

TOWN and AROUND

ISSUE 207 JANUARY 2023
PRICELESS!

2023
HAPPY
NEW YEAR

12,000
copies
distributed in
West Norfolk
FREE

Local News • Events • Great Outdoors • Features

First word



Hello and Happy New Year. I hope that 2023 brings you good health, happiness and new blessings to count each day.

You might like to start the year with a browse through these pages that are full of news, articles and local information.

At the end of January it is the seventieth anniversary of the 1953 floods. In the centre pages you'll find John Maiden's article and photographs. He tells us that after seven decades the story is still unfolding and he asks if anyone

can provide information about two of the victims whose surname is Martin.

There will be memorial events in Hunstanton and Snettisham, and no doubt elsewhere, and whilst details are not available at the time of this issue going to print, we will publicise them on our website - as and when we get them.

Our cover story about an orchestra of one hundred young musicians from thirteen different primary schools to make music together can be found on page 31.

You may think that January is not the time to garden but Louise Barby says we should get planting on page 24 while Wendy Warner has some great advice about houseplants on page 20.

My thanks as always to all our contributors, advertisers and of course you, dear readers.

Until next month...

Elaine

Elaine Bird, Editor,
Town and Around
The Perches, 18 Tapping Close, Snettisham PE31 7FF
T: 01485 540620 M: 07533 088196 E: editor@townandaround.net
Town and Around is published by Elaine Bird and printed by
Mortons of Horncastle

Follow the latest stories at www.townandaround.net
and on Twitter @hunny_bird

www.facebook.com/pages/TownandAroundNorfolk

Our pick-up points include supermarkets in King's Lynn

DON'T FORGET THE POWER OF PRINT ADVERTISING

Social media is great but it's a bit like sticking a post-it note onto the windscreen of a car on a windy day.

Print cuts through the digital noise
Print is more trusted
Print lasts longer

Professionally measured and fitted

Unit 1 Heacham Hall Ind. Units
Hall Close, Heacham, Norfolk PE31 7JT

T: 01485 571000
E: angelinasinteriors@gmail.com

Opening times:
By appointment

Sanderson

www.angelinascurtainsandblinds.co.uk

Fullers Body Repair Centre

Established 1973

Unit 10
Cheney Crescent
Heacham
Norfolk
PE31 7BT
T: 01485 570799
E: beautifulbodies@hotmail.co.uk

Free Estimates · Resprays · Accident Repairs
Corrosion Repairs · Insurance Approved

PRINT IS KING!

Advertise your business here to your local community. We have published every month since 2005 with affordable advertising rates for ads that get results. Call 01485 540620

ADVERT SIZES

1/16 page: 42mm wide x 60mm high OR 88mm wide x 28mm high.
1/8 page: 88mm wide x 60mm high OR 180mm wide x 29mm high
1/4 page 88mm wide x 122 high (portrait) OR 180mm wide x 60mm high (landscape)
1/2 page 180 mm wide x 122mm high (landscape) OR 88mm wide x 246mm high (portrait)
Full page 180mm wide x 246mm high
Centre DPS: 380mm wide x 246mm high

ADVERT PRICES

Size	1 issue	6 issues
1/16	27.00	22.50
1/8	52.20	43.50
1/4	86.40	72.00
1/2	161.82	134.85
Page	297.00	247.50
DPS	570.00	475.00

All prices are per issue, exclusive of VAT. Phone for more details.

The copy date is 12th of the month preceding publication.

No part of the magazine may be reproduced, stored in a retrieval system, or transmitted in any other form, or by any other means without written prior permission. Copyright © 2022 All Rights Reserved. This magazine reflects the views of its contributors; not necessarily those of its editor or advertisers.



- Live-in Care
- ♥ Home Help
- Companionship
- Personal Care
- ◆ Dementia Care

Home care with a *difference*

At Home Instead we believe in a more personal approach to care for our loved ones. It's one of the reasons why our home care service is rated outstanding by the care quality commission.

See how we can help you by giving us a call or visiting our website.



01485 496 987 | info@homeinstead.co.uk
homeinstead.co.uk/west-norfolk

How to save money on your vehicle servicing

Abigail Brown

Not to sound like a broken record, but the cost of living crisis is still in full swing and it's as important as it was last year to be careful with your spending. With that in mind, have you considered that you could potentially be overspending on your car servicing?

Servicing your car is paramount to ensuring it performs as it should and is safe for you and others on the road. So, reducing how often you service your car or choosing to only book in for small services is not the best option. In fact, although in the short term you'll be spending less, in the long run, you could end up shelling out way more than you bargained for because of damage caused by not servicing your car properly in the first place. So, how do you keep on top of your car's maintenance and your finances?

Short answer: menu servicing. This is the service that is recommended by your vehicle's manufacturer based on its current mileage and age. A garage that offers menu servicing will take your vehicle details and use them and a comprehensive online program to determine exactly what needs renewing/inspecting, rather than simply guessing. They will take your vehicle's service history into account as well to ensure everything that needs to be done is recommended at the correct time. This saves you money in two ways; 1, you can ensure the service being done on your car is only what is required, and nothing

extra unless requested; and 2, your vehicle will be up to date on its service checks and renewals, extending its life, retaining more of its value, and lessening the chance of any deterioration caused by neglect.

A common misconception is that only main dealerships can offer this type of service, however, there are some independent garages that do so. And, because they are independent, don't have as many overheads, and can supply and fit a range of different parts (including genuine) depending on requirements and budget, they can charge less.

You don't have to pay main dealer prices to get main dealer quality. At K Brown Auto Repairs, we can service any make and model of vehicle - even if it's under warranty - to the manufacturer's specifications and for a more affordable price. Plus, we offer exemplary customer service, a quick turnaround, and regular updates to ensure you're kept in-the-know. Long-term customers of ours, Ashley and Diana Corden, sum it up nicely in their Google review: "For those who critique non dealer garages, K Browns have done all my servicing on Jaguar XJs, XFs, AMG Mercedes, M BMWs and Porsche. I would go to K Browns over dealers every time."

To learn more about us visit www.kbrownautoskingslynn.co.uk. To speak to a member of our team or book your vehicle in for a service, call 01553 763763 for King's Lynn, or 01485 533786 for Hunstanton.

What does community campaigning achieve?

Jo Rust

Once again the local community is waiting with bated breath for an announcement over whether our hospital will be successful in getting funding for a new build. And if it does, how that funding will be released - all at once, in a drip feed, on hitting certain targets? All up in the air at the moment. But what I wanted to focus on for this edition, is the importance of community campaigns. It is without doubt the continued pressure applied by the community campaign which kept our hospital in the eye of the media. And that media made sure the none of the decision makers in either the government or the civil service could claim that they weren't aware of the QEH and its RAAC planks. Our campaign was creative and imaginative. We managed to keep it visual so there was always something new to focus on and by constantly changing the wording of the letters we sent up to the Department of Health and to the Secretary of State for Health (whoever that was at the time!) we were able to ensure that you, the public who need and use that hospital, always had a new way you could get involved and contribute. Our campaigning group went down to Westminster for the third time in November. We took our banner and placards to the actual Department where the decisions are made - Health and Social Care. While I didn't get to see one of the ever changing ministers, we did make sure it was on both local radio and the TV. Our hard hats and high viz vests, reminiscent of the building site it must feel like to work in, certainly attracted a lot of attention. And the



song penned by Julie Coulter - QE H is falling down (sung to the tune of London Bridge is falling down) completed the spectacle.

Keeping a campaign going for twenty months, as we have, takes determination and resilience; and we've had that in spades. But what we've also had which has been of immense benefit, is the King's Lynn and District Trade Unions Council to drive it forward and to fund it. However much you might want to do a campaign, if there is no financial means to support it, it can be hard to keep it going. The trade council brings together local community members who are also trade union members. Their trade union branch pays an affiliation fee which the trades council uses to fund the campaigns which matter to local people. And of course the QE H

matters. The trades council also meets on a monthly basis, so we're always up to date with what's going on, what needs to be done and who needs to lead it. I'd always recommend that when you're in a workplace that you join a trade union; they're more than just insurance against grievances and disciplinarys, as vitally important as that is. But they also provide a community focus and help promote community cohesion, as well as helping to get better wages, terms and conditions. So if you want guidance on which trade union you should join, don't hesitate to ask me. I'm happy to help.

07789 960 815

jo4nn3rust@hotmail.co.uk

Secretary - King's Lynn and District
Trade Unions Council



K. Brown

Auto Repairs

King's Lynn and Hunstanton



YOU DON'T HAVE TO PAY MAIN DEALER PRICES TO GET MAIN DEALER QUALITY

JARGON
FREE
STAFF



**52 POINT DELUXE
GOLD SERVICE
FROM £299**

**45 POINT
SILVER SERVICE
FROM £199**

**34 POINT
BRONZE SERVICE
FROM £125**



Both garages personally run by Keith & Tamsin Brown



ALL
WORK
GUARANTEED

- ✓ WE ARE SPECIALISTS OFFERING DIAGNOSTICS
- SERVICING AND MOT'S AT GREAT PRICES
- ✓ WE SERVICE VEHICLES UNDER WARRANTY
- ✓ WE PRIDE OURSELVES ON EXCELLENT SERVICE AND CUSTOMER CARE
- ✓ 35 YEARS OF EXPERTISE IN THE INDUSTRY
- ✓ WE HAVE 10 FULLY QUALIFIED TECHNICIANS
- ✓ WE SERVICE ALL MAKES AND MODELS

King's Lynn

(just behind Booker)

CALL US TODAY TO BOOK YOUR NEXT SERVICE

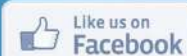
KING'S LYNN: 01553 763763

HUNSTANTON: 01485 533786

01553 763763

OPEN MON-FRI 8.30-5.00

www.kbrownautoskingslynn.co.uk



Prices quoted are for cars/vehicles over 3 years old, Please note all prices displayed are correct at publication

Beautiful tulip fields win award for The Norfolk Hospice

Since 2021, Tulips for Tapping has become a staple amongst the springtime backdrop of West Norfolk. So where did it all begin?

Local farmer Mark Eves and wholesale flower growers PS & JE Ward grow flowers for commercial sale to our major supermarkets. They are the largest producers of tulips in the UK and are the only growers to still plant bulbs outside in a field.

Starting life at greenhouse nurseries in Terrington West Norfolk, tulip bulbs need to spend a year out in the field for the bulb to strengthen and produce flowers of retail quality. Bulbs are planted out in early October and by the end of April have flowered producing row upon row of glorious rainbow colours. It really is a magnificent sight!

However, these flowers and their beauty are just a by-product of the bulb strengthening process and by mid-May the farmer comes along with his tractor to behead the flowers, leaving the petals to decompose into the ground and provide energy to strengthen the bulb.

When summer arrives, the bulbs are harvested and stored in cold rooms back at the nursery until they can be planted in heated greenhouses during the winter - finally producing the tulips you see in the supermarket around February time.

By 2019, the beauty of the springtime fields had begun to generate significant local interest with people requesting visits or trespassing on the land to get a photo; sparking the beginning of an idea. In 2020, Mark Eves approached the hospice to share his thoughts about using his field of tulips to somehow create a fundraising opportunity.

Conversations between Mark and the hospice gathered pace and the idea for Tulips for Tapping began take shape. Things came to a standstill when the pandemic hit but the idea stayed simmering until spring 2021 when the gates to Tulips for Tapping opened with gusto. In its first year an incredible 5,630 people visited, raising over £21,000 for The Norfolk Hospice which was fantastic!

By the time spring of 2022 rolled around, Mark and the fundraising team at the hospice were able to build on the success of the previous year and opened the gates to visitors from far and wide including coach



parties and VIP Tours. It also saw additions of third party trade stands, commercial photography passes, event specific merchandise and corporate sponsorship. Owing to their strong connections with Holland and tulips, Miffy UK also approached the hospice to initiate a collaboration with Miffy herself making an appearance at the field too!

Run by hospice staff and a team of volunteers who gave over eight hundred hours of their time, the field was open to the public for ten days, two golden hour photography evenings and a VIP event. In total over 10,000 people visited and raised a staggering and unprecedented £93,392 for the hospice.

The huge success of this unique event prompted the team at The Norfolk Hospice to enter the 2022 Hospice UK Awards under the category of Innovation in Income Generation and I am delighted to share the news that they are this year's winning entry.

For details of the event in 2023, keep an eye out on The Norfolk Hospice website and social media channels. If you would like to hear more about how you can get involved and join the team of volunteers, please visit The Norfolk Hospice website.

Cinderella has her Prince and the Princess has a new roof

The Crowland Crane dominated the Hunstanton skyline as the Princess Theatre's roof was replaced in late November/early December.

When T&A met the C. E. L. Group site supervisor Chris Elsdon on 30th November he said the project would: "Be all wrapped up by Christmas"

On-site with sub-contractors Docherty Roofing and Cladding of King's Lynn, he added: "We are installing thermally insulated panels that also have an acoustic backing which means it will be more energy efficient and have much better sound security."



At the same time the project included replacing the gutters, downpipes and soffits on the building that was originally constructed as Simpsons Hotel and was rebuilt and opened as a cinema in 1932.

Theatre goers will be pleased to hear that the temperature control in the auditorium will be much improved and on the very rare days that it rains in Sunny Hunny, they won't be able to hear the rain hammering on the roof!

A drone was used at the site by Ryan Skipper, the Sales Director of Docherty



Roofing and Cladding. As the machine buzzed around the site he explained: "We use this drone to survey the site and to monitor the progress; it means we can pick up any areas of concern safely and it also gives people an insight into what we do - and of course it's also a great marketing tool for us."



North Norfolk Properties Ltd

Committed to caring for your property



Gutter Clearing with SkyVac

Working at a height poses many challenges, but getting instant 'eyes-on' the job with our camera system means we can clear gutters up to a height of 50ft. No scaffolding, cherry-pickers or ladders required! Using skyvac® Elite poles with a vacuum release valve removes large clumps safely and quickly. We can reach over conservatories and outbuildings.



Moss Removal with SkyScraper

Norfolk has ideal climate for roof moss to thrive in! If left untreated, roof moss can cause tile damage and potentially lead to roof leaks.

Our skyscraper® roof moss removal system can be attached to a telescopic pole, to safely scrape the moss away. What grows up, can come down, so roof cleaning goes hand in hand with gutter cleaning.

GET YOUR GUTTERS FLOWING AND REJUVENATE YOUR MOSSY ROOF THIS WINTER



From this...



...to this

Driveway, Path and Patio Cleaning



From this...



...to this



About North Norfolk Properties Ltd

Based in Hunstanton and established in 2005 by David Loughlin, North Norfolk Properties provides a range of specialist property services including: garden maintenance and landscape services, garden clearance, fencing and patios, hedge cutting, grass cutting large lawns and amenity areas, patio and driveway cleaning, gutter clearing, and moss removal. Additionally, JCB Diggers with Operators are available for hire.

YOUR PROPERTY IS OUR PRIORITY

T: 07584 088097 E: nnpc099@gmail.com

Young pupils at Glebe House School add to the Queen's Green Canopy

Pupils from Glebe House School were proud to plant 30 new trees in memoriam to Her Majesty Queen Elizabeth II on 25th November.

Donated by The Woodland Trust, the trees will form part of the Queen's Green Canopy



project which aims to plant over a million trees in Her Majesty's name, all across the nation, in the year of her jubilee.

The Woodland Trust is the largest

woodland conservation charity in the UK. It wants to see a UK rich in native woods and trees for people and wildlife. The Woodland Trust's Schools and Community Engagement Manager Karen Letten said, "Trees create inspiring learning spaces - natural, sustainable, and dynamic outdoor classrooms where pupils can mix mud with maths and spades with science while connecting with nature and having fun. It's these lessons that the children will remember well into adulthood."

The school successfully applied for a selection of wild cherry, rowan and silver birch trees from the Trust to develop the woodland area within the grounds. Outdoor learning leader Miss Stephenson said, "here at Glebe House School we aim to inspire a love and appreciation of nature in all our pupils."

"Today's tree planting project taught the children about the importance of trees for supporting biodiversity and their positive impact on the climate."

"The children loved getting their hands



muddy as they planted their very own tree, and they are incredibly excited to watch them grow".

Incinerator update - Taking back control?

County Councillor Alexandra Kemp

Landline: 01553 630329 Mobile: 07920 286636

There has been a surprising development. The Planning Inspectorate has suddenly published an additional 10 documents from MVV, on the Medworth page of the Planning Inspectorate website, which the Inspectorate claims were sent by MVV in August. So why the delay in publishing them? I have written to the Inspectorate to ask them to explain. People registering as an interested party, had no opportunity to read and comment on the new documents. There is a real shocker in this batch.

A document includes MVV's plan to buy up swathes of public land, via compulsory purchase, that are owned by Network Rail and National Highways, in the vicinity of the proposed incinerator.

Both Network Rail and National Highways object to the compulsory purchase of their land.

Network Rail says the purchase of their land, would be a serious detriment to their undertaking, as it includes land along the railway line from Wisbech to March, which is disused but could soon be re-opened. MVV wants buy operational railway land and run an overground pipeline at the edge of the line.

Network Rail says it has no other land it could use and that MVV's plans would be unsafe.

MVV's intentions would not be in the public interest. They are an outrage.

MVV Energie also wants to buy National Highways land, in order to route cable and water pipes below the A47. National Highways, who are responsible for the UK's strategic route network, have objected to the compulsory purchase, due to the ground conditions.

In my opinion, the Secretary of State, Grant Shapps should never agree to this.

I do not agree with the principle of multinationals purchasing public land owned by utilities. Certainly not against their will.

We need railways back to reduce our carbon footprint, congestion and air pollution and reconnect the county.

My late grandfather, William Panton of Saddlebow Road, South Lynn, was an engine driver based at South Lynn Railway Station.

South Lynn Station was a key route for freight and all the main industrial sites, Coopers, the Sugar Beet Factory and the Muckworks had their own branch lines.

National assets and public land, whether it is hospitals, libraries,

railway or highways land should stay in public hands.

This is a democracy, but from Norfolk's experience with the South Lynn incinerator a decade ago that we stopped, we see that when incinerators come in, democracy can go out of the window, if residents do not speak up. It is time to write to Grant Shapps again. Shappsg@parliament.uk

Bus service improvements

Passengers travelling by bus on Sundays and Public Holidays this winter in West Norfolk are about to benefit from enhancements to the service and an improvement to the travel hub in Hunstanton which will provide better waiting areas with real-time information to help to give passengers a better experience according to Norfolk County Council.

The Coastliner 36 service, operated by Lynx, will continue to run its summer timetable throughout the winter months.

This means that on Sundays and Public Holidays there will be an hourly service running from King's Lynn to Fakenham along the coast - (instead of every 2 hours).

There are also enhancements to the 35 service which runs from King's Lynn to Hunstanton which means that buses will now run every 20 minutes on Sundays and Public Holidays (instead of every 30 minutes).

More new and improved routes across Norfolk will start early in the new year and will be announced soon.



GENUINE UNBEATABLE PRICES FROM A FAMILY BUSINESS YOU CAN TRUST

Reeds
BIG WINTER SALE
EVERYTHING REDUCED

SUPER SAVINGS ON SOFAS & RECLINERS

BIG DISCOUNTS ON BEDS & MATTRESSES

EASY PAYMENT OPTION SPREAD THE COST!
ASK IN STORE

PRICES DOWN ON DINING & BEDROOM

FAB SAVINGS ON FLOORING CURTAINS & BLINDS



reedshomestore.co.uk

find us on facebook 

NOW ON

**Furniture, Flooring
& Bed Centre**
Lancaster Way
Business Park, Ely
CB6 3NX
T: 01353 669754

**Furniture, Flooring
Bed Centre & Homestore**
Bridge Street
Downham Market
PE38 9DS
T: 01366 382213

**BIG DISCOUNTS
ON TOP NAME BRANDS**

**YOU CAN NOW
ORDER ONLINE***

*Furniture, beds, mattresses and upholstery are available to order online.

Dates & Deadlines! Have you filed your 2022 Tax Return yet?

Supplied by Kathryn Gigg, Chartered Accountants, Hunstanton

30 DECEMBER 2022

INCOME TAX: deadline for online submission of self assessment tax returns for tax year ended 5 April 2022 for HMRC to collect tax through PAYE codes where taxpayer owes less than £3,000.

31 DECEMBER 2022

CORPORATION TAX: deadline for returns for accounting periods ended 31 December 2021 to reach HMRC.

31 JANUARY 2023

INCOME TAX: SELF ASSESSMENT FILING AND PAYMENT DEADLINE:

Filing deadline for 2021/22 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 2022 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 2022 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 2022.

ITSA: Deadline for paying self assessment 'balancing payments' for tax year ended 5 April 2022, and the first self assessment payment on account for tax year ended 5 April 2023.

Deadline to pay Class 2 NIC for 2021/22.

Deadline to amend a 2020/2021 tax return.

Deadline to file an outstanding 2020/21 tax return to avoid a tax geared penalty.

Deadline to notify liability to Class 2 NICs where your self employment began in 2021/22 tax year, to avoid a penalty.

CLAIMS & ELECTIONS: 31 January 2023 is the deadline for numerous self assessment claims and elections, for 2016/17 to 2021/22. 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 2022 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 2022/23 (if the 31 July 2022 deadline was missed and the claimant can show good cause) or to provide final income figures for 2021/22 (if renewal was done by 31 July 2022 using an estimate).

TRUSTS: deadline for updating the TRS where there was a tax consequence in 2021/22 and a notifiable change before 6 April 2022 to the additional information that taxable trusts are required to provide. Tax consequence includes Income Tax, CGT, IHT, SDLT, SDRT, LBTT and LTT. 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, 8 December 2022.

Kathryn Gigg Chartered Accountants

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 we endeavour to ensure that the information contained herein is correct, our firm shall not 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.

© Kathryn Gigg 2023



Kathryn Gigg

CHARTERED ACCOUNTANTS | BUSINESS ADVISERS | TAX CONSULTANTS

Offering a comprehensive range of services for both business and personal clients

- annual accounts, business and company taxation
- business start up advice and incorporation
- SAGE, Quickbooks & Xero installation and training
- payroll & auto enrolment administration
- VAT and bookkeeping services
- small business specialists
- personal tax returns and self assessment advice
- capital gains tax advice and inheritance tax planning
- tax planning and accounting services for private property investors

For an appointment please contact: Mrs K H Gigg FCA

THE OFFICE, 20 KING'S LYNN ROAD, HUNSTANTON, NORFOLK PE36 5HP

T: 01485 534800 e: kate@kathryngigg.co.uk

Regulated for a range of investment business activities by
The Institute of Chartered Accountants in England and Wales.

QUALIFIED ELECTRICIAN

Available for:

- Extra Sockets
- Lighting
- BT Points



No job too small - Free Estimates

No call out charges

Phone Owen on:

01485 572726 or 07813 173 446

Hunstanton Bridge Club

Learn to play bridge quickly

6-Week fast track course starting
17th March 2023, Fridays 1.30 – 4.30PM
Old Hunstanton Village Hall - £59

Improve your logic, memory and lateral thinking – make new friends – have fun!

This fast track bridge course is ideal if you want to learn and start playing quickly, are a complete beginner or for those who already know some basics.

