

TOWN and AROUND



ISSUE 231 JANUARY 2025

PRICELESS!

Local News • Events • Great Outdoors • Features
HAPPY NEW YEAR

First word



Welcome to your January edition of Town and Around and as we enter our 20th year of publication, I'd like to thank everyone who has supplied articles, information and advertising in this and our past editions.

Between editions we publish news stories to our website and our cover picture, taken by Ian Burt, is one that was supplied with a story about a music event that was hosted by Smithdon High School on behalf of the West Norfolk Academies Trust.

See it here: <https://townandaround.net/news/west-norfolks-young-musicians-come-together-to-perform>

Incidentally, just like the print magazine, articles on the website are free to read.

There are three competitions this month - a crossword on page 18 with a cash prize of £20, the monthly Sports Trivia on page 44 with a free afternoon tea for two at Berni Beans and a lunch for two donated by the Orange Tree on page 45.

If you are a football fan, Tim's mid-season report and end of season predictions is a good read on page 46 while Terry's Dark Skies article on pages 26-27 hopes for clearer skies and opportunities for planet sightings and more.

After the expense of Christmas, turn to page 42 for the Prudent Pensioner's tasty Celeriac and Brussel Sprout Soup.

Finally, a very happy New Year from our family to yours.



Until next month,

Elaine, Richard and Eden

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Town and Around

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Hovercraft returns to one of the busiest lifeboat stations in Norfolk after refit

The RNLI search and rescue hovercraft which is one of just four in operation around the UK coastline returned home to Norfolk on Monday 18 November.

On the first cold night of the winter the *Hunstanton Flyer* made the six-hour journey by road from Dorset where she'd be undergoing maintenance since July.

Since she officially came on service on 25th July 2003 she has been launched more than 250 times, saved 13 lives and assisted more than 150 people who found themselves in difficulty or in danger.

She had been replaced by relief hovercraft *Samburgh*, which was flown by the Hunstanton crew on a number of 'shouts' during her stay at the station.

Driver Tony Pony - as he is known throughout the RNLI - expertly reversed his lorry down the narrow lane to the station with inches to spare.

He then deployed its crane to lift the four-tonne craft onto her pad, where she was checked over before she took off for a brief test flight on the nearby beach.

Samburgh was then lifted into position on the rig as the coldest night of the year night closed in, ready for her return journey to Poole.

Volunteers at Hunstanton RNLI cover The Wash, a tidal estuary bordered by Norfolk and



The Hunstanton Flyer returns to station Photo credit: Chris Bishop/RNLI

Lincolnshire covering an area of around 100 square miles.

At low tide, large areas of its sand bars and mud flats are inaccessible to conventional craft but the hovercraft can simply fly across them.

The 35mph craft, powered by two turbocharged diesel engines, is also able to reach casualties who have been cut off by the treacherous Norfolk tides and return them safely to the shore.

Friday Friendship in a Warm Space

Sponsored by Hunstanton Town Council, the Hunstanton Group is celebrating another year of coffee mornings and events.

Many members bring their knitting or other crafts to do as they sit and chat. The group is part of the Warm Spaces scheme, alongside the Helping Hands cafe held in the Town Hall every Monday morning, and for a small fee there's unlimited tea, coffee, biscuits and toast.

The group also has regular quizzes, cake mornings and visits from Therapy Dogs Nationwide. A variety of other visitors have included the Heacham Singers, ScamAware, VisionNorfolk and IT Help@The Library and members have enjoyed fish and chip lunches, an Easter hat parade and a Christmas party. The group also hosts the annual Hunstanton Town Council MacMillan Coffee Morning, held at the Town Hall, which this year raised over £250, and a Wear it Pink morning for Breast Cancer UK.

So, if you are looking for a warm and welcoming place to go on a Friday morning, pop along to the Hunstanton Community Centre, 10.30am - noon.



Friday group Treasurer Sue Turner (left) and committee member Linda Woodley at the Wear it Pink morning



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Tuesday, Friday and Saturday 10am- 11pm and Sunday 11am-10pm

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January 20th Coffee / brandy or Irish cream from 10.00 a.m.

Yoga for U3A members on Wednesdays, Thursdays and Fridays.

Mondays : Strength and Balance Class 4.30pm.

Tuesdays: Cash Bingo starts at 7.30pm

Wednesdays : Scrabble 10am, Whist Drive 7pm.

Fridays : NIA at 12.30. Cash Bingo at 7.30pm.

Saturdays : 'Open the Box' draw at 1pm.



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Christmas lights, magic, and vintage fairgrounds for Girlguiding!

by Ruby Goold & Nicky Scott

One incredible winter's evening, 40 very excited members of Snettisham & Sandringham Rainbows, Brownies and Guides were invited to the Royal Parkland for a dazzling mile-long light trail to kick off their Christmas 2024 with some magic and sparkle.



Animated woodland statues greeted their arrival, leading them on to see some incredible light installations which started with an interactive light box game - "it looks like a giant Rubik's cube!" Was heard from a Guide who became victorious when she won the challenge.



Rainbows and Brownies were delighted when the trees and shrubbery turned into the most enchanted fairyland. Many young voices squealed "I can see them! I can see them!" oozing with happiness as they spotted twirling fairies! Everywhere they looked were captivated by the twinkling lights, lasers, and tiny little doors.

Following the dancing light trail and a field



of orchestral colourful flowers, most stopped for toasted giant marshmallows and a much needed, warming, hot chocolate. Fortified, they headed further into the dark woods enjoying more what Luminare had to offer.



After a massive group photography in front of the 'Luminare' festive light, so many they all obliterated the lights, the Christmas tree maze beckoned leading them into a Fun House. More squeals, giggles and laughter emanated throughout the house as they balanced, slipped, glided, climbed to finally descend in a slide to end with a turning hamster wheel. One leader was up for the challenge, created the star shape but ended up

in a pile on the floor - which one Guide proceeded to show how it was done by completing one full turn before skipping happily away.

Ending the frosty night, the final surprise awaited the young members and adult volunteers- a Vintage fairground! The delightful traditional sounds of the fair made them all dash off to the Galloping horses and Helter skelter - enjoyed by all. An unexpected twist to the magical evening.

Gathered around Sandringham Estate's Christmas tree, some Sandringham Guides made their Girlguiding promise beside the huge Christmas tree making the start of their Girlguiding journey even more special and unique.

What a great start to the festive season! The girls were thrilled to enjoy the experience together; their excitement was tangible.



Everything was made possible by the dedication and hard work of the Luminare and Sandringham team along with our amazing Girlguiding volunteers. We truly appreciate all their efforts, and we couldn't have had such a magical experience without them.

For more info on becoming part of our fun, friendly & inclusive group please get in touch. Email: ruby.goold@girlguiding-anglia.org.uk

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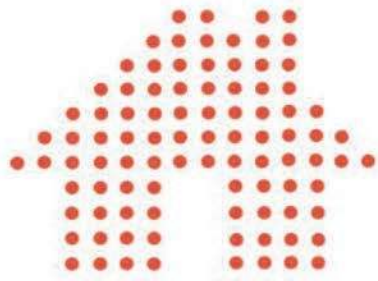
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Ingoldisthorpe School report - good with outstanding elements

Ingoldisthorpe C of E VA Primary School family and community are very excited to announce our recent Ofsted inspection and our outcomes of good with outstanding elements. After over a decade without inspection, the school has changed positively with arrival of our new headteacher. Mrs Julia Norman bringing a warmth, vibrancy and excitement back into the school team along with many new and welcomed ideas. Mrs Norman has been able to revitalise the school, curriculum, policies and improve the wider opportunities offered to our children, staff and community.

Our Ofsted inspectors visited on Tuesday 1st and Wednesday 2nd October and recognised our 'warm and welcoming and inclusive' environment, where we focus on outdoor learning, wider opportunities and on preparing our children for the next steps in their education. Inspectors commented that our 'school's strong Christian ethos emanates through everything' we do, including six church services, three musical performances and wrap around care from 7.30am to 6pm.



Inspectors were impressed with the outstanding 'exceptional, rich and varied' wider opportunities offered to the children. Opportunities including multiple leadership opportunities, learning two musical instruments, developing sporting prowess at a national and regional level, as well as being 'superb role models in their well-mannered, caring and considerate' behaviour in school

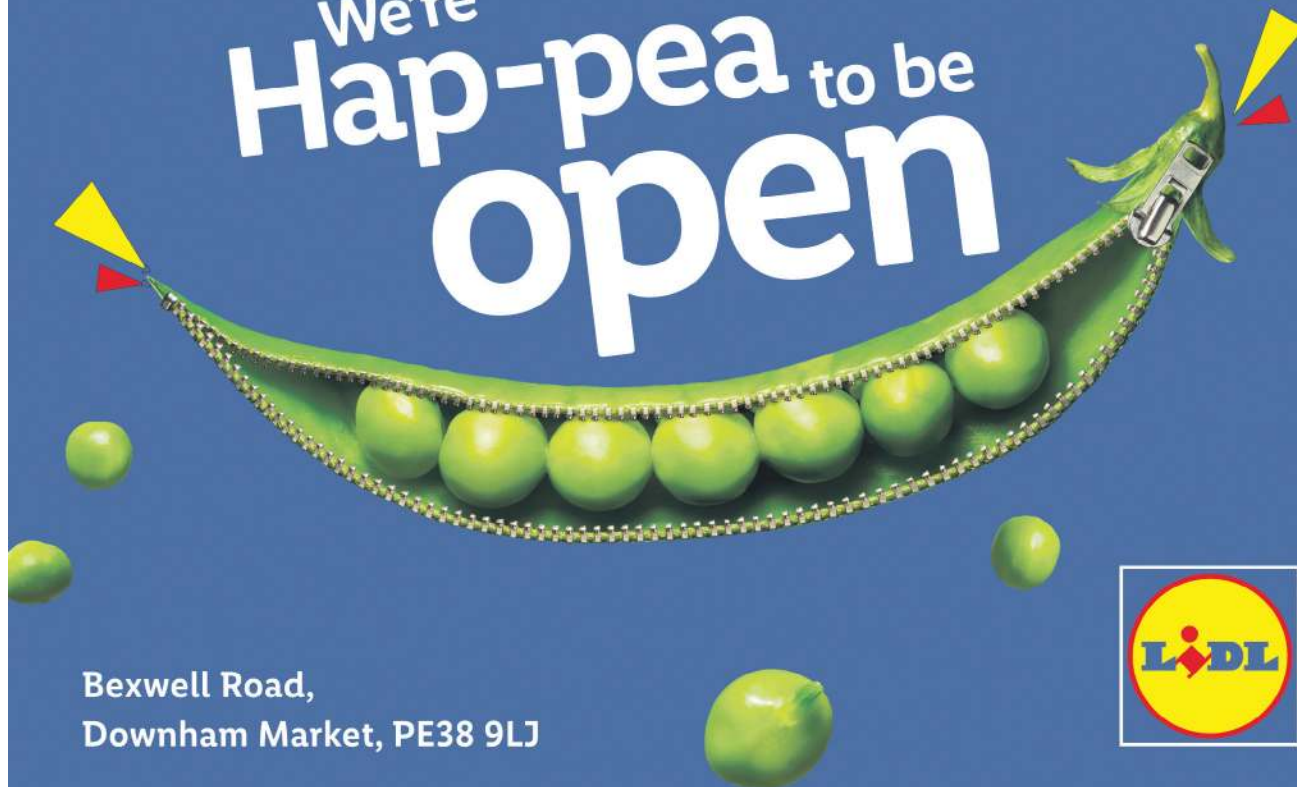
and the wider community.

All children at Ingoldisthorpe C of E VA Primary School achieve well and pupils with SEND achieve 'successfully alongside their peers', they are identified clearly as 'polite, articulate and respectful.' As a school team, we could not be prouder of the Ofsted outcome and the recognition of our children, who are able to have a 'genuine voice and role in school

life' as well as achieving exceptionally well by the time they leave the school. Staff and children alike are well prepared for modern life and 'are proud to work at the school.'

The Governing Body are delighted with the result of the OFSTED inspection and they look forward to the continued success of the school.

