sign a letter. Letters signing sessions have also been held in Hunstanton as we know not everyone comes to King's Lynn. Many thanks to Yvonne Bridger and Jordan Stokes for holding those events.

I am now in the process of organising a meeting with the local MP, James Wild, to hand them over to him. He's a difficult person to get to see, but his office have now been in touch, so I'm

hopeful I'll get them to him before Christmas.

As one of the borough councillors who sits on the planning committee, I was pleased to be able to pass the application for a new endoscopy unit to be built at the QEH. This building will provide much needed decant space to allow the vital failsafe work to be carried out. The failsafe measures will temporarily secure the dangerous RAAC planks that are the cause of the problems there. It's important to remember that even with this essential remedial work the hospital will still be obsolete by 2030. The work won't change that, just ensure that we can still use it for another nine years.

All us campaigners are worried that the government will try to claim that the new unit is actually a new hospital. This has happened before when the Minister for Health opened a cancer unit in the Cumberland Infirmary in Carlisle claiming that it was a new hospital. Worryingly, the Department for

Health and Social Care, when it put out the invites earlier this year for NHS trusts to express an interest in being involved in being one of the 8 new hospitals defined a new hospital as one of three things -

- a whole new hospital site on a new site or current NHS land (either a single service or consolidation of services on a new site)
- a major new clinical building on an existing site or a new wing of an existing hospital (provided it contains a whole clinical service, such as maternity or children's services),
- a major refurbishment and alteration of all but the building frame or main structure, delivering a significant extension to useful life which includes major or visible changes to the external structure.

So technically, they could claim that the new unit meets the criteria to be claimed as a new hospital. But that's not what we would consider to be a total new building that can deliver all our



health care needs.

On the horizon is also the new Integrated Care Systems which will change how our NHS delivers services. Another worry here is that management from our hospital will be working with the NNUH and the James Paget in Great Yarmouth in what's known as an Acute Provider Collaboration. That in itself isn't a concern, but what is, is that there will only be one place on the board of the ICS, shared between the three hospitals. Our voice and our needs might get pushed down the agenda. Let's hope not.

No time for complacency about flooding

Environment Agency urges action as Met Office warns of above average likelihood of a wet winter

Nearly two in three households at risk of flooding don't believe it will happen to them, new analysis revealed by the Environment Agency on Tuesday 23 November, has warned. It comes as the Met Office has said there is an above average likelihood of a wet winter.

The new analysis has been released at the start of Flood Action Week (22–28 November 2021), when the Environment Agency is urging people to check their flood risk online, sign up for flood warnings and, if they are at risk, know what to do if flooding hits. Those at risk are encouraged to follow the advice to 'Prepare. Act. Survive', specifically:

If there is a flood alert – prepare by packing medicines and insurance and other important documents and visit the flood warning information service.

If there is a flood warning – act by moving family, pets and belongings to safety. Turn off gas, water and electricity.

If there is a severe flood warning – survive immediate danger by following the advice of emergency services or calling 999 if needed.

Will Lang, Head of Civil Contingencies at the Met Office said:

"Winters in the UK usually includes a wide variety of weather and this winter looks to be

no exception. However, when looking at the big global drivers that impact weather in the UK there are indications this winter could be wetter than normal.

"Although these wetter conditions are most likely in January and February next year, details will become clearer nearer the time and information can be found on the forecast pages of our website."

With just 30cm of flowing water being enough to float a car, drivers are also being warned not to attempt to drive through flood water and take extra precautions in wet weather.

Checking if you are at risk is simple - log into <https://www.gov.uk/check-long-...> and put in your postcode. You can see a map of your area like these ones I sampled in King's Lynn, Hunstanton, Dersingham and Snettisham.





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The Barking Bugle

NEW CHALLENGES AHEAD AND TWO NEW REPAWTERS



As I put paw to paper I have to admit a few tears are trickling down my little face right now. I have been the Editor of the Barking Bugle for quite a while but I now feel the time is right for me to finally retire and put my paws up! I learnt so much from my lovely brother, Frodo. Due to his expert tuition, guidance and patience I have learned how to spell, type and develop that sixth sense you need for the pawfect scoop. He has taught me impawtant life skills such as knowing when to have a good scratch and when not to. I have experienced so many different things since becoming a repawter. I have met lots of humans and their doggies, and as a result my confidence has grown enormously. To be honest I now want to devote most of my time to chasing my own tail madly, rolling in horse poo, rubbing myself against horrible, smelly things on the beach, eating heartily and having a good kip.

I have decided to hand the reins over to my little sister, Miss Zsa Zsa. From January 2022 she will be the new Editor of the Barking Bugle. I didn't think we had much in common at first but I have grown to love her deeply. She didn't have the best start in life, being an ex puppy farm doggy who had litter after litter in squalid conditions. She looked so undernourished and frail when I first laid eyes on her. Truth be told we didn't see eye to eye at the beginning but she gradually began to trust me. Under my tutelage she started to learn the skills that Frodo had taught me, and boy was she a quick learner! Before you knew it she was bossing me around! I do feel that the time has now come for her to become the new Editor of the Barking Bugle. She definitely has that 'X' factor. She is seriously cute, very diligent, has great communicative skills and a keen ear for a story.

I would now like to tell all of you about some other news which I have found very difficult to keep secret because it is soooo exciting. This autumn, with Miss Zsa Zsa's help, I have been training up two new junior repawters, Ziggy Bear and Clara. It has been hard work because they are so boisterous and all they want to do is play, poo, lick me to death and scoff their faces. They don't want to do any work at all but I have to say they have been making some progress. They are great characters and I am sure you will hear all about their adventures very soon.

It just goes to show in life that you must never give up, however sad and down in the dumps you may be. Good things do happen. Just look at Miss Zsa Zsa! She came from nothing and is now soon to become an Editor of a magazine.

I would like to say a huge THANK YOU to all you humans and doggies out there who have been supawting me over the years. Without your woofs and barks of encouragement I would not have been able to do this job. I have had some incredible adventures but now I think I deserve more ME time. I hope you all keep reading about our escapades. I am sure Miss Zsa Zsa, Ziggy Bear and Clara will do an incredible job and I am confident the Bugle remains in safe paws!

Woofs Pupstar,

Former Editor of the Barking Bugle

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Well-earned retirement for the Greyhound stars

Tim Keogh

The Greyhound is believed to be one of the oldest dog breeds, with cave walls depicting their image discovered from over 4,000 years ago. It is also the only breed mentioned in The Bible. Initially bred as a hunting dog, greyhounds (along with Whippets) were the obvious choice when it came to dog racing. Greyhounds can reach speeds of up to 45mph. A popular past time amongst the gentry in the Middle Ages, dog racing within stadia emerged in the early 19th Century. It's popularity grew and reached a peak in the 1980's.



Nowadays, there are 19 registered tracks in the UK. The most famous racing greyhound of them all is undoubtedly Ballyregan Bob, who won 32 races on the trot in the 1980's, he was a household name and there is a statue of him in Brighton.

Nestled to the west of King's Lynn is one of the 48 Greyhound Trust's national homing centres, run by Debbie Albins for the past six years.



Centre manager, Debbie Albins with Reason

The Greyhound Racing industry received a bad press in recent years, by a small number of poor trainers with questionable training methods and not having

the dogs interest at heart when their career had finished. As a consequence, the industry cleaned its act up and unscrupulous trainers are now very much a rarity. As Debbie quite rightly says, "the vast majority of racing greyhounds are actually very well looked after, well trained and well fed, making them such good homing options for those very reasons".

Debbie has already homed 48 Greyhounds this year. Whilst they can accommodate as many as 12, there are presently 6 dogs in residence. Debbie has a number of respected trainers who she deals with and trusts, there is even a waiting list of dogs looking to come to the centre. One of those trainers is Kent based Katie O'Flaherty, who trained and raced What todo Olly.



Olly

Presently, Frankie, Rosie, Victoria, Rupert, Carly and Olly are in residence. All, except Rupert, raced. It turns out Olly, though, was rather good. Not the largest, he plainly possessed a talent, winning ten races. Unfortunately, injury meant he had to retire. They say a dog never forgets and the glint in his eye inferred he knew he hadn't been half bad! What is so striking about these dogs is how content and happy they are, a seemingly natural nature most greyhounds are born with.

All dogs possess different personalities, but greyhounds seem to possess one of the most genteel natures of all breeds, very calm, loyal and (usually) well behaved. Indeed they do not need extreme amounts of exercise either as you might expect of an



Victoria

athletic breed, two 20/30 minutes walks a day usually more than adequate. They are not called the fastest couch potatoes for nothing.

Whilst the Greyhound Trust provide invaluable cover for vets fees and food, each centre is also reliant on donations. Boxes of doggie treats are often left at the centre by caring greyhound and dog fans alike, sardines being an unusual but popular choice amongst the dogs (good for their coat too no doubt - each of the dogs possessing the most beautiful glossy fur). The centre is also indebted to the help provided by three local vets - Terrington, The Crossings at Downham Market and Coastal Vets at Snettisham. Chris Tansley, the senior surgeon at Coastal Vets, has even researched and successfully undertaken a relatively new treatment on Greyhounds suffering with painful corns.

The centre is also reliant on volunteers who walk the dogs. Presently they have 9 people who turn up regardless of the weather to give the dogs their daily walks. "Without these people and the donations, we wouldn't be able to do it", explained Debbie. With three greyhounds and a Galgo herself, there really is no let up, it's a full time job. One, Jetstream Reason, was the Champion Hurdle winner in 2015. Debbie's only luxury now is being able to go and watch Kings Lynn FC play on a Saturday afternoon and, maybe, enjoy the occasional glass of wine after a busy day with the dogs. Debbie spent nearly 30 years training guide dogs before

setting up the homing centre, so has dogs and their interests truly at heart. "We've completely transformed the centre, so the dogs get heating, comfort, space and the opportunity to roam outside. Whilst I do get attached to them all, it is always pleasing to see them happily homed".

For more information about volunteering or donating you can contact the Debbie direct on 07944 578125. You can also follow the progress of the centre and the dogs on Facebook (Greyhound Trust King's Lynn).

Those considering homing a greyhound can contact Debbie direct for a chat or to arrange a visit. Alternatively, you can go to the website at www.greyhoundtrust.org.uk (and select Kings Lynn). The focus on homing is very much about ensuring there is a good match as each of the dogs have different requirements. This approach plainly works, as it is quite rare for a dog to be returned - although Frankie is presently the longest serving resident with slightly more specialist needs than the others. Kate Mansell, who lives in Hunstanton, has recently homed Treacle from the centre after her previous Greyhound unfortunately died. She said, "they are such great companions, there really is something special about the breed".



Kate Mansell with rescue Treacle enjoying some doggie ice cream

Finally, for those that already own a greyhound, the charity greyhound walks maybe of interest where owners of greyhounds and lurchers meet up on the first Sunday of every month across various venues in Norfolk and Suffolk to walk their dogs with fellow owners. For more information, please visit www.greyhoundwalks.org.uk.

Nature notes with Carrie Carey

Standing on the rim of the Grand Canyon during a thunderstorm is one of the most spectacular sights I've witnessed. Lying low across the horizon, a belt of black cloud rolled towards me until it grew into a monstrous tower hiding the light of the sun from view. A white flash, a taper of light, split the knell of the thunder clash and set the landscape ablaze. Brilliant oranges, reds, and purple streaks of rock seemingly on fire. The blackened silhouette of a single tree trying to defend itself against the mad fury of the wind, but to no avail.