Contact Laurent to book your place for a free one-hour taster session on Friday 24th February 2023 at 1.30pm

bridgehunstanton@gmail.com



A private venue for your perfect day

OLD HUNSTANTON • NORTH NORFOLK

Old Hunstanton Road, Old Hunstanton, Norfolk PE36 6HH

Tel: 01485 533486

Email: mail@caleyhallhotel.co.uk

Call to arrange a viewing or find out more online

www.caleyhallhotel.co.uk/weddings/



Foreman & Son

24 Hour Call Out Service

01485 570578

Select Option 4 Before 8:00 / After 17:00



OUR MAIN LINE DIVERTS
TO AN EMERGENCY LINE
DURING OUT OF HOURS

FOREMANANDSONLTD.CO.UK | INFO@FOREMANANDSONLTD.CO.UK
32 HIGH STREET, HEACHAM, NORFOLK, PE31 7EP



The Barking Bugle

Here at Barking Bugle Headquarters canine repawters, Ziggy Bear, Clara and I have decided we will be much better behaved doggies this year. Our humans do so much for us, taking us on holiday, feeding us yummy food, picking up our poo, grooming and bathing us, paying our vet bills and showering us with love and affection. And how do we repay them? By barking our heads off at anyone who approaches the house, peeing on the carpet, ignoring them when called and hogging the bed!

This year we have resolved to work really hard to reward them by becoming the well-behaved doggies they deserve. So putting our best paw forward here is a list of our New Year Resolutions:-

1. Not to bark at the postman. We all vow to make the postie our new bestie! After all, most of the deliveries are for us!
2. No more jumping up to greet people. We all get very excited about meeting new people but will do our best to keep 4 paws on the ground.
3. Not to be sick on the carpet. We will aim for the kitchen tiles instead.
4. Stop eating everything on the beach, exceptions being dead fish and horse poo!
5. To take our medicine without spitting it back up. But only if is wrapped up in a yummy treat!
6. To stop begging for food. Although anything that hits the floor is fair game.
7. Not to get jealous and sulk if you come home smelling of another dog.
8. Not to whine for attention every five minutes, instead it will be every 10 minutes.
9. Stop hogging all the bed, just 90% of it.
10. To come when called, unless it's bath time.

Now that we think about it, that's a big list of resolutions and it would mean us giving up lots of the things that makes us dogs. Do we really need to change that much? After all, our humans tell us they love

us just the way we are.

Happy Resolutions Free New Year everyone. Now we are off to do some howling and bark at the postman. 'A dog's life' is not such a bad thing after all, is it my furry friends??



Woofs Miss Zsa Zsa,
Editor of the Barking Bugle

Hunstanton u3a

Happy and Healthy New Year to all our members. We will meet at the Community Hall, Avenue Road Hunstanton for our first meeting of 2023 at 2.00 pm on Monday 16th January when the speaker will be Samantha Doughty, Development Officer Adult Services to tell us how to Stop a Crisis. You will be most welcome to join us. For further information please see our website hunstantonu3a.org

CÖASTAL Veterinary Group

16 Alma Road, Snettisham
King's Lynn, Norfolk, PE31 7NY

- ✓Caring, friendly and professional
- ✓Fully independent practice
- ✓24 hour emergency service
- ✓Full surgical facilities
- ✓On site x-ray facilities
- ✓Home visits available
- ✓Off street parking

Tel: 01485 544201

Email: info@coastalvets.co.uk

www.coastalvets.co.uk



Hooch Pooch Parlour



City and Guilds Qualified Dog Groomer

We offer: Hand Stripping, Full Dog Groom,
Wash and Blow Dry, Nail Clipping, Puppy Sessions.

Call Sarah based in Snettisham

Mobile: 07950 888 449

CL STEPHENSON PAINTER & DECORATOR HUNSTANTON BASED



- Free Estimates
- Interior & Exterior Decoration
- 20 Years' Experience
- All types of Wallpapering

**Tel: 07932 074 207
or 01485 533 783**

LUKE THOMAS

Foot Health Practitioner

Nail trimming • Thick nails •
Corns • Callus Cracked heels •
Fungal infections
Ingrown toenails • Diabetic
care

Now booking appointments
at The Old School House, Old
Hunstanton

01485 518988
lukethomasfhp@gmail.com

**£5
OFF**
your first
appointment

valid for all new
patients attending
appointments before
28 February 2023

DO YOU NEED BOTTLED GAS?

Fast, reliable delivery on a full range of
bottled gas for domestic or commercial use.

EGS
ECONOMY GAS SERVICES LTD

Give us a call, we **GUARANTEE**
to be **UNBEATABLE** on price*

01553 630573

*T & C's apply



HUNSTANTON SKI CAFE & BAR

Tripadvisor Travellers' Choice 2022

Wednesdays
Seniors Specials
12noon-3pm



Whatever the weather - enjoy the seaside with us!

Tables available every day inside and out. Free on-site parking.

Traditional Roast served on Sundays - booking strongly advised.

Traditional home-made favourites and specials board every day.

Vegan and GF options always available.

Live music Saturdays and Sundays 12-3pm.

Bookings: 01485 524475 or: contact@hunstantonskicafe.co.uk

South Beach Road, Hunstanton.

OPEN 7 DAYS 9am - 4pm

01485 524475 Follow us



McALLISTERS

Quality British Fashion Brands
for Men and Women



Hatley



JANUARY SALE NOW ON!

Business Hours

9.30 - 5.00 Tuesday - Saturday

01485 544136

Poppyfields Retail Park, Snettisham
(Just off the A149)

allegz chic

**WE ARE CLOSED FROM 31ST DEC UNTIL
10.00 am ON MONDAY 9th JANUARY
for our**

BIG WINTER SALE

We will be offering up to **50%** off most of our
Winter clothing which includes gorgeous
items from our favourite brands such as:
**Pomodoro, Marble, Micha, Capri, Adini and
St Tropez.**

Happy Shopping and Happy New Year!

t: 01553 631915
The Old School,
Castle Rising,
King's Lynn PE31 6AG

www.allegzchic.co.uk



A page from the Sage



Well now this is the start of another new year let's hope that it is a lot better than the last one!

1953 Flood Anniversary

It is seventy years ago this month, 31st January 1953, when we had the great east coast flood, a date that myself and many other people will never forget. It was a Saturday night, the wind had been blowing gale force from the north/west for the last three or four days. Len Daw from Hunstanton had been down Old Hunstanton beach to get some mussels for his tea but when he got there the tide had already covered the mussel scalp so he made his way home. He called in the Railway Hotel for a pint of mild and said to the others in there the old sea is coming in quick, I reckon it will flood over tonight. As it wasn't high tide until seven o'clock all the others in there just laughed at him, but he was proved right.

I was sitting in our living room that evening with my mother listening to the wireless, no TV in those days. My father had gone around the corner to the Albert Victor public house in Manor Road (we lived at number 63 Lynn Road near the Dersingham Common), then about 9.30 dad came in. Mother said you are home early, yes he said the sea has broken through and it is nearly up to the railway station. This was hard for me to believe as the sea and beach was two and a half miles away. Come on he said get your coat on and get your bike out of the shed we will go down to the railway

station and have a look. We could not ride our bikes as the wind was too strong so we had to push our bikes, when we got to the top of Station Hill we could not believe that we could see the sea just the other side of the railway lines. There was a lot of debris being washed up like tables, chairs and all sorts of furniture also dead sheep cattle and pigs. The time was getting on so the police said we all might as well get home as it was very cold. The waves were splashing high up in the air just the other side of the railway line, two and a half miles inland from where it should be. I wanted to go down to the station to look at the water but my father would not let me I had to do what I was told if not I would get a ding of the lug!

In the afternoon I had to go to Sunday School when school finished myself and others went down the station to see what was going on; the sea was still well up and in fact it never went back to the shore line till the Tuesday when the wind dropped. When we were there on the Sunday afternoon there were many men there picking up all the dead animals and other rubbish and they told us to stay away and go home so this we did.

It took about three years before the land on the marshes was okay to grow crops on and that was after hundreds of tons of lime had been spread on it. The road way over the single pits was washed away but us boys still went swimming in the shingle pits but if you wanted to go on the beach you had to go around by the pumping station then walk along the bank. A lot of the old jetty was washed away, but there is still a bit of it there till this very day.

A chap who was in the little wood down Dersingham Drift in the September of that year 1953 picking blackberries found the decomposed body of a man who lived down Snettisham beach and was drowned in the floods, it was believed to be the last body found.

This was a terrible night, the 31st January 1953, the storm started in the Irish Sea where a ferry capsized and many people were drowned. The storm then went around the top of Scotland

then making its way down the east coast of England getting stronger and causing havoc all the way, down past the Yorkshire and Lincolnshire coast hitting King's Lynn around about 7.30 on that Saturday evening a lot of people were out and about in the town even though it was cold and with a gale force north westerly wind.

There was a dance at the Corn Exchange but the people there had an early night, the men carrying the ladies through about two feet of water back to their cars on the Tuesday market place. The people at the Pilot cinema were not so lucky as the water was half way up the steps before they knew about it so they had to stay in their seats until about 3am on the Sunday morning when the water went back. Unfortunately fifteen people were drowned in South Lynn.

North Wootton marshes and Wolferton marshes got flooded and like Dersingham marshes, no crops were allowed to be grown on them for three years.

No water reached Wolferton village though it was not far off. It was only eight years since the Second World War had ended so many people were living in beach bungalows at Snettisham, Heacham and south beach Hunstanton. At Snettisham 25 people lost their lives in the flood despite the efforts of the fire brigade, police men and many other very brave people who went down from the village to help. Heacham felt the brunt of the storm and despite many people going down to help, nine people were drowned on that terrible night.

A passenger train was on its way from Hunstanton to King's Lynn when it came across a wooden beach bungalow that had been blown across the railway tracks, the driver managed to keep the fire going and he drove the engine and two carriages backwards into the safety of Hunstanton railway station. There were only the train driver, fireman, guard and about four passengers on the train but there could have been a nasty accident as it was found out later that the other side of the bungalow towards Heacham, the railway

track had been washed away and the line was closed down for at least two weeks.

The Wash is a funny old area of water; it is like a bottle it has a narrow neck and the water could not all get up the Ouse but some of it did and it went up the river breaking through some of the banks and flooding many acres of farm land. When the gale and the flood water reached the Wash coming from the north east it hit Hunstanton first and did the most damage with 31 men, woman and children getting drowned. Hunstanton had a good strong promenade till you got to the southern end of the fairground. The promenade ended there with steps going down to the beach. On the left was an area of waste ground with no protection from the sea at all. When you got to the power boat ramp there was a promenade and back wall going all the way down to the last bungalow on north beach Heacham; this promenade and wall was constructed in 1947 and there is a plaque on the wall near the power boat café. I have never found out why the gap in the wall was not constructed until around 1956/57 with this gap being there this was an ideal place for the water to go and for so much damage and loss of life.

The storm, gale force winds and massive waves hit Hunstanton around about 7.30 with the water rushing through the large gap in the promenade.

The Americans

At this time in 1953 there were a lot of American airman stationed at the Sculthorpe air base. As soon as the base heard the storm had hit Hunstanton many men were sent to the town to help in rescue work as a lot of American families were living down South Beach Road. Two of the Americans received medals for their rescue work; sadly, despite all this rescue work by these two Americans 31 people were drowned. This was, I believe, 16 Americans and 15 English adults and children. The rescue work carried on right through the night and all day Sunday. Many people got awards for their bravery, also many other people helped in this rescue work

like the Fire Brigade, Red Cross and of course many policemen and civilians.

It was found when people went to turn their taps on there was no water so water carriers from near and far brought water to Hunstanton so people went out into the streets with their jugs, pails, buckets and anything that would hold water. Some people even brought out their chamber pots! Hunstanton was in a right old mess and it took a long while to sink in how many people had been drowned.

Clearing up after the flood

On the Monday morning the great clear up began; when men went to sign up on the dole that morning all of the fit ones were told to report to the council yard as there was plenty of work for them. The promenade was in a right old mess from the cliffs right along to the fairground; anything that had been left on the fairground for the winter had been washed away including the roller skating rink. There was a lot of damage to the boating lake and the front wall of the Blue Lagoon was washed down on to the beach and some of it is still there today covered up with sand. It took several months for the promenade to be repaired. What was an amazing thing was the pier was still there with very little damage, though as we all know it got washed away in another storm in 1978. Seagate Road, Seagate and Beach Terrace cottages were all evacuated but they suffered very little damage except some sea water in the gardens of the houses in Seagate Road. Another amazing thing was no water got into the Kit-Kat and the Salted Almond bar at the Kit-Kat stayed open to the usual closing time of 10pm with not a drop of water getting in the Kit-Kat at all.

After this the great rebuild and repair began with machinery and many men being brought into the town. Some things were up and running by Easter time and most of them were trading again by Whitsun. A mate of mine worked for a carpenter and they had the skating rink operating again by Easter though it was not quite as big as the one that got washed away, and it took many months to put the promenade right. Of course it took a long while for the

people of the town to get over that terrible night and all of the friends and relatives they had lost. We must never forget all the people that were lost, and we must tell the future generations about it.

After Hunstanton got hit the storm carried on round the north Norfolk coast at Wells-next-the-Sea a lot of the bank alongside the harbour was washed away and over the next few days hundreds of servicemen were brought in to help repair it. Sea Palling and Great Yarmouth got a pounding also with a loss of life. The storm then carried on to Canvey Island and then it crossed the North Sea where hundreds more got drowned and much damage was done mainly in the Netherlands. This is the end of my write up about the 1953 floods, I would just like to finish off with saying that we had another bad storm in 1978 that took our dear old pier away and did some damage to the promenade near to the boating lake, the fairground and caravan sites at Heacham and Hunstanton. Thankfully, in this flood and gale no one was drowned or injured, the greatest loss being the pier at Hunstanton.

Flood protection

As far as I can tell at the present Hunstanton has some of the best flood protection on the east coast but that is only my opinion I cannot get out these days so I have to look at the beach through my webcam with the aid of a magnifying glass. One of the things that is badly needed on the beach at Hunstanton beach is the replacement of all the old groyne with new ones; it is at least fifty years since we had new ones. We still need a new slipway on the beach opposite Seagate as this would act as a good breakwater.

There has been a lot of new work on the back sea wall from the fairground to the Heacham boundary. From Johnson's slipway to the Oasis liquid cement was pumped into the promenade to stop it from subsiding; one of the main reasons is that the promenade comes under two authorities. The stretch from the cliffs to the southern end of the fairground comes under the West Norfolk and King's Lynn Council and they spend very little money on that stretch of promenade whereas the stretch from the southern end of the promenade to the Heacham boundary comes under the Environment Authority and they have money to spend on flood defences when and where needed.

Pop stars

I was talking about the pop stars and bands that we have had over the years so I tried to remember some; P J Proby was at the Golden Lion and as usual he slit his trousers, the Beverly Sisters were at Sinatra's Night Club upstairs at the pier as were the Kinks. When the casino shut it opened up under another name, The Sunset Rooms, one of the first bands that had there was Joe Brown and the Brothers. At the Kit-Kat we had the Singing Postman, Alan Smethurst, he wrote all of his own songs the most well-known one being, "Hev Yew Gotta Loight, Boy?". Down at Searles Camp they had Billy J Cramer and the Dakotas, if anyone can think of any more, let me know.

That's the lot for now, all the best the Boy Dick from Sunny Hunny. Keep on a troshin', keep out of the snow.

hunstantonmobility

**Service and Repair
Scooter Hire
Batteries and Tyres
07939 233205
01485 533532**



**Artworks
@The Town Hall
Hunstanton**

**January and February
Opening Times**

**Every Thursday, Friday
and Saturday
from 10am to 4pm**

**Supporting Local Artists,
Skilled Artisans,
Photography
& much more!**

Hunstanton Council Workers in the 1970s

Prior to 1974, Hunstanton Council was an Urban District Council with locally employed staff.

Pictured in the back row are: Mr Howard, Dick Garwood, Billy Raines, Ginger Woods, ?, Vic Gosnell and front row: Jack Driver, Bert Bix, ?, Len Daw, Mr Murray, Allen Gallagher, George Jewell and Neil Quincey. This was taken in the old Council Yard at the top of Westgate (now McCarthy & Stone).



Listening and hearing

Dementia communication practitioner Sarah Reed considers how we can interact more successfully with people who are living with dementia and how that can also have a positive effect on our other relationships.

Listening matters

There's a saying in dementia care, 'what's good for a person with dementia, is good for everyone'. Nowhere is this more true than in listening – and many carers are great listeners. Listening to one another with intent and kindness helps us 'hear' a person on a deeper level and helps build more loving and meaningful relationships, after all, we all want and deserve to be heard. Good communication is one of the most important aspects of the care of any person living with dementia. It often means reconsidering how we interact socially – there's always lots to learn.

Caring for a person living with dementia can be a truly formidable task over many years, that few of us are really prepared for. Apart from being physically, mentally and emotionally demanding, it requires the carer to have almost limitless energy, patience, understanding and good humour. And all in a time-frame that will inevitably be increasingly influenced by the declining condition of the person being cared for. This one-way street can be very stressful, especially as the person's mental ability and awareness constantly shifts.

Always good to remember then, that caring for a person with this long-term condition can also be immensely rewarding, even as their spoken communication skills deteriorate over time.

Here are a few tips to give your listening more value...

Being quiet

Background motion and sound can be both distracting and confusing, so it's best to be in a quiet environment, with the TV or radio turned off.

Being alongside

Make togetherness equal. Rather than sitting opposite the person, sit comfortably next to and turned towards the person, as though sitting at a corner table. This means you can turn to look directly at one other and have good eye contact, yet both be able to look away, so it doesn't feel too confined. This helps create a safe space from which to gaze out at the world together, for a better shared experience.

Being aware

See how the person may look away when thinking and especially when remembering something. Look at their face, note their body language... how does their mood seem? It's worth noting that it's always helpful to deal with physical issues like hunger, thirst, tiredness or pain, before anything else.

Being relaxed

Allowing time to think in conversation means no hurrying. Equally, as the person's condition deteriorates, their concentration span will reduce, so it's good to know how long is long enough!

Being encouraging

For any of us, some heartfelt appreciation such as "that's brilliant!" "you are fantastic!" "what a great story!" "thank you for sharing" are always good to hear. For the person whose self-esteem is diminished by their inability to remember or do things, such support can lift their spirits. Even if admiring words may be forgotten moments later, feeling positive is always beneficial in any dialogue.

Being lively

Make every experience as nice as it can be. It helps both the person struggling to make sense of the world – and you, as well. You have the power to make it enjoyable, so try to be 'in the moment' and don't be afraid to be playful and use fun and humour.

Being patient

You may well hear some things repeated. It can be challenging to listen as though it is the first time, but it's best to avoid reminding the person that they have already told you something, even if you may be near word-perfect. This can require tremendous patience, but it's always worth it. And try to avoid disagreements about anything, after all, facts are often unimportant. A person's feelings, never are.

Being empathic

Empathic connection is what makes for the best relationships – and the best dementia care. Remembering that the person with dementia is a person first, full of rich life experiences makes listening and hearing easier – and caring for the person more satisfying. If the person is distressed, listen well. If they are unable to move on from their upset, it can help to take a short break and then try starting the conversation again. Saying something positive or admiring is always a good place to restart.

Thoughtful story sharing with a person with (or without) dementia can make a real, positive difference to their wellbeing – and as importantly, ours too. As proof of 'what's good for a person with dementia, is good for everyone', it makes our connections deeper, our relationships more fulfilling and life in general, more rewarding.

sarah.reed@realcommunicationworks.com

There are many different types of dementia. Each has its own symptoms and affects on a person and the way they cope. It's always good to remember that compassion, kindness and rich connection have a major, positive impact not only on the person's sense of wellbeing and quality of life, but also on anyone caring for them.

Generation Care

Peter Coates is a retired doctor living in Stanhoe. He trained in Haematology at University College Hospital in London between 1981 and 1988. Between 1988 and 2015 he was part of the team that built up the Clinical Haematology services at The Queen Elizabeth Hospital, King's Lynn.

Since retirement, he has undertaken voluntary work with Churches Together in King's Lynn, Macmillan Cancer

Support, local hospital and prison chaplaincies, and is currently a trustee of the Norfolk Hospice Tapping House and the King's Lynn Night Shelter for the homeless. He is a member of a local poetry group called Centre Poets.

Peter's new book of poetry, 'Generation Care' was published by Austin Macauley on 30th November.

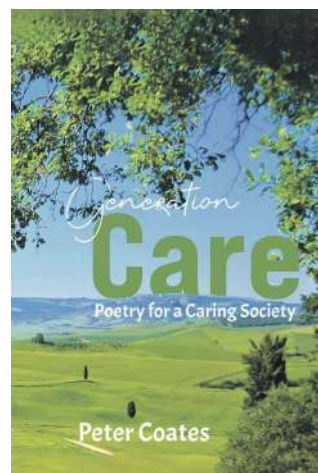
Drawing on his experience of over 50 years of health care

service the author has imagined how life would improve if mankind moved towards a more caring and loving society.

Peter said: "I hope that readers will enjoy having their own thoughts about a caring reality and an escape from the domination and money motives."

"I plan to donate all royalties to Tapping House Hospice if they agree."

The book is available from Austin Macauley at <https://www.austinmacauley.com/book/generation-care> and also from Amazon.





Safe Professional Earwax Removal...

for your appointment at The Drift Complementary Health Clinic
Station Rd, Heacham PE31 7DT, call: 01485 205085
or e mail: annahearinghelp@gmail.com

Nina celebrates 20 years of caring with Extra Hands

A Norfolk carer once told colleagues she wasn't returning - but two decades later she is celebrating an impressive milestone at an award-winning home care company.

Nina Stephen will mark 20 years at family-run Extra Hands home care in January, and said: "After my first week in the role, which was with a different company, I really wasn't staying! - and that was 23 years ago!



"I'd say to anyone considering care work, give it a go. Until you've done it, you don't know what your capabilities are. Now I really enjoy it, and I'm not going anywhere - I'm quite comfortable where I am!"

Mrs Stephen first worked in hairdressing, and said she found it a logical transition into the care industry.

"I did mobile hairdressing, so I was used to going in and out of people's houses. Sometimes I would see carers and think, 'I could do that!' It seemed a natural progression, and it was easy to slot in around childcare."

Having started as a part-time carer when her children were young, Mrs Stephen switched to full-time with Extra Hands in 2008.

"I was hitting 40 and my kids were off to high school," she said, "so it seemed the right time to go full-time."

Five years later, she moved into Rapid Response, working from the Heacham office.

"There are two of us, and we're on call from six o'clock onwards, in case anyone goes off sick," she said of her role. "It could be we do a full round, or just part of a round before it gets reallocated to someone else."

"Also, we do first visits of new service users, to meet them and hopefully their families too. Every person is different and needs different things, so it's about working it all out. We support new staff, and check on them to see if they need help, and we also monitor staff on a regular basis, to make sure they're not struggling with anything."

You In Mind

Hypnotherapy + Counselling
Here to help

Depression | Stress | Relationships | Bipolar | M.S. |
Bereavement | Pain Management | Phobias | Weight
Problems | Addictions | Confidence Issues
And more

Call me now on
07842 974 748

www.sandiepayne.co.uk

support@sandiepayne.co.uk



Extra Hands

Established
1993

Providers of Home Care in Norfolk

Multi-award winning providers of
Home Care in your community



We are a local multi award winning independent Home Care Specialist, providing carers trained to the highest standards including Dementia Care. We offer a wide range of services within the home setting which are tailored to suit individual needs from personal care to shopping and companionship.



Our services can be arranged on either a short term or long term basis, we offer flexibility when organising care packages and can assure our customers that we will meet their requirements every step of the way.

If you or anyone you know may be interested in our services please do not hesitate to contact us on the number below or call in to our office at Heacham for further advice and information.