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Contempt of Court in Family Proceedings

By Maria Endall, Associate Solicitor, Hayes + Storr

Family court cases are often fraught with tension, as they typically represent the final effort to resolve a dispute. Amid this stress, being found in contempt of court, can significantly complicate matters. Understanding what constitutes contempt of court and how to avoid it is essential for anyone involved in family law proceedings.

What Is Contempt of Court?

Contempt of court refers to actions that undermine court proceedings, violate court orders, or disrupt the judicial process. Examples include failing to follow child contact arrangements, withholding child maintenance, disobeying injunctions, or sharing prohibited information about the case, particularly concerning children.

During Court Hearings

Contempt of court can occur when someone interferes with the court rules and process. As soon as you step into a court building there are certain rules and protocols to follow. For instance, you are not allowed to:

- Take photographs or recordings within the court building.
- Behave rudely, aggressively, or violently during hearings.
- Swear, shout, or act disrespectfully toward court staff, the judge, or others involved in the case.

Although signs prohibiting certain behaviours are displayed in court buildings, individuals

are responsible for understanding these rules. Legal advisors can provide guidance beforehand to prevent unintentional breaches.

After Receiving Court Orders

Contempt of court also occurs when someone wilfully disobeys a court order. In the context of family proceedings, contempt usually happens when one party breaches a court order by doing, or not doing, something the judge told you to do. Including:

- Breaching financial orders, such as spousal maintenance or child support.
- Disobeying injunctions, such as non-molestation or restraining orders.
- Removing a child from the country without permission.

It is critical to thoroughly review any court order and understand both what is required of you and what is prohibited. Missing deadlines or failing to act can also lead to contempt proceedings.

Consequences of Contempt

The penalties for contempt of court vary and can be severe. Courts may:

- Modify existing orders to protect or compensate affected parties.
- Impose financial penalties to deter future breaches.
- Seize property or assets to enforce compliance.
- In extreme cases, sentence individuals to prison for actions like grossly misleading the



court.

Seeking prompt legal advice is essential if you are accused of contempt.

How to Avoid being found in contempt of court

During Court Proceedings:

- Speak only when directed by the judge and follow your legal advisor's guidance.
- Manage emotions; remain civil and composed even in challenging moments.
- Do not take photographs, make recordings, or publish case details.

After Receiving Court Orders:

- Carefully read all orders to understand your obligations and restrictions.
- Note deadlines and take a proactive approach to meet requirements.
- Seek legal advice to clarify uncertainties and ensure compliance.

Seeking Help

If you need assistance interpreting court requirements, please contact Maria Endall in the family law team on 01328 863231 or email maria.endall@hayes-storr.com.

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

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Snettisham Memorial Pavilion

Edward Stanton

At a meeting of the Committee of the Memorial Pavilion Fund (MPF) on Wednesday 6th November the Chairman announced that with the recent announcement of two more grants, one of £50,000 and another of £10,000, the total funds raised since the launch of the project by our Patron, Lady Dannatt MBE, on 11th November 2021 has now reached £395,000.

In his welcome to the meeting, The Chairman thanked those involved in the fundraising, particularly Stuart Dark MBE and Jonathan Forder, for their input, most particularly in time, but also their skills in the research and filling in application forms, for the various grants on offer.

On 25th of October the Chairman and members of The MPF Committee met at the offices of their architects, Atelier Associates for the official opening of the tenders for the construction work of the Project. Five companies had been asked to tender and even after allowing a request for an extension, just three had made it by the final submission date.

The three tenders were opened by the Mayor of KLWNBC, Councillor Paul Bland, and the amounts submitted were read out. The next stage was to review the tenders – this was carried out by an Independent Quantity Surveyor, Richard Eke, who verified that all the Companies who had submitted tenders has tendered for exactly the same work.

At the meeting on 6th November it was announced that ALC Norfolk Ltd, a building and construction company based in Ingoldisthorpe, had been awarded the contract. They anticipate being able commence work early in January 2025.



The Mayor of KLWNBC Cllr Paul Bland (centre of picture) at the opening of the tenders at Atelier Associates offices on 25th October.

Burnham Market and Norton Village Hall

The trustees of the village hall would like to hear from anyone keen to set up a club or society that needs a venue. This might include table tennis, chess or a youth club, for example, but any activity would be considered. We may be able to source funding for equipment if required. We also have a full audio-visual system including a screen and projector that could be available for use subject to approval.

We are also looking for new trustees.

Please contact Keith Morris – keith.morris@outlook.com

The community cinema at the Burnham Market village hall continues in January 2025 with one show. The film date for your diary is 15th January 2025 at 2.30pm The Time of Our Lives (2017). £5 on the door or please contact Diana Walker on 01328 738604

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The Princess looked to be doomed until Brian took over

John Maiden

Changing the course of history for the better usually begins when a group of like-minded individuals join forces to topple an autocratic regime. Take for example the recent removal of President Bashar al-Assad in Syria!

Much closer to home, there was a time when the future of Hunstanton was decided by the strength of local public opinion, which persuaded Gordon Cracknell, Chairman of Hunstanton Urban District Council, to use his casting vote to stop plans for an all-weather entertainment centre, enclosed under a large dome made of Oraglass. Unfortunately, the decision came too late to save the Blue Lagoon swimming pool; the Railway Station; or the Sandringham Hotel, which had all been demolished to make way for the "Bubble" before it was finally burst.

Saving Hunstanton from what one prominent member of the Seagulls Swimming club described as 'cheap gimmickry' led me to believe that plans for a Hangar on The Green would never be get planning permission in 2002/03. The perverse decision, to approve this monstrosity went against the National Planning Policy Framework and has had the effect of making it easier ever since for applicants to get away with erecting very large buildings, even in Old Hunstanton, where they have an adverse impact on the neighbourhood, even when part of it is now known as millionaires' row.

However, let us remember that this in not only the festive season, it is also the time to enter pantoland. Oh yes it is, but hard to imagine now, that in December 2010, when I was on stage at the town hall playing the wicked sheriff of Lynn, in 'Robin Hood Norfolk Style', the Princess theatre was in darkness and it looked as if its days as a theatre were numbered. Then along came Brian Hallard and a small group of supporters who gave the sleeping Princess a kiss of life. This has enabled me to see every professional panto or Christmas show at the Princess since, including the current excellent, and fast moving production, of 'Snow White and the Seven Dwarfs'.

Whenever, I take my seat at the Princess it brings back memories of this fantastic building when it was the Capitol Cinema, with only an occasional stage show. The great thing for me now is the way the building has been tastefully updated without losing any of its original art deco charm.



Photo credit: Ian Burt

Editor's note: Performances of Snow White and the Seven Dwarfs continue until 5th January. If you haven't already booked your tickets, I urge you to do so.

It is a brand new Snow White production and there are lots of surprises.

Josh Rettie, who plays Prince Henry of Heacham has a wonderful voice and his acting style is reminiscent of the great Leslie Phillips (the under 60s will need to Google him) and his duet with Laura Roberts (Snow White) was beautiful.

Fairy Thorn is beautifully played by Emma Elizabeth, and Jessica Broadbent is a fabulous villain as Queen Horibella.

The sheer energy in Sam Littlewood's performance as Muddles is outstanding while Mervyn Francis never fails to impress as Dame Dotty in his 45th professional panto.

Evie Corby and Hannah Futter are the professional dances and they are joined by the Junior Dance team from Rollason Stage School - who do more than dancing...

The set, backdrops, lighting and music combine with the cast of very talented people who make this a show not to be missed.

Music to Tapping House's Ears: Local Band Hits the Right Notes for Charity

A group of talented local musicians has shown the true power of music, raising a remarkable amount £11,059.26 for Tapping House through nearly 40 gigs and busking performances.

The band, called The Whickers, affectionately self-described as "just a bunch of old boys who enjoy making music and having fun," started out humbly, busking to support Cancer Research UK while one of their members, Kev, was undergoing treatment. Inspired by the public's enthusiasm and generosity, they shifted their focus to performing at pubs and clubs, supporting a cause close to many local hearts: Tapping House.

"We didn't set out to perform for money - we just love music," a band member, Mark Taylor shared. "But word spread, and people started asking us to play at their venues. We don't advertise or use social media - it's all word of mouth!"

The band's passion for music is matched only by their dedication to making a difference. The funds they've raised will help Tapping House provide vital Hospice care and support to families in the community.

"The response from the public has been



The Whickers with Tapping House fundraisers Victoria Rush, Lindsey Atkin, Sam Loveday and Jodie Bunting.

amazing. So many people have a connection to Tapping House, and it shows in their generosity," the band noted.

They also expressed heartfelt thanks to the pubs and clubs that welcomed them and to the incredible audiences who've supported their journey.

"This is about more than music - it's about the community coming together to give back.

It's been such a joy to be part of that," adds Mark Taylor.

Tapping House, which offers compassionate care to those with life-limiting illnesses, shared its gratitude for the band's dedication and the generosity of the public. Victoria Rush, Head of Fundraising at Tapping House said, 'it really is down to these incredible acts of generosity from our local community that makes all the difference to our Fundraising efforts for the Hospice. During these unprecedented times for the Hospice sector, we really do need all the help we can get and we can't thank The Whickers enough for raising this incredible amount.'

If you'd like to catch this brilliant group live, keep an ear out - though they don't advertise, they've been known to pop up in pubs and clubs across the local area, raising not just the roof but also vital funds for a worthy cause.

The 'bunch of old boys' who enjoy making music and raised funds for Tapping House are Kevin South, Denny Rogers, Steve Green, Chris Fitzmaurice, Andy Fisher, Mark Taylor, Malcolm Dady and former member Alan Smith.



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Wendy Warner's plant of the month - Hamamelis

What more could you wish for when stepping into the garden on a cold winter's morning than delightful fragrance and a pop of jewel-like colour? Hamamelis, commonly known as witch hazel, produce their clusters of richly scented flowers on bare branches which will illuminate when caught in the low winter sun.

Witch hazels are slow growing, deciduous, medium to large shrubs or small trees suitable for growing in the garden or large pots or containers. They are very hardy with their spidery blooms withstanding harsh, freezing conditions. Their flowers come from the hot side of the colour wheel with pale to golden yellows, oranges through to rich ruby reds. Some varieties flower as early as December, with others appearing in January, February and into March. They flower on the previous year's growth and suddenly the petals will appear from the bare woody stems. Each flower is made up of four long, thin, curled, filament petals around a brown central cup with pairs of tiny yellow stamens. They are attractive to early pollinators as there are few flowers around at this time of year. Their large, green, hazel-like leaves appear after flowers finish and then turn attractive colours of reds and yellows before dropping in autumn.

Hamamelis prefer a moisture retentive, free draining soil and dislike alkaline, chalky soil or very heavy, wet clay. They should be mulched with homemade compost or manure annually to help retain moisture and fed with fish, blood and bone. If growing in pots use John Innes No. 3 compost. Ensure they are watered well in summer, especially in periods of drought. In the very hot summer of 2022, many hamamelis lost their leaves prematurely with leaves browning and dropping in summer rather than autumn and going into their winter dormancy early. Most survived this, flowering as normal the following winter. They flower more profusely in full sun but will also tolerate dappled shade.

There are a wide range of varieties available from specialists but the favourites include varieties of Hamamelis mollis and Hamamelis x intermedia. Hamamelis x intermedia 'Arnold Promise' has bright



Hamamelis x intermedia 'Arnold Promise'

yellow flowers from December to March with leaves that turn red, yellow in autumn. Hamamelis x intermedia 'Barmstedt Gold' has large deep, golden-yellow flowers with leaves turning yellow in autumn. Hamamelis x intermedia 'Jelena' has coppery-orange flowers and red and yellow autumn foliage. Hamamelis x intermedia 'Diane' has unusual, copper-red flowers with a light scent, with leaves turning a dramatic shade of yellow in winter.

Hamamelis combine well with underplanting of hellebores and early flowering spring bulbs such as snowdrops, aconites, dwarf narcissi, crocus and iris reticulata. They will also provide essential summer shade to these small bulbs too.

These beautiful shrubs will definitely brighten up your garden at a usually dull time of the year.



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Downham Market and District Horticultural Society

Carolyn Hayes

Do you need a little gardening inspiration and advice to kickstart the New Year? Would you like to meet friendly, like-minded people?

Well, look no further – Downham Market and District Horticultural Society is waiting to welcome you!