Eons ago, the forces of the mighty Colorado river carved out the canyon and it has weathered the storms of nature ever since. Scottish born naturalist John Muir remarked that 'although the canyons had been saved from avalanches, a thousand tempests and floods, they could not be saved from fools'. Muir's passion for the wilderness so inspired President Teddy Roosevelt that when he visited the Grand Canyon he famously declared "Leave it as it is. You cannot improve on it".

It would be hard to argue that the same could not be said of any region of natural beauty. The importance of landscapes cannot be overlooked. Whether we enjoy their aesthetic value, sense of space or cultural heritage, we are dependent on the ecosystems they protect. Imagine an area the size of India being struck by a meteorite and disappearing from the face of the earth. Can you picture the outcry, the angst...the coalition of governments dashing like madmen on a highway to fix this crisis? Would it surprise you to know that a terrestrial wilderness equivalent to India has been lost to farming, mining and human settlement over a 20 year span during our lifetimes? We're squeezing nature into smaller and smaller pockets of land and losing shorelines to swelling seas. We're having a planetary emergency, yet it's barely been headline news.

Slowly though the penny is dropping, and world governments are taking note. This year the international climate change conference (COP26) took place in Glasgow to finalise the 'rulebook' of the Paris Agreement. As a result, commitments were made by 151 countries to tackle the effects of climate change. However, global policies need to translate into effective national action and following COP26, the long-awaited Environment Act 2021 (England and Northern Ireland) was passed. Many conservationists see this as the turning point in our relationship with nature as we pledge to meet targets that support the recovery of our natural world. It is not the perfect solution by any

means, but it is a significant step forward in our battle to save the wildlife, landscapes and natural heritage that we love.

This crucial piece of legislation has been shaped by a multi-organisation effort including the RSPB. Over the last decade, RSPB members and supporters have raised their voices to call on the UK Government to step up and address the current environmental crisis. Thank you for that.



Photo credit: RSPB images

Taking this forward, the RSPB family had a strong presence at COP26 both within and outside the official campus. Our youth movement spoke passionately about the planet they love and stood with us in the #marchfornature day of action across the UK. And we won't stop here. The RSPB continues to lobby behind the scenes to future proof landscapes and protect vulnerable species. It is only through hard work, dedication and commitment that we'll make the differences that might just save our planet.

I started with a quote from a US President and I'll finish with one: "If future generations are to remember us with gratitude rather than contempt...we must leave them a glimpse of the world as it was in the beginning" (President Lyndon B Johnson).

If you'd like to know more about the work of the RSPB and how you can help, please go to www.rspb.org.

MPs call for a moratorium on new incinerators

Regular readers of this magazine will know that we have consistently campaigned against incineration for environmental and health reasons.

We oppose the building of the MVV Energie incinerator plant near the Norfolk border near Wisbech and believes it to be in breach of Norfolk County Councils own policy of 'No Incineration In Norfolk'.

Very late for this print edition but extremely important, we at T&A received an e-mail from Cllr. Alex Kemp, coordinator for the Anti Incinerator campaign. It reads:

"Dear All, in case you haven't seen it, the All-Parliamentary Group on Air Pollution has just published a report, calling for a moratorium on all new incinerators because of the health hazards of particulates. (Link below).

The Parliamentary report says matter from incinerators found in

children's toenails, and in eggs 15 km away. There is no safe level of particulate matter. Poorer areas already suffer disproportionate effects from air pollution. The area of West Norfolk in the Incinerator's Plume Area is in the most 30% deprived in England. The West Norfolk Border Incinerator in Wisbech could be as harmful as the South Lynn Incinerator would have been, as the plume dynamic study area - when the emissions could fall - is 15 km- right on Lynn's doorstep.

County Hall needs to put its duty to young people and to Public Health first and say no now.

I have written to Andrew Proctor to ask CH to put out a statement opposing the West Norfolk Border incinerator. Could you all write to him as well. Andrew.Proctor:Cllr@norfolk.gov.uk

Now the MP's Report has confirmed the health risk, County Hall must put out an immediate statement and tell MVV Energie and the Govt it opposes the facility."

<https://appgaq.files.wordpress.com/2021/12/211208-waste-incineration-and-public-health-appg-air-pollution-report.pdf>

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R&B IN TUNE WITH YOUR MACHINERY NEEDS

Plant of the month: Nerines

Wendy Warner

You may ask why a plant that flowers in September is being featured in January, the answer is that you need to buy them now! We have so many customers ask for Nerines when they are looking spectacular in other people's gardens in the autumn, and constantly having to explain that you need to purchase them in bulb form in the new year, to plant in the Spring. After Dahlias, Nerines are now our second most popular summer flowering bulb, beating the likes of Begonias, Lilies, Gladioli, Cannas and Callas.

Nerines are also sometimes known as Guernsey Lilies and their lily-type flowers appear like starbursts or fireworks on bare stems in early autumn and although the vivid pink Nerine bowdenii is by far the most common, and the most hardy, they are also available in white, red and very pale pink. Some of these other shades are less hardy and are better grown as a greenhouse or conservatory plant. Their leaves appear in winter after the flowers have faded and should be left, like all bulbs, to die down naturally before removing in late spring. Most will flower at about 50cm (20") tall and they make good cut flowers if you can spare some from the garden.

Plant Nerines in a well-drained site with



full sun. The ideal position is it at the base of a sunny, south-facing wall or fence. A good summer baking encourages plenty of flowers in autumn. Plant the bulbs shallowly two-thirds into the soil with the neck above the surface in the sun, and ensure they are not shaded by other plants. Water them in well and check watering weekly during the

growing period from April to June especially if shielded from rain by a wall, but do not water in the summer when foliage naturally dies back. Nerines may not flower very well in their first year but will flourish in subsequent years. They dislike disturbance so once planted try to avoid moving them. Older, established clumps can become congested which will often result in less flowers and these are best divided and replanted in the spring.

Nerines can be planted permanently in pots using a mix of peat free multi-purpose and loam-based compost and coarse sand, in the same way as in the ground and placed in a similar sunny, open position. They can be planted close together but not touching and again choose a large enough pot so they don't need to be disturbed for a few years. This would be the best way to grow Nerines if you have heavy soil and for the more tender varieties so that they can be moved into a greenhouse or conservatory for the winter.

Locally I always admire the stunning display of Nerine bowdenii in a garden alongside the A149 driving into Hunstanton. So if you want to add some Nerines to your garden, remember to buy them now!



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Muddies & Butterflies

Louise Barby, Balanis

"Yesterday is history, tomorrow is a mystery, but today is a gift. That's why we call it the present" - A.A.Milne

Sometimes it is hard to just get started in the garden in January. Pick a sunny, bright day and promise yourself just 30 minutes to work on an area, whether it's raking leaves, trimming evergreens or planting a tree. It will be so worth it and you will be so glad you made the effort.

What to plant:

- Purchase snow drops 'in the green'. The success rate tends to be far higher this way.
- 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 Buddlejia 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. As long as they are established, they will reward your efforts this summer with many more blooms. 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 complete just one piece of gardening in January, make it this one. 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, reducing watering 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 our 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, it's a great way of looking forward to the new year of gardening and thinking outside the box with colours and structure.

For me, this coming year is about creating a low maintenance space, with lots of interest. I have very little time to tend my own garden, as so much of my time is taken designing for others. This January, I have set aside some time for my space. I am so looking forward to it!

Happy new year!

SNETTISHAM GARDENING CLUB

We will be holding our AGM on Wednesday January 26th in the Memorial Hall, Old Church Road, Snettisham and look forward to seeing you then.

You will be able to join the Club for 2022 for a subscription of £5.00 per person and the programme and membership cards will be issued.

Any further information can be obtained from

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From The Ground up: and into a Bright New Year

Hanneke Robson

Yippee! Yuletide is upon us and it will soon be time for snowdrops and sunchairs! (Last year we picnicked gleefully outdoors in February - before the snow came.)

Our despondency over failing to seed our meadow this year, has been pushed aside to enjoy the Yuletide proceedings and embrace the frosts... which we hope, will reach the 6 kilos of seed bagged up in our shed for vernalization, while our barren plot slumbers.

Or does it? Pacing about the other day my ankles disappeared with each step I took. The ubiquitous Norfolk mole had been busy churning the earth. I counted dozens of hills on our half acre of land and stumbled around trying to extricate myself from their spongy domain. It would seem that we had our very own furry ploughs. Could their presence be detrimental to laying down our seed next March? I hoped not.

As if on cue, I bumped into a chap from the Norfolk Wildlife Trust. Moles were not such bad lodgers, he told me; they eat the creatures that eat the roots of a budding meadow, but not the seed. Another inch-up on my learning curve!

They are terrible parents though. Mum digs to the surface and pushes her kits out when very young and seals up the hole after them. Could that mean that every molehill I stumbled over represented an abandoned baby mole? Were dozens of kits running about in the cold? Awh.

With such surplus of moles, what about the humble earthworm? A creature we desperately need for recycling organic matter and true indicators as to the health of the soil. (We need to do a worm count at some stage - should any

remain to be found - but perhaps better left till after the Christmas jollies!) We have no plans to evict the moles. All creatures upon this earth have a place and, apart from us, don't abuse their own environment; so the moles will remain as part of our Peddars Meadow story.

Along with their kits, the moles were chucking up barrows full of flintstones. These wonderful globules of marine matter have been squished into silica over millions of years. Often, the imprint of the sea sponge's foot can be seen in the coating. Also loads of pebbles and stone, rounded by rivers and ice and which may have begun life high on a granite mountain in Scotia or beyond. How the earth intrigues! And all we have to do is look down. Though sometimes, as with Storm Barra, the earth lifts and floats about your ears, you can't see a thing, and you are choking on sand and feeling, well, rather like a mole.

Then, last night, as if ordered from the weather shop, a really impressive frost laid itself down. Beside the hedgerows, seed heads sparkled in the early morning light like ethereal diamonds. Spiders hung from bejewelled grass. I hoped the cold would reach our stored seed. I worry about our precious load. I am still not sure if I have to turn them, shake them or stir them: which reminds me, I have a cake to bake!

The knowledge our small group gained by not seeding this year has been totally rewarding. The sixty-five wild flowers discovered in July under the tutelage of Simon Harrap from Natural Surroundings, means that we were achieving something, even if only educating ourselves.

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As this year closes I would like to thank my two team mates for keeping the Peddars Meadow project alive: Pauline Atkinson and Lyndon Bevan Pritchard. You have both been wonderful! I know we will create a chalkland meadow to be proud of in the year ahead.

Our Art Gallery in Ringstead gently carries on. It is a safe and quiet environment where you can browse and enjoy the talent of some of Norfolk's most popular artists at prices totally sympathetic to Peddars Meadow. Prices start at just £1.

hanneke@thegaragestudionorfolk.co.uk
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NCC Exposed by the BBC

By John Maiden

Following hard on the heels of COP26, it was shocking to learn that the Mexican government is intending to launch a tourist megaproject called the Maya train, which will mean bulldozing a railway track 1,500 km in length through the last remaining forests of southern Mexico. It is to be hoped that some of the communities along the proposed route will be successful in using the courts to halt this crazy scheme.