Thinking of a career in Social Care?
Why not join our award winning team

We offer: • Good rates of pay • Various hours available
• Enhanced holiday entitlement • Paid mileage
• Free DBS check & uniforms • Mobile Phone



Tel: 01485 570611

Extra Hands, Unit 13,
Heacham Hall Ind Est, Hunstanton Road,
Heacham, Norfolk. PE31 7DP



www.extrahandshomecarenorfolk.co.uk

Extra Hands is regulated by the CQC to provide care and meet all of the CQC National Standards

COUNSELLING

Marie Jarvis

MEd. BSc. BEd.

Reg. MBACP No. 56620

Tel 07866 889967

marie125@btinternet.com

Contact me for professional and confidential help

How will a no-fault divorce affect my financial settlement?

By Rob Colwell, Director and Head of Family Services, Hayes + Storr

With the new no-fault divorce making it easier for parties to separate amicably, a final divorce order will only have the effect of dissolving a marriage, it will not resolve any financial claims that a divorcing couple may have against each other.

What is a consent order?

From a legal perspective, it is essential that your finances are protected through a legally binding agreement known as a consent order, otherwise you are at risk of your ex-spouse making a claim against your assets, property, income or pensions in future.

One party may agree to give everything to the other (out of guilt for example), and the couple can arrange this kind of settlement between themselves. However, it is still advisable to get a consent order sealed by the court which confirms the agreement. A Judge does not have to agree to the settlement and will ask questions if it is not considered fair.

A consent order records the terms of a financial agreement and severs any financial ties between the divorcing couple.

Full and frank financial disclosure

Prior to issuing an application to the courts for a consent order, both parties are required to make 'full and frank' financial disclosure to reach a financial agreement.

Financial disclosure requires the completion of documents that clarify both parties' financial positions as part of the divorce process.

Voluntary disclosure of financial documentation can often achieve a settlement between the couple and their solicitors.

Division of Assets

The way assets are divided is generally based on how long you've been married or in a civil partnership, as well as your:

- Ages, health and ability to earn
- Property, money and living expenses
- Standard of living
- Role in the marriage or civil partnership, for example if you were the breadwinner or primary carer of the children.

In most cases, assets are split according to need or other statutory criteria and if children are involved, their needs will be prioritised. Long marriages where children aren't involved often result in an equal split of assets.

Hidden assets and finances

Sometimes there's a fear that the other side might not disclose their financial details in full or that they've been hiding assets in anticipation of the break-up.

Reassurance is essential at this point. Both parties are required to provide detailed financial documents which are then exchanged with each other. This can include mortgage statements, property valuations, bank statements in respect of the past 12 months for every bank account, ISA's, pensions, any savings accounts or investments, wage slips,

business accounts and other evidence of the financial background of both individuals.

Should it be discovered that one of the parties has hidden wealth at any stage, it can be looked at again by the court – and in some extreme cases can even lead to imprisonment. You can ask for further disclosure if you're not convinced you're being told the truth once you have reviewed your ex-spouse's documentation.

Distributing the assets

Once an agreement is reached, most clients will document the agreement in a consent order. Once signed by both parties and sealed by the court, these documents are legally binding. The lawyers will use them to help the clients implement the agreement in the quickest and most cost-effective way.



For further help on divorce and financial settlements call 01328 863231 and ask to speak to the family department, or email: rob.colwell@hayes-storr.com.

Your legal matters in safe hands for generations

Hayes + Storr Solicitors handle a whole range of family, property and business legal matters with care and professionalism.

Call us today **01328 863231**
www.hayesandstorr.co.uk

Fakenham | King's Lynn | Swaffham | Holt | Sheringham

H+S
HAYES + STORR
SOLICITORS

On the turf with Charles Joyce

As we enter a new year and make resolutions that will last as long as a day, we also reflect on what has passed. Many of us will have lost someone close making our own lives a little less. But there will be others who have much to look forward too as someone new has come into their lives.

Punters are always optimistic and successful punters always have a healthy scepticism wanting to know the detail. Unlike the bankers who are paid exaggerated bonuses punters are using their own money, and that does not grow on trees. Punters should never forget it's not the winners you miss that count. It's the winners and losers you back that count.

Maybe in February when the Christmas races have been run and the dust has settled, I'll take a look at the state of things. In September horse racing lost a very good friend. So, as we enter a new year I thought I'd look at some of the greats of her reign.

Arkle

"Himself" has to be at the head of any list. He was the greatest post war steeplechaser. He was so far in front of the rest of his era that the authorities had to change the rules. Unlike most top national hunt horses of today Arkle took on all comers in handicaps as well as winning the Cheltenham Gold Cup three times. Such was his dominance that whenever Arkle was entered the official handicapper drew up two handicaps. One with Arkle running. The other if Arkle did not show up. A bit of a quirk was when Arkle jumped a fence, he crossed his front legs.

Secretariat

Big Red did not make the authorities change the rules. But he did break record after record. Not only did he win the US Triple Crown but broke the track record in all 3 races with his victory in the Kentucky Derby still holding the track record. He won the Grade 1 Belmont Stakes beating the best of his generation by more than 30 lengths where his winning time still stands as the fastest mile and half race on dirt. Such was his time in the third leg of the Triple Crown the Preakness at Pimlico that it was recognised only in 2012 as a stakes record.

Northern Dancer

The 1964 Kentucky Derby was the first Canadian-bred winner at Churchill Downs. His place so high in the list is not down to his prowess on the track, but in the breeding sheds. Like Arkle his grand sire was the unbeaten Italian horse Nearco who due to the political situation in 1938 was sold to stand at stud in Newmarket for £60,000. Northern Dancer was the sire of Nijinsky the only UK triple crown winner since Bahram in 1935. He was also the sire of champion stallion Sadler's Wells who was the sire of another champion stallion Galileo who in turn was the sire of Frankel the highest rated turf horse in the history of Timeform.

Red Rum

Any list has to include the greatest Grand National horse the only 3 times winner of the Aintree race. The National is the longest race in the UK with 30 fences which are different to all other tracks. It has been called the ultimate test of a horse's courage. In 2 other runs in the National Red Rum was second. A feat very unlikely to be ever equalled let alone beat. On his gravestone at the Aintree winning post the inscription reads. "Respect this place, this hallowed ground, a legend here, his rest has found, his feet would fly, our spirits soar, he earned our love for evermore."

Sea Bird II

Possibly the greatest winner ever of the Epsom Derby. The French trained Sea Bird was Timeform's highest rated flat horse of the 20th century. Quintin Gilbey wrote of his Arc D'Triomphe victory as: "The greatest performance of any horse in my time." In 1965, he was voted racehorse of the year receiving 228 out of a possible 240 votes by the Racegoers club. This despite him running in the UK only once. He was sire of Allez France Timeform's highest rated mare in the 20th century.

Frankel

Named after trainer Bobby Frankel who died in 2009, he had to be good. Ironically in his first race at Newmarket in 2010 he beat multiple Group 1 winner Nathaniel who is the sire of Enable dual Arc D'Triomphe winner with Ascot Gold Cup winner Colour Vision down the field. An undefeated winner of 14 races 10 of which were at the highest Group 1 level. Frankel earned the highest Racing Post rating in the 2012 Queen Anne Stakes and repeated it again 2 months later in the Judmonte International at York. It was also in the Queen Anne Stakes that Timeform awarded him their highest ever rating. A few months after Frankel retired from racing his visibly ill trainer Sir Henry Cecil died from cancer. Clare Balding, the daughter of Ian who trained Mill Reef, described Henry Cecil on Twitter as "one of the true greats and a gentleman. Frankel his crowning glory."

Ribot

The nineteenth century French realist painter Theodule-Augustin Ribot earned posthumous fame from the exploits of the Italian super racehorse Ribot who twice won the Arc D'Triomphe in his 16 unbeaten races. His breeder Federico Tesio who also bred Nearco the grand sire of Northern Dancer died in May 1954 and did not see the foal born at the National Stud in Newmarket become the champion of Europe. He sired 2 separate Arc D'Triomphe winners and 3 winners of both the Irish Derby and Doncaster St Leger. All 3 in the space of 7 years. In their book a Century of Champions John Randall and Tony Morris claim it was Ribot who won the Arc D'Triomphe by the widest margin in history and should have been ranked higher.

Black Caviar

The first mare in the list. And the first sprinter. 25 victories from 25 races the wonder mare started at 1/10 or less in 13 races 8 of which were at the highest level Grade 1. Twice she won Grade 1s at odds of 1/33. Her nearest defeat came at Royal Ascot when she beat Moonlight Cloud herself a 6 times Group 1 winner by a head. The Australian darling went off at 1/6.

Winx

Another Antipodean mare who holds the record in prize money won anywhere in the world. She won Aus\$ 26,451,174 from 37 winning races out of 43 races. When Winx won a Grade 3 at the Sunshine Coast race she began a run of 33 unbeaten races including 25 Grade 1s which is still a world record. A bit of a freak Winx did not have the long stride of most champion racehorses. Instead, she had 14 strides in 5 seconds when most other horses including champions only have 12 strides in 5 seconds. Dr Graeme Putt a physicist at the University of Auckland suggested this ability to settle or accelerate any time in a race made her unique.

Mister Prospector

He was born in the same year as Secretariat and Forego but was not in their class as a racehorse. It was as a stallion and sire of sires, especially on dirt that Mister Prospector earns his place. Before the fibreglass track was torn up at Southwell Mister Prospector in the horse's pedigree was something to always look for, especially on the paternal side.

There are many more that could have been included such as Dancing Brave, Nijinsky, Flightline, Makybe Diva, Kauto Star, Mandarin, Shergar, Mill Reef, Brigadier Gerard, Night Nurse, Istabraq, Persian War, Flyingbolt, Sprinter Sacre, Dawn Run, Dubai Millennium, Allez France, Dahlia, Shinzan, Sea The Stars, Vaguely Noble, Kingston Town, Tulloch, Galileo, Seattle Slew, Kelso, Deep Impact, Almond Eye, Narita Brian, Native Dancer and many more all have their claims.

A happy and prosperous New Year to everyone.

As 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.

Wendy Warner's plant of the month

Houseplants for Cooler Conditions

As the festivities draw to a close and the decorations come down, you might want to choose some new houseplants to cheer up your rooms. This year may be a little different as perhaps you have turned the thermostat down a notch or are keeping those rooms cooler that aren't used regularly. Don't despair, you can still have your pick of houseplants and may be surprised at some of the choices available.

A good place to start is with those plants that first became popular as houseplants in Victorian times. Although their homes were heated by fire, the rooms were much larger and airy and many plants were brought in from outside or from greenhouses. The Parlour Palm, *Chamaedorea elegans*, and the Kentia Palm, *Howea forsteriana*, are good examples of palms that can be grown in cooler conditions and will be less likely to suffer from some of the problems such as brown tips on the ends of the leaves or red spider mite which can be associated with them becoming too hot and drying out. Probably the most well-known of the Victorian plants was the *Aspidistra* (available to order from Thaxters) or Cast Iron Plant, which as the name suggests is very tough and as well as the cold, can tolerate a fair degree of neglect, little light and is low maintenance. *Sansevieria*, or Snake Plant, with its stiff, upright, sword-like leaves is another low maintenance plant tolerant of cooler temperatures.

Ferns such as the Boston Fern, *Nephrolepis*, or the Maidenhair Fern, *Adiantum*, can withstand cooler rooms, as long as they are in a bright position out of direct sunlight. These are both particularly decorative if used in hanging pots or planters, as are Spider Plants. The many different varieties of Ivy can also be used in cooler rooms and are very adaptable if you need something to trail or climb.



Surprisingly, many varieties of cacti and succulents, such as *Crassula*, Jade Plant, can also be grown in lower temperatures as in their native surroundings they have to withstand significant drops at night-time.



There are also a number of suitable flowering plants, and the lower temperature will prolong the flowering time. Try Cyclamen, Chrysanthemums or Azaleas or bring in potted Hyacinths, Paperwhite Narcissi and other bulbs, or Jasmine as a climber with its beautifully fragrant flowers. Probably too late now, but you can always bring tender summer flowering plants such as Fuchsias and Pelargoniums indoors in the autumn for them to continue flowering.

The general rule when growing any houseplants in cooler conditions is they will require less water. Most of the plants mentioned will tolerate temperatures down to approximately 12°C. Also, cooler doesn't mean draughts, there are very few houseplants that can withstand getting a throughflow of cold air from windows or doors. When growing at cooler temperatures you should not expect any of these plants to grow as quickly as they would in a warmer room.

I hope you will experiment with some of these houseplants to cheer you up this January when it's not really outdoor gardening weather.



**Not just a Garden Centre
it's everything you need on one site!**

**CHRISTMAS SALE STARTS
9AM TUESDAY 27TH DECEMBER!**
**50% OFF Christmas Decorations & Lights
& selected items throughout the garden centre**

Great selection of Bird Food and Feeders
Winter Clothing – Tops, Hats, Gloves, Scarves and Slippers
Books, Jigsaws and other Gifts

GREAT RANGE OF SEED POTATOES 2kg nets 3 for £12
Full range of Flower and Vegetable Seeds
Summer Flowering Bulbs including Dahlias, Begonias, Lilies & Nerines
Everything you need to GROW YOUR OWN this Spring
Seed trays - Propagators - Sundries - Compost



Thaxters

**Coffee Shop
Open 9 - 4
Serving breakfast,
snacks & light lunches**

Garden Centre & Coffee Shop
49 Hunstanton Road, Dersingham, PE31 6NA
www.thaxters.co.uk
Tel: 01485 541514

Open Daily 9am - 5pm
See Website for Festive Opening Times

R'N'R FENCING & Landscapes

Domestic, Commercial & Agricultural

• DECKING • PERGOLAS • PATIOS
• TURFING • RECLAIMED SLEEPERS

ALL ASPECTS OF LANDSCAPING

FREE QUOTES • PUBLIC LIABILITY INSURED

07881 947506 01485 572107

Prided on Quality & Reliability

R&B

TURF & GROUND CARE

MACHINERY REPAIR SPECIALISTS

WE MEND ~ YOU MOW!

Call in to see our reconditioned lawnmowing machines at fabulous prices

DISTRIBUTORS OF

ASPEN
Fuel for professionals



**NOW TAKING SERVICE BOOKINGS FOR NEXT SEASON
BOOK EARLY TO AVOID THE RUSH IN THE SPRING**

T: 01485 540645 M: 07702 795794

E: randbgroundcare@googlemail.com

W: www.mower-mend.co.uk

The Workshop, Marsh Farm,
Wolferton, King's Lynn PE31 6HB

R&B IN TUNE WITH YOUR MACHINERY NEEDS

SNOW CLEARING & GRITTING SERVICES

Driveways | Private Roadways | Car Parks
Business and Domestic Premises
25kg bags of grit supplied

**North Norfolk Properties Ltd
Hunstanton
07584 088097**



Tim's Tree Services

LOCAL MAN - LOCAL RATES

PRUNING • TOPPING • FELLING
CLEARING • STUMP GRINDING

All aspects of tree and hedge work undertaken
OVER 30 YEARS EXPERIENCE

QUALIFIED - INSURED

CALL 01485 541 560 OR 07884 263 897

FOR YOUR FREE QUOTE



timstreesnorfolk@gmail.com



Sandringham Estate Sawmill

Admiral's Drive, Sandringham PE35 6EG

Quality Timber:

♣ Fencing ♣ Decking ♣ Trellis ♣ Gates of all sizes

NOW SUPPLYING: CREOSOTED & PRESSURE TREATED PENCIL PEELED POLES & POST & RAIL FENCING

ALL TIMBERS ARE PRESSURE TREATED

FIREWOOD - AVAILABLE IN BAGS, BOXES OR BY THE TRUCKLOAD

♣ Oak posts ♣ Fencing Panels ♣ Arches ♣ Garden Tools

♣ Rustic and machined poles ♣ Ironmongery ♣ Garden Furniture

sawmill@fsmail.net

Tel: 01485 543641 Fax: 01485 543239

WASH BARRAGE

Michael de Whalley

Another Wash Barrage scheme from Gibraltar Point to Hunstanton is doing the rounds but now with road and rail links, tidal power generation and a large container port. Currently, there is little detail available, with the scheme just at the concept stage. However, bold claims are already being made, including safeguarding the ecology of The Wash, preventing the flooding of The Fens, generating huge amounts of green electricity, protecting coastal towns, facilitating the Eastern Power House (whatever that is) and so on.

The developer's interests are in the building and running of ports. Centrica, its partner, wants tidal electrical power. Both these activities require a barrier that gives access to deep water for ships and the numerous generator turbine tunnels. Do we really need another container port on the East Coast? If it can take its share of increasing volumes of trade and handle huge vessels other ports cannot, then maybe so. If it serves only to take existing trade from the other container ports then what is the point? What will the consequences of the barrage be upon the, non-container Wash ports like Kings Lynn? As for the electricity there is an almost endless need for continuous generation of green power. It also behoves us to scrutinise the validity of the other claims for the barrage, including flood and ecological protection. Are they for real or just there to give the scheme the necessary environmental credentials to secure Government approval?

The Fens extend to 3,900 km² which includes 50% of the nation's grade 1 agricultural land, producing 37% of the nation's vegetables and 25% of its potatoes. They are home to a million people and are vulnerable to flooding from the sea and its rivers. A robust barrage of a height sufficient to act as a barrier to a North

Sea storm surge would provide The Fens with shelter but the civil engineering challenges are significant. The hydrology of The Wash is complex and a barrage could have far-reaching unintended consequences. Tidal water movements in and out of The Wash would be reduced by a barrage that had harbour, power generation, transport infrastructure and surge prevention duties to perform. This could lead to water 'backing up' in the Wash and its feeder rivers which, with silting up, could increase the risks of flooding from the fen rivers. It is important not to confuse protection against intense but brief storm surges with the problems of the steady rise in sea levels made worse by the slow sinking of the land in this area. How would the barrage protect against this? The fen rivers still have to empty into the sea and can't go uphill, so the height and widths of many miles of sea and river banks would need to be increased.

The Wash has local, National and International levels of legally binding environmental protection that reflect its importance and sensitivity. Even minor changes to the tidal flows may be catastrophic for this remarkable area and the vast array of species it supports... And a Wash barrage could hardly be considered minor.

A proposal of this scale is considered a Nationally Significant Infrastructure Project that requires the National Planning Inspectorate to examine and advise the Government who would then decide on whether to approve. Local people and Authorities can only be consultees in this process, so let us start an informed debate now to try to avoid the risk of a disastrous scheme being imposed upon us. Finally, we should be mindful that Sizewell C nuclear plant has just been approved despite the reservations of the Inspectorate!

Valentine's at Briarfields




Join us for an intimate evening in a romantic north Norfolk setting this Valentine's Day. Tables and rooms available, book now to avoid disappointment!

Book Now
Call 01485 210742 | email info@briarfieldshotelnorfolk.co.uk

PLEASE NOTE!

Annual Closure



We are closed for maintenance between Jan 13th and 21st.



Briarfields
COASTAL HOTEL

Nature notes with Carrie Carey

Saving nature through people power

It was a reasonable walk for a nine-year-old. The route took me past rows of suburban homes with colourful front doors and neat little gardens brimming with buttery-yellow daffodils. On past the cheery library and the not-so-cheery librarian, beyond the doctor's surgery and across the main road to the heath. The small patch of heath was fringed by woodland that harboured a cricket pitch on one side and a modest cottage hospital on the other. My great aunt, who held the firm belief that everyone needed to serve God, Queen and Country, had arranged for me to volunteer on the paediatric ward here. And so, my volunteering journey began.

The hospital was closed decades ago, but my involvement with volunteering has continued throughout my life. Thankfully, volunteer roles are not relegated just to the young and there are plenty of opportunities for people of all ages, interests and backgrounds. In recent years there's been quite a buzz around micro-volunteering. If that phrase is new to you, then essentially it offers short-term, low commitment opportunities to support a non-profit organisation. It usually involves people completing small tasks that make up a larger project and doing this in a timeframe and place that suits them. It's a more flexible approach to the customary volunteer package and is sometimes known as speed volunteering, not to be confused with speed dating of course. We understand that your time is precious. Lack of it, is cited as one of the biggest barriers to volunteering and can lead to some people feeling excluded from traditional roles. Micro-volunteering allows people to donate their time in short bursts giving the charity the help it needs and the volunteer a sense of achievement without the obligation to do more. If you've not ventured into volunteering before then this is a good way to have a taster session and it is possible to 'pick and mix' your roles.

Like all charitable organisations, the RSPB is trying to do so many things with limited



resources and we need all the help we can get! Managing a pin box in your local area, completing a one-off online task from home or assisting us with small maintenance jobs only requires a couple of hours a month. Like being outside? Then why not join one of our work parties or help with a beach clean, it's unlikely to be more than four mornings a year. If you'd prefer to be home based then how about supporting our administration team, helping us with graphic design projects or social media content? Or if you have your own ideas of how you can help us, please get in touch.

Some people may be put off applying to volunteer, especially within conservation, in the belief that applicants must have a background in science or environmental studies. But the skills we all pick up through school, work and home management, can benefit a multitude of conservation projects and needs. It takes a lot more than ecologists to deliver conservation. For many of our volunteers, time spent on a reserve provides the opportunity to benefit the natural world. Whether that is maintaining wildlife areas, raising money to support the RSPB, baking scones in our café or simply helping a team out for the day, everyone leaves with a sense of achievement.

Of course, we recognise that formal volunteering (however flexible) is not for everyone, so we are also asking you to take some independent voluntary action for nature. Could you let a corner of your garden grow wild or put in a boggy area or pond? Are you

able to spare an hour in January to take part in the RSPB's Big Garden Birdwatch? Data gathered from this annual event helps us deliver conservation work on the ground. Can you take action on a community level and turn heavily mown grassed areas into wildflower meadows? Are you willing to write to your MP and ask the Government to put nature at the heart of political priorities alongside education, health and the economy?

As our challenges grow and resources become increasingly stretched, protecting the habitats and wildlife we love is only possible if we all take collective action. By making small lifestyle changes such as turning off lights we don't need, reducing plastic waste, sensibly using water supplies etc, we can shape our environment in a positive way. As we go into a new year, there is a definite feeling that we can save nature through people, people just like you and me.



If you do have some time and are able to support your local reserves please contact the team at Titchwell@rspb.org.uk or check out our website at www.volunteer.rspb.org.uk

Lowest Price
We'll Beat Any Like for Like Quote
Guaranteed

BOOK A QUOTATION

www.completegaragedoorsnorfolk.co.uk

Garage Doors

The widest range of colours & styles

Awnings

Sun protection for homes and businesses

Carports and Canopies

Shelter your car from the elements

Security Grilles

Stylish protection

Repairs and Improvements

No call out-fee. Same day service

01553 611246 or 07717 820490
info@completegaragedoorsnorfolk.co.uk



CJB COMPUTING

- New & Used Computers
 - Tuition, advice
 - Repairs & upgrades
 - Broadband, Wireless
 - Internet, E.Mail
 - Laptop power supplies
 - Screen replacement
- No job too big or small,
give Chris a call

Office: 01553 606555
Mobile: 07447 748356

Mark's Gardening Services



Garden Maintenance

Free quotes

£20 per hour

over 20 miles round trip £10

Call: Mark Wright

07876 151688

wright680199381@gmail.com

SNETTISHAM GARDENING CLUB

Happy New Year 2023. Our next meeting will be our AGM on Wednesday 25th January when subscriptions are due which remain at £5.00 and our 2023 Programme will be available. We look forward to seeing you then.

Any further information can be obtained from Gail on 01485 541279 or Addie on 01485 544754.

Mudpies & Butterflies

with Louise Barby

"The beginning is the most important part of the work" - Plato



Get planting, yes, really!. Although the air temperatures are low, the soil will still be retaining some warmth. Unless the soil freezes or we have heavy snow, January is a perfect time to plant, just ensure that the plants you buy have not been undercover or cloches. Take inspiration from gardens around you and from nature when you are out walking. There are always signs of life, structure and colour.