We meet on the second Monday of every month in Downham Market Town Hall. Meetings are in the evening, starting at 7.15pm. We have a different speaker each month, covering wide-ranging subjects relating to horticulture. The talks are about an hour in length, and followed by a short Q&A session. We then have the opportunity to chat with members and often the speaker, over tea, coffee and biscuits.

We held our first Christmas wreath-making workshop on 7 December, courtesy of one of our members, who kindly provided greenery from her garden and ran the workshop. The photograph shows some of the participants hard at work, creating beautiful wreaths.

Last summer the Society had plant stalls at The Howdale; Watlington; Fincham and Outwell. These bring in much-needed funds and are an opportunity to spread the word about the Society. Look out for us at this year's events.

We organise regular group visits – our next one is to Oxborough Hall in February to view their wonderful display of snowdrops.

Our main event each year is our Summer Show – this year's is on Saturday 12 July 2025. The Show is open to both members and non-



members, and is held at Downham Market Town Hall. Categories include flowers, pot plants, fruit, vegetables, preserves, baked goods, crafts, art and photography – so something for everyone. Start thinking now about what to enter, and look out for the free programmes, which will be appearing in local shops from Easter onwards.

Annual membership is a bargain £10. Members enjoy generous discounts from Downham Market Garden Centre and Suttons Seeds, so keen gardeners can recoup the cost in no time.

If you wish to join our friendly Society, or just find out more, Judith, our membership secretary, would be delighted to hear from you. Contact Judith on 01366 501466 or email jt.mazur@tiscali.co.uk.

Greyfriars pupils help with bulb planting in The Walks

By Gary Walker and Michael Walker

On a chilly morning a group of pupils from Greyfriars Academy gathered with members of Kings Lynn Rotary and Friends of the Walks to plant crocus and daffodil bulbs at the rear entrance of the school.

The frosty conditions and hardened surface did not deter everyone from getting stuck in to preparing the areas marked out for planting by the Parks Staff, with the group working hard to plant the 4,000 bulbs provided by the Rotary, who have been instrumental in the rewilding of several areas in the town.

The bulbs when in bloom in the spring provide a colourful back drop to the usual grassed areas, as well as adding to the biodiversity, ideal for supporting insects and butterflies.

The children also enjoyed the opportunity to gain some understanding of the best way to plant bulbs together with the benefit that flowers provide to insects and wild life in general.

They were also made aware of the squirrel's love of bulbs; they having been keeping a careful eye on proceedings. Hopefully given the number that were planted, enough will remain after winter to provide a really nice colourful avenue on the path to the



academy's back gate.

Janet Moyle, the Academy Deputy Head said "we are so grateful to the King's Lynn Rotary and Friends of the Walks for arranging the planting and providing the bulbs. The children were really excited to be able to help with the planting and all will be looking forward to the warmer spring time days when the flowers will all be in bloom."

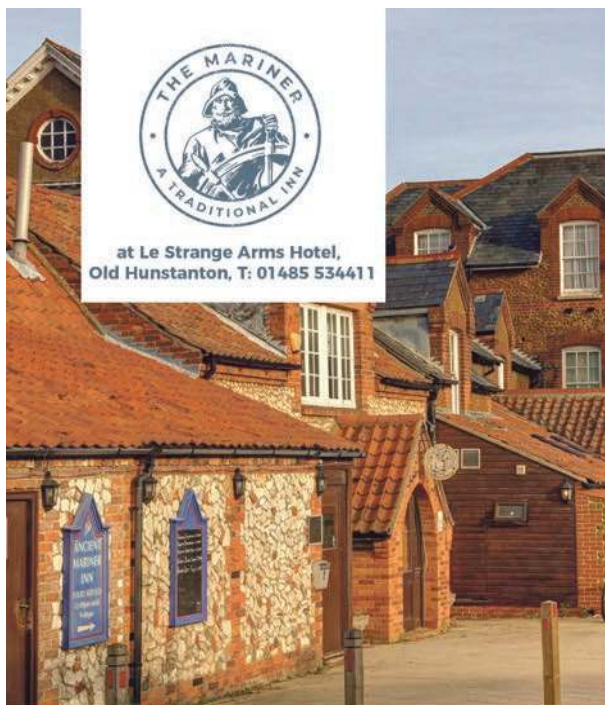
Each year for the past 11 years members of the Rotary Club of King's Lynn have planted some 4000 purple crocus bulbs in

various parts of the town: along the main path in The Walks; at the South Gates roundabout; on the NORA roundabouts and along the main road; outside the nursery school at St James Park; along Boal Quay; on the verge outside the Hardwick Cemetery; and on Edward Benefer Way opposite the Fire Station.

The bulbs are planted to draw attention to Rotary International's support for the world-wide eradication of polio which has been a major aim of the organisation since 1985. Over

the years Rotary has contributed more than \$2.1 billion to ensure the immunisation of more than 3 billion children in 122 countries. Every child who is immunised has his or her finger dipped in purple dye. Until recently polio had been eradicated in all countries except Afghanistan and Pakistan. However, the war in Gaza has seen new outbreaks of polio in that part of the Middle East. The need to immunise children is a great as ever.

Photo by Gary Walker



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Sale shopping is so much more than what you buy, it's a treasure hunt to discover something that's perfect for your shape and colouring that will make you feel great – and at a discounted price.

You are bound to enjoy shopping at the end of season sale; the personal, caring service that Cheryl Daubney and her team provide ensures a lovely shopping experience. They will help you choose and sometimes suggest something for you to try that you might have otherwise overlooked, rather like a personal shopper. Their fashion know-how and ability to put an outfit together is second to none.

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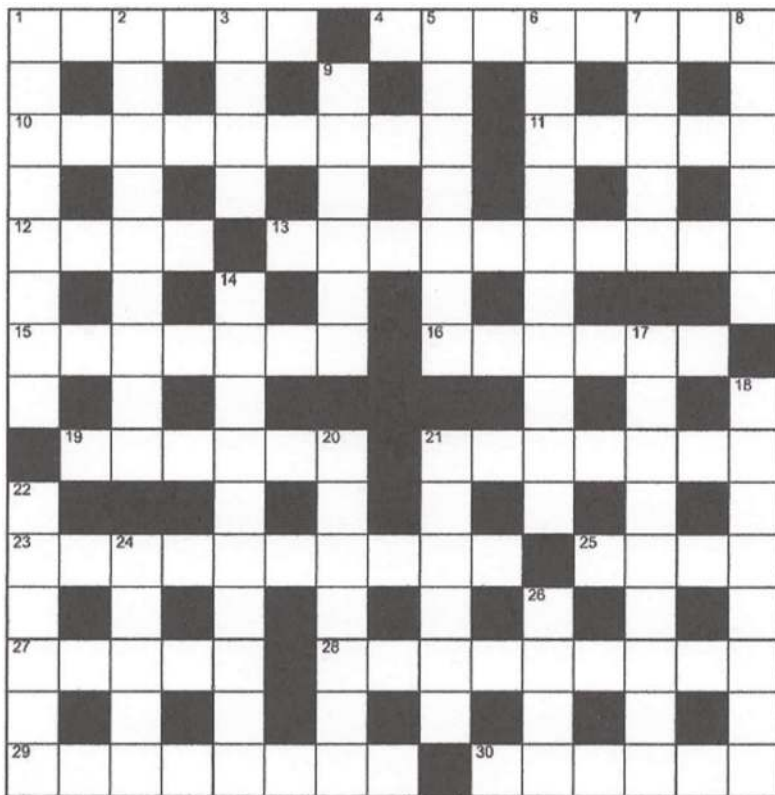
David Elsey's 100th cryptic crossword

Across

1. ... and so, on leading historian, early discovery made a lasting impression (6)
4. Puts up with most troublesome pains after drug is withheld (8)
10. Tory and Green are together on energy, right? It makes a change! (9)
11. Odd letter written about native of Madagascar (5)
12. Cuff second mate after capsizing (4)
13. Payment for earthquake damage? (6,4)
15. Take someone for a ride on motorway with son to show the way (7)
16. Food taken to party – but no filling for tart? (6)
19. Major starts to pull rank in mess at lunchtime (6)
21. Words added as an afterthought transform book (7)
23. Tip a golfer let slip is rashly extravagant (10)
25. Con lying about solitary (4)
27. English setter casually goes back for duck (5)
28. One having made a ton of money visits ancient city, first travelling west (9)
29. An important shipping line loads depend on (8)
30. Very old and in a pickle (6)

Down

1. I didn't get that dance (6,2)
2. Runaway van scares solicitor (9)
3. Letters read out on Points of View (4)
5. Show top student unexpected results (4-3)
6. Plays tune, not finishing, as stuff gets in the way (10)
7. Foreign nobleman has arrived – about time! (5)
8. Fairy godmother finally admitted to ill feelings (6)
9. Focused on bidder at sale – when content, raised (6)
14. Swimmers with revolutionary hairstyles? (3,7)
17. Play music and prance around (3,2,4)
18. Coloured fabric in church dazzled at first (8)
20. American serving in pub is sound (7)
21. Clear head needed when meeting conservationists (6)
22. Carry on after winning support (6)
24. Agreed area is very good for this animal (5)
26. It's all about knocking off and getting home for game (4)



To celebrate David's 100th crossword Town and Around is offering a prize of £20 for the first correct entry pulled out of the hat on 15/01/25. Send a photo or scan of your completed crossword to editor@townandaround.net or post to: The Editor, Town & Around, 18 Tapping Close, Snettisham PE31 7FF. Please note we do not accept entries by any social media channels or text message. CLOSING DATE 15.01.2025



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Hunstanton Eyecare blog

I often buy a newspaper on a Sunday, mainly because it has a magazine with it and I can do the crossword, well nearly, as I usually have to cheat by Googling to finish it off. Last week an advertisement caught my eye as an optician was promoting their services and displaying a variety of frames, one of which I noticed was something we stock, but we were about 25% cheaper! So, although we are an independent company and don't have the enormous buying power of some, it seems we are quite competitive. There are many promotions going around these days but I'm sure we can still give you a great deal for the quality and service we provide.



This month I will be looking for new frame stock from a company called Stepper. We had previously stocked Silhouette frames, which were lovely and high quality, but I think they have become very expensive. We also had to have a minimum number of frames in the practice in order to keep the account, so it was bye bye Silhouette! Stepper has a large range of all sorts of designs, the Titanium rimless is wonderfully light but durable, the plastic material, TX5, is also featherweight and a welcome alternative from the chunky colourful plastics of recent months. Stepper takes great care with their frame design and more importantly how a frame fits a face, so a good fit and comfort all day long is not an unrealistic goal.

Lenses are often the most expensive part of spectacles, but I have been assured that from 6th January, we can offer our multi pairs promotion. If you order a second pair of spectacles to the same prescription as the first, the second pair will have a 50% discount.

So if your new year resolution is to look after your eyesight, then consider popping in to see us.

Annette

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CAROLINE DUDLEY: COPY EDITOR

Last month I shared a few tips about the role of the copy editor in preparing your manuscript for publication.

Correcting spelling, grammar and syntax is known in the trade as 'line' editing, but there is another type: 'structural' editing.

In this case, the editor might suggest, for example, that you put chapter three, where the man falls out of the tree, at the beginning, to create a dramatic impact and draw the reader in, and then fill in the back-story in chapters two and three about why he climbed the tree in the first place.

Having engaged your reader, you can then build your characterisation, develop the plot and create a sense of mystery and suspense.

Was he spying on somebody? Was he trying to escape from something? Was he a birdwatcher observing a rare species?

As the author, you may be too close to your beloved story to structure it to maximum effect: grabbing the readers by the lapels, intriguing them by hinting at what may or may not happen in the narrative, and ending the story, either conclusively or as a 'cliffhanger', which gives you the opportunity to write a sequel if you feel like it.

Again, if you would like some advice on your script, I can help.

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News from Brancaster Village Hall (BVH)

Geoff Wingrove

BVH played host to a number of festive events over the Christmas period, commencing with the Brancaster Winter Fair on November 30th. This was a truly magnificent occasion, with over twenty stalls representing a wide range of community activities: the hall and community centre were bustling with participants. The cake and pie stalls had to be seen to be believed, and the Community Choir was in great voice, as always.

The Community Choir gave another carol concert on 19th December, and the Children's Christmas Disco and Karaoke was held on 21st. Both events were well-attended, and the children had great fun.