Closer to home, the British government is still on course to destroy ancient woodlands and many environmentally sensitive sites, simply in order to deliver a high speed rail link between London and Birmingham, instead of spending the money on restoring lines that were closed with undue haste in the 1960's.

Writing as someone with fond memories of travelling back to my home town on the train from various parts of Europe, I am not wedded to the idea of restoring the line from Lynn to Hunstanton on its original track bed. I well remember having to complete the last leg of this journey by bus from Snettisham, for several weeks, following the Floods on January 31st 1953. Perhaps this is something for the decision makers to contemplate, before granting planning permission for any more permanent development on the coastal flood plain.

One thing that should be obvious to everyone by now is that climate change, caused by manmade global warming is going to continue,

resulting in rising sea levels, together with more frequent storms of even greater severity than previously experienced.

If these facts have failed to convince Norfolk County Council of the need to reconsider some half-baked infrastructure projects, in response to the desperate need to look after the Environment, perhaps BBC 'Countryfile' on December 5th will have done the trick.

This programme provided evidence that ill-conceived attempts to safeguard endangered bat colonies had been unsuccessful when bulldozing a route through the Norfolk countryside for the so-called Northern Distributor Road. Similar bat colonies are now threatened by a proposed additional stretch of dual carriageway, intended to link the NDR with the A47.

Apart from the threat this would pose to ancient woodlands and biodiversity, the millions of pounds earmarked for this batty roadbuilding scheme would be better spent on ensuring smoother journeys by road and rail throughout the length and breadth of this wonderful county.



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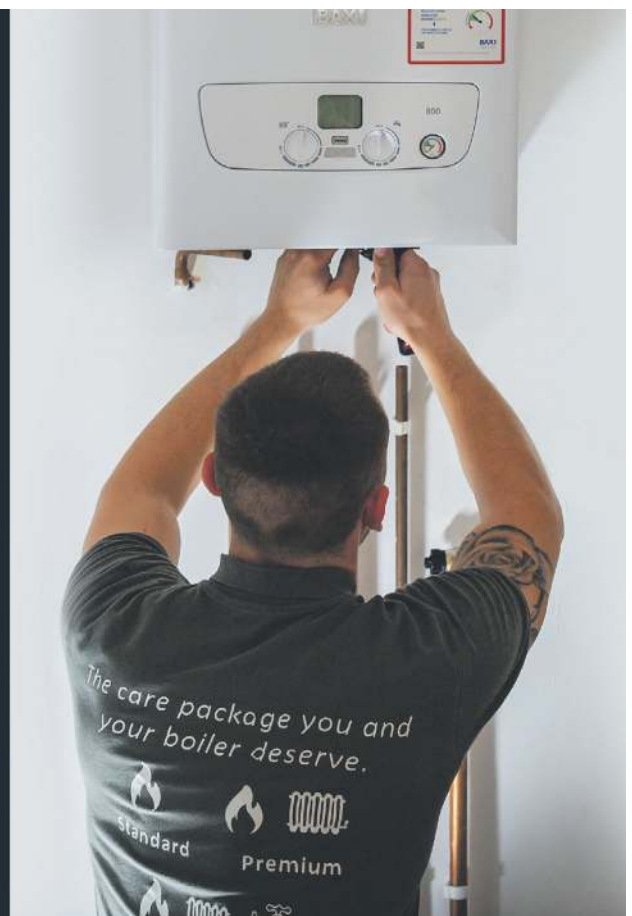
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Privacy in family law proceedings

By Maria Endall, Family Solicitor, Hayes + Storr Solicitors

It is important for anyone involved in family law proceedings, whether in relation to marriage breakdown (except defended divorces, which are held in open court), child arrangements or domestic abuse to understand that such proceedings are held in private and that the parties' involvement in these proceedings must be kept confidential to protect the privacy of the parties and any children involved.

Court orders in respect of child arrangements come with a very clear warning about the confidentiality of proceedings, that is: that the parties involved are not to be publicly disclosed without the permission of the court.

Publicly disclosing the names of the parties or any papers from family proceedings to people or organisations outside those proceedings could amount to contempt of court. The consequences of which are extremely serious and include being fined, having your assets seized or even imprisonment for up to two years.

The question of whether a disgruntled party could use their right to freedom of expression to expose details of the proceedings has recently been considered by the High Court. In this case the father posted comments on social media and displayed references on his car about his dissatisfaction with the judicial process. He also made threatening and abusive comments about the children's mother, the children's guardian, the social worker, and trial judge.

The children's guardian applied to the court for an injunction to stop him, not only because she felt it was harassment and vilification of her, but also because what he was doing made it obvious that his children had been involved in private Children Act proceedings.

In this case, the court had to balance the father's right to freedom of expression against the guardian's and children's rights to respect for private and family life. The judge came down in favour of the guardian's and children's rights over the father's.

Whilst acknowledging the importance of ensuring parents involved in such proceedings can voice their grievances, the judge held that this did not extend to them making untrue, offensive, or derogatory comments about those involved in the proceedings.

The injunction was made against the father and the case was referred to the Attorney General for consideration of whether his conduct amounted to contempt of court by way of interference with the administration of justice.

It is important for parties in family proceedings to be aware, therefore, of the importance of not sharing or posting online, or in any other way, information, or material regarding any family law proceedings. Furthermore, even if the names of the parties or children are not mentioned, it may still be obvious from who is sharing the material, who those parties and children are, and therefore, fall foul of the requirement to keep such details confidential.

If you are experiencing unacceptable behaviour from a former partner, there is legal action you can take to stop them. A non-molestation order can be used to prevent your former partner from doing certain things, like physically assaulting you, harassing you, or coming near your home or place of work. It can cover a wide variety of actions, such as unwanted text messages and comments on social media.

If information has been publicly disclosed which makes your children's involvement in family court proceedings obvious, an application for contempt can be made, which may result in the perpetrators conduct being treated as interfering with the course of justice.

If you require further information on family law matters, contact Maria Endall on 01328 863231 or email maria.endall@hayes-storr.com.



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

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SOLICITORS

Hayes + Storr expand team in time for major changes in family law

Hayes + Storr Solicitors have announced two new appointments to boost their family department which sees the long-established law firm continue to grow at a time of major change for family law.

Solicitors, Zuzanna Pogorzelska and newly qualified Emma George, will work alongside senior family solicitor Maria Endall and director Rob Colwell to bolster the family department in what has been a tumultuous year for families up and down the UK.

Director and head of the family department, Rob Colwell said: "There is little doubt the lockdowns have been extremely challenging, and sadly the pressure pushed many families to breaking point. The pandemic has changed everything, and the legal sector is no exception. The pace in which reforms are being made has increased rapidly.

"Family law has undergone a massive overhaul, and it looks as though the changes are here to stay. Remote hearings and the online divorce petition portal have enabled family law to operate throughout the pandemic. The new no fault divorce laws are imminent, which means the whole process for divorcing couples will become a lot more straightforward."

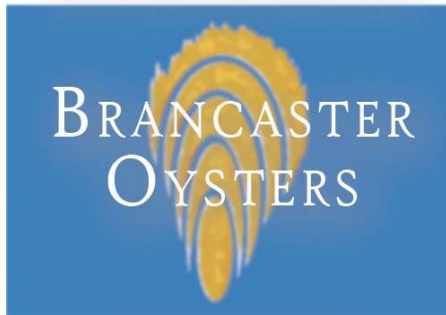
The 'no fault divorce' law is due to take effect in England and Wales in April 2022, which means that couples no longer need to apportion blame to get divorced. This is seen by many in the legal sector as being the most important element of the new laws.



From left: Maria Endall, Zuzanna Pogorzelska, Emma George and Rob Colwell

Both newly appointed solicitors will work across a variety of family law matters including divorce and separation, financial and child arrangements, cohabitation agreements, prenuptial agreements, and civil partnerships.

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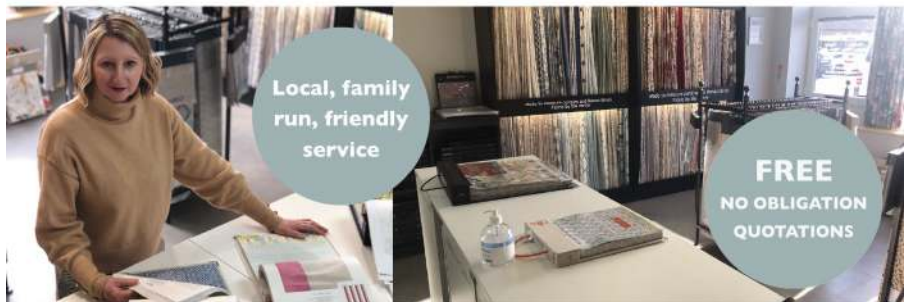
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Cumberland Pie

The Parish of Hunstanton St Edmund's

You may be interested to know that effective from the installation of the Revd Rachael Dines (Team Rector) in November 2019, St Edmund's was incorporated into a Benefice, which consists of 8 churches. The Benefice is the Hunstanton and Saxon Shore Benefice, which consists of the original 6 churches from the Saxon Shore, stretching down to Burnham Deepdale, and now Ringstead St Andrews and Hunstanton St Edmund's. In 2020 the Revd Kirsty Allan was appointed as Team Vicar for the Benefice.

As with many aspects of our lives regular worship at St Edmund's has been disrupted during the period of the COVID 19 pandemic. Life at St Edmund's is gradually returning to normal, although, at the time of writing, we are still following the COVID 19 precautions. We feel as though we are emerging from hibernation.

The Sunday Eucharist Service is now back to being held on a weekly basis and the church is open on a daily basis for anyone to enjoy.

We are looking to the future and are counting our blessings and assets.

- We have a wonderful space inside the church not only for worship, but for use by the wider community such as for concerts, which have been successfully held in the past. Through the kindness of a legacy we hope to create improved facilities within the church, which will further enhance the space for use by the church and the wider community.

- A further asset of St Edmund's is the church hall, which sits at the rear of the church. The hall has been recently refurbished with a modern kitchen and the usual facilities, although we are currently looking into refurbishing the floor to bring it up to a higher standard. At present the hall is being used as the base for the Hunstanton Foodbank. Previously the hall has been used on a regular basis for groups such as Art Club, Yoga, Youth Club and functions such as weddings and wakes. We would very much like to emphasise that the hall is available as a space to hire by the community.

If you are a former member of the congregation we would love to welcome you back to the church and, equally, if you are new to the area we would love to make your acquaintance.

More details in relation to St Edmund's and the other churches in the Benefice can be found at www.saxonshorebenefice.co.uk and Facebook page @HSSBCofE

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Details are:

Where – The Christian Fellowship Hall, Downs Close, Hunstanton, PE36 5HU

When – Wednesdays, starting 5th January 2022

Time – 6.45 pm for 7.00pm – finish at 9.00 pm.

The first week is free so you can come along and have a go and see if it is for you!

Lesley Trebbick, Chairman

<https://hunstantonchoir.co.uk/>



Kings Lynn Festival Chorus

King's Lynn Festival Chorus begins a new term of rehearsals on 10th January 2022 at Springwood High School in King's Lynn. Rehearsals are from 7.15 pm – 9.15 pm. Music to be looked at this term certainly has a French flavour to it.

It's the ideal time for anyone who would like try us out for a few weeks, to either start a new pastime or continue with a former or currently established one. It does wonders for one's mental health, no doubt about that – it's great fun not only learning together but socialising and being supported by like-minded colleagues. And for a couple of hours each week during term time, the woes and troubles of life can be forgotten – and the spirit refreshed.