What to plant

- Purchase snowdrops 'in the green'. Often neighbours are happy to share theirs if they have a glut.
- Plant or fill gaps in hedging and add trees and shrubs to your plot.
- Bare root trees, hedging, Roses. Azaleas, Camellias and Rhododendrons all do well if planted at this time of year.

Pruning

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

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

Mulch

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

From your armchair

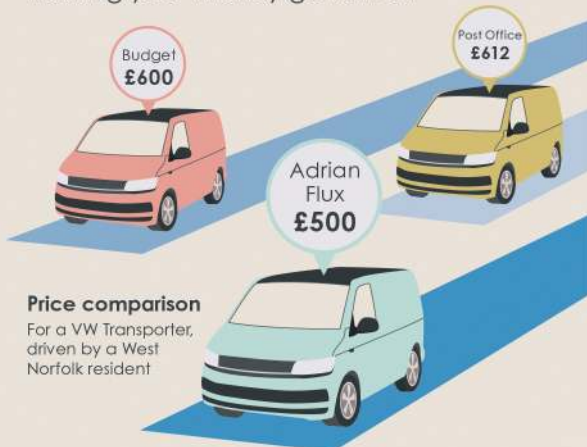
Sit with a blank piece of paper and write down the colours, shapes or specific plants you love. Try to think how these could be incorporated in your current garden space. Be ruthless, if there are plants that you are not keen on, take them out, pass them on to others. This will make way for what you really love. Think about planting similar tones or multiples of the same plant. This has a much more memorable effect as you walk around your patio or garden.

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

Wishing you a blooming lovely 2023

Your Local Insurance Broker

making your money go further



Call us on 01553 400399 for our best rates

Sample quotes are for premiums as stated for a 42-year-old from the PE32 area driving a 2005 VW Transporter with a 3-year no claims bonus and 1 SP30 penalty and working as a self-employed plumber. These illustrative quotes, valid as at 01/11/2021, are provided for information only and do not form the basis of any contract or tender. Competitive quotes were obtained from Budget Insurance and Post Office (via comparethemarket.com) on 01/11/2021. Full details are available on written request.

adrianflux.co.uk

Authorised & regulated by the Financial Conduct Authority

ADRIAN FLUX

Insurance for the individual



PEAK FEET PODIATRY

TEL: 07766 996270

Peakfeetpodiatry@yahoo.com

HCPC REGISTERED
PODIATRIST/CHIROPDIST.

Podiatrist with 25 years
nhs/private practice
experience.

Home visiting service.
All aspects of footcare

DBS CHECKED & INSURED.

OYSTERS & MUSSELS



HOME DELIVERY
FRIDAYS WITHIN
30 MILES OF BRANCASTER

BRANCASTEROYSTERS.CO.UK

07503684849

BRANCASTEROYSTERS@GMAIL.COM

Book review

Changing Tides – The Norfolk Writer's Exchange
Anthology Volume 1.

By Adrian Eden, by the book, Hunstanton

When I was approached to review the book Changing Tides by the Norfolk Writer's Exchange, I was more than happy to do so, having recently had a chance encounter with one of their collective in Tim Cashmore.

The collective began back in 2016, formed by a small group of people who were interested in both the written and sung word, and started meeting monthly at the Arts Centre in Grimston, West Norfolk. Supporting each other through their writing projects of either poetry or novels, this continued, albeit in a Zoom format during the Covid years.

In celebration of their return to meeting in person again, they decided to publish their first anthology, and I for one hope they will continue onto a second at some point.

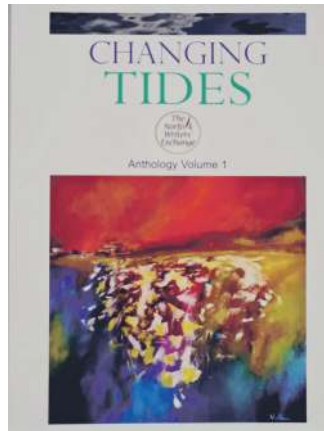
There is a wide range of writing styles shown here by the current twelve writers, from the easy and fun rhyming style of Kevin Kavanagh, to the deeply beautiful but also disturbing pieces, like The Woman with the Devil on her shoulder, by Carol Page.

Even the excellent cover artwork is provided by an Exchange member in Sue Vaughan-Williams, now a respected and widely collected artist, who also adds her voice to the writings here.

This is an impressive debut from a talented group of local writers, and well worth its cover price of £8.99.

Also, as well as supporting each other through their writing ups and downs, they decided that this anthology should be in support of two worthy local charities, namely The Magpie Centre, riding for the disabled, and The West Norfolk Deaf Association, and all profits from its sales will be split between the two charities.

You can obtain copies of Changing Tides from by the book, 9 High Street Hunstanton, or from WNDA's bookshop, No 8 The Old Bookshop, High Street, Downham Market, or from The Magpie Centre, Wallington Hall, South Runcton.



Letter to the Editor

An issue of the EDP (21/11) featured new proposals for a barrage to protect our vast and valuable low-lying region from the likelihood of inundation by the sea. As previously, vocal opposition comes from conservation groups who seem not to recognise that sinking the coast under the sea will totally destroy all the existing ecosystems which they value. The loss of our human habitat and economic resources - our homes and heritage, farming and industry, along with areas of great beauty - also seems not to concern them.

Readers of Town and Around can find several mentions of this topic in back issues (for Sept 2017 and Jan/Feb 2020). The basic proposal itself has a long history and could contribute substantially to very reliable renewable energy. Climate change is plainly accelerating, and Inundation would be an irreversible catastrophe. Please think about it!

Edwin Salter



by the book

January Events 2023

Turning a new leaf

An evening of healthy and positive life tips at The Terrace

Arsenic and sold cakes

An afternoon of murder, mystery, tea and delicious cakes

Tickets - 9 High Street Hunstanton

T: 01485 522349

email: adrian@buyanotherbook.com

Quality preloved and new books
in the heart of Hunstanton



Got a flat tyre at
home, work or
roadside?

Call Doorstep Tyre Fitting Ltd
07984 804679

- Same day service
- Covering the whole of Norfolk
- Emergency or regular tyre change
- Fully mobile independent tyre company



QUALITY PROPERTIES FOR EVERYDAY PEOPLE
NORFOLK *Your local, flexible, friendly, independent agency*
HOLIDAY HOMES **01485 534267**
 Call us or book online
Self-catering coast and country



We can let your holiday home anywhere in Norfolk too!
 info@norfolkholidayhomes.agency
 www.norfolkholidayhomes.agency
 70a Westgate, Hunstanton PE36 5EP

And away we go into a new year!

Now that the festivities are over, we have a new year ahead but again we have been dealt with a 'joker' from the world's card pack. We are getting over the impact of the pandemic and are now thrown into despair with another crisis. Is the cost of living going to stop holidaymakers coming to Hunstanton so we can do our shopping without whole families from babes to grannies in toe? Are day trippers going to boycott days out so the locals can travel along the A149 without traffic build ups every weekend? I think not. Last month I reported that people always find a way to afford a holiday and I don't think the increase in fuel and food bills will stop visitors clogging up to roads and shops. Hunstanton needs its visitors to keep businesses and jobs going. However, with the buildings going up in Southend Road, where will they park? There is limited parking in the town as it is, with not a parking space to be found, not even outside your own house. A discussion I am not getting involved in.

So, we book them in, welcome them in shops, smile, (makes your eyes 'smile' too!) and we have happy visitors. All day long. Mostly anyway.

But I don't know whether like me, you are pleased to have a bit of respite from people over the winter months. People were thinking about Christmas and New Year in November and December, then from a week into January, the phone gets busy, emails flood my system and the girls and I start all over again. Same with everyone in the town. A new year, fresh start, new holiday guests, regular ones and those who tried a change but are back again. Properties are having maintenance and a refresh, housekeepers are doing a stock take on laundry and sorting out their cleaning rotas, awaiting bookings for their diaries, and the same with owners, eagerly awaiting booking lists from us to tally up their income for their holiday home to see if the bills will be covered this year again.

With over 30,000 emails in my inbox last year – I cannot think how they all got answered – I expect 2023 will be the same. So, more properties needed if you have a holiday home to let out please. Once our current register of properties is achieving bookings, we need more for the people we cannot satisfy and sadly have to turn away. Please call in/email/call us if you would like a chat and we can help you all the way. Any time is a good time for us to start marketing your holiday home, and being local we are handy for guests and owners.

'Quality properties for everyday people' is our motto so it may be worth a call to see if we can let yours. Staycation will definitely be key this year once again for many reasons.

**Sandra Hohol,
Norfolk Holiday Homes**

FABRICS CURTAINS BLINDS
Christyana
OPEN
 Tuesday to Friday 10am - 4pm
 Saturday 10am - 2pm

BESPOKE CURTAINS, BLINDS AND ACCESSORIES



Local, family run, friendly service

FREE NO OBLIGATION QUOTATIONS

Showroom at 1 Poppyfields Retail Park, Snettisham
Contact Paula or Marcus
 T: 01485 541111 • E: info@christyana.co.uk • www.christyana.co.uk

Christmas came early for Heacham Minors FC

By Rick Gower DIRECTOR OF FOOTBALL, HEACHAM MINORS FC

As a Coerver Partnership Club we have been given the exciting opportunity to host a Real Madrid Clinic at Heacham for 64 players on Monday 3rd April 2023.

Real Madrid Foundation Clinics are the perfect tool to develop the physical, technical and social abilities of participants within an inspirational and motivational environment.

The objective is to introduce attendees to the values of Real Madrid: leadership, teamwork, hard work, solidarity, cooperation and respect.



£250 donated to Hunstanton Youth Club

The Friday night youth club in Hunstanton meets at the Community Centre at 7.30pm and for the second time this year Richard Bird, who organises Donate (advert below) went along to present a cheque to help with their running costs.

Richard said: "I'd like to thank everyone who had donated their old cars and MOT failures over the year. It has enabled us to pass on all the revenue to small clubs and organisations operating locally.

"The Youth Club caters for up to twenty-five young people who attend various schools in the area in years 6-11, and the leaders and adult helpers, all of whom are volunteers, provide a great range of sports and activities for them to enjoy in a safe environment.

"The £250 cheque today will be used for running costs."

The club is now seeking to add to its range of equipment for the young people and this is their wish list:

1. Karaoke machine with 4



microphones £174.99 Amazon.

2. Nintendo Switch £259.99 Argos

3. Giant Jenga £42.97 Amazon.

Should anybody or any organisation wish to help with a donation towards these items, please contact Rev Sam

Abramian whose details are below.

The Youth Club has been such a success a waiting list has started for any newcomers to join. If you are a parent or carer of children in school years 6 - 11 and would like to sign up for the waiting list you

can do so through emailing goodhopecommunities@gmail.com or calling Rev. Sam Abramian on 07814 629232.

If you'd like more information this can be found at www.ghc.org.uk.

Donate your old car or other vehicle

With/without M.O.T. Running or not.

The older the better.

Monies raised will go to local charities or good causes.

All correct paperwork completed.

No charge for vehicle collection.

Contact: Richard Bird

07860 476 198

BORDOLI PIZZAS

MON: RIPPER HALL DOCKING
TUES: INGOLDISTHORPE LAY-BY
WEDS: HEACHAM SOCIAL CLUB
FRI: OLD HUNSTANTON SOCIAL CLUB

From
5pm

T: 07565 754812

E: bordoli99@gmail.com

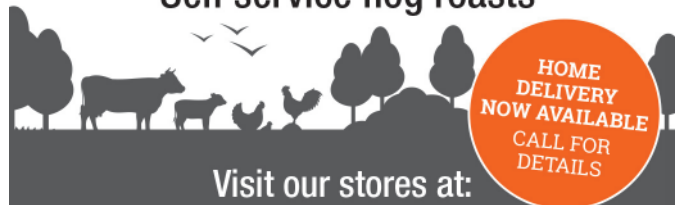


E.H Prior & Sons

family butchers and local produce

Est. 1930

Fresh, high quality meat
Homemade ready meals
Hot pies, baked daily
Local produce and drinks
Self service hog roasts



Visit our stores at:

St Nicholas' Court,
Dersingham, Norfolk PE31 6GZ

tel: 01485 542589

www.ehpriorandsons.co.uk

Ewe better believe it!

Since local artisan bed maker Wrought Iron and Brass Bed Co. was founded nearly twenty years ago. Authenticity has played a fundamental role in this North Norfolk family company establishing itself as the UK's leading metal bed maker.

However, Wrought Iron and Brass Bed Co. have some exciting news. With the launch of its new British wool mattresses collection. Partnering with British Wool, they hope this new range increases the recognition of wool and raises awareness of this beautiful and sustainable natural product.

The inspiration for this new range came when founder and managing director Amanda became privy to the financial burden wool sheering and processing can be on farmers. Dismayed by this, Amanda thought to herself, 'right! What can I do to help put this right and so the idea of creating their own range of wool mattresses was born, and their pairing with British Wool was a match made in heaven.

"British Wool is delighted to work with the Wrought Iron & Brass Bed Co. on this exciting new collection." Graham Clarke, director of Marketing at British Wool, said. Owned by approximately 35,000 sheep farmers in the UK. British Wool acts as a cooperative- collecting, grading and selling British wool on behalf of the farmers they represent and ensures quality through their exceptionally skilled and practised graders. Assuring Amanda of quality and origin, Wrought Iron and Brass Bed Co. needed for their exclusive range.

The Natural Comfort collection of five



mattresses is upholstered with 100% British wool – validated and sourced through the British Wool scheme, alongside other sustainable and organic natural fibres. Certified by British Wool and 'wool blend'. Each mattress contains at least 400gsm of 100% certified British Wool.

"We want to raise awareness of the raw material we have available to us in the United Kingdom", adds Harry Thompson, head of brand development.

"British wool deserves greater value than it does; the whole country was founded on the wool trade," says Amanda. "Our new mattress

range is about sustainability, respecting the natural material and ensuring we can help drive a more valued price for the British sheep farmer."

This new range of mattresses from Norfolk-based Wrought Iron and Brass Bed Co is on display and ready to be tested in their Swaffham showroom. Open five days a week, and by appointment only, Wrought Iron and Brass Bed Co. offer exceptional customer service, and their quality is second to none. It's easy to see why this local bed maker has been deemed the title of Britain's leading metal bed maker.

King's Lynn historic town tour with a difference

King's Lynn's Globe Trotters running group, which meets outside the Corn Exchange each Sunday morning at 8 am and has King's Lynn Town Guide, Gary Walker as its lead, decided to have a change to its usual running routine and do the town's historic walking tour at a jog!

Starting at the Tuesday Market Place, the group which numbered 48 on the day, ran its way around the usual historic walking tour route, while stopping to cover all the places of historic interest.

The group, to which all are welcome, has been meeting each Sunday now for over 9 years and was originally set up to prepare runners for the GEAR 10k, progressing on to building up for the Peterborough and Cambridge half marathons.

It now caters for all those wishing to improve their fitness, as well as preparing others for longer distance runs in the form of marathons and the occasional ultra runs.

Group leader, Gary, said, "The group regularly runs through the historic part of the town and I thought it would be good to do



something different, in order to explain to those taking part about the origins of the town and the history of the medieval buildings we pass each week." Although the formal programme of historic and special

tours undertaken by King's Lynn Town Guides do not recommence until April, group tours can still be organised and anyone interested should email: guides@kingslynn townguides.com

WINTER SALE - NOW ON



scan me with
your smart
phone for sale
discounts



Wrought Iron and Brass Bed Co.

Handmade in Norfolk | Guaranteed to last a lifetime

Christmas Opening Times

December 26th - Closed
December 27th - Closed
December 28th - 10:00 am - 4:00 pm
December 29th - 10:00 am - 4:00 pm
December 30th - 10:00 am - 4:00 pm
December 31st - Closed

Visit Our Showroom*

39 Turbine Way
Eco-tech Business Park
Swaffham
Norfolk
PE37 7XB
01485 542516

*SHOWROOM BY APPOINTMENT ONLY - CALL TO BOOK

view our full range at

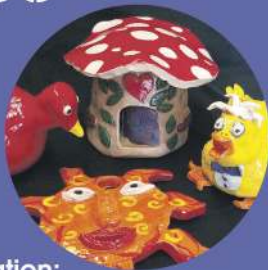
www.wroughtironandbrassbed.co.uk

STUDIO @ 55

New year, new you?

Discover your creative side.

Join a course in Pottery,
Clay Modelling, Plaster &
Wire, Soapstone Carving,
Lino-cut.



Contact me for more information:

Esther Boehm • 55 High Street, Heacham, PE31 7DW
www.studioat55.com • eb@estherboehm.com
T 01485 570 506 • M 07538 986 235

Anita's Salon

Open Monday to Saturday
from 9am to 4pm
or at other times by appointment
66 Westgate, Hunstanton
Tel: 01485 533736



Sew On & On

Sew On & On
For all your sewing projects

20 Westgate, Hunstanton PE36 5AL



If you want to sew you can find everything here!

English Rule templates & Fabrics for quilting
Specialists in Indian fabrics | Haberdashery
Embroidery & Printing | Caravan re-upholstery
Clothing alterations | Curtain making
Sewing machine repairs & servicing
Sewing machine parts and accessories

Call Mark on 01553 600722

Open Mon-Fri: 9am-3pm Sat: 10am-3pm

 **sewonwithenglishrule.co.uk**

Workshop at Unit 2, Campbells Meadow, King's Lynn PE30 4YR



HOTEL · RESTAURANT · GOLF
**HEACHAM
MANOR**



Sunday Lunches

at The Mulberry Restaurant

12 NOON - 2.30PM 1 COURSE **£17** | 2 COURSES **£23.50** | 3 COURSES **£30**

Booking advisable. Please call **01485 536030**

or visit **www.heacham-manor.co.uk** for more information.

HEACHAM MANOR HOTEL, HUNSTANTON ROAD, HEACHAM, NORFOLK PE31 7JX

Orchestra of 100 young musicians in West Norfolk

Budding musicians from 13 different primary schools across West Norfolk came together to display their talents and perform as one large orchestra.

Pupils aged eight to eleven took part in the performance at Gaywood Primary School in front of an audience that included the borough's Deputy Mayor Margaret Wilkinson.



Staged by the West Norfolk Academies Trust, of which Gaywood is a member, the event united children from 13 of the 19 schools involved in the Trust's Musical Instrument Teaching Initiative (MITI), enabling them to join the orchestra for the event.

Robert Galliard, who oversaw the West Norfolk primaries MITI Workshop, explained: "The children who have been part of the scheme were invited to a joint session at Gaywood Primary School. They rehearsed both as a large orchestra and also as separate wind band and string ensemble, before showcasing their work to parents."



"They played music that is aimed at beginner ensembles – the important thing was that they were playing together and meeting children with a similar interest from across West Norfolk."

Participating schools included Walpole Cross Keys, Clenchwarton, West Lynn, Heacham Junior, Snettisham, and host school Gaywood – all of which are Trust members – along with St Martha's (Gaywood), Docking, Fritcham, Holly Meadows (Pott Row), Gayton, Fairstead, and Tilney All Saints.

"As a retired music teacher, I would say music is of prime importance as part of a growing child's development," added Mr Galliard.

"Many friendships have been formed through shared musical participation in choirs and orchestras. Many of these children come from small schools, so it is important that they get to see that they are part of a bigger movement."

Andy Johnson, Executive Headteacher at WNAT added: "The Trust believes that playing a musical instrument is an important life skill which provides numerous benefits to each student."



"We invest heavily in music to ensure as many students as possible are involved across all of our schools."



Whyman & Mann
Builders

BRICKWORK • STONEMWORK • GROUNDWORK
PATIOS • NEW BUILDS • EXTENSIONS



All types of building work undertaken
Brickwork and Stonework Specialists



Ben: 07875 830 606 Joe: 07875 662 451

e: ben@whymanandmannbuilders.co.uk

e: joe@whymanandmannbuilders.co.uk

www.whymanandmannbuilders.co.uk

By John M

For example, for many years it was assumed that the six people named Martin on the Flood Memorial were members of the same American family. It was not until the Heritage Centre reopened in the former NatWest bank that a young lady was directed by the Tourist Information Centre to call in with an important update. It transpired that her aunt was a lass from northwest England who had married to a US airman called Martin. Sadly, they had perished in the Floods along with their two young children. The other two victims named Martin must have been a separate childless couple, unless someone out there knows otherwise.



Photo: David Jones

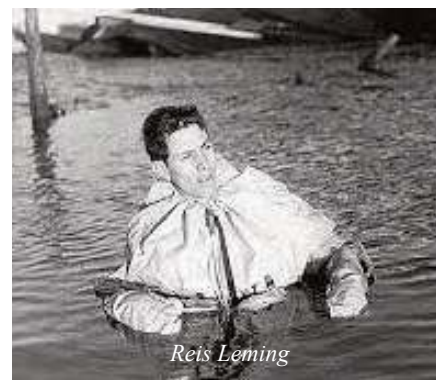
It was while returning to Wymondham College, after attending mass on the morning of February 1st 1953, that I heard about the floods from Mr & Mrs Tate who had come to



This is in spite of the fact that the number of people who were alive at the time of the floods is getting less with each passing year. For example, this will be the first Floods anniversary that 'living legend', Neil Quincey has not been around to share his own first-hand experience of surviving the Floods along with his wife and three young children.

While Neil was eternally grateful to Reis Leming for his incredible bravery in rescuing 27 victims from the their flooded homes; he was equally impressed by the way in which the four-man crew of an amphibious 'Weasel' risked their lives in getting him home to his family at the height of the storm. These Americans and other unsung heroes are likely to receive recognition at an exhibition in Hunstanton Town Hall on January 29th.

This prompts me to mention the impact of the Floods on neighbouring villages. Neil



Reis Leming

Quincey was moved by the story of fellow taxi driver, Bill Smith. On the morning of February 1st 1953 Neil accompanied Bill as he made his way to all that remained of his beachside bungalow, just over the Heacham parish boundary. Bill's wife, Mary and daughter, Angela had been swept away and drowned, but their dog, named Gorse, came and stood beside the two men as they surveyed the scene of devastation all around them.

Further south, the Snettisham death toll was 25, and David Bocking who was only 18 at the time had to identify the bodies of friends and neighbours who had lost their lives before they could escape from the tidal surge. I spoke with David recently and we both agreed that climate change caused by global warming increases the risk of a similar disaster occurring in the near future.

The Environment Agency is correct in pointing to improved weather forecasting and better systems of communication, but rising sea levels and an increase in the frequency and intensity of extreme weather events should be of concern to all inhabitants of low lying coastal areas.

Remembered

hn Maiden

Failure by the authorities to act following a minor breach of sea defences at the 'Hunstanton Gap' in 1949 certainly resulted in more deaths from the 1953 tidal surge. The storm in 1949 smashed up the promenade, but because the South Beach Road residents experienced flooding to a depth of only about two feet, some of them were lulled into a sense of false security. Unfortunately, those responsible for maintaining our sea defences also failed to fill in the 'Hunstanton Gap' in spite of the warning from 1949.

A more recent example of wishful thinking came this century when the Environment Agency raised the level of the sea wall by half a metre from the fairground heading southwards. West Norfolk Council was advised (by me) to do likewise, especially where their sea wall is supposed to protect the fairground and the Sea Life Sanctuary. The reply was that the council would explore ways of storing any overtopping water. This may have been acceptable when it was a boating lake, but not any more!