Forthcoming events

New Year's Eve Party 31st December 5.00pm until late, with music from Sidewalk

"The Great English Golf Boom" 17th January 6.30pm to 8.30pm: a talk to be given by Michael Morrison, dealing with the rapid expansion of the sport during the decades leading up to the First World War. As Brancaster is the home of the Royal West Norfolk Golf Club, this should be of great local interest.

Early in 2025: Italian for Beginners to be offered by Graham Cochran

Regular groups will continue to meet, with the Coffee Club taking a winter break; Bar 71 will run a full programme of Pool, Skittles and Quiz Nights. Further information about these and other activities can be found at www.brancastervillagehall.communitybookings.co.uk or on Facebook and Instagram. For enquiries, please contact us at bvhsetup@gmail.com

FROM THE BRANCASTER VILLAGE HALL ARCHIVE: NATIONAL COASTWATCH INSTITUTION (NCI) BRANCASTER TRAINEE PROGRAMME

This article follows the training programme of Richard C, from his interest in joining the Coastwatch service to the point where he became a certified Watchkeeper. NCI training is extremely rigorous, as the responsibilities of a Watchkeeper involve meticulous record keeping and familiarity with all the station's technical equipment and charts, as well as continuous monitoring and – where necessary – action in order to keep people safe on our beaches and coasts. Watchkeepers need to be proficient in chart work, weather and tidal conditions and the use of the radio, at the same time being constantly vigilant of the activity along the shore and on the water. Training is mainly undertaken on the job by an experienced Watchkeeper, but there is also a need to have detailed knowledge of the NCI manual and routines.

Richard C was employed as a sales manager in the welding industry, servicing a wide range of industries nationally. Approaching retirement, he was open to undertaking some

voluntary work to put something back into the community. Richard was already a keen amateur yachtsman, with qualifications from the Royal Yacht Association. He attended the Shanty Festival at Brancaster Staithe, where NCI Brancaster had a stall; he spoke with the Watchkeepers, picked up some leaflets – and the rest, as they say, is history. Although due to retire in September, Richard began his training in August,

On 2nd August I joined Richard and his trainers, Ian and Frank, on his first day of instruction. I was lucky to be in at the start of 3 to 4 months of weekly training and record what was involved. The programme began with the basic skills of understanding the wide range of equipment, along with the station routines. Observation skills were emphasized from the beginning, as awareness of beach and coastal activity is crucial.

The next phase dealt with the logbook. This is a legal document that needs to be kept with great accuracy and clarity, as it could be produced in court in the event of serious incidents. Practice also began on the use of the radio and CCTV; all the while Richard needed to work his way methodically through the NCI manual.

I rejoined the training programme during weeks 6 and 7, by which time Richard had become very competent with most of the basic routines. The daily weather board needed to be updated at the start of the watch using information available online: this included tidal and wind conditions, sea states and visibility. The radio procedure informed the Coastguard that the station was staffed and operational; a checklist was used to relay the necessary information about local conditions on channel 65.

All beach activity was noted assiduously, with kite surfers, swimmers, paddle boarders and coastal craft all logged in the official record with times, descriptions and bearings. Richard also had to brush up his chart work and become proficient in Tidal Diamond and Tables and neap and spring tides. There was throughout a need for constant vigilance, using optics and the CCTV system; Richard also went through the station closure and watch handover procedures.

The following weeks were spent in constant repetition of the station's functions and the memorisation of the NCI manual. It was important to play out the various emergencies that could arise and the actions that needed to be taken in each case; this also included a mock assessment.

On November 8th Richard underwent the formal assessment: I am delighted to report that he passed and duly received his epaulettes and certificate. As Richard writes: "Following several months of training, and following the mock assessment, I felt I was ready for the real thing today. John A, the Station Manager, conducted the assessment, which was very

thorough. I found the whole training and assessment process really enjoyable, and a great learning experience. I am pleased to say I met the required standard and passed the assessment, and now I am looking forward to making a positive contribution to NCI Brancaster. I would like to thank my trainers, Frank D and Ian C, for making me feel welcome, and for the excellent coaching and training I have received over the past few months."

Ian C writes: "As a trainer, helping a new volunteer to achieve certified Watchkeeper status can be a little daunting, but rewarding. As an organisation that relies on its volunteer force to provide its key function of 'the eyes on the coast' it is imperative that trainees are not put off by finding instruction too exacting or complex. The NCI has an excellent syllabus to follow that enables volunteers to proceed at their own pace in learning new skills and acquiring the knowledge to make them valuable members of the Coastwatch team; at a time agreed by trainer and trainee they are assessed by an experienced member of NCI Brancaster. The assessment covers all aspects of the syllabus; on successful completion the volunteer will be awarded a certificate of competence and epaulettes and entitled to wear the NCI uniform."



The photographs show Richard C with his trainers Frank D and Ian C on the first day of his course (above) and, on completion, being awarded his certificate and epaulettes by John A.



NATIONAL COASTWATCH INSTITUTION (NCI) BRANCASTER

The main news this month is that HRH The Princess Royal, the Royal Patron of the National Coastwatch Institution, will honour Brancaster Station by inspecting the new building and meeting the volunteers in January. This is a great landmark for the station, which has been operational for three years, and a testament to the hard work of its team and managers. Our thanks go to the Royal West Norfolk Golf Club for hosting the visit.



A major incident occurred recently on Titchwell beach when the EOD (Ordnance Disposal Team) were called out by HM Coastguard

to deal with a suspected bomb; this was made safe in a controlled explosion, seen here in the photograph. Watchkeepers have raised concerns with the National Trust in respect of the unacceptable activities of a minority of hang gliders on Brancaster beach; these have also been reported to the police.

It is the pupping season for seals at the western end of Brancaster beach: visitors are asked to maintain their distance and keep their dogs on leads.



NCI Brancaster took part in the Brancaster Winter Fair which was hugely successful; the picture shows the stall and Watchkeepers John G and Frazer. Congratulations go to two volunteers, Richard C and Mike S, who have achieved certification, and a warm welcome is extended to a new joiner, Michael C.

For further information about NCI Brancaster, please contact Richard Burrows, Deputy Station Manager and Watchkeeper on 07535 612777. You can also find us on Facebook, if you search NCI Brancaster.

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Mudpies and Butterflies

with Louise Barby, Balanis

While January in the UK may seem bleak and dormant, it's actually a month brimming with potential in the garden. As famous garden designers like Bunny Guinness and Monty Don will tell you, winter is not a time to neglect the garden, but rather an opportunity to prepare, plan, and invigorate. Here's how you can make the most of your garden this January.

Prune and Protect - January is the time to prune certain deciduous trees and shrubs while they're dormant. Monty Don advises focusing on: Apple and pear trees: Remove dead, damaged, or overcrowded branches to maintain structure and improve air circulation.

Roses: Prune for shape and health, removing any dead wood. A light prune now helps them harden off against frost.

While pruning, keep an eye on potential frost damage and protect tender plants with fleece or cloches if harsh weather is forecast.

Tidy and Maintain - Clean tools and pots: A thorough clean of your tools prevents the spread of disease and makes for easier work later on. Clear fallen leaves: Rotting leaves can harbour pests and diseases. Use them to make leaf mould or add to your compost heap. Check for pests: Look out for slugs, snails, and overwintering aphids on the under-sides of leaves and in hidden corners.

Improve Your Soil - Bunny Guinness, known for her practical gardening wisdom, recommends mulching and adding organic matter. Winter is the ideal time to: Spread well-rotted manure or compost over bare soil, allowing it to integrate naturally. Dig over heavy clay soils while they're still wet enough to break up easily, helping improve drainage.

Planning and Planting Schemes for Spring January is the month of dreams and designs. Now is the perfect time to plan planting schemes for the year ahead.

Early Spring Colour - Snowdrops (*Galanthus*), Winter Aconites (*Eranthus*), and Crocuses are great for adding early cheer. Monty Don loves these resilient plants for their ability to thrive even in the cold. Consider planting hellebore, also known as the Christmas or Lenten rose, for delicate colour in shaded spots.

Wildlife-Friendly Planting - Both Monty Don and Bunny Guinness are advocates for plant-ing with wildlife in mind. In January, sow seeds for pollinator-friendly plants like: Fox-gloves (*Digitalis*), Borage, Lavender. These will attract bees and butterflies when they bloom later in the year.

Rejuvenating Tired Plants and Borders - January is an excellent month for giving new life to your garden's older features. Dividing Perennials - If you have congested clumps of herbaceous perennials such as daylilies (*Hemerocallis*) or hostas, now's the time to lift and divide them. This rejuvenates the plant and creates new ones for free. Use a sharp spade to dig up the clump and split it into sections. Replant the healthiest parts in fresh soil. Water thoroughly and add mulch to protect against frost.

Reviving Evergreen Shrubs Give evergreens like box (*Buxus*) or holly (*Ilex*) a light trim to maintain their shape. Feed with a balanced fertilizer to boost vitality ahead of the growing season.

Start Sowing Indoors - Get a head start on the growing season by sowing seeds indoors: Chillies, tomatoes, and sweet peas benefit from an early start. Use a heated propagator or a sunny windowsill to give seedlings the warmth they need.

Take inspiration from the likes of Bunny Guinness and Monty Don, and see this winter period as a time to nurture both your garden and your connection to it.

Wishing you a very happy new year, filled with lots of time outside and some stunning sunshine. I know we are all ready for some.



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The dark skies of West Norfolk

Terry Parish

Happy New Year. May this one be less cloudy than the last. At lunch time on the 4th, 1.28pm precisely, the Earth is just 147 million km from the Sun. This is perihelion, the closest approach Earth makes in its slightly elliptical orbit. So, turn down the heating and bask in solar rays but be aware that, from that moment, the Earth moves a little further from Sol over the next 6 months.

Meteors again! You might see them this time as the Quadrantids peak on the night of the 3rd/4th and the Moon will have set at 8.30pm. So, if the sky is clear or clouds are intermittent, take a look for an hour as late as you can. Remember to get your eyes accustomed to the dark first – turn off house lights and, preferably, use a red-light torch to wander outside.

A brief note about magnitudes, the scale of brightness of heavenly bodies. Negative magnitudes are brighter than positive ones. The numbers are logarithmic and an object with a magnitude of -5 is roughly 200 times brighter than one with a magnitude of +1.



How bright a planet is depends on both its distance and its size but also its albedo, how well it reflects light. Venus is relatively close and has a high albedo. Jupiter is BIG.

Four planets of note this month, Venus, Mars, Jupiter and Saturn, with Venus outshining all with a magnitude of -4.6. The Evening Star rises in the SW at teatime and sets at 8.45 pm. I saw it at twilight over King's Lynn in early December and its brighter now, so you can't miss it. It is at greatest eastern elongation, furthest from the Sun, on the 10th and, consequently, removed further from the afterglow of sunset. Remember not to use any optical instruments to observe Venus until the Sun is out of the way. A small telescope will reveal Venus's phase which is half.

On the 3rd, from 6.30pm, Venus will be very close to the Crescent Moon and this will make a fine sight worthy of a photograph. I have a good one taken at a similar time, years ago, from Heacham North.

From observing Venus, turn your head 180° to see the second brightest planet, the gas giant Jupiter, coming from the east. It will be visible from teatime until about 5am though you will need to track it as it moves along the ecliptic towards the west (the Earth is turning; the sky appears to move). It has a magnitude of -2.6 and a telescope will reveal 4 of its 95 confirmed moons. These are the Galilean Moon's of great scientific and ecclesiastical significance. It is easy to see them do a dance as they orbit Jupiter quite quickly. A clear view in a good telescope may also make it possible to see their shadows travel across the top of Jupiter's atmosphere. Which moon will cast a shadow, and when, can be found out online. On the 10th find Jupiter close to the Moon.