In a choir such as this with the music we sing, it helps, but certainly not a pre-requisite, that you are able to follow a line of music and keep a part going; but no matter, there are many learning aids available and helpful colleagues around.

There will be a very informal and friendly voice assessment after your trial period – mainly to ascertain the best range of your voice. These are held periodically for all members, principally to gauge the effect of passing years on the voice!

If you'd like to try us out, please register your interest via email with the secretary@kingslynnfestivalchorus.co.uk or through the 'Contacts' page of our website www.kingslynnfestivalchorus.co.uk

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Dates & Deadlines! Have you filed your 2021 Tax Return yet?

Supplied by Kathryn Gigg, Chartered Accountants, Hunstanton

30 DECEMBER 2021

INCOME TAX: deadline for online submission of self assessment tax returns for tax year ended 5 April 2021 for HMRC to collect tax through PAYE codes where taxpayer owes less than £3,000.

31 DECEMBER 2021

CORPORATION TAX: deadline for returns for accounting periods ended 31 December 2020 to reach HMRC.

1 JANUARY 2022

INHERITANCE TAX: The circumstances in which HMRC will accept an IHT205 or IHT207 for excepted estates instead of a full IHT account on form IHT400 will change.

31 JANUARY 2022

INCOME TAX: SELF ASSESSMENT FILING AND PAYMENT DEADLINE:

Filing deadline for 2020/21 personal, partnership and trust returns filed online, or for paper returns which cannot be filed online (e.g. if you work for the Royal Estate).

Those who did not file their paper return by 31 October 2021 will incur £10 daily penalties if they do not file electronically by today. File electronically to avoid a penalty.

Please telephone us if you require any assistance with filing your 2021 Tax Return. At this late stage, we cannot guarantee that it will be filed ahead of the submission deadline, but our advice may be invaluable in ensuring that you make constructive progress in bringing your tax affairs up to date. Please contact us on 01485 534800 or email kate@kathryngigg.co.uk.

ITSA: Deadline for online submission of self assessment tax returns for tax year ended 5 April 2021.

ITSA: Deadline for paying self assessment 'balancing payments' for tax year ended 5 April 2021, and the first self assessment payment on account for tax year ended 5 April 2022.

Deadline to pay Class 2 NIC for 2020/21.

Deadline to amend a 2019/20 tax return.

Deadline to file an outstanding 2019/20 tax return to avoid a tax geared penalty.

Deadline to notify liability to Class 2 NICs where your self employment began in 2020/21 tax year, to avoid a penalty.

CLAIMS & ELECTIONS: 31 January 2022 is the deadline for numerous self assessment claims and elections, for 2015/16 to 2020/21. Please contact us to discuss if you require advice in this regard e.g. Loss Relief Claim.

CORPORATION TAX: returns for accounting periods ended 31 January 2021 should be filed with HMRC by today.

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

TAX CREDITS: last day to renew tax credits for 2021/22 (if the 31 July 2021 deadline was missed and the claimant can show good cause) or to provide final income figures for 2020/21 (if renewal was done by 31 July 2021 using an estimate).

TRUSTS: deadline for registering on HMRC's Trust Registration Service if: a trust is registered for self assessment, and it was liable for income tax or capital gains tax (CGT) in 2020/21 for the first time since the introduction of the TRS; or if a trust is not registered for self assessment, but was liable to inheritance tax (IHT), stamp duty land tax (SDLT) and stamp duty reserve tax (SDRT).

TRUSTS: deadline for updating the trust register where there was a notifiable change before 6 April 2021 and a tax consequence in 2020/21. Tax consequence includes income tax, CGT, IHT, SDLT & SDRT. If there is no tax consequence, then an update is required by 31 January after the end of tax year in which the trustees do have a UK tax liability (note that changes are possible on a voluntary basis).

N.B. All information set out above current as at the date of drafting the article, 7 December 2021.

Mrs K H Gigg FCA



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

Here we go or check it and change it!

We're off. It's a brand New Year. How should we mark it?

My January article usually deals with safety in the home. And 'if it ain't broke don't fix it', so let's begin with Carbon Monoxide detectors. If you have a detector with replaceable batteries, they will need changed every two or three years. New Year's Day is a good day to do this – after all – it's easy to remember! If you can't recall when you last changed the batteries then do it now. Then turn to the December page of your calendar and write a note to you for 2023 to change that battery in 2024. If you have a sealed detector, they have a lifetime of between 5 to 10 years. All you need to do is check the expiry date. The same drill applies to smoke detectors, all you need to do is press the red button to check it still beeps. Again, if you can't remember when you last changed the battery do it at this New Year



then it will be easy to remember this time next year. It's vital to check smoke detectors every single year.

If by some strange chance, you don't have either a smoke or carbon monoxide detectors, you must buy them. The Ironmongers and the Camping Shop in Hunstanton stock them. It's OK to buy online, but please don't be tempted by the cheapest products, no less than £12 for the Carbon Monoxide. Depending on your budget you can buy a combined detector.

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And now for my very favourite safety subject. 'Boiler servicing', if you can't remember when you last had your boiler serviced then it's probably time to have your boiler serviced. If you can remember who serviced it last time then they should be able to tell you when that service was. If not, then just call a registered gas safe engineer. Its quick, it won't

break the bank and it could save your life and your families lives and your pet's lives.

It's a brand New Year and peace of mind is priceless.

All the very best, for all of us, this 2022.

plombierdean@yahoo.co.uk
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The erroneous transfer saga

Geoff Harris

Like most, if not all, I had never heard of an erroneous transfer regarding energy supply, hence this article to make readers aware, it can be a most frustrating process. In January my electricity contract was about to come to an end, using a comparison site I found what I thought was the best deal for me, and duly signed up providing bank details for direct debit and so forth. A few days later, another supplier had introduced a new plan which was more beneficial, so I decided to opt for this. I contacted the other supplier, there is a 14-day cooling off period (note) and advised them I would not be using them and requested cancellation of contract and direct debit. Now I have for many years kept a simple Excel spread sheet on which I list my monthly usage hence I know how much electricity I am using (we have no gas) and the cost, a simple tool, but perhaps one we should all use. On the first of every month, I provide accurate figures for my supplier based on my meter readings.

The first month after transfer to the latter supplier went well, I provided my meter readings, money was taken from my account, all had gone well, or so I thought. Came month two (March) the first thing I saw was the "sorry to see you leave" heading with the usual wording of we will send you a final account etc., This was the start of the 10-month saga. I contacted the supplier only to be told a request had been made by a third party to transfer my account to them, i.e., the original company I had contacted. I was assured contact would be made and the account rightly secured by the new supplier. If only it had been that simple.

Dealing with the first company I contacted, over a period of 10 months, numerous emails, phone calls and letters have in the main been ignored. It was only by chance in October I found my way through to the department that dealt with such transfers, only to be nothing from me had been passed through to them. It is easy to be critical, but for a long time I have felt once you finish speaking to

someone in "customer care" at the end of the call they do little or nothing at all, clearly what happened in my case. Finally I was assured that the transfer would be cancelled and that my chosen supplier would be notified, matters would be sorted in 10 days.

Turning to the supplier I wished to be with, they have always accepted my direct debit, rightly so, but whilst I was promised a swift end to this saga in October, I still cannot get into my online account. Only a few days ago did someone contact me to say did I know they had set up a new account which would make things easier? This would allow me to give meter readings access my account and so on. Well at the time of writing that still has not been sorted, the old account is still shown, one appears to conflict with the other. On the plus side I am paying the correct amount each month to the right company.

My reason for this letter is that if you use a comparison site, (in the main they do a good job), select an energy supplier and then change your mind, they might try to secure your custom by making the so-called erroneous transfer, you might not even know. It is worth keeping an eye on, after all energy prices are at an all-time high, and there is no sign they will come down in the near future.

u3a

Hunstanton

Our next meeting will be on Monday 17th January 2022 at 2.00 pm at The Community Hall, Avenue Road, Hunstanton.

Lloyd Park will be updating us on progress at Wild Ken Hill which was the base for Spring and Autumn Watch in 2021.

Please go to the u3a Hunstanton site at u3asites.org.uk/hunstanton for further information. publicity.u3ah@gmail.com

Town Events Committee to revive Carnival

The once-popular carnival in Hunstanton is to be revived following a Town Events Meeting held recently by Hunstanton Town Council.

The date of Sunday, June 26th has been ear-marked for the carnival procession and a full programme of entertainment happening in the town.

The Mayor of Hunstanton Cllr Adrian Winnington reported: "following the recent Town Events Meeting held in the Town Hall, I am pleased to announce that members of Hunstanton Round Table, Hunstanton Rotary, Hunstanton Lions & Hunstanton District Festival of Arts have all agreed to form a committee, under the umbrella of Hunstanton Town Council, to work together on future events in the town".

At the first meeting, members unanimously voted Mark Williamson, a very active member of the Round Table as Chair and decided that their first project would be to revive the Carnival to be held in June

2022, as part of the Queen's Platinum Jubilee celebrations.

Mark said: "I am confident that we can achieve a successful carnival. Anything which is going to promote interest and vitality in our town is to be welcomed, but it will mean a lot of hard work for a determined team of volunteers. I hope we get the support of businesses and organisations in the town as it would be of considerable economic benefit to all bringing in people from a wide area".

Hunstanton Town Events Committee would like to hear from individuals, businesses, youth or community groups who have any ideas or can help in any way, please contact either the town clerk Jan Roomes on 01485 532402, email clerk@hunstantontowncouncil.gov.uk or Mark Williamson 07568 138 331, mark@thewellbeingpeople.co.uk

The Mayor finished by saying he hoped the revival of the Carnival would raise community spirit and help local businesses.

T&A's Special investigator reports:

Allegations against councillor involved in planning decisions - including Hunstanton flats

Toyah Wilcox once sang It's A Mystery with some success in the early 1980s. It would be an apt title for the goings on at the Borough Council's Standards Committee. Chairman, Cllr Simon Nash, Independent councillor for West Winch, claimed the committee needed 6 weeks to read papers before considering a complaint for breaching a Code of Conduct against Conservative councillor Shimit Patel. This is even though Cllr Patel has admitted his guilt over the allegations confirmed by Cllr Nash to have been made by Heacham Independent councillor and Leader of the Opposition, Cllr Terry Parish. It seems during a training session members of the committee were advised that six weeks was needed to review all the papers involved in alleged complaints made against a councillor. Cllr Nash suggested that, Cllr Christine Hudson had not received the papers until shortly before the meeting. It is understood that Cllr Hudson was a late substitute for another councillor who did not attend for health and safety reasons. The third committee member Conservative councillor and former Borough Mayor, Cllr Colin Manning was also in attendance proposed Cllr Nash to be Chair of the hearing. At the adjourned hearing Cllr Patel was seated beside present Planning Committee Chair, Cllr Vivienne Spikings and opposite the panel.