It is not easy to take positives from a tragedy as awful as the 1953 floods were, but back in the 1950's, the shared loss and the speed with which the USAF responded to the tragic situation, forged a very special relationship between 'Little America' and the USAF. For the best part of 60 years this bond



Princess Theatre hosted events marking 60th Floods Anniversary - picture David Jones

was kept alive through individuals maintaining contact, epitomised by Reis Leming and family members returning to Hunstanton at regular intervals.

It was not until RAF Flight Sergeant Mark Service made contact with Hunstanton Civic Society, in his capacity as the Official Historian of the USAF 67th Special Operations Squadron (SOS) that he and I came up with ways of reviving and strengthening the special relationship between our town and the USAF 67th SOS, which was activated at RAF Sculthorpe in November 1952 as the 67th Air Rescue Squadron.

The Town Council was instrumental in granting the Freedom of Hunstanton to the 67th SOS and members of Reis Leming's family in 2014. Twinning of our town with the



Reis Leming Way - Debra Ross, Kathy & Michael Leming in 2013

67th SOS followed in 2016. A second road sign confirming this unique bond should soon be in place at the northern approach on the A149. Back in the 1950's many of my friends and neighbours were Americans. Thanks to the Internet; the close proximity of RAF Mildenhall; and the even closer proximity of the new Heritage Centre at RAF Sculthorpe; many of my friends are still Americans. Long may it continue...



HM Queen Elizabeth II in Hunstanton



The British and American flags were flown at half mast outside Hunstanton Town Hall where the dead were taken for washing and identification.



From the Mayor of Hunstanton

I hope you all had an enjoyable festive season, it has gone so quick and we are now starting another new year.

A year which will see local elections taking place, and I would like to take this opportunity to remind everyone, that becoming a councillor is open to all. If you feel you are able to make a difference, then please contact the clerk on 01485 532402 to get information on becoming a councillor. It does take a fair amount of time, but it is rewarding.

The Christmas festival took place at the end of November, and everyone involved deserve thanks for putting together such a thoroughly enjoyable event. Putting these events together involves a lot of hard work, and last years was the result of groups within the town, working together. Thanks go to Hunstanton Town Council, The Round Table, The Lions, The Rotary and Hunstanton & District Festival of Arts, all of whom contributed to make the day a success, along with all the stewards and volunteers on the day. Thanks also go to all those who supported it and it was nice to see the town and shops with all its festive lights and window decorations.

Plans are already underway for next years event, and it is hoped that year on year this event can grow, making it a highlight of the town, and a recognized annual Hunstanton event,

I recently attended two events at Smithdon High School, where I was honoured to have been asked to do a presentation. The number of certificates and trophies earned is a testament to the students who have worked hard to earn the awards and I would like to pass on my congratulations and best wishes for their future. The second event was the annual Christmas Concert, again, one which showed the depth of musical talent of the students, ranging from the youngest to the oldest groups. At the time of writing this their production of Oliver had not taken place, but judging on their concert, I am sure it would have been a resounding success.

The HDFA Christmas Tree Festival was, once again a huge success, with over 28 entrants, including 3 new entries this year. It was a pleasure to open the event, one which gives so many people so much joy and to many is the start of their Christmas.

We should be proud of all the groups and individuals that work so hard to produce events for the local community to enjoy.

This year sees the 70th anniversary of the floods of 1953, and plans are already being made to commemorate that fateful night. Details will be released as soon as they are finalised.



Crystal Cave

Happy New Year from all at Crystal Cave and Serenity. With 2022 being an unpredictable year we are excited to enter our 17th year!

The Cave saw many changes and upgrades in 2022. We have expanded our Crystal ranges adding hundreds of unique pieces to our collections. Our tumble table saw plenty of new arrivals, providing crystals for different parts of your life. Crystal packs are now available to help with anxiety, sleep, health, menopause and self love.

Our health and wellness section includes products from Faith in Nature, JASON, Amphora Aromatics and Bomb Cosmetics. We have massage oils, gels and creams to help with muscle aches and pains. Our incense range now has over 40 packs to help cleanse your space and crystals. We also stock a large range of wax melts to make your home smell divine! Crystal jewellery is a perfect way to keep crystals and their energy close to you. At the Cave we stock Crystal bracelets, rings, earrings and sterling silver pendants, packaged in boxes they make a wonderful gift.

Relax, balance and heal at Serenity Healing Centre this winter. Our therapists offer different massages including Swedish, Sports, Balinese, Ayurvedic Yoga and Indian Head, Reflexology, Acupuncture, Foot-care, Advanced Bowen (NST), Energy Healing, Advanced Hypnotherapy and NLP, Tarot Readings and Reiki. We now offer late afternoon and evening massage appointments. Head to our website for full therapy list and prices.

Crystal Cave is now online so you can shop from the comfort of your home. Free shipping is available when you spend £20.

Open 7 days a week, 9.30am-5pm
34 Westgate, Hunstanton
www.crystalcaveandserenity.co.uk



Crystals • Aromatherapy • Gifts • Jewellery • Therapies



Earth's gifts and natural products

Crystal Cave is filled with crystals, gifts, natural products, incense, cards, lamps, jewellery and much more!

Serenity healing centre offers a wide range of holistic therapies including Massage, Reflexology, Hypnotherapy, Foot-care, Bowen and Acupuncture.




www.crystalcaveandserenity.co.uk

34 Westgate Hunstanton
01485 535321
Open 7 days a week 9.30am-5pm

**JANUARY
SALE
10% OFF**

EXTRA 5%
OFF IF YOU
BRING THIS
COUPON



habify 

★ Trustpilot ★★★★★

FLUSH

HERITAGE WINDOWS & DOORS
IN NORTH & WEST NORFOLK

*Recreating Traditional
Living Spaces*

Contact us for further details
or a complimentary quote:

**From order to
installation in
8 weeks**

E: support@habify.co.uk
T: 01603 905 080
www.habify.co.uk

Your local independent
glazing specialist covering
Norfolk & Suffolk

Wild in Westminster and West Norfolk

Over the last three years I have been campaigning to secure a new QEH. On the doorsteps, in hustings during the 2019 election, whose anniversary we marked last month, and ever since I have been making the compelling case for major investment.

This has been my top priority in Parliament. It was the subject of my Maiden speech in the House. I've asked questions at Prime Minister's questions, health questions, treasury questions, and spoken in numerous debates. Away from the Chamber, I've met with health secretaries and other ministers on a pretty much ongoing basis, sent numerous letters, and kept up the pressure. Having the backing of other MPs whose constituents use and at work the hospital and the strong backing of the local community has been essential.

As the campaign for a new

hospital has continued it is also important to recognise there have been a series of improvements and investment in new facilities at QEH. The new £12.5 million Endoscopy Unit and the £3 million West Norfolk Eye Centre offer high quality facilities for patients and staff. There is also the Diagnostic Assessment Centre with work due to start on site this year. And the new School of Nursing Studies funded by the government as part of the levelling up agenda and Town Deal has opened as a partnership between QEH and the College of West Anglia. It is a great facility and is offering skilled training opportunities. In addition, QEH has been pursuing enabling works for a new hospital including a new multi-storey car park.

One of the tests of whether a campaign is hitting home is whether people associate you with it unprompted. At an event in No. 10 Downing Street with

Rishi Sunak shortly after he became Prime Minister, I said that I had two questions for him. He instantly replied, "well one of them must be the hospital." As I write, I've just asked about it again at health questions. I urged Steve Barclay, the Health Secretary - with Christmas coming and a decision originally due in spring - to confirm a decision to build a new hospital.

In his reply, Steve referred to his visit with me earlier this summer to review the scheme. That visit came after previous health secretaries and ministers had also accepted my invitations to come and see the issues for themselves and talk to staff and patients. Oddly, there has been some criticism that I've had numerous ministers coming to the hospital. In my book there's no substitute for getting a first-hand view of the issue I have been raising and the 3000 timber and steel supports. And importantly

Steve said that addressing the concerns of RAAC hospitals was his number one priority and he was working actively on it.

One of the frustrations has been the delay in decisions being made on the programme. I welcomed Steve Barclay's re-appointment a Secretary of State for Health and Social Care as he has shown determination and commitment to sort the RAAC concrete issues. So with decision due by the end of the year, I am hopeful that by the time this article appears we will have had the positive decision that patients, staff, and our local community deserves.

James Wild MP
Member of Parliament for North West Norfolk
House of Commons, London, SW1A 0AA
james.wild.mp@parliament.uk
www.jameswild.org.uk
@jamesowild

David Elsey's cryptic crossword

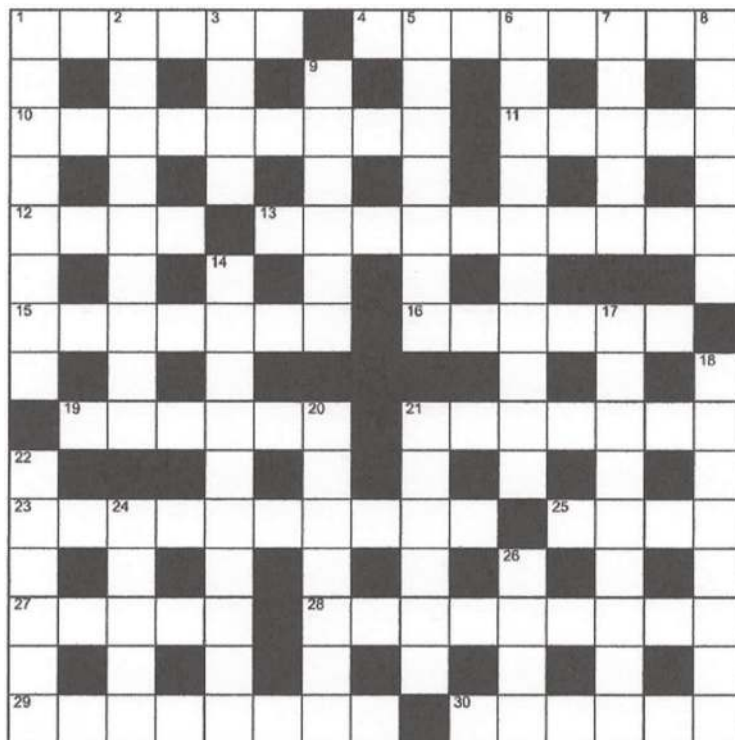
Across

1. Germany provided match official for return clash (6)
4. Hears, but blocks, words of praise (8)
10. Get rid of head and recruit from somewhere else (9)
11. Second set of three is hard (5)
12. Yesterday's man of letters (4)
13. Furore (to-do), in keeping with the answer, can provide it (3,2,5)
15. Heeding jockey, we hear how horse refused (7)
16. Sew up curtains (6)
19. Produced in bulk, it's cheap and trashy (6)
21. While away, we drop in and stop for a while (7)
23. As a rule, move cautiously (4,2,4)
25. One has a point, but it may have been covered in excellent letter (4)
27. Dance to weird band, half-cut (5)
28. Surrounded comrade is given vocal support (9)
29. Strikes that lead to fisticuffs? (4-4)
30. A gun dog, one of a pair (3-3)

Down

1. Dribble and pivot, heading for goal and taking a dive (8)
2. Cut fine it could be made into ribbons (9)
3. Love-god has aching back! (4)
5. Run through dance, leaving afterwards (4,3)
6. Musician sits on 26 to perform (10)
7. It will help to keep you grounded if you put your foot down (5)
8. Divers are warmer out of water (6)
9. You might order one for framing (6)
14. Musical directors get support for playing pieces (10)
17. Came forward and got a promotion (7,2)
18. Supplementary material first guy picked up has to stay under wraps (8)

20. One can be used to secure a lock, or maybe to open one (7)
 21. Fly between here in France and an island in the Mediterranean (6)
 22. Hunter has little time to raise gun (6)
 24. Copper-bottom something used in kitchen (5)
 26. Job saved by overturning part of court order (4)
- Solution on page 57





LM LEEMAC
CONSTRUCTION LTD

Block Paving | Landscaping | Patios | Roofing & Repairs | Flat Roofs | UPVC Roofline | Renovations
Extensions & Conservatories | Resin Driveways, Patios & Pathways

Proud members of
bark **Checkatrade.com**
Where reputation matters

CALL JOE: 07555 730 857 - OFFICE 01485 558 582
www.leemacconstruction.co.uk
leemac ltd@gmail.com
52 Poplars Avenue, Heacham, Norfolk PE31 7EA



Rock and Roll Bingo

BOOK NOW
£10
PER PERSON

Fri 27th January from 8pm
Rock and Roll Bingo gives a new twist on bingo by replacing the standard numbers with much-loved music clips! All proceeds to 'MIND'.

Call 01485 532896 or email info@thelodgehunstanton.co.uk to book



BOOK TODAY!

Valentine's at The Lodge

Book a table at The Lodge this Valentine's Day and enjoy our cupid's specials! Call or email to book.

The Lodge
Hotel & Bar

IMPORTANT: The Lodge is closed for annual maintenance from January 6th - reopening for Sunday lunch on the 15th January.



West Norfolk Glass
A family business since 1967

Windows
Doors
Conservatories
Orangeries
Roofline
Guttering
Fascias
Flat roofing
Garage doors
Carports
Porches



Double, triple and secondary glazing

Call **01553 763164**
for a free quotation

Hereford Way, Hardwick Narrows,
King's Lynn, Norfolk PE30 4JD

Which?
Trusted trader

www.westnorfolkglass.co.uk



A.J. COGGLES
Family Funeral Directors

Family owned and managed - Established 1851

A complete caring and personal service offered by a local family business providing advice and guidance at your time of need when you need it most



• Day and night personal family caring service
• Individually tailored funerals at a competitive price
• Horse drawn and alternative funeral transport available
• 5th generation independent family service

FUNERAL PLANS FROM
Golden Charter
Smart Planning for Later Life

40 Greevegate, Hunstanton PE36 6AG 01485 534421
1 Blackfriars Street, King's Lynn PE30 1NN 01553 766795

Also in Downham Market & Wisbech
Website: www.ajcoggles.co.uk

News from the Woottons

Richard Coates



I've lived in The Woottons for over 35 years, actually in the same house all that time and if I walk out of my front door about 20 yards (or should I say metres?) I'll go from South Wootton into North Wootton so I always feel like I've almost got a foot in both camps. One Wootton looks very similar to another Wootton, particularly with the new housing estates that have been built over the years, but now North Wootton wants to differentiate itself from South Wootton by erecting "Village Gateway" signs on the approaches to the village.

The two Woottons work very well together on most things. For example, there's a very well used park that straddles the boundary between the two parishes and that's recently been added to with an extra nine acre field (oh, there's another old measure slipped in. Mr Google tells me it equals 3.64217 hectares - but The 3.64217 Hectare Field doesn't slip off the tongue quite so easily as the 9 Acre Field does it? So I can't see that catching on!).

But there's other things where the two Woottons do work separately and do come to different conclusions. Both Parish Councils are responsible for footway lighting and a little time ago, South Wootton Parish Council considered turning off the lights during the early hours of the morning to save money but they decided that, for security reasons, the lights would be kept on. The Council knew that the cost of the meters to turn the lights off would be high but the main issue for the South Wootton Parish Council wasn't so much saving money but the safety of pedestrians.

North Wootton Parish Council has recently converted all its lighting to LED lamps to save money on electricity - it must have known what was about to happen to electricity prices! Now they are considering saving even more money by turning off the lights between midnight and 5.00 a.m. As with converting to LED lamps, they're going to have to spend money to save money, this time it would cost around £7,000 to update the lamps with a meter to do the time switching. Sensibly, the Council has decided to undertake a public consultation before spending this money and they've included a note about the matter in their latest parish council newsletter asking residents to let them know their views.

Both parish councils have recently invested in a SAM. I told you last month about South Wootton getting its Speed Awareness Monitor and now North Wootton is going to get one as well. The first results of South Wootton's camera are now in. It was placed, presumably, where it was felt the worst speeding problem existed and it's now official: the average speed on Nursery Lane is 31.4 m.p.h.! It was commented that, if a regular speeder can be picked out at a certain time, police could target that offender. So I suppose there's hope to bring the average speed down to just 30 m.p.h.! North Wootton Parish Council hope to have their SAM in operation very soon so speeding motorists in the Woottons will have no place to hide!

I publish a weekly email of Wootton News including a Diary of What's On. It also lists information about Wootton planning applications and proposed roadworks in the Woottons. A recent one told about planned roadworks on Nursery Lane, South Wootton where there's access to a large new housing estate being built with construction vehicles causing some problems but in one week new fibre laying was being completed on the Monday at one location involving traffic lights, with the same company setting up more traffic lights further along the road Wednesday to Friday and another company setting up a third set of traffic lights on the same road on the Wednesday for two weeks whilst they are digging a trench for a new gas main! Anyone who lives in The Woottons who wants to get my weekly email should contact me at richardcoates@inbox.com. There is no charge.

Hunstanton EyeCare

Registered Opticians
Outstanding eyecare and eyewear



Eye Sight Testing Services

We welcome NHS and private patients.
Assessment of ocular conditions such as Macular Degeneration, Glaucoma, Diabetic Retinopathy with OCT Scan.

Contact lenses

Our Optometrists can fit and supply all types of contact lenses.

Low Vision Assessment

A service to assist those with poor vision not correctable with spectacles.

Dispensing

Large selection of frames in all price ranges.

44 Church Street, Hunstanton PE36 5HD

Tel: 01485 532326

www.eyecarenorfolk.co.uk

info@hunstantoneyecare.co.uk

Also at 01263 512345 (Cromer EyeCare)

Wheelchair access at both branches

Hunstanton Eyecare blog

A Happy New Year to you all. There have been, and for many there continues to be, a lot of difficulties and hardship both in business and personally, and we at Hunstanton Eyecare are dedicated to looking after your eyecare as best we can. We know that waiting lists for hospital treatment are longer, but we can offer professional advice and support for many eye conditions at the practice.

Francis has once again offered to write the article for me, and this month he will tell us a little about AMD, Age-related Macular Degeneration. Unfortunately, age takes its toll on our eyes as much as the rest of our body, but as we keep our body fit, we can do our best to preserve our eyesight.

What is the Macula, and how does it work?

The macula is the part of the eye that is designed for best vision. If you are reading this article, the letters are focused on the macula. The greatest number of the retinas' rods and cones, ie light receptor cells, are situated at this point, a tiny area about the size of a grain of rice at the back of the eye directly opposite the pupil. An OCT retinal scan image shows a dip in the level of the retina at this point, so when you are shown this in the test room, don't be alarmed, this is exactly what we want to see. "Macular Changes" is the term that we at Hunstanton Eyecare now use. There are two types; Dry Macular changes and Wet. Dry Macular Change is a slow deterioration of the cells of the macula. The term 'dry' doesn't mean you have dry eyes, it is just used as a term to differentiate it from wet. Wet develops when abnormal blood vessels leak into the macula and can cause scarring and loss of central vision. It can develop rapidly, but can be treated if caught quickly, and it can also develop from the dry form. Macular Change is associated with age, usually over 60+, and there is a link to sunlight and smoking as causes. A healthy diet and UV protection in especially in summer with good quality sunspecs has shown to be effective in slowing down the progression. The symptoms of AMD are gaps or dark spots across your vision. Words may become distorted or jumbled on a page or may even disappear when reading. Straight lines, such as door frames, may appear distorted or bent. Reduction in vision may be quick or happen over a number of years. We can't prevent further changes, but we can monitor your macula through regular eye visits, and it is essential to have an OCT retinal scan at every eye exam to give detailed macular analysis and spot any changes at an early stage.

Next month I will chat a little about what to do if AMD has affected your eyesight and your spectacles no longer give you the vision you would like. My specialist field is in Low Vision and there are many gadgets to assist those who are visually impaired, watch this space!

Annette



Open for Emergency Denture Repairs

Call: 0787 634 7753

or: 01485 533 388

9A High Street, Hunstanton PE36 5AB
j.asman@yahoo.co.uk

Round the bend with Dean Baker

Is ten minutes too long or look out for leaks...

It's the 6th December, this article is due in today - there's a cold snap on the way, there's strikes on the way and in the middle of all this there's Christmas! What can I say to you in a brand new 2023?

We have to look at saving money, again. Gone are the days when I could rattle on about new bathrooms and state of the art hot water taps. The Bakers have just received a 'Big' water bill and like everyone we're living with hefty electricity bills - more because our not so little are suddenly very keen on washing! So how much does it cost to have a shower? A 10 minute shower

using an electric shower for someone on a standard tariff is around 48p a go. If you did this every day for a year it would cost you £175.20 a year. If there are 4 people in your household all showering every day that's £700 a year. You could switch your tariff to economy 7 or economy 10 - but if you prefer to shower in the day, stay on a standard tariff.

I think 10 minutes is way too long in the shower and shorter showers can save you at least £50 on your water bills each year.

Leaky loos and dripping taps can waste water without you knowing so fixing any you have

will save you some money.

Always make sure your washing machine or dishwasher is fully-loaded before turning it on. This will make sure you are using them in the most energy-efficient way.

Finally, if you are struggling with your water bill or any of your bills - contact your supplier. They will understand and they can help

Happy New Year - let's hope it's a good one

plombierdean@yahoo.com
Tel - 07973 131 906



Hunstanton Fire Station

Chris Guy

We would like to finish the year with a few bits of safety advice to help ensure you enjoy the festive season safely.

- Never leave candles unattended and always ensure that they are kept away from anything flammable.
- If you are going out and leaving your house unattended switch your Christmas tree lights off and turn them off when going to bed at night. A malfunction in the lights can lead to a fire that can spread rapidly.
- If you use portable electric heaters make sure they are not covered and again kept away from anything that can catch fire, with the cost of heating we are expecting an increase in the use of portable electric heaters this year.
- Check your car is prepared for colder icy/snowy weather by checking your tread depth and tyre pressures also ensuring all your lights work as they should, and your screen wash is topped up. Unfortunately, we always see an increase in Road Traffic Collisions during this time of year.
- Finally, please, please, please do not be tempted to drink and drive.

Whilst making your New Year's resolutions why not consider starting 2023 by taking on a new challenge and becoming an On Call Firefighter if you are over 18 years of age and have a reasonable level of fitness and work or live within 5 minutes of the station find out more details at www.Norfolkfirejobs.co.uk or by contacting the Watch Manager Rigil Kent on 07452940635.

We would like to wish you all a Happy, Safe New Year and a great 2023.

Stanhoe & Barwick WI

Thursday 12th January - Combining Crafts with Nature. A talk & demonstration from Debbie Perris and Katie Haydn-Slater
Thursday 2nd February - Michael Aldis, "Lynn as it was"
The Reading Room, Stanhoe PE31 8PS 2pm.
Visitors are most welcome; there is a charge of £3.
Please contact Valerie (01485 576261) for further details.

Looking to advertise your business?

This is what our customers say:

"I get loads of work from Town and Around. Advertising with you is the best thing I've done." Ben Whyman

Round the Bend



DEAN BAKER
PLUMBING REPAIRS

TAPS & TOILETS
DRIPS & LEAKS

Tel: 07973 131 906 E: plombierdean@yahoo.com

A recipe from the Prudent Pensioner

We were suffering with Covid and had lost our appetites so a nourishing soup would be ideal. It was the day before our weekly grocery delivery and stocks were low, so from what I had in my cupboard and fridge and using my soup maker (it could easily be made in a saucepan). I made this Pot Luck Soup my partner said it was very tasty and hoped I would make it again soon. It is always worthwhile experimenting with left vegetables.

Ingredients:

1 small Parsnip
3 medium size carrots
A small courgette
1 large red onion
1 stock cube (I used Chicken)
dissolved in 500ml warm water.
1 generous dessertspoon Rolled Oats.

Peel parsnips and carrots and cut them into small pieces. Peel onion and slice thinly. Trim off and discard ends from courgette,

clean and cut into small pieces.