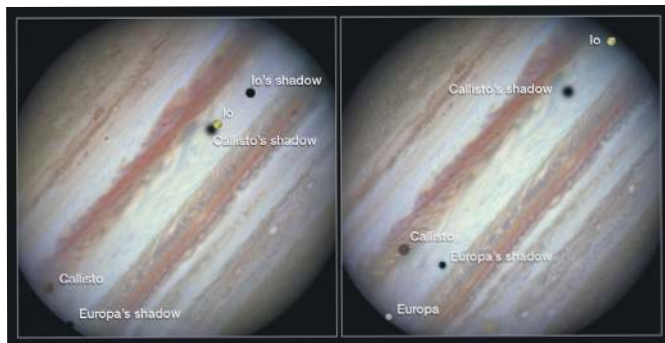
Move your eyes further east, beyond Jupiter, and look for a red insect's eye, this will be Mars or, if not, duck. The God of War has a magnitude of -1.5 and is visible all night. Its nearer to the Earth than it has been for a couple of years, nearest on the 12th and on a line from the Sun, through Earth, to it on the 16th. This means Mars will appear as bright as it can this year.

If you want to get up early on the 14th, 4am will see Mars almost touching the Moon with the added juxtaposition of the stars Pollux and Castor strung out to the right.

A few years ago, Mars was as close as it gets in several hundred years and I saw it pop up over a dark, uncluttered, horizon. It looked like a traffic light and never forgotten. You have to realise that the relative positions of two planets depends upon where each is in their orbits. All orbits are elliptical, Mars's more so than Earth's and this affects how close each can come together in their respective orbits. And Mars takes about 2 years to orbit the Sun so the Earth overtakes it and when the

Earth is back to where it is now (in its orbit) in January 2026, Mars will have gone halfway around its orbit and be on the opposite side of the Sun. At its nearest Mars is around 35 million miles away, at its furthest, 250 million miles away. If distance is doubled, brightness is divided by 4. Do this 3 times and work out how much fainter Mars becomes this time next year.

These images were taken by a joint ESA/NASA mission so don't expect to see this!



Saturn is still with us but sets by 8pm, low in the SW, by the end of the month, so try and catch it well before then. It has a magnitude of +1.1 but the dim yellowish spot is distinguishable from stars once you have found it. It is well in advance of Jupiter along the ecliptic and you have to look west towards Venus. On the 18th, Venus will be to the right of the ringed planet. An app will help locate it.

An Occultation! On the 4th, starting around 5.15pm, the Moon moves in front of Saturn and it vanishes. Magically, it pops up again around 6.30pm. This sleight of phase is more interesting as the Moon is a fat crescent and the dark, unseen, edge of it cuts off Saturn whilst the sunlit, convex, edge is where the ringed planet emerges. Let's hope for a clear sky to see this event at this civilised time. Binoculars will be of use.



The emergence of Saturn from behind the Moon will look something like this but you will need a telescope to discern the ringed planet as a disc.



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Exoplanets, planets orbiting other stars, continue to be discovered apace and new techniques and telescopes are examining their atmospheres and evidence of surface features. Pollution will be a possible indicator of intelligent life as we continue to pollute so it must be so. A young planet has been found orbiting a star just 3 million years old. It is either a super Earth or a small Neptune 520 light years away. It is doubtful that life as we know it has emerged as it orbits its sun in 9 days so is very close to it.

Not as close as exoplanet LHS 3844b orbiting its star in just 12 hours (its year is 12 hours long - work out how old you would be if living upon it). It is tidally locked to its Sun with one face always facing it and one face in the dark. The temperature difference between the two hemispheres is 770oC. Scientists are examining data to determine if they can find evidence of plate tectonics, movement of the planet's crust.

It was thought that Mercury always presented one face to the Sun until 1962 when radio emissions, picked up by the new science of radio astronomy, revealed that the 'cold' side was too warm. Books and stories I read in the 50's and 60's insisted that lead would melt on the side facing the Sun and any atmosphere would freeze out on the other but, in between, there would be a ribbon of land in which bases could be established to mine and refine minerals. Anyway, Mercury does rotate but just 3 times for every orbit it makes around the Sun. A Mercury year is 88 days long and, in that time any inhabitant would see 3 days and nights.

Life on the hot side of Mercury 1962.

Happy New Year and look out for new discoveries in astronomy and, maybe, a surprise human landing on the Moon, and Elon Musk becoming ambassador on Mars.



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The Barking Bugle News

A 7 Mile Circular Walk Around Ringstead

I can't believe it is January now and I bet, like us, a lot of you will be itching to get out and exercise your paws after all those festive goodies you have been recently been woofing down, whilst lounging about in your pawrents' living room watching Lassie films and getting your tummies tickled. Well, to help kickstart your new year's healthy resolution we have an idea you might like. As most of our followers will know the Barking Bugle team absolutely love the beach and enjoy splashing about in the water. However, it is nice to explore the pawsome Norfolk countryside for a change. One walk we really recommend and have done many times is the 7 mile Ringstead circular walk.



You can start the walk at various points but we prefer to park in the small car park at Ringstead, opposite the old School House where there is also a children's play area. You then turn left and walk up the High Street, following the road round the bend to the right. You stay on this road for about 15-20 minutes until you pass a windmill on your left. Keep going and ignore the signpost on the left which takes you to Holme.

A few yards further on there is a signpost to your right which takes you down a wide farm track. From here you can see the sea in the distance!

Keep walking until you get to a quiet road. Bear left and walk about 200 metres and then you will see a sign on your right. Take this path and keep going until you reach the road. The signpost for the circular walk wants you to turn right up the road and then take another right at the next junction. We suggest you don't do this. Although the road is generally quiet it is narrow and not particularly easy to negotiate if you have a doggy stroller in tow.

We suggest you do the following instead:- just before you reach the first junction there is a gate advertising Courtyard Farm to your right. Go through the gate and into a field where you turn left. You will find yourself walking alongside the road but there is a fence so you are PAWfectly safe! Keep walking around the perimeter of the field where the path bends to the right. Ignore the stile in the corner.

A couple of hundred metres along there is another stile and a gate on your left. At this point cross the road and you will see the signpost for the walk leading you up a slight incline. You eventually reach a road where you then bear left and soon you have to cross another road.

Walk up the track and keep going until you pass a green sign on your left showing you how to reach Castle Acre via the Peddars Way which is seventeen and a half miles – phew, I'd have to be super fit to do that!!! A short distance further on you follow a signpost on your right which states that at this point Ringstead is just one and a half miles away. Here you walk between fields and you keep going until you come across a quiet road with an allotment on your left and a few houses on your right.

At the bottom of this road are two signs saying Peddars Way South. Turn left at the junction, walk round the bend to the left and then take the next right at the junction. This takes you up Ringstead High Street past the Gin Trap Inn (where you can enjoy a Pawsecco or three!) and the village store, and you will soon find yourself back at the car park where you started your journey.

This is a very nice walk and if you go at a gentle pace it should take you about two and a half hours. It is lovely in either direction and in fact we recommend you try both. The paths are mainly wide enough for a doggy stroller.

Please remember to only do long walks like this on cool days as we don't want you getting heat stroke! There are many areas where you will be exposed to the sun and there is no shade. We have enjoyed doing this walk several times now and would love to see your pictures and hear your opinions if you do go. Please let me know what you think – it is a wonderful alternative if you want to avoid the crowds along the coast.

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Latest development at the Magpie Centre, home of West Norfolk Riding for the Disabled Association, is the creation of the Nest Therapeutic Learning Centre, which launched in November. This initiative supports learners who struggle in mainstream educational provision and home educated learners.

Early indications are most encouraging with students learning about many aspects of equine care and some have enrolled on ASDAN (Award Scheme Development and Accreditation Network) short courses in animal care.

ASDAN was established in 1991 with the aim of promoting educational inclusion and providing opportunities for learners who face barriers in traditional education.

First fundraising diary date of 2025 is the Back to the 80's Disco, scheduled for Saturday 25 January 7.30 pm – 11 pm at Stowbridge Village Hall, Downham Road, Stowbridge PE34 3PW.

Tickets, £10 each include a ploughman's supper. Bring your own drinks and glasses. To book, call 07715 467866 or email magpiecentrewnrda@hotmail.com.

The Centre is still looking to acquire three new horses, preferably on long term loan. They should be between 14.2 hh and 15.3 hh, aged 5 – 15 years, ride or ride and drive. Must be of good temperament and sound in all paces. If you know of a suitable mount, please contact the Magpie Centre on 01553 810202 or email magpiecentrewnrda@hotmail.co.uk

And finally, a Happy New Year to all the Magpie Centre's supporters throughout West Norfolk.

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Tackling Homelessness

Jo Rust

As I write this article, we're approaching the shortest day. It's cold and damp. When you read this we might well have had snow as well as the typical rain we've had plenty of. It's horrible out there and I for one, don't want to go out at night, preferring to wrap up in pjs and dressing gown and cosy up at home.

I'm fortunate as I can afford to heat the house so it's nice and toasty. But not everyone has this luxury. For some, heating the whole house is simply unaffordable and for others, there is no home to heat. Sleeping rough is miserable at any time, but it's significantly worse in the winter.

At the end of November, the Borough Council launched its homelessness and rough sleeping strategy; the way that the borough plans to address this issue person by person with the end aim, to eradicate homelessness entirely. A high aim I know, but one which its only right it aspires to. The officer who undertook the bulk of the work in this document is hoping that the strategy is so successful, that he puts himself out of a job!

I'm really proud to have been a small part of this plan, but there's a lot that each and every one of us can do to support it. This piece of work should be owned by all of us, because homelessness does not have to be inevitable and if everyone played a part, we could end it. I know it can be hard to imagine how one individual can help, but doing things like volunteering can be the simplest thing, while a local landlord might choose to let their property to a homeless family with the assurance that they'll receive the support they need to thrive. A local business could take on an apprentice who has lived experience of homelessness, someone from the local school could take it

upon themselves to learn about homelessness locally and to educate staff and children how best to respond. An individual could contribute towards a fund to support people recovering from homelessness to help buy the essentials that people need to make a house a home. Or, someone with lived experience of homelessness could tell their story to help inspire others to make any changes needed.

All of this helps contribute. Because, while I said that homelessness isn't inevitable, for some it's more likely. Those who live in poorer areas, those who have significant mental ill health, substance abuse, criminality and unemployment all play their part. Because while we live in an amazing and beautiful area, we also have high levels of areas of disadvantage and inequality. In some wards, located less than a mile apart, people in the disadvantaged ward are likely to die ten years earlier than those living in the other ward.

This is a shocking statistic, but one which your Borough Council is seeking to address. Because one of the ways in which homelessness will be tackled, is to address inequality. To that end we're working to become a Marmot Place, something which I've previously referred to. Sir Michael Marmot is a leader in the world of health inequality research as well as being the author of books including *The Health Gap: the challenge of an unequal world*, and *Status Syndrome: how your place on the social gradient directly affects your health*. The Marmot Principles, which places sign up to deliver on, include giving every child the best start in life, enable all children, young people and adults to maximise their capabilities and have control over their lives and create fair employment and good work for all.

These principles, and the other 5 which our



council will be working on, will directly impact on the likelihood of people needing to present as homeless. Because while anyone of us could become homeless, it's more likely to happen to some people more than others. One of the factors which contribute is a lack of "social capital". This is the networks of relationships among people who live and work in a particular area and that ability to obtain resources, favours or information from these personal connections.

If my house burned down, I could become homeless as a result, but it's more likely that I could call a family member or friend and stay with them. If I lost my job, I could become homeless, but I am more likely to be able to call upon a family member or friend to give me a loan to tide me over until I got another job. These are both instances of having social capital. If we can build a stronger and more equitable society, we can end homelessness, person by person. I hope that you'll play your part in achieving this. Happy New Year!

Town Hall venue for Annual Awards

Mike Lister

As is customary, the third Monday in November saw 42F (King's Lynn) Squadron of the Royal Air Force Cadets hold its Annual Presentation of Awards evening in the grand surroundings of the town's historic Town Hall.



On arrival, parents and guests were greeted in the 15th century Stone Hall, and offered refreshments by members of the squadron's civilian welfare committee before taking their seats in the magnificent 18th century Assembly Room for the formal presentations.

42F's Commanding Officer, Flight Lieutenant Pauline Petch, opened the proceedings with a short speech covering the

past year's activities and touching upon the fact that 2024 is the Squadron's 85th anniversary having been first registered in January 1939.



The awards covered such things as, Best Cadet, Best NCO and Best New Recruit as well as awards for Sport, Drill & Uniform, Aviation Studies and Sport. The Best Flight award was gained by the Squadron's B Flight. These were followed by Classification Awards and Cadet Promotions.