Cllr Patel has been confirmed as being the subject of a complaint. It is not known what he did to contravene the Council's Code of Conduct. Although Cllr Patel has accepted he did something wrong and apologised for whatever it was. Cllr Patel has sat on the Planning Committee since being elected in May 2019. But he has not been seen at the Planning Committee since August. Although he has attended other committee meetings. This adds to the speculation that the subject of the complaint raised by Cllr Parish revolves around planning applications put before the Planning Committee by the Borough Council, and in particular the Southend Road, Hunstanton car park and the Parkway application in Lynn. The Parkway approval was highly controversial with Cllr Parish going public about a member of the Conservative Cabinet claiming the best team won. Environmentalists opposing building on a rare alkaline bog were aghast at the decision. Insiders have suggested that a possible judicial review involving members of Extinction Rebellion was narrowly averted when at the eleventh hour the new Borough Council leader, Cllr Stuart Dark, also a Heacham borough councillor, pulled the plug shortly after taking office.

Approval of turning part of the Hunstanton car park into flats was one of the last decisions taken under previous Borough Council leader, Cllr Brian Long. This too was a contentious application. It was refused in December 2020. Resubmitted it failed to gain approval on 12 April 2021, but the grounds for refusal were also rejected by a single

vote with the application being deferred to 17 May 2021 when with the introduction of a covenant it was approved by a clear majority. At the May meeting some committee members expressed concern as regards enforcing the proposed new covenant. Assistant Director, Stuart Ashworth, himself a qualified town planner, explained that the planning department had given no weight to the covenant and it was not part of planning policy.

It is still unknown if the committee will hear the case behind closed doors or in public when it is reconvened at the end of January 2022. There maybe a precedent already set when the Monitoring Officer advised in the case of former Norfolk County Council leader the late Derrick Murphy that the public nature of a politician's role means that there can be no general expectation of privacy and that a politician must expect to have information as to potential wrong doing in a public role enter into the public domain. It is understood that the late Mr Murphy himself was adamant his case should be given a public hearing rather than behind closed doors. The final decision on whether or not the public should be allowed to know what Cllr Patel did and what he has admitted to doing rests with the Standards Committee when it finally meets on 31 January 2022.

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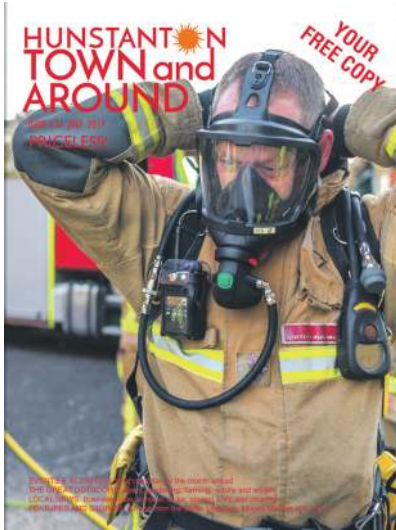
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Fire Service 2021 Update

By Rigil Kent, Watch Manager Information and Guidance/Hunstanton



Rigil on the cover in 2017

It has been a busy year for the crew responding to a wide variety of incidents whilst also continuing to operate under Covid-19 restrictions. A small snapshot of some of the incidents we have responded to this year include a serious house fire in Hunstanton, an outbuilding fire in Holme, several fires in the open, including bin fires caused by poorly disposed of BBQs, a fire at a recycling centre near Mildenhall, a fire at a landfill site near King's Lynn, gas leaks, assisting with unsafe structures and several calls

to gain entry to properties for ambulance crews. We have also been called upon several times this year to respond to RTC's requiring the release of occupants using our hydraulic rescue equipment, one of the most recent of which was a four-vehicle collision with one vehicle on fire on the A149 near Sandringham.

During the initial lockdowns imposed because of the Covid-19 pandemic some of our staff took on extra duties such as Ambulance driving or supporting medical staff in local hospitals, being a Firefighter isn't all about putting water on fires, it's a varied profession nowadays and is changing all the time.

In addition to emergency calls and our regular training evening, we have attended exercises designed to test our response, these were; a Hazardous material scenario in King's Lynn, a Search and Rescue scenario in a commercial premise in Bawsey and most recently at

Holkham Hall.

During the last year we have welcomed two new female recruits into the Hunstanton crew both are now progressing well in their development period where they will develop their skills through on-station drills, responding to callouts and attending formal training courses including a two-week breathing apparatus (BA) course, after which they will be able to wear BA if required at an incident. We have also seen one crew member complete his development process, passing his Gateway 2 assessments and becoming a competent firefighter, two further crew members have passed their Gateway 1 assessments this year meaning they are developing well and are on course to becoming fully competent crew during 2022. We will be looking to provide updates on our development crew members progress during 2022 to help provide an insight into what becoming a competent crew member entails. We still have vacancies within the crew and details of what's required and how to apply can be found at <https://www.norfolk.gov.uk/safety/norfolk-fire-and-rescue-service/recruitment/becoming-an-on-call-firefighter> or by contacting our Watch Manager Rigil Kent 07452 940635. We will also be looking to hold a recruitment evening in the new year (restrictions permitting) where anyone that is interested in joining can come along, talk to some of the crew, look around the equipment we use and receive details on what is required to join.

As the winter months have started with colder, darker nights we have seen a sharp increase in RTC calls. Please remember to check your vehicles are maintained for winter driving conditions, checking fluid levels and tyre tread depths before setting off and allowing extra time to make your journeys if the weather is bad. The winter months also normally see us being called out to chimney fires it is essential to make sure chimneys are swept at least annually and to have working fire alarms in your property that are checked once a week.

Finally, the crew would like to thank our families who support us in helping to keep our community safe and for putting up with us running out the door at a second's notice and to wish everyone reading this a happy safe Christmas and New Year.

Hunstanton Lifeboat Station

Geoff Needham LPO Hunstanton

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

Covid-19 restrictions have forced stations to operate under severe pressure, as with all emergency response teams, crews have had to re-adjust on how to operate in as safe environment as possible, but social distancing on a lifeboat is not possible, all possible precautions and safety equipment is used, and all has to be cleaned and sanitised after every shout. Since my last report we have not had any shouts, which is good news, but our training programme carries on, we have several new recruits, and they are settling in very well.

On 5th of December Hunstanton lifeboat launched on a combined exercise along with Wells, Skegness, Mablethorpe and Humber lifeboats. During the exercise the ashes of Richard 'Watty' Watson the long serving Coxswain of Skegness Lifeboat were scattered. The six lifeboats then formed a line abreast for a 'fly-past' of the beach and Lifeboat station, watched by family members friends and crew, a fitting tribute to an excellent Coxswain, from all at Hunstanton RNLI. (Photo right). Our condolences to his family. R.I.P.

Note from the past. In December 1982 the station took delivery of an Atlantic 21 named "The Spirit of America" costing £22,000 funded by the American Lifeboat appeal fund. Christmas Day was its first service launch, following reports of red flares sighted off the mouth of the river Nene. The lifeboat launched at 5.45 p.m. and proceeded to

the river, the crew searched up river and the surrounding area, firing parachute flares to illuminate the area, nothing was seen, Yarmouth Coastguard called the boat up by radio, confirming that the flares were fired inland, most likely by revellers celebrating the Festivities, and that they could return to station, it was put down as a false alarm with good intent. 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.



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A recipe from the Prudent Pensioner

I had some Stem Ginger in syrup that needed using up so I made a:

Carrot and Ginger Drizzle Cake

45g pieces of Stem Ginger cut or sliced into small pieces

A dessertspoon of sugar syrup from the jar.

170g/6 oz. S.R. Flour

45g/1½ oz. butter softened

140g/5oz soft brown sugar

2 large eggs

115g Grated Carrot

1 Dessertspoon Orange thin cut marmalade

Line a 2lb loaf tin. Set oven at 375f/180c

Put butter, carrots, sugar and ginger pieces into a large mixing bowl and mix well. Add eggs and mix well. Add flour into mixture and fold in. Add marmalade and mix in. Put mixture in to loaf tin and cook for approx. 50mins or until done when tested.

Using a skewer or similar kitchen tool, make a few small holes in top of cake and drizzle over the sugar syrup, using a knife spread evenly over top.

Makes 10 generous slices. This is nice served as a cake or as a pudding with stewed rhubarb and custard, cream or ice cream

My updated book "Less Waste more Soup" 45 easy, budget friendly recipes for nourishing soup is now available from Amazon. A search for Doreen Reed will find it (together with my books of light hearted poems and tales) It is also available from Ridouts Bakery in Heacham, Docking Farmers Market and Folgate Farm shop Waddington, Lincolnshire.

See more recipes on The Prudent Pensioner Facebook page

Email: pru.pensioner@btinternet.com



Hunstanton & District Inner Wheel

Sue Trewin, Club Correspondent

By the time you read this, Christmas will be over and New Year underway. I do hope it was a happy one and that 2022 will prove to be prosperous and fulfilling for you.

We have managed to resume monthly meetings and enjoyed our Christmas supper recently. A surprise visit from Santa and his elf and a challenging quiz resulted in a traditional Christmas evening.

Our joint President Susan Bradshaw chose the Maternity Bereavement suite, to be called the Butterfly Suite, as her chosen charity this year. The quiet and private space will enable parents going through this unimaginable time to create precious memories with their baby, in a comfortable environment separate from the clinical setting.



To raise money for this project Hunstanton and District Inner Wheel took a stall at Heacham Church as part of their Christmas fayre and managed to raise several hundred pounds. We are lucky enough to have some excellent crafters in our midst.

We took part in the Hunstanton Christmas tree festival. One of our members created an unusual tree out of old tyres and wheels to reflect our title. I was unable to go and see it in place or to hear the comments but there is nothing like creating something different to draw the crowds. Thank you June for your inspirational entry.

We will shortly be having a reshuffle in our club. We will be thanking those who have held office and welcoming those who step forward to take one on. It's always a little unsettling until we get vacancies filled but once done we should be back in the saddle and ready to continue promoting true friendship, to encourage the ideals of personal service and to foster international understanding.





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Codgers Corner

Written by our own Victor Meldrew (I don't believe it) AKA Richard Bird

Most of us baby boomers have something in common, we are all good at moaning, heck I think I could get a degree in it. According to those around me I could moan for England.

So, I thought, let's do this. I will start off the debate and then you dear readers can join in with your favourite moan topics.

On a serious note, if you are frustrated about an issue and have a genuine problem to moan about, why not tell us and maybe, just maybe, perhaps we can help resolve it. After all we do know a little something about procedure and who, where, when and why to contact at most levels of governance.

Recently I have received several complaints from members of the public about social housing. These range from a case where a house fire had occurred and the repairs were taking an inordinate time to even begin, in fact more than a year, only after intervention by yours truly did the works, 'quite by coincidence', get started at all.

Another case involved a young couple with two children under four who were in private rented accommodation. Their private landlord gave them notice to quit as he apparently wanted to sell the house. The tenants, who had only a six-month tenancy agreement, were obliged to vacate their home, landing up as a married couple living apart in their respective parents' homes while they sorted out alternative housing.

Having approached KL&WNBC and the housing association, they were told that, there was no temporary accommodation, that they should have been 'legally', evicted and that because they had effectively evicted themselves, there was no immediate help available. The upshot was that, if they had been legally evicted, (gone through a court action) they may well have jeopardised their chances of finding other privately rented property as some landlords may well consider them less than perfect tenants with a record of legal eviction. In the relatively new development that my wife and I live in there are a row of social houses four in number, one of these four has now been empty being re-decorated and re-furnished, it's been empty for months with occasional tradesmen attending. When I was a Borough councillor there were about two thousand people on the waiting list, and one wonders how many other properties are in this position.