Put vegetables into soup maker they should just reach min. line. Add oats and stock, this should not pass max line. Ease lid on and set to smooth or chunky setting and leave it to do its stuff. Serve and enjoy.

-o0o-

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

Copies are available to borrow from Heacham Library & Hinckley Library

See more recipes on The Prudent Pensioner Facebook page
E: pru.pensioner@btinternet.com

Hunstanton Lifeboat Station

Geoff Needham LPO Hunstanton RNLI

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

We have had a fairly busy year, the hot weather brought out a lot of visitors to the area, but thankfully we coped.

On Sunday 4th December Helena Anderson visited the station, and presented a cheque to the station for £627. Helena, is a local artist and long time supporter of Hunstanton RNLI. She has written a book about her mother, Peggy Spencer MBE "Dancing Through Life" the proceeds to go to Hunstanton RNLI and The Bishopgate Institute in London. Her mother a former judge on the BBC Show Come Dancing also a long supporter of our station. Helena gave me a signed copy, a very interesting read.

Also on Sunday we did a photo shoot of the crew and craft, it is now our new cover photo on our FB site, Peter Naylor, crew-member, used his Drone. Pete's daytime job is photography, like all our volunteers they come from all walks of life, prepared to respond to the call of the pager we are open 24/7 along with thousands ready to go to the aid of others. Raise a glass and drink to them, cheers.

Respect the water campaign and advice to Holiday makers, Tidal waters have strong tidal currents, especially the approaches to the harbours. General coastal safety tips. 1. Check the Weather and tide times. 2. Read signs. Be aware of local hazards, ie; sandbanks. Channels Strong tidal currents 3. Carry means of calling for help. 4. If you see someone in danger dial 999 or 112 and ask for the Coastguard who will page us.

Photos: Chris Bishop



DALEGATE MARKET PE31 8FB
BURNHAM DEEPALE
 Shopping & Café

North Norfolk Coast shopping, food & drink

'Great little shopping precinct with good mix of shops. Well worth a visit.'

One Stop Nature Shop Relish Boutique Gone Crabbing Fat Face The Hare & The Hen
 Driftwood Glass Studio Deepdale Café Deepdale Stores Pop Up Shops Information Centre

Tel: 01485 210305

www.dalegatemarket.co.uk



Chris Palmer

Plumbing And Heating Services Ltd

☎ 01485 571363

📞 07798 635860

✉ chrispalmer333@gmail.com

New boilers-repairs-servicing
 Bathroom-shower room installs
 Renewables



Hear **CLEARLY** again...

FREE
HEARING
AID TRIALS

Never miss out on the sounds you love
with the latest comfortable and invisible hearing aids

- ✓ **EASY** parking
- ✓ **HOME** visits available
- ✓ **FREE** aftercare
- ✓ **DISCREET, POWERFULL** - new technology
- ✓ **RECHARGEABLE** - no more fiddly batteries
- ✓ **INDEPENDENT** family business



FREE
HEARING
TESTS

WAX
REMOVAL
SERVICE

'NEW'
HEARING
AIDS TAKING
THE WORLD
BY STORM

BRING THIS
ADVERT IN TO
CLAIM YOUR
**SPECIAL HEARING
AID DISCOUNT***
or quote ref
HTA

**We are open &
Covid-19 Compliant**



Sound Advice Hearing Centres

www.soundadvicehearing.co.uk

"We care about you and your hearing"

TROUBLE HEARING THEN CONTACT US TODAY!

101 High Street, Kings Lynn PE30 1BW

t: 01553 760250

Day Centre also at: Hunstanton Eyecare, Hunstanton

HARRY BRISTER PAINTER & DECORATOR

07944 954455 | info@bristerdecorators.co.uk | bristerdecorators.co.uk

f @bristerdecorators

STEVE PENN PAVING AND GROUNDWORKS RESIN BOUND DRIVEWAYS

ALL TYPES OF PAVING, SURFACING
& BRICK WORK, QUALITY WORKMANSHIP

Part of Gold Award winning team at the Chelsea Flower Show



Mobile: 07712 244825

Email: stevepennpaving@aol.com

Website: www.stevepennpaving.co.uk



CYCLE SALES
CYCLE REPAIRS
CYCLE HIRE
CYCLE ACCESSORIES
A.E. WALLIS
HIGH ST, HEACHAM
01485 571683

www.aewallis.co.uk @heachamcycleman

01485
570303

A.E. WALLIS

www.aewallis.co.uk

Over 60 years serving the local community

34-40
High St
Heacham

Internet prices with local service



*Whatever the weather,
come to us for
no fuss drying with a
new tumble dryer.*



Go to: www.aewallis.co.uk and follow the Euronics link or give us a call
No need to come in - we can take your order over the phone!

euronics

NEWS FROM BRANCASTER VILLAGE HALL (BVH)

Geoff Wingrove

Brancaster Winter Fair 26th November

Organiser Jo Morris reports that the second Winter Fair was a very successful fundraising event, with profits going to BVH, Brancaster School and St. Mary's Church. We were joined by the RNLI Brancaster Coastwatch and Deepdale Church amongst a collection of craft stalls. Many thanks to all stallholders, including the Ship Inn and Barefoot, for their contributions and hard work: it was a great way of getting members of the community together to create such an outstanding village event. The day was rounded off with the Brancaster Community Choir singing some beautiful seasonal songs, and so ended on a very happy note.

John Wareham, Chair of Trustees, offers his thanks to all those who so generously gave their time to sing, bake, shop and serve at the Winter Fair. It was a lovely celebration of life in Brancaster, and grateful thanks are due to the team of brilliant organisers.

Regular groups

All the regular groups continue to meet: for further information on these and special events at BVH please visit our website: www.brancastervillagehall.co.uk and for enquiries: brancastervillagehallcommunitybookings.co.uk

FROM THE BRANCASTER VILLAGE HALL ARCHIVE - ROYAL WEST NORFOLK GOLF CLUB (RWNGC) MEMORIAL GATE

The RWNGC was founded in 1892 under the oversight of the Prince of Wales, later Edward VII, who lived at Sandringham, which his mother had bought in 1862 for him and his wife Alexandra. The Club has been one of the focal points of Brancaster village ever since, promoting tourism and employment in the locality. The Golf Club has had a number of royal patrons since Edward VII, which enhances its rich heritage; it has made an important contribution to village life over the last 130 years.

One of the prominent features of the Club is the Memorial Gate, which commemorates the sacrifice of 40 members of the RWNGC and the Brancaster Village Golf Club (BVGC) in the two World Wars. The memorial was celebrated very recently in a service, led by

the Rector, involving relatives of those who are commemorated.

The Memorial was originally dedicated on Easter Sunday 1921, having been under discussion at the AGM of the Brancaster Village Golf Club at the Ship Inn in March 1919. It was agreed that the names of all those who had lost their lives would be included in a single list, irrespective of whether they were RWNGC or BVGC members. The memorial was subsequently moved in 1955 to its present location because of the problems of drifting sand.

Of the 40 names on the Memorial one is of a woman, Commander Mo Boughey, who was in the Field Army Nursing Yeomanry, and killed in 1945: she is remembered in a close named after her in the village. Another name is that of Major Henry Head, who lost his life off Ceylon, when his ship was sunk by the Japanese. Captain Julian Cory-Wright was killed in the battle of Caen on June 14th 1944. However, all the names have a story that deserves to be told and their sacrifice remembered.



Perhaps the most notable of the names on the Memorial is that of Prince George, Duke of Kent. The fourth son of King George V, he was born in 1902 on the Sandringham estate. He was the younger brother to Edward VIII and George VI.

On leaving school, Prince George served in the Royal Navy, then briefly in the civil service. In 1934 he married Princess Marina of Greece, with whom he had three children: Princes Edward and Michael, and Princess



Alexandra. By the 1930s he had progressed in military rank as was – and is – the feature of the Royal Family; he had become a Rear Admiral, Major General and Air Vice-Marshal. During World War Two he served in the RAF on the staff at Training Command and then in the Inspector General's department.

The Prince was killed, along with 13 others, when the Sunderland flying boat in which he was travelling crashed on its way to Iceland at Eagles Rock, Dunbeath, Caithness. It was rumoured that he was piloting the plane at the time, though this was never verified; the official enquiry found that there was a navigational error in conditions of heavy fog and mist.

At the recent commemorative event for the Memorial the service ended with the quotation:

*"When you go home, tell them of us, and say
For your tomorrow we gave our today"*

The pictures show the Memorial Gate and the names of those who gave their lives in the Second World War.

Get a professional website showcasing your business to help you get more enquiries, customers and clients...

...All from just ~~£1,199~~ £399!

glen@glenpiggott.co.uk 01485 472000 [in /in/glenpiggott](https://www.linkedin.com/company/glenpiggott)

Order your website today:
glenpiggott.co.uk



News From Brancaster Academy by Thrift Class (YR/1/2)

As we write this, it is almost the end of term. We still have a few Christmas Events to go, including our Nativity play, then we break up on 16th December, to return on 4th January. Do look on our blog for photos of what we do. <https://www.stmaryfed.org.uk/class-page-thrift>

We celebrated Remembrance Day with a special assembly in school. We sold poppies and made lots of money.

We have an advent bag with a Nativity set in and we are all taking it in turns to take home to play with and read books and write about it. Mrs Bocking's husband, Gary made us an advent wreath for our assembly table.

We did the tombola at the Village Hall Winter Fair. Thank you everyone who gave us prizes and bought tickets. We have made over £200 which will go towards some new things we need, like a sand tray because ours broke.



We went on a trip to St Nicholas Chapel for a Christmas Activity Day. It was really good. We saw the Christmas Story in the stained glass window and we used binoculars to look at the angels on the roof. We played handbells and used special torches to see hidden messages. We all made a decoration to take home.



Samphire Class had an astrophysicist in for a space day. They had an amazing time and you can see the photos on their blog. <https://www.stmaryfed.org.uk/class-page-samphire>



Semi - Retired PAINTER & DECORATOR

Reliable, with over 20 yrs experience. No job too small.
Reasonable rates. Free estimates. Interior / Exterior.

Phone Philip: 01485 298475 Mob: 07951 683122

DOMESTIC APPLIANCE REPAIRS



A family business for over 30 years
Same day/next day visit

Call: 01553 768557 / 842319

Mobile: 07775 858255

WE ARE IN THE TOP 10

THE SUNDAY TIMES

The 10 best fish and chip shops in the UK



Fishers, Hunstanton

6. Fishers, Hunstanton, Norfolk

There are newer, more fashionable chippies on the north Norfolk coast, but I've eaten at them all, and the best is the shop on the Green that has been serving since the 1950s. Most fryers make a big deal about their "signature batter", but Fishers is the lightest and crunchiest I've tasted this year. There's a charming restaurant, but unless it's raining you'd be mad to use it when you could sit on the Green overlooking the sea, or walk for five minutes up Cliff Parade to find a bench in Esplanade Gardens and watch the sun set over Lincolnshire. Cod and chips £9.70 (fishershunstanton.co.uk)



www.fishershunstanton.co.uk

Fishers of Hunstanton @fishersofhunstanton



Daniel Sharman

07554 018307

dan@dnscomputerservices.co.uk

- IT Support & Consultancy
- Apple and Microsoft friendly
- Virus/Spy/Ad-ware removal
- Wi-Fi Coverage solutions
- Home & Business networks
- Repairs & Maintenance
- Data Recovery
- CCTV Systems
- Multi Room Audio
- Tuition & Sales
- GDPR Compliant

Tapping Close, Snettisham

Trusted Experts For Over 40 Years



G W KEIR
Flat Roofing Specialist
Est. 1976

- ✓ All Aspects of Flat Roofing in Norfolk
- ✓ Residential & Commercial Roofing
- ✓ New Builds, Extensions, Garages etc..
- ✓ EPDM Rubber, Fibreglass & Felt Roofing
- ✓ Roof Replacement & Repairs
- ✓ Roof Maintenance & Cleaning
- ✓ Gutter and Fascia Cleaning & Repairs
- ✓ Fully Qualified & Insured



Free No Obligation Visit and Quotation

01485 571105

www.gwkeirroofing.co.uk

07766659352

info@gwkeirroofing.co.uk



One phone call is all it takes...

A couple who started their plumbing and heating business in 1999, and moved to Norfolk just four years ago, have established a reputation for quality work and aftercare that is second to none.



Having completed a traditional City & Guilds apprenticeship Adrian Taverna is a man with a professional approach. "He won't compromise or take short cuts, and he'll never promise anything he can't deliver," says Michaela.

"While we were living in St Neots and

working throughout Cambridgeshire we were holidaying here on a regular basis and it was always our aim to live and work in West Norfolk."

Now based in Docking, A T Plumbing and Heating is ideally located to service west Norfolk and the north Norfolk coast and they have built up a loyal customer base gaining five-star reviews for their work.

Customers started asking Adrian to recommend a other trades and the couple realised they could create a team of trusted trades who could work together.

Michaela says: "Lockdown presented opportunities for us to widen the scope of the business and add on our maintenance services.

"Adrian had already established a network of reliable tradespeople that he could call on to work with him on projects so we've established Norfolk Coast & Country Property Maintenance so our

customers can depend on our team to complete the whole project."

For everything from a new bathroom to carpentry, electrical installation, tiling, landscaping and decorating inside and out, contact Adrian and Michaela Taverna today and be assured of a professional job.

Finally, the person to fix everything! One phone call to plumber Adrian, who came out the next day to have a look and all my problems were solved when he said he could also supply a carpenter and fence erector from his team. They are extremely efficient, professional and personable and one is kept in the loop with events throughout which is rare and I'm thrilled with the work. Look no further!"
Customer A from East Rudham.



A. T Norfolk
Plumbing & Heating

The Old Game Wing, Docking Hall, High Street, Docking PE31 8NG T: 01485 518648

W: atplumbingnorfolk.co.uk E: adrian@atplumbingnorfolk.co.uk



Smithdon High School news



Smithdon High School's Year 11 Prize Presentation and GCSE Certificate Evening celebrated the achievements of last year's GCSE students in a ceremony that was attended by around 200 people.

Assistant Headteacher Steve Chapman said: "The school was proud to present the GCSE certificates and awards to their students, as they thoroughly deserved recognition for their hard work and achievements, which have allowed them to go onto a wide range of educational and training opportunities."

As well as students from the Class of 2022 and their parents, attendees at the school, a member of the West Norfolk Academies Trust, included staff and governors, representatives from Hunstanton Town Council and the Hunstanton Heritage Centre, and members of Hunstanton and District Rotary Club.

Hunstanton's Mayor, Maureen Howard, was on hand to give out the students' GCSE exam board certificates, while Smithdon's Headteacher, Amanda Gibbins presented 20 subject awards.

Mr Chapman explained: "The subject awards were based on nominations from subject staff, and each award winner received a glass trophy, which included a plaque with details of their award."

"Notable winners included Lindsey Guardado, who won awards for Spanish, Health and Social Care, and the Connie Martin Memorial Prize for English Literature; Nathan Croasdale, who won the subject awards for Chemistry and German, as well as an award for overall achievement; and Daniel Cook, who also won an award for overall achievement, as well as the Halls Exhibition Foundation Endowed Prize for Mathematics."

"A number of special and sponsored awards were also presented," Mr Chapman continued.

"The Hunstanton Lions Prize for Service to the School and its Community went to former Head Boy, Theophilus Bazeley-Smith, whose studies prevented him from attending, but who sent a video that was played during the presentation."

"The George Raines Memorial Award for Sport was awarded to Caitlin Jacob for her superb contribution to the PE department."

"The current President of Hunstanton and District Rotary Club, John Greyson, presented the Rotary Young Citizen Award, which went to former Head Girl, Caitlin Wagg, as well as the Rotary Award for School Values."

"This went to Jessica Ferguson, who always demonstrated the school values of 'Work Hard, Be Kind and Smile'."

The evening was brought to a close with a speech by Smithdon's Chair of Governors, John Crofts, who congratulated all the students on their successes.



Smithdon students kicked off the festive season in style with a Christmas concert.

The annual celebration at the Hunstanton high school, which is a member of the West Norfolk Academies Trust, included a range of Christmas-themed performances and took place on site for the first time.

Andrea Miller, who is Music Lead at Smithdon, said: "Every year we host an annual Christmas Concert as part of our yearly performances. It's an event that focuses on the joy of the holiday season, with a variety of Christmas-themed performances."

"In the past, we have had them in the church, then virtually during Covid, but this year we hosted it at Smithdon."

She continued: "In my time as music teacher over the past five years, our Christmas concerts have continued to become bigger and brighter. Some 60 Smithdon students took part this year, as well as an additional 10 from nearby primary schools who play in our Junior Orchestra."

Highlights of the evening included performances from the school's Years 7/8 and 9/10 Ukulele Clubs, Year 7/8/11 and Year 9/10 choirs, the Junior Orchestra, a whole-school choir, as well as student solos and duets, and the Drama Club's presentation of *Twelve Days Before Christmas*.

Refreshments were available, and, although entry to the event was free, attendees were encouraged to bring donations for the local food bank.

"Many of our ensembles started rehearsing for this concert back at the beginning of October, so that they would be prepared to give the best performance," continued Miss Miller, who organised the event with the help and support of the school's Drama Department.

"Students believe these events to be very important, as they give an opportunity to show off all of the work done in our co-curricular clubs and independently, while also developing confidence as performers."

"In my opinion as a music teacher, they bring a sense of community to the school, as students from all years come together to perform and celebrate. There are often those 'stand-out' children who in other instances are quiet, and we suddenly get to see them blossom as they perform."

She added: "Events like these are valued by our leadership at the school, and we hope to use these to continue to develop our ties within our West Norfolk community. The Christmas Concert is one of my favourite events of the year – it's a nice way to bring in the festive season at Smithdon."

A print magazine makes a statement. It is a powerful tool in the marketing mix and complements digital media superbly with its tangibility, staying power and ability to convey your message. Advertising in T&A makes sense. Get in touch with the Editor on 01485 540620 or e mail: editor@townandaround.net for a media pack.

HEATING AND PLUMBING SPECIALISTS

Gas Safe and Oftec Registered Engineers

Dempsey Heating Ltd.Gas & Oil Heating
Boiler Servicing
Bathrooms
Renewable EnergyYour Local Experts. Great Service. Competitive Prices.
Contact us today to see how we can help you!**01328 862189** www.dempseyheating.com

George Edwards Road, Industrial Estate, Fakenham NR21 8NL

HUNSTANTON HARDWARENorthgate Precinct, Hunstanton 01485 533968
We're here to help you get the job done!**HUNSTANTON CHARITY SHOP**

Westgate, Hunstanton (opposite Sainsbury's)

We are in need of donations.**CAN YOU HELP?**

If you are having a sort out, please consider donating to our little shop. Solely run by volunteers for the last 14 years.

We have supported many organisations and your donation makes a difference!
Free local collections.**We also need more volunteers.**

Please pop in and see us for more information.

From £895*
for a fully fitted electric garage door.

Gotta get a Garolla.

Trustpilot
4.8 out of 5 (Over 3,000 reviews)

WHAT'S INCLUDED WITH EVERY DOOR:

- EXPERT MEASURING & FITTING
- 2 REMOTE CONTROLS
- ACOUSTIC & THERMAL INSULATION
- FREE DISPOSAL OF YOUR OLD DOOR
- AVAILABLE IN 21 COLOURS

Garolla garage doors are expertly made to measure in our own UK factories, they're strong and solidly built. The electric Garolla door rolls up vertically, taking up only 8 inches inside your garage, maximising valuable space.

Give us a call today and we'll come and measure up completely **FREE** of charge.

GAROLLA
ROLLER SHUTTER DOORS

www.garolla.co.uk

CALL US TODAY ON:
01485 240 034
MOBILE:
07537 149 128

LINES OPEN 7 DAYS A WEEK

*Offer valid for openings up to 2.4m wide & including 2 remote controls, 55mm white slats, internal manual override.



- free measuring and estimates with no obligation
- superb range of carpet, vinyl and laminate samples
- exceptional service, including uplifting and disposing of old flooring and moving furniture
- a family-run business, with over 30 years of experience
- home selection service available

Unit 6, Heacham Hall Industrial Units, Hall Close, Hunstanton Road,
Heacham, King's Lynn, Norfolk PE31 7JTOPEN: Monday, Tuesday, Wednesday, Friday 9.30am-4pm
(closed all day Thursday and Saturday)

t: 01485 572202 email: rushmoreflooring@btconnect.com

www.garyrushmoreflooring.co.uk

Hunstanton Primary School

December was an exceptionally busy time for the school. We kicked off the beginning of the festive season by taking part in the Hunstanton Christmas Light Switch on. We teamed up with Your Choir and belted out some fun Christmas songs. Thank you to all of the children who participated and the parents for supporting them. The numbers in attendance was quite overwhelming and the afternoon was so magical. I think we all got into the Christmas spirit that afternoon. We also took part in this year's HDFA Christmas Tree Festival and WE WON!!! Congratulations to all of the children who designed and made their tree ornaments and special thank you to Mrs. Wood for decorating and placing the tree in the Town Hall. Another fantastic effort all round.

On Friday 2nd December, the PTA organised and hosted a fantastic Christmas Fair at the school. There was a games room prepared by the pupils in Year 6, tombolas, raffles, guess the weight of the cake, name the tiger, uniform swap shop, cakes and biscuits, lights refreshments and we were even visited by Father Christmas in his grotto. A huge THANK YOU to the ladies of the PTA and the children for all of their organisation. It was so wonderful to see a bustling school and so many smiling faces. Also thank you to our parents and family members who made or donated the huge array of cakes and biscuits. Finally, a special mention to the local businesses who also donated raffle prizes to help us with our event. Your generosity is truly appreciated. Continuing on with our programme of Christmas celebrations, we had our school Traditional Christmas lunch, Christmas Jumper Day and EYFS and KS1 performed their 'Unique Nativity' to the rest of the school and to parents and family on Tuesday and Wednesday afternoon. The children have all worked so hard and it was a really special moment as we haven't been able to have a live nativity for the past few years due to Covid restrictions.

The children in KS2 were invited to Smithdon High School to watch their production of Oliver! - The Musical. This was an incredible



production and all the children loved it. Well done to those Smithdon students who performed; some real talent was highlighted. The school has truly been full of singing and Christmas songs everywhere you walk for the past few weeks, as the children have been preparing for their performances. The sound of Christmas has very much been alive! On Wednesday 14th December, the children performed their Christmas Concert at the Hunstanton Town Hall. This was truly a special evening where the KS2 in particular could showcase their Christingle events and the KS1 & EYFS children sang loud and proud with a little help from Buddy the Elf. The Purple Dreams Production Company brought their pantomime 'The Little Mermaid' towards the end of term. The school hall was

filled with raucous laughter and the children were fully entertained.

Did you know we now have a Facebook page where you can follow along with all of the schools activities and highlights. Follow us @HunstantonPrimary.

Do you have or know anyone that has a child starting Reception in September 2023? Have you had a tour of our school yet so you can see what we have to offer? Book your tours now before the application deadline in January. Contact us on 01485 533373 or email office@hunstanton.norfolk.sch.uk

From all of us at Hunstanton Primary School we wish all the readers a Happy New Year. We look forward to a fun and exciting 2023 full of new adventures.



We hope everyone had an enjoyable Christmas and wish all a very Happy New Year.

Before Christmas we held two successful and well supported coffee mornings, which raised funds for deprived Ukrainian children suffering as a result of the war. Thanks to all who were involved in the planning and volunteers on the days and all who supported them.

The Pope's prayer intention for January: For Educators – We pray that educators may be credible witnesses, teaching fraternity rather than competition and helping the youngest and most vulnerable above all.