All the awards were presented by prominent members of the West Norfolk community who were keen to show their support, not only for

42F Squadron's cadets, but also for how being a member of a youth cadet organisation can open up numerous opportunities for young people and also their adult volunteers.

It was then the turn of the Squadron's padre, the Rev. Kyla Sorensen to formally enrol 42F's twelve latest recruits, the members of T (Training) Flight, into the Squadron and the Air Training Corps.

Formal proceedings over everyone returned back to the Stone Hall for a buffet and the obligatory fund raising raffles which raised over £400 for squadron funds.



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Alexandra Kemp Campaigns

Burman House - "Don't Close My Nan's Care Home"

I believe that Norfolk County Council does not treat our oldest and most vulnerable residents with proper respect.

A child brought a beautifully drawn banner that said "Don't Close My Nan's Care Home" to the community event in King's Lynn to save Burman House Care Home. The husband of Mary, from South Lynn, recently passed away in Burman House with dementia, aged 97. Mary had the highest praise for the quality of the care and the staff who went above and beyond. She wrote a moving letter to Cllr Andrew Jamieson, Cabinet Member for Finance, asking him to save Burman House, which NCC owns, and runs through its company Norse. Mary even chose to convalesce in Burman House for 2 months this Summer, because of the high standard of its care and facilities. Chris has looked after a friend who was in Burman House and fought to save it from closure. Dee (not her real name) says her loved one in Burman House, is not going to receive the same standard of personalised care in a different, much bigger care home. Jane (not her real name) said her Mum, who is bed bound, is so frail she would have to be carried out of Burman House on a stretcher and she was worried she might not survive the move.

For what matters most in dementia care, is kindness, compassion, attentiveness, responsiveness, stability - and Buman House Care Home, with its long-serving, highly trained nursing staff, was found to provide outstanding Dementia Care, in County's review of West Norfolk Care Homes, by distinguished former County Councillor and Nursing Sister, Cllr Sheila Young. Norse Care Homes in West Norfolk, with their better-trained staff, were found to achieve higher standards of Dementia Care, than private Care Homes with their relatively high turnover of staff.

Changes to routine for people with dementia can cause confusion and such distress that the Regulator, the Care Quality Commission, says everything should be done to save a Care Home - like contact the County Council.

But Norfolk's Conservative Administration turned the other way, while its wholly-owned company Norse, fast-forwarded the closure of one of the best Care Homes in Norfolk, Burman House, in 6 weeks.

Without consultation of residents, their relatives, or the public, that the County Council should have conducted, as it does for other cuts to Council services.

Without scrutiny at any Council Committee, of the reasons and preventing the closure. Had the NHS been seeking to close a Surgery, this would have been scrutinised at the County Health Committee. But my Call-In to the Scrutiny Committee, supported by Cllr Jim Moriarty, Cllr Rob Colwell and Cllr David Sayers, was refused by County Hall mandarins. The Conservatives abolished the Adult Social Care Committee I used to sit on,



which considered the Council's Care Act responsibilities. Watering down scrutiny at the Council always leads to a poorer service for residents. I tabled two Written Questions to the County Cabinet about saving Burman House, but the Leader said Norse was "a standalone company". But it is the Leader's responsibility to prevent the Council's companies not being properly governed.

Without an Equality Impact Assessment on the risk to residents' wellbeing of the closure.

Without Openness - NCC actually has a written agreement with Norse so the trading company matches Council expectations and priorities. There is even a list of things Norse cannot do without the prior approval of NCC. But the most senior County Hall officials could not tell me whether closing a Care Home was on the list.

Without Transparency- the Sufficiency Statement, about the need for Care Home places across Norfolk was withheld from public and Councillors. This sets alarm bells ringing that NCC has not specifically assessed West Norfolk's need for Care Home places but expects West Norfolk residents to be placed out of District, where relatives and friends cannot support them with frequent visits.

Without Responsibility NCC agreed to spend £71 million renovating 60's building County Hall but says it will not fund renovation of its 60's Care Homes. Estate. As NCC owns 16 of the 19 NorseCare Homes in Norfolk, and most are 60's era, what does this mean for the future of good, affordable Residential Care in Norfolk? Why does Conservative-run County Hall renovate its own building but neglect facilities for the public? NCC recently spent £2 million on a new car park at County Hall. That should have been invested in the County's Care Home Estate. NCC has found £14.2 million to renovate the 60's concrete Argos building in

Lynn, another frippery project that no-one asked for.

NCC is neglecting its duty under the Care Act to provide affordable Care. Private Care Homes are more expensive than Norse Homes but many residents' relatives cannot afford the top-up fees that private homes charge.

Without a debate at County Hall - the new authoritarian Constitution at County Hall, brought the full Council meeting in December to an early close. So the opposition Motion, calling for an Inquiry into the closure of Burman House, was never debated.

Without Respect

One County Cabinet Member was so angry I had campaigned to keep Burman House open, he deliberately jabbed me in the shoulder, in the Council Chamber after full Council was over, while making threats.

I did, however, bring a debate against the closure of Burman House to the Borough Council Meeting where the Borough agreed to write to the County Council asking to be consulted on future changes to County services to vulnerable people. The Borough Council is run by Independents and is more open than the County Council, but even there, the Conservatives are trying to bring in restrictions on Council Motions.

When Norfolk County Council gets things wrong, it can get them very wrong. Like the dying days of the old Conservative Administration a decade ago, that was fixated in trying to foist an Incinerator on West Norfolk.

County Councillor Alexandra Kemp
County Division: Clenchwarton and King's Lynn South

Landline: 01553 630329

Mobile: 07920 286636

Borough Council news

Cllr Terry Parish, Heacham Ward which includes Sedgeford and Fring

Happy New Year to all though happiness, for some, might be adversely affected by proposed changes to planning law.

Current planning law and rules can be bad enough as they fall over themselves to support an applicant rather than those severely affected by the application. A rising problem are applications to amend or remove planning conditions. These are restrictions, caveats to accepted applications, which seek to mitigate any harm they may cause to neighbours or the public. Officers or planning committee supported such applications because of those imposed conditions. A few months later an application comes in to revise or dismiss some of those conditions. Another judgement must be made and, typically, the changes (which might be minor to some) are agreed. The situation is worsened if a retrospective application is made either initially or during the building works of the application. For example, changes have been made to the agreed plans and these changes have been built out so conflicting with conditions and attempting to present a fait accompli to officers and councillors.

I am pleased to say that a recent retrospective, removal of conditions, which has been built out was rejected by the planning committee. No doubt the applicant will utilise the right of all developers to appeal any decision they don't like, and the final outcome will be in the lap of planning inspectors. In another local case, which has gone through the appeal process to the benefit of residents, the appellant is creating a pseudo business to get around the decision. Current planning law is wide open to abuse and manipulation, all to the benefit of applicants. To revise the laws to 'remove barriers' or 'cut red tape' is simplistic chatter from Government utilising sound bites that gloss over reality. Changes will substantially weaken any current protective measures which will further embolden those who seek to do the best for themselves at the expense of every one else. Revision is a charter for the immoral.

As far as the 'we will build 1.5 million new homes', is concerned: It seems all local authorities have declared it is not possible due

to, for example, land availability, and lack of building capacity including people and materials. For West Norfolk, any increases in current allocations are not tenable. We have a plan, and we have new house building numbers based on local need and location. Any significant increase would not be filled just by current inhabitants.

Cheney Hill Heacham. Not again you might shout as it has been part of these articles, on and off, for years. I have been informed that the Reserved matter applications will now come to planning committee around March 2025. That is over 10 years since a public exhibition of the plans, in the Old Friends Hall, was held on the 25th September 2014. I still have the leaflet. There has been no further public consultation.

There are two applications. The first, 15/00352/OM, for up to 69 houses was given outline permission in October 2015. This was prior to Community Infrastructure regulations so no community / infrastructure funding is available from it. The second, 16/01385/OM, for up to 64 houses, was refused by planning committee in August 2017 as they considered it was too much growth for Heacham and the increase in traffic would exacerbate local problems. The applicant took the decision to appeal, and the planning inspector allowed that appeal in September 2018. A bad decision but we have to live with it. That application is after CIL regulations so there will be some monies for local improvements.

However, both outline permissions were before the Heacham Neighbourhood Plan which came in force in June 2022, and this means, I am told but dispute, that a policy within it to ensure principal residency, no second homes, will not stand. They were also before Biodiversity Net Gain legislation of February 2024 which means they do not have to ensure that losses to the local ecology are mitigated by improvement.

I ask all of you with any interest in these matters to raise them with your MP, likely James Wild, and the Borough. I would like to see the applications dismissed due to the time which has transpired. This would not stop fresh applications immediately being made as the principle for them has been established.



However, fresh applications would mean that CIL, the Neighbourhood Plan and BNG would all be invoked.

I have managed to get to a few meetings in the last couple of months and have attended several online. One was with the Environment Agency about sea defences and investigative work currently going on between Hunstanton and Snettisham. Suffice it to say that necessary work found to be needed to hard defences will be planned for whilst the soft defences, the shingle ridge, will continue to be investigated though there is no current deterioration and no significant work is contemplated in the near future. I have always had sympathy for the Environment Agency as they were decimated by earlier government administrations and are under resourced. As they sometimes object to planning applications I can't see them receiving more money soon.

Devolution is a taking point amongst councillors as the Labour government threw out the agreed plans for Norfolk (and Suffolk too). A new devolution plan will be devised, and several models are in the air. The current situation, a two-tier system of Districts (egg BCKLWN) and County is not particularly favoured by Government, and I agree with them. When I was able to do so last year, I met a number of Council Leaders from across the country and those in Unitary Authorities were in far better positions as they controlled all matters which concerned them and didn't have to look to another tier of local government. They appeared more efficient, had fewer councillors to deal with, had better allocation and control of funds, and no confused public about who does what. Anyway, that's my opinion which matters little but do read the news articles about it as they emerge. You won't like the elected Mayor this government is insisting on but that comes with all devolution models on offer, apparently.

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Special Guests drop in for a Girlguiding Christmas Party!

Written by Ruby Goold & Nicky Scott

Christmas jumpers and festive headbands sparkled as girls arrived for their joint Snettisham Brownies and Guides Christmas party.

As the Christmas music played, the games began with a tried and tested traditional game of musical statues. After that, as the hall wasn't quite long enough, chairs were placed in a big candy cane shape ready for musical chairs. Suddenly, everything stopped as the doors opened to reveal our very special, furry guests!

Fully dressed up in Christmas attire, two miniature donkeys were a wonderful surprise.

Lots of treats awaited them as the cute Christmas donkeys looked towards the buffet table - luckily their table and not the party food table! Full of scrumptious crunchy carrots, tasty apples, extra strong mints and ginger biscuits, Rodney and Chocky couldn't wait for the girls to feed them.

With a few nervous outstretched palms the Brownies and Guides soon lost their worries to end up with a cuddle, pet, and take pictures with their new donkey friends.

Rodney and Chocky were the shining stars of the evening encouraging the girls to even ask some questions about the size they could grow to, how small they could be, where they slept and if they wore Halloween outfits!

Full of gentle character, Brownies and Guides learnt that Rodney used to be a beach donkey whilst little Chocky liked to look at his reflection which he often did in the doors.

When it was time to end, Rodney and Chocky were able to relax and for an extra treat, helped mow the grass on Jimmy's Field before setting off home to bed armed with a few more bags of carrots and apples.

After a quick sweep and washing hands, it was time for the girls to tuck in to their own tasty banquet followed by gifts and Christmas wishes.

The charity, Miniature Donkeys for Fun and



Therapy, visits care homes, schools, and many other events, spreading joy and education. They have opportunities to sponsor a donkey and much more on their Facebook page; please take a look. We thank them very much for visiting us on a dark winter's night.

For more info on becoming part of our fun, friendly & inclusive group please get in touch. Email: ruby.goold@girlguiding-anglia.org.uk Rainbows Age 4 - 7, Brownies Age 7-10, Guides Age 10-14.