On another matter altogether, it has been brought to my attention that the Snettisham Co-Op is being negatively affected by members of the public using their car park to park all day, sometimes, taking the bus into K.L. discouraging customers from using the store. Apparently regular customers are put off shopping there as it appears too busy due to all car parking spaces being used. Is there a parking problem in Snettisham?

What do you think? What would you do? Have you an issue that needs airing? Contact me: richard@townandaround.net

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Brancaster School news

By Samphire Class



We've spent a long time learning carols for our Christmas service and Nativity. Christmas Carols have such difficult words and we all managed to learn them off by heart. Everyone said how amazing we were for doing this and how well we sang. The Church was full and we had a lovely afternoon doing our play.



Thrift Class have been learning all about the story and had a Nativity activity day in the church with Revd Kirsty because the trip to Walsingham had to be cancelled when someone there was ill. But they are going to go after Christmas instead.

Although it's Christmas we are still doing lots of work in class. In geography we've been doing a topic called Extreme Earth which had included how earthquakes happen and what the effect is on people caught in them. In science we've all been studying

electricity. Years 5 and 6 are currently making Christmas decorations using electrical circuits. Thrift Class have been doing all their work based on the Christmas Story but are also doing some Geography on the Arctic.

Thrift went to Holkham and loved seeing the deer but the house was AMAZING. Everyone loved making their own decoration and getting a present of a little tree each to help save the planet. The decorations were unbelievable. They all loved the dog room and the kitchen. Lena – Marie loved all the Christmas trees and discovered there were more than 100 and it takes 40m people 4 weeks to do the decorations.

We are now looking forward to our Christmas parties and a trip to Hunstanton to see the Panto at the theatre followed by fish and chips!

We all want to say a HUGE THANK YOU to all the community who gave money for us to go on our trips. It has made us so happy and we have learnt so much. And it has been nice because we haven't done anything for ages because of Covid. Some of Thrift had never been on a trip.

Photos are on our blog so you can see what a lovely time we have had. Do look. It is Our Class Blogs - Class Page Thrift (stmaryfed.org.uk)

Term starts again on January 6th.



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Docking Primary School

Ruth Chell

At Docking Primary School the five to seven year olds in Inca Jay class (years 1&2) has put on a performance of Charles Dickens's A Christmas Carol.

The children have enjoyed reading the story and learning about Charles Dickens. They have worked hard to produce their own programme which was handed out to their parents. This included a cast list, photos and their own writing retelling the start of the story. They learnt many songs and their favourite was Money, Money Money by Abba.

They did 2 performances one to the rest of the school on Wednesday 8th December and one to their parents on Thursday 9th December.



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Volunteers sought for Festival weekend

Old Hunstanton Flower Festival, Scarecrow Trail and Open Gardens are looking for volunteers to help with fund raising events running up to our weekend of fun and flowers.

At the time of writing, the theme for the flowers in the church is still to be decided, but flowers will be in the church will be from Friday 29th July – Sunday 31st July 2022.

Open Gardens, Scarecrow Trail, stalls and refreshments at the Village Hall will be available on Saturday 30th & Sunday 31st July.

Volunteer enquires can be made to chris@guestco.net

Letters to the Editor

Sports Trivia



We had an amazing time at Bernie Beans yesterday for our afternoon tea that we won in the Town and Around competition! Amanda and her staff made us feel very special and the decor and food is so lovely. We will definitely be visiting again! What a hidden treasure this is and a great asset to Sunny Hunny. Thank you again for organising this.

Jill and Carl

Inner Wheel

I have just seen the new edition of Town and Around. Thank you so much for the wonderful article you have written and featured about the IW Rally. It is a great article with good information about IW which hopefully puts our organisation on the map! The photos are very good and all of it has captured our special day very well. I hope you enjoyed the Rally too.

Coral Campbell

Inner Wheel's fundraising benefits the Coastal Stroke Support and Carers' Group

Chris Bryant



The Coastal Stroke Support and Carers' Group were delighted to welcome Hilary Farrell from Hunstanton's Inner Wheel, who is the Inner Wheel's District Vice Chairman (as well as the Hunstanton Inner Wheel Club's Immediate Past President and current treasurer), to one of our regular support group meetings on a Tuesday morning.

Hilary presented a cheque for £426.50 to volunteer Debbie Peel (Club Secretary/Chairperson), stroke survivors and their carers who will benefit from this kind donation providing art and craft sessions, and exercise and relaxation activities.

The Inner Wheel Club held a sponsored walk raising money for The Stroke Association (Please see the article in Decembers T&A) which is the Inner Wheel President (Betty Roberts') charity of her year in office – thank you very much Inner Wheel ladies !!



If you are a stroke survivor or carer and would like to join our group, we meet every Tuesday morning at the Hunstanton Methodist Church between 10.30am and 12.30pm where you will be made most welcome.

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

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Snooker Room open every day. Snooker League matches each Thursday at 7.30pm.

Wednesdays: Scrabble from 10am, Yoga for U3A members only at 10.30 a.m.

and Whist drives at 7.30pm. Thursdays: Yoga for U3A members from Jan 13th,

Fridays: Yoga for U3A members from Jan 14th and Lunchtime Prize Raffle drawn at 1pm and Cash Bingo start at 7.30pm. Saturdays: 'Open the Box' raffle. One person may win a large amount of Cash.

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'Moana and the Quest for the Golden Egg'

The Pocahontas Players Drama Group

Fancy a nice New Year, family time out? Look no further, Heacham Pocahontas Players have their Pantomime 'Moana and the Quest for the Golden Egg' on January 20th/21st/22nd staged at Heacham Public Hall.

The superb script written by Ben Parr and Josh Chilvers delivers all round family fun entertainment with great back drops, scenery and colourful costumes. Every cast member individually radio mic'd, so all can be heard. There is also raised/tiered seating, so everyone can have a good view.



We look forward to seeing you!

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The Pantomime

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Ben Parr and Josh Chilvers

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The Heacham Songsters are Back in Business

For many years the Heacham Songsters have been presenting concerts to local community groups in and around the area, including residential establishments etc with any donations handed at year end to local charities.

We were not functioning during the covid epidemic but now we are raring and ready to go again. If your local community group etc would like us to present a concert for you, please telephone Peter Francis on 01485 534031.

Please leave a message if there is no answer.



Strictly Arts: update from the HDFA

Verity Jowett

2022 is going to be a very special year for the HDFA. Not only is it the 80th anniversary of our first ever musical event in Hunstanton, but it is also the Queen's 70th Jubilee year, so we've lots to celebrate and everything we do will have a 'celebratory' flavour as a result!

We have some exciting events planned for the new year with our headline event being our Live Music Festival on June 2nd which is timed to coincide with the nationwide programme of lighting of the beacons event, and as part of our commitment to the Arts, we will be providing a performance area on the green for the Summer Carnival which is scheduled for the end of June.

This year we are also presenting a brand new Community Art Exhibition at the Town Hall and we're delighted to announce our Drama Festival returns to Hunstanton on 1st July at The Princess Theatre. Our regular monthly Craft Fairs make a welcome return in March 2022 and will continue throughout the year and after a successful Victorian Picnic on the green in August 2021, we are planning to introduce a 1950s Day on the green in celebration of the Queen's Jubilee.

As if all that wasn't enough, we host an evening at the Princess Theatre in May with a special performance of 'Blokes of a Feather', Buskers Corner returns to the Bandstand in September and of course our traditional Christmas Tree Festival will take place at the Town Hall with a special 'Jubilee' theme to round off the year!

To find out more about what's happening and when, please visit www.festival3.com and in the meantime, here's wishing everyone a Peaceful and Happy New Year in 2022.

ARTS SOCIETY NORTH WEST NORFOLK

by Lesley Nadel

'THAT'S WHAT FRIENDS ARE FOR'

Picasso painted *Friendship* in 1908. The sexuality of the painting has been widely interpreted but most agree that it was executed with great fluency and confidence. Today the concept of friendship, defined as a relationship between people who are friends, can mean many things.

Consider the concept of the "bromance", a relatively recent term to enter modern parlance. But this new phenomenon of intimate male relationships is nothing new amongst artists, often simply based on collaboration, mentorship and admiration, even when rivals. Bro-love could result in greater professional achievement and remove the loneliness that artists often feel. These relationships often spanned many years, beginning with fierce bonds of friendship, and stood the test of time. Others ended in acrimony.

Emile Bernard was 15 years older than Vincent Van Gogh. The Dutchman was a mentor to the young Van Gogh, who in turn critiqued Bernard's painting and poetry. Despite falling out, Bernard fiercely advocated for Van Gogh after his death and was responsible for his letters being published. In one of these letters Van Gogh confides in his brother Theo, 'Like everyone else, I have need of relationships of friendship or affection or trusting companionship and am not like a street pump or lamp-post, whether of stone or iron' Sadly, not to be.

Francis Bacon and Lucian Freud were professional rivals as well as friends. The two men were separated by a 13-year age difference but reportedly saw each other every day for some 25 years. Bacon's portrait *Three Studies of Lucian Freud* (1969) was credited with illustrating the bond between the two artists. In 2013 it sold for \$142.4 million but regrettably their friendship did not endure to the last. Apparently neither liked each other's later work.

The friendship between Andy Warhol and Jean-Michel Basquiat resulted in collaboration on paintings such as *Untitled* (1984-1985). In the painting you can see the cartoonish brilliance of Basquiat alongside a recollection of Warhol's silkscreen skulls (1976). For Basquiat the relationship with Warhol helped to make him a big name and importantly to cope with life as a celebrity artist. Basquiat, an artist with an abundance of youthful energy and one who had grown up idolising Warhol, would have energized and revitalised Warhol's image as an artworld rebel. Jean-Michel gave Andy a rebellious image again.



The Arts Society Northwest Norfolk next meets on 14th February 2022. Linda Smith, an Arts Society accredited lecturer, will tell us about 'Great Tarts and Art: High Culture and the Oldest Profession', described as a mixture of art-historical analysis and scandalous anecdote. If you want to have some fun exploring this subject but are not yet a member, please visit our website: www.theartsocietynwnorfolk.org.uk.

We aim to make our events welcoming places of friendship for all those who have a curiosity for the arts and who want to hear expert lecturers share their specialist knowledge across a wide range of topics. We organize study days, outings to historic places, art galleries, theatre evenings and sometimes trips to places further afield at home or abroad. Our strength is our membership, joined together by a passion for the arts and the benefits this creates to nourish and empower us all, including Young Arts.

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An evening of wonderful Italian language, food and culture was had at LynnGo language centre in King's Lynn. Some students who learn the Italian language with teacher Michelle Leeson, wrote and performed their own poems for family and friends, baked their own Italian Christmas dolci and a tempo meraviglioso was enjoyed by all.



If you have a passion for language, want to improve, speak to family or just curious to have a go: Italian is just one of the languages LynnGo language centre offers as well as courses for children a fun first step approach to speaking another language.

Please get in touch on 01485 779643 all calls will be answered or See our Facebook page and website for further information www.LynnGo.co.uk

Youngster flies the local flag on national Table Tennis circuit

Tim Keogh

Local youngster Alfie Yarrow has recently returned from successful County trials at Table Tennis. Alfie, 14, who attends Smithdon School, was then quickly snapped up by Wensum Table Tennis Club who invited him down to join their junior setup, who perform in Division 1 of the National Cadet League. On his debut, Alfie put in a superb performance, winning six of his seven matches. Now a fully fledged member of the team, the national cadet level is a launching pad for the national junior level.