We have regular Rosary prayer meetings at St Cecilia's every Monday from 2pm. and there is also a Mothers Prayers group which meet at 2.30pm Monday fortnightly at OLSE. There is a fair-trade stall at St Cecilia's on the first Sunday of each month, also at Hunstanton from the first Sunday in February.

A few members of the parish have been getting together to discuss ways to enliven the life of the parish. Discussions are currently ongoing about starting a local SVP group. The dates of the meetings are published on the website and in the weekly church bulletins and

anyone interested in contributing in any way is more than welcome to attend or pass on ideas.

Sr Danuta is guiding a regular parish study/discussion group at the Convent every Tuesday, 4.00-5.00pm, looking in more depth at the readings for the following Sundays. Anyone who is interested is welcome to come along to any of the meetings and take part.

The Sisters at St Theresa's Convent, Sandringham Road, 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

The Sunday Masses are at 9am at Mountbatten Road, Dersingham, and 11am at OLSE Sandringham Road, Hunstanton.

Daily Masses are at 10am at Hunstanton on Monday, Tuesday, Thursday, and Fridays and 10.15am at Dersingham on Wednesdays.

Website: www.hunstantoncatholicparish.org
Email: hunstantonparish@rcdea.org.uk 01485 534675.

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



HUNSTANTON CONSERVATIVE CLUB

24 High Street, Hunstanton PE36 5AF | T:01485 532462

The Club is open Monday-Saturday 10am-11pm and Sunday 11am-10.30pm.

Meals served from Monday to Saturday each week, from 12 noon until 2.00 p.m.

A selection of special meals are available each day.

On a Sunday there is a 2 course Roast Lunch for only £8.90 for Members and £9.90 for Guests.

On Monday January 23rd there is a Coffee morning from 10.00 a.m.

For only £1.50 there is a Coffee, a small scone and either a Brandy or Irish Cream.

Yoga for U3A members on Wednesdays, Thursdays and Fridays.

Mondays : Strength and Balance Class 4.40 p.m.

Wednesdays : Scrabble 10.00 a.m. , Whist Drive 7.00 p.m.

Fridays : Lunchtime Raffle drawn at 1.00 p.m. Cash Bingo start at 7.30 p.m.

Saturdays : 'Open the Box' draw at 1.00 p.m.

www.hunstantonconservativeclub.co.uk



**HOME COOKED, HIGH QUALITY MEALS
DELIVERED TO YOUR DOOR**

Made by local chef Kat Asker

Contact me today for more info or to request a full menu

Tel: 07767753413

Email: simplycookit.kat@gmail.com

SUMMIT ARCHITECTURAL LTD

DESIGN, DRAWING AND SERVICES FOR
PLANNING, BUILDING REGULATIONS
BUILDING NOTICES
3D SITE AND BUILDING DRAWING

01485 570472

07787 568908

ivan@summitarchitectural.co.uk

Le Strange Arms
— BEACHSIDE HOTEL & LODGES —

**2 COURSES
FOR £15**

Enjoy a 2 course meal in the
Terrace Bar and Restaurant
for just £15 per person.



Available Monday-Friday
from 12pm-4pm

**To book please
call 01485 534411**

Golf Course Road, Old
Hunstanton PE36 6JJ
reception@lestrangearms.co.uk

lestrangearms.co.uk

Mann Made Developments Ltd

Free No Obligation Valuation & Estimation for

Extensions, Garages, New Build, Conversions
plus All Other Tasks including
groundwork, brickwork, etc.

Family run business with over
30 years' experience

Call anytime for your **Free Quote**
07798 723 287 or 01485 540 008
or email info@mannmadedevelopments.co.uk
www.mannmadedevelopments.co.uk

GATES - RAILINGS - WEATHERVANES - CURTAIN POLES

Sandringham
IRONCRAFT

**HIGH QUALITY ORNAMENTAL IRONWORK
AND STEEL FABRICATION**

Unit 4, Cheney Crescent, Heacham, Norfolk PE31 7BT
Tel: 01485 571129

SECURITY GRILLES - FIRE HOODS - ARCHES - CARAVAN STEPS ETC



Healthy Feet Footcare

Treatments we offer include nail trimming, corns, calluses, verrucas, thickened & fungal nails

Clinic Locations
The Therapy Shed - Heacham
King's Lynn Town Centre

Home Visits Also Available

Contact Michele on:
07891 638812
michele@healthyfeetfootcare.co.uk

Registered footcare practitioner and graduate member of
The College of Foot Care Practitioners (Dip.TCFCP)



OWEN'S DIY
Your local independent store for over 20 Years
Monday - Friday 9am - 4pm
owensdiy@btconnect.com
www.owensdiy.co.uk
01485-533053

Link2Home
Security cameras,
Doorbells & Lighting.
Power Tools, Paraffin,
Water Softener Tablets,
Mouldings

Leyland Paint Mixing Service
Key Cutting Service
Rug Doctor Stockist
Heating & Plumbing
Building & Hardware,
Electrical, Ironmongery,
HG Cleaning Products,
Faithfull Tools Stockist

Hunstanton and the Saxon Shore

By the time most of you read this, you will no doubt be looking in the rear-view mirror backwards to Christmas and all that it brings, or brought.

In our house, we don't put Christmas decorations up until the week of Christmas, as Advent is a rather busy time in a vicarage household! I've said before that we call Advent 'silly season' as things get rather busy and stressful at times. Over the years we have simplified Christmas and now enjoy the simpler things in life, spending time with family and friends, sharing meals together and enjoying the beauty of the places around us. Presents come low down on the to do list! However, we do enjoy our Christmas decorations for longer than Christmas week, because we keep some of them up until Candlemas.

Candlemas is the day that Christians commemorate the purification of Mary, 40 days after the birth of her son Jesus. Women used to go to church to 'be purified' not so many decades ago and we still occasionally still get asked if we would say the service with a woman who has given birth. Candlemas also marks the ritual presentation of the baby Jesus to God in the Temple at Jerusalem. So just as Lent lasts for 40 days, so does the period after Christmas between Epiphany and Candlemas.

In our house we leave up our nativity scene until Candlemas and we also keep a welcoming wreath on the front door. I made our wreath this year with a group of 12 others spread around the kitchen of Gary Bocking, a florist and green fingered gardener who lives in one of our parishes. The wreaths were all made with the same items, yew, conifer, myrtle, rosemary, other green plants I can't

remember the names of and splashes of colour in the form of apples, gold baubles, fir cones and slices of dried orange. Each wreath looked as uniquely different to each other as the people who had created them, yet all began with the same materials. The symbolism of the wreath is that it represents the never-ending circle of God's love, the love that has no beginning and no end, the love that is eternal. It's something I often talk about at weddings when brides and grooms exchange wedding rings, the circular shape of the rings being a reminder not only of the promises they make to each other, but also a reminder of God's never ending, continuous of love for us.

So if you are walking past the rectory in Brancaster, you now know why the wreath is still on the front door and will be until 2nd February, Candlemas.

Happy New Year to you all.

Blessings

Kirsty

With thanks to Gary Bocking – florist and gardener 07909 92264



St. Mary's Church, Titchwell

Dear Friends,

I am very aware that my perception of the passage of time has drastically altered in the last few years. Part of this must be due to my increasing years: time does seem to pass more quickly as you get older. I am also becoming increasingly muddled as to when recent events in my life actually happened. Something that I did two years ago feels as if it was yesterday, and vice versa. I know age is again a factor here, but there has been some interesting research recently by neuro-psychologists into the effects of stress, and particularly stress caused by the pandemic and lockdowns, on our perception of time. I can take some comfort in knowing that I am not alone in these experiences.

Even so, I find the arrival of 2023 disconcerting. What ever happened to 2022?

However, I find reassurance in that the God who is both before and beyond time can be found by the eye of our hearts in contemplation- then time often seems to disappear. Moreover, this God has shared our experiences of time in the person of Jesus Christ.

With the New Year in mind, Stillness on the Saxon Shore will start 2023 with a half hour of guided contemplative silence at 4pm on Friday January 6th, with shorter periods of guided silence on subsequent Fridays at 4pm. You are all most welcome to attend.

Sunday Services for January at Titchwell
1st 10.30am Holy Communion for families
8th 8.30am Holy Communion (BCP)
15th 10.30am Holy Communion for Families
22nd 8.30am Holy Communion (BCP)
29th 10.30am Holy Communion for Families
With my prayers and best wishes for you all in 2023, James Monro, Assistant Priest, Hunstanton and Saxon Shore Benefice

Coastal Fascias & Cladding

All types of property maintenance

Window repairs
New UPVC windows and doors
36 years experience
All types fascia and cladding

Tel Paul 07469 051886

Looking for a Decorator?

Talk to us about our professional touch to your home or business..

PAINTING
DECORATING
DOMESTIC
FURNITURE

SPRAYING
WALLPAPERING
COMMERCIAL
RESTORATION

07495 704151
www.norfolkdecorltd.co.uk
07715 255581



NDL
NORFOLK DECOR LTD
decorating norfolk since 2002!

Meals & service with you in mind



We are a trusted and established frozen meals service that cares.

Pick from a wide range of comforting meals including delicious breakfast, lunch and dinner options as well as mini meals and desserts. We understand everyone has different tastes, so our aim is to have something perfect, just for you, within our range of over 350 dishes. All these delicious dishes will be brought directly to your door by a friendly, local, reliable delivery driver.



Cumberland Pie

DIARY DATE

**HEACHAM GROUP
PRACTICE - PATIENT
PARTICIPATION GROUP
(PPG)**

**NOTICE OF PUBLIC MEETING
WEDNESDAY 18TH JANUARY
2023 – 7PM HEACHAM PARISH
CHURCH**

The aim of the PPG is: To represent the patients of the Heacham Group Practice (surgeries in Heacham and Snettisham) and work in partnership with GPs and practice staff to improve services for patients

Membership of the group is open to:

- any patient registered with the practice.
- any practice GP
- any nursing or administration staff of the Practice.

In partnership with the practice, the PPG aims to:

- Enhance communication between the patients and all partners and staff of the Heacham Group Practice.
- Influence the development of policies in the practice by representing patient views.
- Provide practical support to the practice and help implement change
- Encourage and support the role of the practice in involving patients in their own care.

Much has happened since the first public meeting held in September 2022 and a Newsletter will be issued in early January to outline the progress made.

**DO COME ALONG AND JOIN IN.
PATIENT SUPPORT IS VITAL**

So that we can plan seating etc, if you are intending to come, please register your interest as soon as you can. Also, if you have any questions or require further information, please contact the chair, Bob Carrick on 07919 335571 or on brb.carrick@gmail.com

New



MADE FOR YOU

**Softer Foods
Range**

80 dishes suitable for a Level 4 Puréed, Level 5 Mincéd & Moist and Level 6 Soft & Bite-Sized diet. Our range of meals are made to home-cooked standards, are tasty, full of flavour, and are perfect for any meal occasion throughout the whole day.

**No contracts so
order when you need!**

FREE delivery
on orders of £30 or more

**Call us today to request your
Oakhouse Foods or Made For You
brochure on local number**

01379 870 117

**or visit us online today
oakhousefoods.co.uk**



"This company is amazing" - CATHERINE

A New Year - A New You?

It's that time of year when we turn our thoughts to sales, summer holidays and that seasonal favourite: the New Year Resolution.

Christmas is over for another year and we stand on the threshold of a new year with all its possibilities and potential plans for a better life. Plans which often involve a determination to change ourselves into an improved version of who we are!

Writing as an experienced New Year Resolution veteran, I can safely say that none of mine have survived beyond the first week of January. Almost always this is down to setting unrealistic goals and I'm not alone... apparently, almost 85% of resolutions have no lasting effect.

It's for this reason amongst many that I'm so thankful that God loves me just the way I am - a love that is unconditional, everlasting and enduring no matter how many times I mess up! As far as God is concerned there is no better version of me or you!

"For great is His love towards us, and the faithfulness of the Lord endures for ever." Psalms 117:2

If that sounds good to you then join us at Union Church to find out more.

SLIM'S TECHIE

I was asked by a friend "What is a techie?" after she had been reading my contribution in last month's Town and Around. My answer was ask Google on the smart phone you have in your hand just type in techie define, and the answer she got was - noun techie a person who is an expert in or enthusiastic about technology especially about computing. Plural noun techies. ORIGIN 1960s: tech + -ie. First recorded as a US slang term for a technical college student; the word was later used as British service slang denoting a technician. The current sense dates from the 1980s. I use Ask Google instead of looking words up in a dictionary. If you type "thesaurus" after a word it brings up a list of synonyms and antonyms. Google dictionary searches are provided by the Oxford English Dictionary so you can rely on them to be accurate. There are lots you can do in Google as well as searching for web pages. You can get it to convert units by typing in, for example "250 US dollars in pounds" or similar with distances, weights and so on. You can type in any calculation, and it will work it out for you or type in "pier in French" and it will give a translation of jetee. If you have a smart phone or a tablet, you probably know that you can hold it either way round. You can hold it in portrait (where it's taller than it is wide) or landscape (where it is wider than it is tall).

Some people use it one way round all the time. But is worth thinking about whether that's always the easiest way.

A lot of the time it depends on what you are doing. Even if you are browsing the web; it can depend on exactly what you are looking at. For example, normally it is better hold it in portrait so you have a longer bit of the web page on the screen at once, but if the text is very small you can see it better in landscape. When I am typing a message

Armchair Sports Trivia

sponsored by Berni Beans of Hunstanton

Win a delicious afternoon tea for two (worth £19.95 pp, total £39.99) courtesy of Berni Beans.

QUESTION: In which sport do competitors race towards a finishing line but don't cross it?

Closing date 15th January 2023

Answers to editor@townandaround.net

or post to 18 Tapping Close Snettisham PE31 7FF

Last month's question 'What do Sir Isaac Newton, ex-footballer Chris Kamara, singer Dido and cricketer Marcus Trescothick all have in common' was correctly answered 'they were all born on Christmas day' by so many readers we had to use a large box to put all the mes in and the lucky winner was Gary Lewis from Heacham.

Concert promoted by Classical Music Rocks & Kings Lynn Music Society

Classical Music Rocks's next concert, in collaboration with Kings Lynn Music Society, will be given by two of CMR's exciting performers: Kamila Bydlowska on the violin and Siobhain O'Higgins on the piano.

A beautiful programme inspired by film and other art forms, with works by Brahms, Vaughan Williams, Moricone, Schumann, Corigliano and Gershwin.

Wednesday 18th January 2023~ 7.30pm (with interval)

Kings Lynn Town Hall

Tickets: Donations £10 on the door - Free for the under 18

<https://cmrschoolswestnorfolk.com> & <https://www.klmusicssoc.org.uk>



on my phone I turn it round to the sideways position so it is like a normal keyboard. There is a possibility that your phone or iPad rotation is locked. To check this, open the Control Panel on an iPhone or iPad or Quick Settings on an Android device. On an iPhone or iPad you are looking for a pad lock symbol with a circular arrow round it. The setting on an Android phone will be labelled auto-rotate, landscape or something similar. You might not be able to tell if it is locked or not by looking at the symbol. If you are not sure tap the symbol and swivel the phone to see if the screen starts rotating. With some phones the home screen is not intended rotate so you will need to open your web browser to check it.

ROYAL MAIL POSTAGE STAMPS

I sure you have notice the bar code that looks like a long thin QR code on the side of the stamps you have been buying from the Post Office. They've added these bar codes to make post easier to track, and the stamps harder to forge. Well with the price of postage today it is worth criminals forging them. These new stamps have been around since March of last year, but you have still been able to use the old style ones as well. The plan was that you would only be able to use the old style until the end of this month, but because of so many complaints Royal Mail have extended their use until the 31st July. After that standard 1st and 2nd class stamps without a bar code won't be accepted as postage anymore and letters will be treated as though they have no stamp on them. If you have any commemorative stamps or Christmas stamps with pictures on them they are ok to use after the deadline - barcode or no barcode. It is just the plain ones with the late Queen's head on that are being replaced.

May your best times of last year be your worst this year.

Slim Wilkinson

SUNDAY LUNCH, TAPAS, AFTERNOON TEA

Berni Beans

- BOOK NOW FOR PRIVATE HIRE
- WEEKEND DINING 5PM-8PM
- THEMED PARTY NIGHTS
- CATERING SERVICES
- GIFT VOUCHERS

01485 532288
bernibean@gmail.com

BERNI BEANS, THE PLACE TO BE!



R C CLEAN

EXTERNAL CLEANING

DELIVERING WHAT WE PROMISE

WINDOW CLEANING SERVICES

● Professional ● Reliable ● Regular ● Friendly






EXTERNAL & INTERNAL WINDOWS

FASCIAS

SOFFITS

GUTTERS

CONSERVATORIES

PATIO CLEANING

CALL FOR A FREE QUOTE
07871 008564 or 01485 493038

Email: rcclean101@gmail.com

P.D. BIRD

Plumbing & Heating Engineer for Oil & Gas



No. CI 1852



REGISTER
No. 101992

**For All Your Plumbing & Central Heating Repairs,
Maintenance & Installation**

- Central Heating Systems
- Underfloor Heating
- High Efficiency Condensing & Combi Boilers
- Heating System Power Flushing
- Unvented Hot & Cold Systems
- Servicing & Repairs
- Complete Bathroom Design,
Installation & Tiling Service

Professional Quality Work - Guaranteed

www.pdbirdplumbingheatingbathrooms.co.uk

Tel: 01485 579472

Mob: 07889 167063

Oak & Pine Parlour

EST. 1976

FURNITURE MAKERS



TABLES - CHAIRS - WARDROBES - BEDS
 SIDEBOARDS - CHESTS OF DRAWERS
 DRESSERS - BOOKCASES - AND MORE!

FURNITURE CAN BE MADE TO ORDER.
 NOTHING IS TOO BIG OR SMALL FOR
 THIS FAMILY RUN BUSINESS.

VISIT US: 18 CHAPEL ROAD, POTT ROW
 NR KING'S LYNN PE32 1BS

OPENING HOURS: MON-SAT 9AM-5PM
 SUNDAY BY APPOINTMENT ONLY

PHONE: 01485 600253
 EMAIL: PINEPARLOUR70@HOTMAIL.CO.UK

Leisure Club






New Year New You!

TIME FOR A NEW START

Swim and Gym Memberships Available:

- > Direct debits available
- > FREE parking
- > No joining fees and no contracts
- > Members can bring up to 6 guests for an additional fee

Monthly Memberships

FROM ONLY **£25** MONTH

Please scan QR Code to view details



For more information please call: **01485 536029**
 Or visit: www.searles.co.uk/facilities/indoor

Snettisham Cricket Club

Michelle Knott



At Snettisham Cricket Club we're extremely grateful to have so many amazing volunteers to help support and run the club throughout the season. Without the volunteers, the club could not function. They do everything from helping with the tuck shop, coaching juniors, groundworks, fixtures, scoring, secretarial work and the general day to day running of the club.



We were given some money to celebrate these volunteers and with the kind generosity of the Rose and Crown, we managed to have a great evening. Thank you one and all.



Have Teeth, Will Travel

Ian Smith owns the Grange Dental Surgery in Snettisham. As an ex Scottish international rugby player, Ian has already published one book, "A Full Back Slower Than Your Average Prop".

Town & Around will be featuring excerpts from his new book, "Have Teeth, Will Travel", a humorous yet serious insight into his career, not only as a dentist, but as a rugby player and traveller. The book will be published later in 2023.

When I started at dental school in the autumn of 1963, little did I think that ten years later I would be a dentist in the British Army in a remote place close to the Himalayas in West Nepal, called Paklehawa.

I was there with two soldiers from the Royal Army Dental Corps simply to do the initial dental inspections for the lucky young Nepalese men who had won a place in the Gurkhas. This was much prized for not only the money but the status.

With this task in mind the only instruments we had were mirrors and probes, and no extraction instruments or anything like that.

It was on our first afternoon when the medical officer asked me to have a look at a local woman who had attended one of his 'sick parades' as they were known. Local people were encouraged to attend as the Royal Army Medical Corps had medicines not available to the local Nepalese people.

When I saw her, she was looking very unwell, with a huge swelling on the left hand side of her face, and she could scarcely open her mouth. Now by and large at that time the local Nepalese had good teeth, so it didn't take long to work out she had an infected lower third molar, better known as a wisdom tooth. It was lying at an angle would never erupt properly and was very infected. To me it was simple, she needed the attention of a specialist, only to be told by the doctor, that I was the specialist! Now I was only 5 years qualified and I had never even attempted to take out a wisdom tooth!

I tried to explain but the doctor would have none of it, telling me if that was the case, she would need to go to Kathmandu the capital which would take a week, and by that time the infection would have killed her!

I only had a memory of the consultant in an operating theatre using an instrument called an elevator, which looked a bit like a screwdriver except the end was slightly curved. I also remembered that at that time wisdom teeth extractions were all done by specialists and always done in operating theatres.

He told me that no matter what it had to be done or she was going to die. I had a sudden thought that the nearest thing to an elevator was a screwdriver, so we went down to the three-tonner vehicle car park, and raided the toolboxes, coming out with several screwdrivers of different shapes and sizes. Quite horrendous when I think about it now!

The oil was boiled off, the screwdrivers were now instruments so were sterilised in



boiling water, no autoclaves then, and we set to work, with the girl in an ordinary chair, one soldier holding her head in the bend of his arm whilst the other soldier held a torch over my shoulder. Unfortunately, the torch isn't focused so the middle where I needed light was dark.

Anyway, I went the screwdriver, and the tooth was under so much pressure it flew out over my shoulder hitting the window behind my back.

I was just congratulating myself when the doctor appeared, asking if I could give him a hand.

He wanted to do a lumbar puncture on a young Nepalese lad who had TB and had been turned down by the British Army, because of his serious medical condition. Regardless of this, the medics needed to know the extent of the disease so he could be treated. So, with his head under one armpit and his thighs under the other I held this young lad as still as I could.

Afterwards when the lad was told he couldn't join the British Army. But he needed medicine urgently he said through an interpreter.

"If I am not good enough for your army, then your medicine is not good enough for me."

With that he walked out, with the doctor telling me, that untreated he might live for six months, but no longer.



SW Electrical

Any Electrical works undertaken by our Friendly Family Business.

Please contact us for a free no obligation quote on
07895 683150 or 01485 601379
Email: steve@swelectrical.org.uk
www.swelectrical.org.uk

Proud members of

Where reputation matters



NICEIC
APPROVED CONTRACTOR



Rural Broadband
broadband anywhere



Unlimited 4G Mobile Broadband, Home and Business Fibre

Local Company

 sales@ruralbroadband.co.uk
 01485 572253
 ruralbroadband.co.uk |    

 **Fibre and Mobile Internet**

 **Satellite Broadband**

 **VOIP**

 **Equipment to suit YOUR needs**



SARAH SENDERSKI PT
 PERSONAL TRAINER

Kickstart your health and fitness in 2023!
Make a fresh start and start your new fitness journey

*Personal training on a 1-to-1 basis or in small groups.
 Online training sessions and plans available.*

Based in Hunstanton, covering the North Norfolk Coast and King's Lynn
sarahsenderskipt.co.uk
sarah.senderski@gmail.com
07835 808314



HOTEL · RESTAURANT · GOLF
HEACHAM MANOR



GOLF WORLD
TOP 100
GOLF RESORTS IN BRITAIN & IRELAND
 2022

TRIAL MEMBERSHIP AVAILABLE - 1ST JANUARY - 30TH APRIL 2023
FOUR MONTHS GOLF ONLY £149.00 INCLUDING £24.00 AFFILIATION FEE*
 18 HOLE GOLF COURSE | BEAUTIFUL COASTAL SETTING

JOIN IN FULL IN MAY AND RECEIVE £125.00 OFF
THE COST OF A FULL YEAR SUBSCRIPTION!