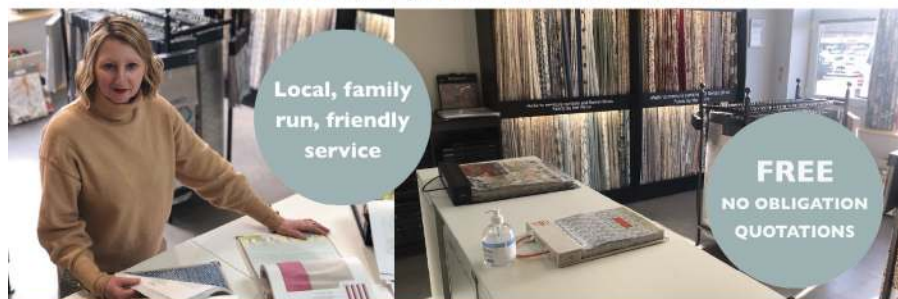
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Hunstanton Society

TALKS

A good number of us enjoyed the talk by Dr Eric Somerville on the subject of Quacks and Quackery on the Wednesday, 20th November 2024 at 2.30pm. As usual, it was very interesting and somewhat eye-opening!

Then last evening following the AGM, Jilly Hall gave us an insight into Air-hostessing 60 years ago. As with Eric's talk, this one was also somewhat eye-opening and very entertaining. She showed us some wonderful photos of some of the aircraft she was part of the cabin crew for. Things were certainly different all those years ago initially when flying was something only the wealthy or famous were able to afford and do. Thank you Jilly.

Our next Talk is a return visit by David Reeve on his subject of Royal Protection at Sandringham – David is returning having done this talk a couple of times but every time he seems to come up with more anecdotes for our edification.



Hunstanton Society

A Talk by David Reeve

Royal Protection at Sandringham



Wednesday, 15th January 2025 @ 7.30pm
in the Heritage Centre

Admission Free to Members, £5.00 Non-Members
Refreshments included

HERITAGE CENTRE

We closed the Centre mid-November but a lot has still been going on in the intervening time. Please see the report below provided by our hard-working Events Team.

We still have quite a number of Calendars which were on sale in the Heritage Centre at £7.00 each. Please do give Sheila and Stephen Kent a ring on 01485-534200 if you would like to buy one or, alternatively you can pop into Adrian Eden's shop at 'By The Book' on the High Street. He has a stock for you buy however many you want. Our calendar for 2025 includes a number of wonderful photos, mostly not seen before, that we have extracted from our archives. All profits go to the Heritage Centre, of course.

ANNUAL GENERAL MEETING

Last evening, before the talk by Jilly Hall, was the occasion of our AGM and we were very pleased with the turn-out of our membership (32 in total) complete with a number of new members who we were happy to welcome. We sped through the proceedings very quickly and succeeded in electing the new Committee for 2024/25 year. The following were elected:

Chair – sadly still vacant, Secretary – Jane Robson, Treasurer – Phil Thomas.

Committee Members – Anthony Armstrong, Adrian Eden, Sheila Kent, Stephen Kent and Andrew Murray.

Accounts for the Year ended 30th September 2024 were approved and Mike Donovan elected as our auditor for the year.

We were also pleased to elect Michael and Anne Meakin as Honorary Members of the Society.

HERITAGE CENTRE – OBJECTS OF INTEREST - HUNSTANTON GASWORKS

The passengers coming in on the train to Hunstanton at the turn of the 20th century would have seen the gasworks on the right, just before pulling into the station. This was on "Gasworks Road" (now Southend Road) on the site now occupied by the Tesco car park and petrol station.

The arrival of the railway in 1862 made it possible to have the gasworks, which arrived in 1870. Large quantities of coal were used in the manufacture of "town gas" and so there was a dedicated line from the coal merchant in the station, crossing Gasworks Road (around about the site of the Honeystone pub) serviced by a tank engine like the one in the picture.

The coal was held in a stockyard, piled in heaps under 8 feet (above this it might combust!)



A typical gasworks tank engine

The gasworks was separated from the town by a large sand pit. As, apart from the smoke from the furnaces, by-products of the gas production included ammonia, sulphur and tar, this was an advantage for a seaside resort famed for its invigorating clean air.

The sewage farm was also south of town on the other side of the railway.

In 1924 the council, requiring land for a new cemetery were recommended part of the "gasworks field" to keep "all the nuisances" in one place.

The manufacture of coal gas became

widespread after 1820, there were about 30 in Norfolk alone, Hunstanton being one of the last to be completed after the formation of the Hunstanton Gas Co. Ltd. The first manager was probably Peter Engleton Hart (he lived at 3 Stuart Terrace, Church Street). The foreman lived on site – Gas House Cottage.

The following picture is taken from a photograph on display in the Heritage Centre and shows the view from the East (the railway is behind) in the 1960s. The gas holders are clearly visible, as is the retort house behind the large chimney. The other tall structure in front of the chimney is probably the condenser. On the extreme right is the row of Gasworks Cottages.



A view of the Gas Works where Tesco is now situated

To understand the manufacturing process, it is well worth a visit to Fakenham Town

Gasworks Museum. The process begins with heating the coal in airless chambers (so it doesn't catch fire) called retorts. These are heated from below by large furnaces (our member Pat Richardson recalls peering through the railings, watching the hard graft of the stokers at work). The gas is extracted at the top by the hydraulic main, and the raw material left behind is coke, a useful by-product.

The gas is passed to a condenser then washed and purified by other processes, before being stored in gasholders (often known as gasometers).

The discovery of North Sea gas in the mid-1960s made town gas obsolete, and Hunstanton gasworks as a manufacturing site closed at the end of the decade. It is marked as a "gas distribution station" in a 1969 map, one gasholder is still shown, possibly still in use to help balance the natural gas supply. The closure of the gasworks left the town with a large, derelict and contaminated site. Various uses were considered, including flats, a garden centre, a caravan equipment centre and light industrial use. Eventually at some cost (the soil had to be carted away and replaced and the remaining buildings demolished), then Tesco moved in.



The retorts at Fakenham Town Gas Museum
Philip Thomas

Christmas Tree Festival at Hunstanton Town Hall

Ann McKimm

There were 31 clever trees on display at Hunstanton Town Hall this weekend and visitors had a hard job to choose the best decorated tree in both the adult and junior categories. Entrants were asked to come up with imaginative and artistic ideas for the competition and they certainly did.

One of the favourites was the entry by the Trefoil Guild's "12 days of Christmas" tree with every partridge, swan, goose and dancer hand made by member Chris Evans. Most of the tiny wooden figures could either dance, lay an egg or drum at the pull of a cord and it must have taken hours of work. It will be on display in Heacham Church.

Another beautiful entry was by the Lavender Lacemakers with their delicate lace snowflakes, icicles and angels all made by their members with member Lyn Halifax alongside to demonstrate this ancient craft.

New entries this year were from the Samaritans with a poignant simple tree asking for volunteers for this much needed service. Please contact them if you think you can help.

Also new were the Red Hat Ladies represented by Heacham Honeybells. Their tree was dressed to look like a lady with its Big red hat on top and represents their ideas of a lady's friendship group who meet up once a month at Heacham social Club to have fun and plan adventures. Cheryl the Vice Queen attended and asked anyone who wants to join to contact their chapter for information heachamhoneybells@outlook.com

The Lifeboats were there and the police plus local schools Smithdon, Hunstanton Primary and Glebe as well as the Scouts and a clever entry from 16-year-old Hannah who has raised much money for children's cancer charities.

The winners of the Junior 2024 Christmas Tree Festival weekend were The Cubs and Scouts Association with their very clever recycle tree with 96 votes on table 18.

They were followed by Hunstanton Primary School's tree beautifully decorated by the children with 84 votes on table 25.

Winners in the Adult Sector were Time for a Yarn's knitted Christmas Tree on table 22 with 76 votes. This tree will later be dismantled and turned into a useful knitted blanket.

Senior runners up were The Trefoil Guild with their "12 days of Christmas" tree on table 23 with 68 votes.

It is estimated that nearly 500 people visited the 3-day Festival despite the stormy weather.

HDFA organiser Chris Earnshaw said, "I would like to say an enormous thank you to everyone who put up a tree. The work, ideas and enthusiasm shown are what makes this such a special event."

"Well done to all who entered and thanks also to the small HDFA backstage team that worked so hard to make it a success."



Mary Harpley with the Trefoil Guild tree - senior runners up.



Christine Earnshaw



West Norfolk Singers





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**CHRISTMAS
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WED 25TH DEC

CHRISTMAS SWIM

10am-12pm

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THU 26TH DEC

FOOD 12pm-8pm

BAR 11am-10pm

**FRI 27TH TO
MON 30TH**

FOOD 12pm-9pm

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**NEW YEAR'S
EVE**

TUE 31ST DEC

FOOD 12pm-3pm

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CLOSED from 4pm
EVENING Pre-booked

**NEW YEAR'S
DAY**

WED 1ST JAN

FOOD 12pm-8pm

BAR 11am-10pm

Firefighters Land Rover Charity Run

Rigil Kent

Sunday 17th November was the annual Firefighters Land Rover Charity Run. It was a slightly different route this year. Starting from West Acre Theatre, passing through some amazing sites in Norfolk including Sennowe Park Estate.

We stopped at the Muckleburgh Collection for a bit of off roading before continuing to Holkham Hall where we all parked up on the green in front of the House. There was a raffle to end the day and in all we raised £4065 for the charity with over 241 Land Rovers taking part. It was a brilliant day and enjoyed by all.



Harding's Pits planted for spring show

Volunteers from King's Lynn Civic Society and Harding's Pits Community Association (HPCA) worked together to plant more than 1,000 native bulbs at the Doorstep Green in South Lynn last month.

The team planted bluebells, snowdrops and native daffodil bulbs around the site and are looking forward to some spring colour.

Civic Society Chairman Alison Gifford said: Every year the Civic Society fund some bulb planting around the town and in recent years we have been working to give South Lynn some spring colour.

In previous years we have planted bulbs at the hospital, in The Walks and on verges around the town. We liked the idea of planting native varieties at Harding's Pits, and we hope they will self-naturalise and spread in coming years.

The Harding's Pits Doorstep Green is a seven-acre community-managed public open space in South Lynn which celebrated its 20th birthday earlier this year. Surveys have recorded a growing variety of bird, insect and mammal species that use the site.

HPCA chairman Richard Harpham added: We continue to develop the habitats within the site and now that the woodland areas are maturing, we thought bluebells and snowdrops would enjoy some of the shady corners. The native daffodils will enhance our spring meadows.

We are working on a number of new projects for 2025 and hope that we can attract new volunteers to help at our monthly activity days.

For Harding's Pits news and workday dates go to their website at <https://hardings-pits.org.uk/> or follow them on Facebook.



Civic Society and Harding's Pits volunteers bulb planting

Norfolk Boy

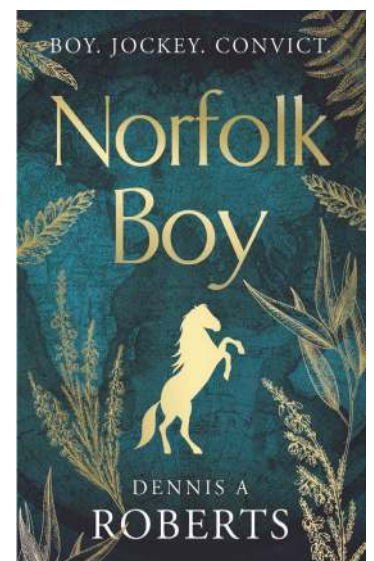
Born in the Norfolk Brecks, twelve-year-old Isaac follows generations of his family into service, working at the stables of Warren Hall. Inheriting his late father's gift with horses an unpleasant incident turns in his favour, an opportunity he could never have imagined opening before him.

Leaving his beloved Brecks and family, Isaac travels to Newmarket with hopes of becoming a jockey. On the verge of achieving his dreams he meets the mysterious and dapper Jack, an encounter that will change his life forever.

Accused of a terrible crime Isaac's future is dramatically grabbed from him. Condemned to the far side of the world he must endure a journey where hunger, fear and despair are ever present, to a place where new friendships will grow, but old enemies are never far away. It is a place where he must fight for his very survival.

Dennis A Roberts lives in Bury St Edmunds Suffolk. Previous writing credits include short stories in the Suffolk Libraries Anthology, as well as an article in Norfolk/Suffolk Life magazine. He has always had an interest in the settlement and history of Australia, which led to his first novel Norfolk Boy.