Proud father Rob said "He has come on leaps and bounds in the past year and thanks must go to Heacham Table Tennis Club who have nurtured his development throughout".

Town & Around will be keeping tabs on Alfie's progress in 2022.



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Question:

What is the maximum break you can make in a game of snooker?

Closing date: 15th January 2022

Answers to: editor@townandaround.net

or by post to:

The Editor, 18, Tapping Close, Snettisham, Norfolk PE31 7FF
 It was a battle of the ladies with last month's question with no correct answers from the chaps! Ruth Kidson was the first correct answer out of the hat.



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News from local churches here and on p62



A very Happy and Healthy New year is wished to all.

The faithful from around the world suggest Papal prayer intentions in each country to their national office. Some of these are then selected and sent to the international office of the Pope's Worldwide Prayer Network in Vatican City. After prayer and discernment, the Pope selects a number of them and sends them to be translated and published as the official set of monthly prayer intentions. The Pope's prayer intention for January 2022 is: For true human fraternity- "We pray for all those suffering from religious discrimination and persecution; may their own rights and dignity be recognized, which originate from being brothers and sisters in the human family".

The World Day of Prayer service for 2022 will be at St Mary's Parish Church, Heacham on Friday 4th March starting at 10.30am. This years' service has been prepared by the women of England, Wales and Northern Ireland and the theme is 'I know the plans I have for you'.

The Sisters at St Theresa's Convent are now offering daily Mass at 12 noon. Please confirm with them if you intend to be present. Contact 01485 532837.

For Parish news including Mass times and prayer requests, please see the Parish News page on our website. For information about live streamed Masses in the Diocese and related matters, including Coronavirus updates see the Links page of our website at, www.hunstantoncatholicparish.org

People are advised not to go to Mass if they have any symptoms, however mild. Wearing masks when coming to church is still advisable, and hand sanitiser is still provided. We now have communal singing of hymns at our Sunday Masses.

The Sunday Masses are at 9am at Mountbatten Road, Dersingham and 11am at Sandringham Road, Hunstanton. Daily Masses are at 10am at Hunstanton on Monday, Tuesday, Thursday and Fridays and 10.15am at Dersingham on Wednesdays. Email: parish@hunstanton-catholicparish.org The Parish telephone number is 01485 534675.

If you require a Priest urgently please telephone V. Rev Canon Peter Rollings on 01553 772220 or email; parishpriest763@gmail.com

Dersingham, Anmer, Ingoldisthorpe and Shernborne

I was trying to organise a game of hide and seek, but soon discovered that good players are hard to find!

The game of hide and seek is loved by little children, youth groups, YouTubers and adults who are young at heart, like me! As the New Year approaches, the game of hide and seek helps us to consider a deeper question in life – What are we seeking?

The New Year is a time to make resolutions that we might keep (or not!), but more importantly opportunity to re-evaluate priorities in our lives. What no longer has the same importance as before; that we might need to let go of? What decisions do we need to take for the long term, perhaps saving for the future, or start taking a pension? That's the financial side, but what about our relationships, where are we in them, are they trusting, loving and genuine?

In January I will be celebrating a massive journey by people who were seeking to find someone, they travelled miles and miles over a considerable distance. Their priority was to find a special meaning for their life. Yes, the Magi or Kings as are commonly known made it their priority to find the child Jesus. "On coming to the house, they saw the child with his mother Mary, and they bowed down and worshipped him. Then they opened their treasures and presented him with gifts of gold, frankincense and myrrh" (Matthew 2:11). Gifts of meaning for both at that point and also the time ahead (myrrh), the birth of Jesus began a new beginning for all.

A new beginning was in sight for the Kings. Jesus brings an opportunity of a new beginning to those who decide to refocus their lives upon him. Unlike the Kings on their hide and seek mission finding a baby, may we find some joy this New Year in whatever new beginnings we embark upon.

Happy New Year

Rev Mark Capron, www.stnicholasdersingham.org.uk

Christian Science Society

New Year often brings promises and resolutions of positive changes in our lives, whether large or small, but often they do not come to fruition. For many reasons it seems that these promises we make to ourselves and others are impeded. There is however, one promise that we know will never be broken and that is the promise of Divine Love in our lives that comes from God as shown in the Bible. We can lean and rely on this spiritual love and know that, as cherished children of God we have this promise always, not only as a new year dawns.

We wish you all a happy and harmonious New Year.

We welcome you to our Sunday services at 11am in our church building at 10 Queen's Drive, Hunstanton. Follow us on Facebook to see information about our church and its activities. Information on Christian Science and our worldwide church can be found at www.christianscience.com. Sunday and Wednesday services are also available online. Please go to www.spirituality4me to find live-streamed services around the UK, along with other online events, talks and webinars as well as our online shop where you will find books, including the Bible, the writings of Mary Baker Eddy, and many other inspirational resources. Daily inspiration can be found at <https://www.christianscience.com/christian-healing-today/daily-lift>. If you wish to download or listen to a sample Bible lesson, go to <https://quarterly.christianscience.com/thanksgiving>.

Hunstanton & Saxon Shore

I think that sometimes there are two ways of looking at the New Year. One is to look back and say 'Oh my word, another year gone.' We could be looking back with joy or with sadness but either way we are looking back.

The other way to view the start of 2022 is to look forward and think 'A new year, I wonder what we have to look forward to in 2022?'

As Rev Kirsty and I have been out and about in our communities we have noticed that many people are feeling lonely and in need of more company, especially during the colder darker days. We seem to want to close the curtains, eat comfort food and generally try to keep warm and cosy. The trouble is, that if you live on your own this means more time spent in solitude. I know some folk are caring for family and friends and given the situation we have all found ourselves in this past year meeting up for support has been very difficult.

In the New Testament we read about those early Christians who met together as followers of Jesus. They were living in difficult times but they tried to care for each other and welcome others who needed support. They certainly did things that annoyed each other, as we all do at times! However, they did look to the teachings of Jesus to help them in their lives as they lived out their faith day by day. One of the things that these followers of Jesus did was to meet and support each other. This often happened around food and drink, a model we like to follow today.

In the spirit of 'looking forward' we have decided to host a weekly Wednesday coffee morning at St Edmund's Church Hall in Hunstanton. We are calling it 'Making Space' because we all need to make space to take time out for ourselves, particularly at the moment. There is the added attraction of being able to bring along something you are making and do that while having a chat, a cup of tea or coffee and a piece of cake! We will have some scrabble, dominoes and jigsaw puzzles ready for anyone who wants to use them. I will be bringing some knitting or sewing along.

'Making Space' is for ANYONE who would like to join us on a Wednesday morning 10-12 at St Edmund's Church Hall. (You don't have to be someone who comes to church!) You will be given a warm welcome, whatever the weather! There is no entry fee. We are all in this beautiful area together and we are seeking to support each other.

Do come and join us, Wednesdays 10-12 St Edmund's Church Hall. 'Making Space' for tea, coffee and cake! We will, of course, keep in line with any Covid restrictions in operation at the time.

We look forward to welcoming you,
Rachael

Speed snooker comes to town

Tim Keogh

Hunstanton & District Snooker League hosted their annual speed snooker championships on Thursday, 9th December at Hunstanton's Ex Servicemen's Club. This differs from the regular game in that frames are limited to ten minutes and players very much playing shots against a timer. No time for the procrastinating cue chalker or hesitant Peter Ebdon esque playing style here, the clock is not your friend. Twenty four players took a break from league action all vying for local speed snooker bragging rights. The higher risk shot taking certainly makes for an entertaining spectacle. At the end of an enjoyable evening, Gayton Snooker Club player, Steve Halyett, proved a worthy winner with his reliant potting style under pressure.

There is an ambience to snooker halls that makes the game so alluring and therapeutical, a calm quiet setting, darkened seating with light laden tables and just the gentle clicking of ball against ball breaking the silence. Snooker itself was actually invented in 1875 by the British Army in the Indian town of Jubbulpore. Army Officer, Sir Neville Chamberlain, coined the term snooker when describing a bad shot (snooker being a derogatory word to describe inexperienced or junior personnel). The name stuck. In 1919

the rules were consolidated to remove inconsistencies and ambiguities to form the format as it is known today. In 1927 the first World Professional Snooker Championships were held, won by Joe Davis, who went on to win 15 titles. The game took off in popularity when the BBC televised the sport under the guise of 'Pot Black' in 1969. Since then various players have dominated certain eras from Ray Reardon, Steve Davis, Stephen Henry and more recently Ronnie O'Sullivan. Many of the top players were household names. The talented Alex Higgins, who used to smoke around 40 cigarettes during matches, would have enjoyed the speed snooker format so quick was his playing style. Or Bill Werbeniuk who was known to guzzle his way through ten pints of lager and more during matches. Then the popular Jimmy White who lost all six of his World Championship finals, even one he led 14-8 in the best of 35 frames. The present Champion is Mark Selby with the next event in April at the Crucible Theatre in Sheffield, where it has been held since 1977.

The Hunstanton & District Snooker League itself has been running for well over 30 years and, presently, includes teams from Old Hunstanton, Massingham, Bircham, Gayton and Hunstanton. Presently the league consists of nine teams, although it is hoped to get back



Steve Halyett with the speed snooker trophy

to a full compliment of twelve teams in 2022. Whilst the league is still mid season - with Hunstanton Conservative Club B leading the way - plans are already in place to offer coaching for younger players looking to take up or enhance their game. For more details about this or joining one of the league teams, please contact Gary Hawkins on 07701 016834.



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Sporting Corner with Tim Keogh

In The Spotlight... Alan Jones

A tale of sporting prowess, flying bats and Huntington's Disease

When you suddenly discover you are quite good at something, what do you do? Go with the flow, just enjoy it or reach for the stars? Alan Jones had that opportunity

Born in Manchester, Alan was a late starter to sport. Mainstream school sports and he simply did not get on. Having left school he quickly started a career and moved into the Engineering Industry. His role took him across Northern England and Scotland.

As fate would have it, a chance invitation, when he was based in Leeds, changed his life. Invited to join a table tennis club by former Leeds United footballer Len Browning not only introduced Alan to sport but altered his perceptions of it altogether.

It turned out Alan was rather quite good! He quickly progressed through the lower teams and ended up playing for the first team.

"I never expected that, but it was the fact I suddenly enjoyed a game of any sorts that surprised me. To be honest if I hadn't met Len I probably wouldn't have played Table Tennis or indeed any sport at all".

All of a sudden Alan was not only playing in tournaments locally but thrown into more senior events across the country.

"Len used to roommate with John Charles at Leeds United and whenever we had a tournament in Wales Len called in a favour and we would stay at John's house near Swansea. Obviously we didn't see John for the legend he was, just a friend of Len's. But, looking back, what a privilege it was."

Playing for the first team exposed Alan to top level Table Tennis in Yorkshire and afar, and he began to savour the taste. But, then his job took him to Teeside, which completely changed his Table Tennis path altogether.

"I had moved to the North East and, whilst sat in a local bar after a hard days work, an old playing adversary recognised me and invited me to come down to their club. I was really humbled, but then it sunk in and I began to take Table Tennis far more seriously".