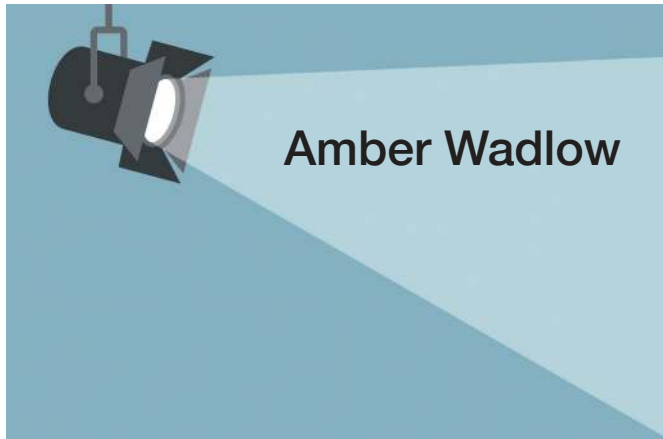


PLEASE CALL: 01485 579 825 | www.heacham-manor.co.uk/golf

*All memberships must pay affiliation fees on top of their membership rates to Golf England Membership & Norfolk Golf Union.

HEACHAM MANOR HOTEL, HUNSTANTON ROAD, HEACHAM, NORFOLK PE31 7JX

Sporting Corner with Tim Keogh



Amber has been playing rugby for around 15 years learning to play at Holt RFC then joining Fakenham Foxes before moving to West Norfolk RFC where she has been playing since 2015. Amber was Captain for West Norfolk Ladies for 3 seasons before becoming team manager. She is also the social media manager for West Norfolk Rugby Club.

Name: Amber Wadlow

Age: 40

Star Sign: Taurus

Where Born: King's Lynn

Occupation: Warranty Administrator in the motor trade.

Family: My fiancé Mark, daughter Lily & step-kids Camden & Tia.

Cats or dogs: Dog - Frank. Look up stupid in the dictionary and you'll find his picture.

Sports Team Support: West Norfolk Rugby Club of course!

Biggest sporting achievement: Captain for West Ladies 2019-2022, Vice-captain for Eastern Counties team 2015.

Hardest opponent played against: We've thrashed and have been thrashed by many teams. You learn from them.

Funniest sporting memory: When I played for Fakenham, I was dragged from the halfway line to the try line attempting to tackle a player twice my size, no one came to help me, they chose to watch and laugh! Off the pitch so many laughs. My ex-captain making an entrance into the London Porterhouse on a quiet Sunday evening wearing gold hot pants stands out, you had to be there.



Sporting hero: No one in particular. I admire any player for just going out there and being awesome.

Previous/other sports: Before rugby I did ballet. I hope to try paddleboarding in the summer and I also enjoy kicking the other half's butt at Badminton. I will move into coaching rugby when my body tells me its time.

Worst Injury: A few black eyes, sprained ankles and a bruise that literally covered my thigh.

Favourite meal/cuisine: All food!

Favourite drink: Most drinks apart from fizzy ones like coke, sprite etc.

Favorite holiday destination: Rhodes.

Three items for a desert island: Music, a lighter and a boat with sat nav.

Favourite band: Anything 80s, 90s, 00s.

Worst habit: Nail biting.

Pet hate: People who shout over each other to be heard.

Biggest achievement in life: My amazing family.

Best advice: It's never too late to try something new.

What would you change in the world: I would un-invent photo filters. They are doing nothing for people's mental health.

Like to live forever: If I'm fortunate enough to meet my grandkids then happy days. But if I'm only around to see my children grow-up then that'll do.



West Norfolk Ladies Team: Back Row L-R: Eleanor Middleton-Jones, Georgie Lingham, Kathryn Sharp, Zoe Sharp, Kirstie Smith, Bronte (Buzz) Colgan, Ruth Denham, Rosie Lingham, Ella Fuller, Lucy Shaw, Charlotte Wales, Mary Hegarty, Claudia Langley, Vicki Hopps, Nem Roko. Front Row L-R: Ellen Page, Jane Middleton-Jones, Raven Wales, Jenna Moxey, Eleanor Navrady, Sarah Hodgson, Jade Nicholson (VC), Tiffany Turner (C), Kelly Saunders, EJ Watson, Laura Howlett, Amber Wadlow, Miranda Hudson.

The players also paid tribute to Doddie Weir by holding up his number 5 shirt. The former Scottish rugby international died recently aged just 52. He had Motor Neurone Disease.

SN HANDYMAN

Services for all your general home and garden maintenance.

Painting & Decorating (interior/exterior)
Garden Maintenance
Gutters Cleared & Repaired | Pressure Washing Patios etc
Tiling & Sealant Replacement | DIY and Improvements
No job too small

References available upon request.

Please call Steven Newton 07713 859712
or email: newton73@hotmail.co.uk
Sedgeford, Norfolk



Crossword solution

Across:

1. Differ, 4. Tributes, 10. Outsource, 11. Stern, 12. Paul,
13. Out of order, 15. Neighed, 16. Finish, 19. Kitsch,
21. Suspend, 23. Inch by inch, 25. Épée, 27. Rumba,
28. Palisaded, 29. Ding-dong, 30. Pom-pom

Down:

1. Dropping, 2. Fettucini, 3. Eros, 5. Reel off,
6. Bassoonist, 7. Tread, 8. Sundry, 9. Around,
14. Chessboard, 17. Stepped up, 18. Addendum,
20. Hairpin, 21. Sicily, 22. Nimrod, 24. Cumin, 26. Asbo

Searles Golf Club



Practice your golf skills undercover at Searles
Open 7 days a week, 8am to dusk

1 BUCKET, 50 BALLS: **£4.00**
5 BUCKET CREDIT, 250 BALLS: **£16.00**
10 BUCKET CREDIT, 500 BALLS: **£25.00**

call: **01485 536010** www.searles.co.uk
Searles Golf & Country Park, South Beach, Hunstanton PE36 5BB

T.M. electrical **Tony Morgan**
Mob: 078844 54480
E: TMElectrical2010@btinternet.com

Extra Lights | Sockets | Showers
Storage Heaters | TV & BT
Fuseboards Replaced
Cookers Supplied and Connected
Electrical Inspection Certificates | Rewires



T.M. ELECTRICAL

Small jobs a speciality ♦ I don't charge the earth

PRE-PAID FUNERAL PLANS | CHAPELS OF REST | MEMORIALS

Thornalley
FUNERAL SERVICES



Behind every independent
business is a family that cares

King's Lynn 01553 771399 | Dersingham 01485 598598 | Swaffham 01760 721305

www.tfs.co.uk



Sporting Corner with Tim Keogh

Match of the month - West Norfolk Ladies RFC v Colchester Ladies RFC

West Norfolk Ladies RFC seal victory with dramatic late try in a humdinger of a match that proved to be a spectacular advert for Ladies rugby.

West Norfolk Ladies RFC welcomed Colchester Ladies RFC to their headquarters at North Wootton on Sunday, 4th December.

A soft terrain meant an entertaining encounter was anticipated. For different reasons, both teams were aiming to use this match as a launchpad for their seasons - West Norfolk to announce themselves as legitimate title contenders, Colchester to cement their place in the top three.

A bitterly cold afternoon seemed to do little to deter the players, whilst a boisterous crowd added to the vibrant atmosphere.

The long four hour, 170 mile round trip for the visitors certainly appeared to have had little ill effect, as they took the game straight to their hosts from the outset. On two minutes, a quick passing move saw them cross over for an early try from Chloe Mills.

For some reason this seemed to settle and galvanise West Norfolk as they quickly began to play themselves back into the match. With some excellent mauling, slick passing and disciplined handling, their dominance was rewarded as Sarah Hodge crossed over for a converted try on 6 minutes. 7-5. However, the speed of the Colchester backs, particularly Mills and Yas Amber, was proving to be a real problem for the home side as the visitors began to take control of the match. Two converted tries in quick succession on 15 and 19 minutes put them in the lead, 7-19. West Norfolk, however, proved they are made of stern stuff and, again, through excellent mauling and possession play, managed to reduce the arrears in the 23rd minute with an unconverted try by Zoe Sharp. 14-19. As half time loomed, West Norfolk's persistence and



pressure paid off again as Amber Wadlow managed to cross over between a sea of Colchester bodies. 19-19.

With the floodlights now beaming across the pitch through the darkness, West Norfolk took control of the match in the second half, dominating the early exchanges. Managing to negate the Colchester strengths, they pinned their opponents back into their own half. However, a failure to turn possession into points meant Colchester weathered the storm. A crucial yellow card and sin bin for home player, Mary Hegarty, on 55 minutes for a high tackle, then put Colchester firmly on the front foot. West Norfolk rallied as a team, putting their bodies on the line as Colchester threatened. Both teams knowing a score now

would prove pivotal, the tension could be felt in the air. The returning Hegarty, seemed to revitalise West Norfolk and in the 68th minute Kathryn Sharp broke free and raced for glory. Colchester's player of the match, Amber, spotted the break and chased her down making a thunderous last ditch tackle just yards from the try line. As Colchester reformed, West Norfolk's player of the match, Sarah Hodge, had the presence of mind to quickly take the resulting penalty for an infringement and launched herself at the line between playing Colchester players. Try ! 24-19 to West Norfolk. The place erupted.

As the clock ticked down, back came Colchester. West Norfolk's kicking became tired and laboured, but was effective as they



thwarted Colchester's valiant attempt to snatch something from the game. It was all to no avail as Dereham referee, Darren Martin, blew the final whistle. Cue ecstasy amongst the jubilant home players and spectators alike. This was a monumental victory in West Norfolk's season.

Whilst Hodge fully deserved her player of the match award with two try's, sisters Zoe and Kathryn Sharp, Wadlow and Rosie Lingham all ran her close. West Norfolk showed they are very much a team side, well marshalled by captain Tiffany Turner, with every player playing a part. Their "all hands to the pump" rearguard finalé as exiting to watch as their fluent attacking style.

Make no bones about it, this was a hard test and tough encounter but West Norfolk were worthy winners and fully deserved their poste match beverages and pasta supper beside the roaring clubhouse log fire.

West Norfolk have now leapt up to third in the table, leapfrogging today's opponents in the process. Next up are table toppers Sudbury Ladies who won't fancy the daunting trip to



Refine your search

Women's NC 2 Midlands (East)

#	Team	P	W	D	L	Pts
1	Sudbury Ladies	5	5	0	0	25
2	Ipswich Women	5	4	0	1	20
3	West Norfolk Warr	3	3	0	0	14
4	Colchester Ladies	5	2	0	3	14
5	Southwold Womer	5	1	0	4	12
6	Woodbridge Ladie	5	1	0	4	11
7	University of East	6	1	0	5	11

Feedback

fortress Gate House Lane stadium.



Sarah Dodge receives her player of the match award presented by Tim Keogh and sponsored

College of West Anglia agree tie up with West Norfolk RFC

Rugby is a growing sport with more and more youngsters wanting to get involved and participating nationally. West Norfolk Rugby Football Club and the College of West Anglia are delighted to announce a partnership, working together to bring weekly sessions to 16-18-year-old boys and girls through the CWA Rugby Academy.

An introductory session was recently held at the College Campus with several coaches attending to train the new teams. The feedback has been positive and the students got stuck in, enjoying, what was for many, their first experience of the game. Sessions will run every Wednesday from 1-3pm and hope to attract even more players of all abilities from across the college. The aim is to create a platform for

players to evolve into West Norfolk RFC's senior teams upon turning 18. For U18s looking to play club rugby, there is a thriving section who train on Wednesday evenings at West Norfolk RFC's headquarters at Gate House Lane from 7-8:30pm, with competitive matches played on Sundays. The future of Rugby locally really is looking very bright indeed.

If you are interested in coaching, College of West Anglia also have an opportunity for a full-time coach to work with the students within the Academy.

For more details on any of the above, please contact becky.davis@cwa.ac.uk.

Hunstanton & District Inner Wheel

Sue Trewin, Club Correspondent

As a family we decided to give fun and non-expensive gifts to each other this Christmas. My choice was a brush for washing up which I am sure I will be highly delighted with. Simple fun gifts can focus the mind on the importance of valuing what you receive rather than dwelling on what might have been. There was an advertisement recently highlighting Crisis for Christmas, showing hot lunches being served. One recipient raised his arms in the air, showing how much it meant to him. Hunstanton and

District Inner Wheel will be visiting the Baby Basics branch in Dersingham and the Salvation Army with toys and tins. These gifts will hopefully help to make Christmas a little less bleak for the recipients.

We were treated to a delicious German lunch last week, hosted by Gill Teicke. It was in aid of The Book Bus. This project has been chosen as Inner Wheel's Association project for two years. Since 2008, The Book Bus has worked to improve literacy in Zambia providing books, storytelling materials and

libraries. As a result of this some 100,000 children can now experience the joy of reading. Raising funds to buy a bus, filling it with children's books and training a driver requires good donations and Hunstanton and District Inner Wheel are delighted to support this charity.

That's about it for now except to wish you all a peaceful New Year.



Hunstanton and District Rotary Club

Adrian Evans

It was a fairly busy time for the club on the run-up to Christmas.



On Saturday 26th November the Club, raised £250 in support of local Breast Cancer Charities. We decorated the outside of the Ski Cafe on Hunstanton promenade with donated bras, most of which will soon be sent to Africa. We would like to thank Peter Byrne and all his staff at the Ski Cafe for all their generous help in allowing us to use their premises

On Sunday 27th November we had a stall at the Christmas light switch on, selling Mulled wine,



hot chocolate, and mince pies. It was a successful evening raising £286 for local charities. A big thank you to Mr Bun the baker for their support.

On Thursday 1st December we had a trip on the Norfolk Lights Express. This involved a steam-hauled train illuminated by thousands of tiny lights on a return trip between Sheringham and Holt. The 12 Rotarians that went along had a carriage to themselves, which (unfortunately) encouraged some to sing along with the Christmas music being played on board. A great time was



had by all.

On Friday 2nd and Saturday 3rd December we displayed a tree at the Hunstanton Christmas Tree festival, held at the Town Hall, where we were part of a colourful display representing local groups and charities. Part of our aim to support local good causes our tree this year was in support of the Premature baby unit at our local hospital, and grateful thanks must go to our member Mary Harpley for the idea and presentation of the tree, as a result the club were able to raise and donate a £100 to the unit.

Our local Rotary strives



throughout the year to volunteer and hold events to support charities and good causes, and we are always looking for like-minded people to join us who wish to put something back into society. We are aware there are many of you out there, sometimes it is just making that first step, so for an informal chat or if you want to know more information contact me Roger Raven email, rogerraven9@hotmail.com or call me on 07989668235.

January Diary

We add events to our website throughout the month, see: <https://townandaround.net/whats-on/january>

Saturday 7th

United Services Club Hunstanton entertainment Graham James ex member of Union Gap all eras 8.30pm

Thursday 12th

Stanhoe and Barwick WI. The Reading Room, Stanhoe PE31 8PS 2pm. Visitors welcome £3. Info: Valerie 01485 576261

Thursday 12th – Saturday 14th

The Pocohontas Players present Jill and the Beanstalks at Heacham Public Hall. Tickets: 570402/571267

Saturday 14th

United Services Club Hunstanton entertainment Shane Gould Rock & Roll & More 8.30pm

Sunday 15th

North Wootton Flea Market 9am-1pm North Wootton Village Hall

Monday 16th

u3a Hunstanton. 2pm at Hunstanton Community Centre, Avenue Road.

Wednesday 18th

Classical Music Rocks – Duo Recital Kamila Bydlowska (Violin) & Siobhain O'Higgins (Piano) Kings Lynn Town Hall - Coffee from 7pm, music starts at 7:30pm (with interval) Tickets: donations £10 on the door. Free for the Under 18s.

Heacham Group Practice Patient Participation Group meeting 7pm Heacham Parish Church Register interest & enquiries to Bob Carrick 07919 335571

Friday 20th

Winter Warmers at Thornham Village Hall. Speaker Sir William Russell. £25, including a 2 course supper and welcome drink. Advance Booking is essential. To book, email winterwarmers@thornhamvillagehall.co.uk Doors open at 6.30pm.

Saturday 21st

North Wootton Village Market 9am-2pm North Wootton Village Hall

United Services Club Hunstanton entertainment Aron Fender all eras 8.30pm

Sunday 22nd

Classical Music Rocks - Johan Lofving on classical guitar with the Norfolk Symphony Orchestra. St Nicholas's Chapel, Kings Lynn - 3pm Tickets: £15.00 from the Corn Exchange Box Office. Free to children with an adult.

Wednesday 25th

Snettisham Gardening Club AGM Info 541279/544754

Thursday 26th

New Hunstanton Women's Institute meeting at Methodist Church Hall at 2.15pm.

Talk and demonstration by Mrs Lynne Halifax from the Dersingham Lacemakers Guild.. Visitors welcome £3.00. Enquiries 01485 532174.

Friday 27th

United Services Club Hunstanton Race Night Fund Raising Night for The Anglia Air Ambulance. Come & join The Fun . They're off at 8pm

Saturday 28th

United Services Club Hunstanton entertainment Tommy Baxter superb young vocalist all eras 8.30pm

Sunday 29th

Sunday Social Afternoon at Dersingham Village Centre 2-4pm with chat, cards and games plus the coffee shop. Info/transport call Judy 540271/07425 138160

Tuesday 31st

Dersingham Village Cinema Fisherman's Friends 7pm Dersingham Village Centre Doors open 7pm, film starts 7.30pm £6, under 13s £3 includes tea/coffee/squash. Licensed bar

Every Saturday

Hunstanton Promenade parkrun 5km run, jog or walk. Meet outside Salad Bowl Cafe , Cliff Parade, at 8:55am for 9am start.

10 year
guarantee!!!

Sandringham Windows Norfolk

Tel: 01553 611631

Friendly &
Family
Run!!!



Windows·Doors·Conservatories·Aluminium·
Garage Doors·& now offering a full repair and
maintenance service!

INSTALLsure 
installer insurance, sorted

CERTASS

Reg No: 19-1268

CERTIFIED INSTALLER

RESIN BOUND SURFACING NORFOLK

by Steve Penn



PERFECT FOR PATHS AND DRIVEWAYS
QUALITY WORKMANSHIP
FREE QUOTATIONS



10 YEAR GUARANTEE | LOW MAINTENANCE | PERMEABLE SURFACE | UV STABLE

MOBILE: 07712 244825 or 07867 868561

EMAIL: stevepennpaving@aol.co.uk

WEB: www.resinboundsurfacingnorfolk.co.uk

Behind the Scenes...

Happy New Year! Welcome back to the first entry of 2023. We are excited to present to you another year full of fantastic shows that you don't want to miss! Plus, we will talk about some of the fun we had during the end of 2022.



Santa's Grotto

During the end of November, we held our Christmas Cracker event, hosted by Ryan from the wonderful Radio West Norfolk. Thank you to all who came to enjoy a day of family festive fun! We were visited by a friendly face, Father Christmas, plus we were joined by some of the Panto cast, who enjoyed switching our lights on, and had fun on the Teacups! This was the start of our festive season with our pantomime *Cinderella* commencing early December.



Buttons on the Teacups

Coming into the New Year, the Theatre, Box Office, and Sunset Wine Bar team will be having a well-earned rest, until later in the month when we will re-open. However, online orders will remain available throughout. In late January we come back with a bang – *Showaddywaddy* will perform on Saturday the 28th!

Showaddywaddy have had many a successful show at the Princess, and this tour marks *Showaddywaddy's* 50th anniversary. From Leicester, the Rock & Roll band formed

in 1973 by the amalgamation of several local bands. They continue to tour in a large variety of places, selling over 20 million records. The band currently features an original member, Romeo Challenger, who is on the drums. We look forward to welcoming the Rock and Roll legends back for a brilliant performance!

Looking at what's to come during an exciting February, we have more for fans of Rock. *The UK Rock Show* performs Friday the 10th of February, celebrating the 80s heyday of classic rock. Expect to see them recreate hits from rock gods such as Journey, Aerosmith, Def Leppard, Bon Jovi, Kiss, AC/DC, Van Halen and many more!



The UK Rock Show

Are you a fan of West End and Broadway? Then make sure you book up for *The Opera Boys – A Night At The Musicals*, as they return to the Princess with a brand-new updated show on the 19th of February. Get whisked away to the amazing land of 'The Musical', with new music medleys from smash hit stage shows such as *Mamma Mia*, *Hairspray*, *Jersey Boys*, *Hammerstein*, *Les Misérables*, *Phantom of the Opera*, *West Side Story*, and more! The Opera Boys have been delighting audiences all over the world, between them they have performed lead roles on London's West End and on Broadway in New York. This is a performance you can't miss!

Adding to February's variety is the soulful sounds of *Soul Kinda Wonderful*, which performs the 25th of February. Featuring lead vocalist, Richie Sampson, formerly in The Drifters – this act are triple award winners of the National Tribute Awards, winning in 2013, 2016, and 2017! Book to see Soul and Motown at its very best with tribute to The Drifters, The Four Tops, and The Temptations.

Roll up, roll up, the circus is back in town, as *Circus Spectacular* brings February to a close on the 26th. This performance has fun for all the family, with top-class artistes who bring a variety of acts alongside comedy, and audience participation. *Circus Spectacular* will have everyone laughing and cheering along in this fantastic circus style variety show!



Jemma Hall - Author



Circus Spectacular

Throughout the year as a whole, we have even more fantastic acts which includes *Totally Tina*, *Peter Andre with his 30 years Celebration Show*, *Marti Pellow*, *Disco Inferno*, *Francis Rossi*, *The Haunting of Blaine Manor*, *American Four Tops*, and many more! So, make sure you have a look online, or pick up our latest programme, to book some great entertainment!

That's it from me, we hope you are looking forward to visiting us in 2023, as we are looking forward to welcoming you through our doors once again. Thank you to all, remember to look on the back 'What's On' page to see our coming soon list, but until then, break a leg!



Enjoy safe, easy bathing with an accessible bathroom

Specialists in bathroom adaptations for the elderly, disabled & less abled

Start to finish you are in safe hands with our employed installation team - we do not use subcontractors.

Installed in as little as one day

Our easy-access walk-in showers, walk-in baths, wheelchair-friendly wetrooms and comfort-height toilets are installed quickly and safely by our own dedicated team. We'll manage the changes from concept to completion.

- Bespoke services to suit your needs
- Helpful, friendly and caring team
- Fully employed installation teams
- Finance options available subject to status
- Nationwide service

CALL NOW TO GET YOUR FREE NO OBLIGATION HOME ASSESSMENT



Call to arrange an appointment or request a **FREE** brochure today

0800 955 0176

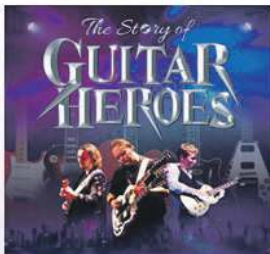
Please note the Theatre, Box Office, and the Sunset Wine Bar will be closed from the 2nd of January and will re-open on the 23rd of January.

Online sales will still be available 24/7.



Showaddywaddy Saturday 28th January 2023.

COMING SOON ...



Feb 4th

Feb 10th

Feb 18th

Feb 19th

Feb 25th



**Family Fun with Circus
Spectacular - Sunday
26th Feb - 3pm!**



Box Office open daily from 10am

Phone : 01485 532252

Email : boxoffice@princesshunstanton.co.uk

Website & Online Bookings: www.princesshunstanton.co.uk



BOOK NOW TO AVOID DISAPPOINTMENT