Alan started winning senior tournaments and was invited to represent the County. This opened doors to major tournaments where top players from across Europe would be competing with top



Tim (right) interviews Alan over a pint

County players and England players. In the Gateshead Open Alan first came across the Czech champion Milan Orlowski.

"The Czechs were probably the best team in Europe at the time so to be drawn against their No. 1 was incredible."

Alan lost a tight group match to Milan but progressed to the latter rounds. He was amazed when, playing in a tournament in Turkey, Milan came up to him and acknowledged him and the hard game he had experienced in Gateshead.

Alan continued to play at a County level and whilst his job meant he couldn't participate in regular national tournaments to gain an official England seeding, he did participate in the English Open. The pinnacle of his career, however, was undoubtedly winning a qualifier that took him to the World Table Tennis Championships in Manchester in 1977. This included all the World's top players, including the world number one at the time from China, Kuo Yao-Hua.

"Fortunately I didn't draw him is all I can say! I made a good showing but the Chinese were untouchable in those days. But what an experience".

So respected in Table Tennis circles, Alan was invited down to London by Peter Hurst who was England coach at the time, when Kuo was based in London and in need of decent practice opponents.

"I snapped Peter's arm off if I'm honest, how can you turn down an opportunity to spar with the World No. 1. I was never as good as him but to have played in the same tournament and practice with him was unbelievable".

Not a bad journey for someone who showed no sporting prowess as a youngster.

Pushing Alan for any funny incidents proved tough, but he did enlighten that, on occasion, he had a tendency to lose grip of his table tennis bat whilst attempting certain exerting winning shots.

"On one particular instance, the bat completely flew out of my hand, dodged a few people before it hit a fellow competitor on the far side of the hall. He "kindly" threw it back at me so I could continue my game. Decent fellow, from Belgium I believe".

Alan also played squash at a county level and had a golf handicap of 10 (must be something to do with sports with a ball of a certain size).

Settling in King's Lynn in the 1990s, where he continued to play league table tennis, Alan now lives in Hunstanton.

However, Alan's life changed in 2019 when he was diagnosed with Huntington's Disease.

"It was a routine examination that identified it funnily enough. But it stopped me in my tracks if I'm honest as I knew, then, my world was about to change. With what was going on in the world at the time, I thought my situation no different to anyone else's. But, I did learn one thing from sport and life in general and that is a positive mindset is crucial, so I have tried to apply the same approach to my illness".

Huntington's Disease is a rare degenerative condition caused by a faulty inherited gene. It effects the body's nervous system - the network of nerve tissues in the brain and the spinal cord that co-ordinate the body's movement. The Disease usually develops between the ages of 30 and 50 and, as there is of yet no known cure, you can still learn to manage symptoms effectively to improve your quality of life.



And so to the present day. Alan, who is 74, approached his diagnosis with positivity and tries to maintain as much normality as is possible, including continuing to play table tennis. The biggest impact on his life is no longer being able to drive. He used to think nothing of a round trip from Hunstanton to Plymouth via Leeds to visit his children, grandchildren and friends. Until recently he could also cycle locally, but that has now, unfortunately, also been taken away from him. He is now reliant on his legs which, fortunately, are holding up well given the circumstances. Alan remains positive, he can still enjoy a pint at the local and play table tennis every week. Indeed, watching Alan play, you can still see that glint in his eye as he quickly capitalises on any opposition mistakes. His latest opponent is Huntington's Disease and, so far, he's winning.

For more information about this condition please visit the Huntington's Disease Association website at hda.org.uk.

NOTE: If you are anyone in your family has a story to tell, please contact Tim on 07927 552572. or tim@townandaround.net



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January diary: please check with organisers before making a journey!

- 1 United Services Club Hunstanton PE36 5HL, BAND AGE all era's 8.30pm
- 3 Searles Leisure Club Open Day. All facilities free for the day between 10am-4pm More information: 01485 536029
- 5 Hunstanton Community Choir at the Christian Fellowship Hall, Downs Close, Hunstanton PE36 5HU 6.45 for 7pm, finish at 9pm. First week is free.
<https://hunstantonchoir.co.uk/>
- 8 Christmas Tree shredding events at Hunstanton Recreation Ground 9am-noon and Gaywood Plant Nursery in King's Lynn 1pm-3pm.
- 8 United Services Club Hunstanton PE36 5HL, KENNY AND THE MOTIVES 50s 60s + 8.30pm
- 10 BINGO NIGHT - Club opens at 7.00p.m. "Eyes Down" at 7.30 p.m. £6.60p for a book of 10 cards & £1.75 for a "Flyer Card". Fully licenced bar and Raffle.
To book email to events@anmerclub.co.uk
- 10 King's Lynn Festival Chorus new term at Springwood High School. 7.15-9.15 Register your interest at:
www.kingslynnfestivalchorus.co.uk
- 14 FILM NIGHT - THE COURIER - 12A - The true story of British businessman Greville Wynne (Benedict Cumberbatch) unwittingly recruited into one of the greatest international conflicts in history. Forming an unlikely partnership in the hope of preventing a nuclear confrontation, Wynne and Soviet officer Oleg Penkovsky (Merab Ninidze) work together to provide the crucial intelligence used to defuse the Cuban Missile Crisis. All Films start at 7.30 p.m. Club opens at 7.00 p.m. Admission £4 at the door For information telephone: 01485 57946 or email films@anmerclub.co.uk
- 14 Winter Warmer Talk and Supper. James Wild, our constituency MP will be talking about his experiences and being our MP. He will also be taking questions! Thornham Village Hall. Doors Open at 1830, talk starts at 1900. Two Course Supper. email
winterwarmers@thornhamvillagehall.co.uk for enquiries and bookings
- 15 United Services Club Hunstanton PE36 5HL, MIKE SHELLBY 50s 60s 8.30pm
- 19 Evocations for Flute and Cello Evocations for Flute and Cello performed by Klio Blonz and Rebecca Hepplewhite at King's Lynn Town Hall. Hosted by King's Lynn Music Society. Visitors welcome - suggested donation of £10 at door. Free to under 18s and students. Coffee from 7pm.
- 20-22 Moana and the Quest for the Golden Egg pantomime. Pocahontas Players at Heacham Public Hall Tickets 01485 570402 or 571267.
- 22 United Services Club Hunstanton PE36 5HL, D.N.A. rock + pop to present day 8.30pm
- 26 Snettisham Gardening club AGM at the Memorial Hall, Old Church Road, Snettisham. More info Gail 01485 541279 or Addie 01485 544754
- 27 New Hunstanton WI, Methodist Hall, Hunstanton. 2.15pm. Speaker Susan Barnett, Sandringham Secrets. Visitors welcome £3.00.
- 29 United Services Club Hunstanton PE36 5HL, LAURIE HALEY DUO former members of the Rubettes All eras 8.30pm

United Services Club

CASH PRIZE BINGO EVERY THURSDAY EYES DOWN 8PM
KARAOKE SUNDAY 2nd Jan with Mick 8pm. This will be the last Karaoke until further notice.
POKER NIGHTS 7PM FRIENDLY TUESDAY NIGHTS, LEAGUE ON THURSDAY NIGHTS.
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SUNDAY LUNCHES 2 COURSES FOR £9.00 per person Tables

must be booked 01485 533360

Thornham Events January

FABS Exercise Class for the over 50s , get fitter and have fun!

Every Friday morning throughout January 10am - 11am

Advance booking essential -

Email Stephanie.mocatta@btinternet.com

Yoga with Clare Mckenna – Tuesday 6.15pm – 7.15pm

Gong Sound Bath Relaxation Class – Free Taster Session Wednesday

19th January 2022 11.30am – 12.30am

For more information contact soulstarstories@icloud.com or call Tonia on 07917 625607

THORNHAM HARRIERS

We are an informal group of runners and walkers. We started as a Couch – 5km group in lockdown, and have grown from there.

We meet Tuesdays and Thursdays at 10am at the Village Hall for a 5km run (or a shorter walk) aiming to get back for 10.30am for some outdoor socialising.

Please come along and join us, just turn up!

For more information contact stephanie.mocatta@btinternet.com

Editor's note: At the time of going to print all the events listed are going ahead. Of course, things may change over the coming days and weeks.

Please check with organisers before making your journey.

...continued from page 58

Church Building or Building Churches

by Gordon Tanner, a member of the Way CF Leadership team

I remember about 35 years ago, as a new Christian, I heard someone say 'God stops the building project when the elders (church leaders) put the roof on'. At the time it seemed a bit odd but I've come to realise that what it means is that God wants a church that will go wherever he wants and do whatever he asks of it – in other words building the church – and he only stops when the people leading that particular group effectively say 'that's enough!'

As Christians, God wants us to co-operate with Him. We should not expect the reverse – God cooperating with man. Whatever we try to do is done in our strength. His church is bigger and stronger than anything we can do. In the places where there are severe penalties for even belonging to a Christian group the church is strongest. For instance in China during the 'cultural revolution' when there was severe persecution of the church, the Chinese indigenous church grew about 5000%. At the start there were thought to be about 100,000 in the church. At the end it was 5 million. At present in Iran there is said to be the fastest growing church in the world, though there are severe penalties for converting from Islam to Christianity. Similarly in North Korea where the penalty for even just owning a bible is death, the small church is growing rapidly.

Jesus said to his disciples 'I will build my church'. He is the one who builds his church. Jesus follows up that statement with the words 'and the gates of hell will not prevail against it'.

Church buildings are not the church – the people are. For 300 years the church was an underground movement. They were persecuted and met in each others' homes. They had a simple sign that allowed Christians to identify each other if they met in the countryside. They did not have churches with towers or steeples, or even converted Magistrates Courts such as we use for The Way. They were operating outside of the local government. So when they heard Jesus say 'I will build my church' they knew he was talking people not buildings. When they heard him say 'and the gates of hell will not prevail against it' they knew they were in a spiritual battle. God wants his church to be a place where people who've been in a battle, whose life has been hellish, can find protection and help. If that is you then church (the people) is where you should go and you should find restoration. If you don't, then try another – maybe the elders put the roof on the one you tried.

There is hope and love and restoration in Jesus for all of us.

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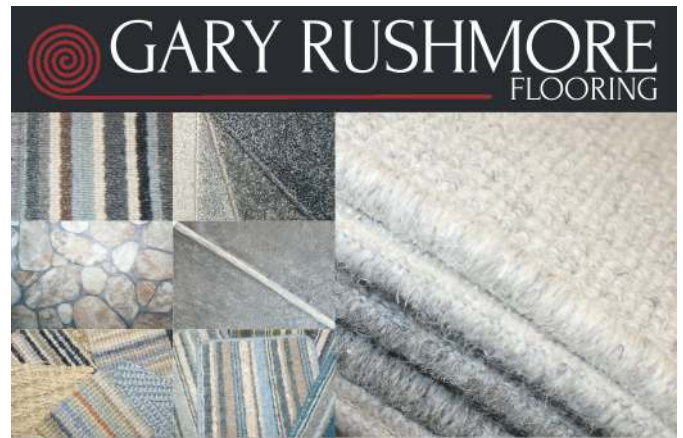
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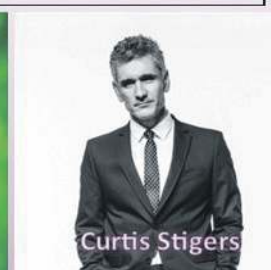
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**SATURDAY 29TH**

Thurs 24th Feb



Sat 9th April



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