Dennis explains: "Inspired by an entry I read in the records of the penal colony of Port Arthur Tasmania, Norfolk Boy is a story I have always wanted to write. It tells of hope and injustice, of intrigue and frustration, of growth, truth and new beginnings. Having family connections to the Brecks and Newmarket, and a fascination for the period of our history when people were shipped halfway around the world, experiencing harsh, almost inhuman treatment, battling to survive, I loved the research that has allowed me to weave fact into fiction."



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Hunstanton Lifeboat Station

Thanks to everyone who supported us during the 200th year of both the founding of a lifeboat service at Hunstanton and the RNLI.

We enjoyed everything from gigs to golf days, beer fests and bridge drives, suppers and sandcastles, runs and roses, rides and walks, fishing and flag day, carols and mulled wine - all of which helped raise vital funds for our lifesaving work.

They all happened thanks to businesses large and small who are too many to list, along with all the people who got up to sing or play, pulled pints, washed the glasses afterwards, did a sponsored walk, ran a marathon, did a beach run, took part in a triathlon, threw some Tai Chi, swung a golf club, cast a fishing rod, bought a raffle ticket, chucked some change in a collecting box or saved their 5ps in a Betty's Pot.

Your town's busy lifeboat crew couldn't do what they do without each and every one of them.

For their kindness all helps to power every "shout" when someone's in danger and helps us to bring them home safe.

We launched more than 30 times in 2024. Most recently, our crew rescued a woman and her three dogs after they found themselves cut off by the tide at Thornham as darkness fell on November 29.

Inshore lifeboat Spirit of West Norfolk was quickly in the water and on her way.

The woman and her pets were successfully located in pitch darkness before being taken ashore, where they were handed over to the care of HM Coastguard.

While winter usually sees fewer call-outs, our crew's regular training continues at sea and on shore.

Behind the scenes, we're also finalising plans for some exciting events for 2025.

New Year is the time for making resolutions. So why not think of joining us as yours..?

There are many volunteer roles available, from crewing our fast inshore lifeboat and search and rescue hovercraft, to becoming part of the shore crew who play a vital part in launching and recovering both craft.

We also have a visits team, who show visitors around our station - who welcomed more than 25,000 through the doors in 2024.

We have volunteers who staff our station's souvenir shop, along with the Hunstanton and West Norfolk Lifeboat Guild, who organise events to fund our lifesaving work.

And then we have our water safety team, who help spread vital messages to young people and run our kids' club Storm Force.

Whatever we do, we're all one crew dedicated to saving lives at sea.

We train at the station on Sea Lane on Sunday mornings if you'd like to come down for a look around and find out more about our work.

Or you can e-mail hunstanton@rnli.org.uk

Stay Safe, Respect The Sea

Hunstanton RNLI

Images: Chris Bishop/RNLI



200 singers mark 200th anniversary for Hunstanton RNLI



Bucket loads of fun at the Sandcastle competition



A bumper year for visitors as more than 25,000 tour the station



Life Fest 200 raises £2,000 for the station



Crew on-song for 200th anniversary Beer Festival



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A recipe from the Prudent Pensioner

Firstly may I wish you a happy and healthy new year and what could be healthier than a nice bowl or mug of nourishing soup?

One of the many people who have purchased my book of soup recipes said he would like a few recipes using celeriac, so, having had a large celeriac in my box from Fruit & Veg 2u I have been experimenting and the favourite one so far is:

Celeriac & Brussel Sprout Soup

1 onion

A knob of Butter

Celeriac approx.300g See note

Brussel sprouts approx. 130g

Potato approx. 100g.

Chicken or vegetable stock cube dissolved in 500ml hot water

Salt and Pepper to taste.

On the hob:

Peel celeriac and potato and cut them up into small pieces. Peel onion and slice thinly.

Remove discoloured base and leaves from Brussel sprouts, cut them in halves and rinse. Place butter in a saucepan over a low to medium heat, add onion slices, stir well and cook for 1 minute stirring continuously. Add other vegetables stir and mix well. Carefully add

stock, increase heat and bring to boiling point. Reduce heat and leave, covered, simmering gently, stirring occasionally, until vegetables are fairly soft, approximately 15 minutes. Strain off most of the liquid into a jug, put aside while you either put vegetables into a liquidiser or use a hand blender and whizz until vegetables are pureed. Carefully return liquid to pureed vegetables in a saucepan, stirring gently to mix well. Season to taste. Serve and enjoy.

Or Make in a soupmaker based on 1L capacity

Prepare vegetables as above and place them in the soupmaker.

Dissolve Stock cube in 200ml of hot water then top up to 400ml with cold water. Pour over vegetables in Soupmaker being careful not to pass the max line. Carefully place lid on, easing blades in to vegetables. Put on lid, select required mode and leave it to do its stuff. Then serve and enjoy.

Note: 300 g of celeriac gave me 230g when peeled.

"Less Waste more Soup" 45 easy, budget friendly recipes for nourishing soup is available from Ridouts Bakery in Heacham, Docking Farmers Market, By The Book in Hunstanton and Robert & Christine Bradbeer home shopping. A search in Amazon for Doreen Reed will find recipe books (together with my books of light hearted poems & tales) Copies are available to borrow from Heacham Library & Hinckley Library See lots more recipes on The Prudent Pensioner Facebook page

Sporting corner with Tim Keogh

Turkey Trot

Heacham Manor Golf Club hosted their annual Turkey Trot Stableford Competition on Saturday, 30th November.

Over 30 players turned out raising £545 for the captain's charities, Prostate Cancer UK and Theresa's Tiny Treasures. Priors Butchers of West Lyn kindly provided the meat and donated to the raffle.

The winning teams received a Turkey Crown each:



1st place: Richard Thorp, Mary Stanton and Tim Hoare



2nd place: Tony Thacker, Phyllis Taylor and Paul Fisher

Taking 3rd place were Martin Robinson, Martin Kay and Leon Espley.

Seniors Captain, Keith Whiting, said, "thanks to my fellow captains, Ladies Captain, Phyllis Taylor, and Mens Captain, Denny Turner, in help organising the event. It was a huge success raising funds for very worthwhile causes. Thank you also to Heacham Manor and all participants for making it such a great day. Merry Christmas".





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Sporting corner with Tim Keogh

Berlin

Ian Smith is a former international Scottish Rugby Union player. He is also a well-travelled Army dentist who set up the Grange Dental Practice in Snettisham. He has already written one book about his rugby career and is due to release another about his travels. He is now retired and still lives in Snettisham. Ian has been giving Town & Around's Tim Keogh monthly insights into his fascinating life.

Imagine going to the Majestic Cinema in King's Lynn one evening and when you come out you find it is impossible to get home to Watlington because someone has built a wall to stop you, and you will never be able to go home again. Or, it is the 13th, August 1961 and you had left your fiancée, who lived on the south side of Wootton Road, and you lived on the north side, and you were unable to get back to her ever again as a wall cut the road in half down the middle. Or you live in Castle Rising and you need urgent surgery at the QE Hospital, but you cannot access it, and will never be able to do so again.

All of that seems unlikely to happen, in fact even impossible, but that was the way that the citizens of Berlin felt on the 13th, August 1961 when the separation of the East from the West happened, and the Berlin Wall construction began.

This was a huge reason why Berlin was the most emotionally striking place to be posted as a member of the British Army. It is very hard to make the reader understand the full impact of life in a city far away from the West German border and totally surrounded by the might of the Russian Army. It was claustrophobic to put it mildly, to realise that - if they chose to - the Russians could squash West Berlin overnight like a man might squash a fly under his shoe.

Soviet Moscow had set up a puppet East German state that surrounded Berlin that included the Soviet occupied sector of the city. To give you an idea of what it was like, there was a wooded part of the Berlin Wall in the British sector. The British, Americans and French occupied our sectors of Berlin, as agreed by the Soviet communists at the end of World War II.

There were two things that still stick out in my mind. First, to look down from the dirt road in the middle of the Berlin woods onto the massive Wall. It was weird, with no houses in sight, just the road looking down onto the East German sector. The wall was topped by huge rollers so no grappling hook could take hold of the top. Beyond the Wall, stood a high barbed wire fence, then came a smoothly swept dirt field that would show any footprints. The last barrier to escape



was a long wire along which big German shepherd guard dogs ran on very long leads. When the dogs looked up and spotted us, they ran back and forth barking and snarling. This array of obstacles helped keep East Germans inside the peoples' paradise. Every fifty yards there was an East German guard tower to stop Germans attempting to escape over the Wall.

The death statistics due to the Wall are horrific. Between 1961 and 1989, at least 140 people were killed or died at the Wall in connection with the German Democratic Republic (GDR) border regime: 101 people who tried to flee through the border fortifications were shot, died by accident, or committed suicide, whilst 30 people died from the East and West who were not trying to flee and 1

Soviet soldier was shot by accident.

Eight on-duty GDR border soldiers were killed by military deserters, comrades, a refugee, an escape helper or a West Berlin policeman. At least 251 travellers also died during or after passing through checkpoints at Berlin border crossings. Unknown numbers of people suffered and died from distress and despair that was caused by the Berlin Wall.

The reason the Wall was put up, was because hundreds of thousands of the best educated East Germans fled from East to West Berlin and then flew to freedom in West Germany. The rest of the border was already sealed by East German troops and wire. The exodus of the best educated East Germans through Berlin was ruining East Germany's economy.

I was told by a Berliner that before the Wall went up, a quarter of a million of people living in East Berlin crossed into West Berlin every day to visit, shop, attend the theatre, concerts, and movies, and use libraries where they could read books and newspapers forbidden at home. Thousands of East Berliners used to come over, maybe only for an hour or two, just to walk around and feel free in a free city.

One only had to look over the Wall to realise what life must have been like in the East. The bomb damage from the war was still totally evident in Potsdamer Platz which was one of the most famous squares in pre-war Berlin. I looked over the Wall in 1975 and there was literally nothing there. It had been flattened between 1942-45 by allied bombers, but since then nothing had been done to restore it, and large parts of East Berlin looked much the same.

It was a sobering thought on first sight, but to visit was in many respects even worse, and it is something that will live with me forever.

Armchair Sports Trivia sponsored by Berni Beans

W in a delicious afternoon tea for two (worth £19.95 pp, total £39.90) courtesy of Berni Beans.

QUESTION: Which team has scored the most points in a Super Bowl game and in what year?

ANSWERS TO: editor@townandaround.net or by post to:

The Editor, Town & Around, 18 Tapping Close, Snettisham PE31 7FF Please note we do not accept entries by any social media channels or text message. CLOSING DATE 15.01.2025.

The answer to last month's question: It's a sure sign Christmas isn't far away when the annual WDF and PDC darts championships at Lakeside Country Club and Alexandra Palace are looming. Which player threw the first televised perfect nine dart finish and in what year did they achieve it? was John Lowe in 1984 and Anne Gardner of South Wootton was the lucky winner.

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The Orange Tree in Thornham is a regular winner of awards for pub dining in Norfolk. Formerly known as the King's Head, it was taken over by Mark and Jo Goode in 2009, with head chef Phil Milner. It is believed the name change happened because previous owner, Chris Hinde, named it after his favourite haunt in Coventry.

The notorious smuggler, Thomas Franklyn, used to position himself in certain parts of the public house to spot the excise duty chaps coming up the road. The interview with Mark took place at one of these vantage points.

The pub still retains some of its original features from when it first opened in the 1500's. They presently have 17 rooms, having converted the Old Bakery and an adjacent house next door, with plans to develop two further rooms early next year.

First - a competition

Town & Around are running a competition where the winner will receive lunch for two, kindly donated by the Orange Tree. For your chance of winning please answer the following question correctly:

What year is etched into a pane of one of the windows of the Orange Tree?

Email your answer with a contact telephone number to tim@townandaround.net by Friday, 17th January. Good luck.



Full Name: Mark Goode.

Age: Under 60!

Star Sign: Leo.

Where born: Colchester.

Where live: Docking.

Occupation: Restaurateur. My first job was with Mark Warner which introduced me to travel. I also trained as an Accountant.

Family: Wife Jo, who I have children Amelia (18), Jonny (16) and Kitty (14) with.

A Cats or dogs person: Dog. We have a Cockerpoo called Pip who is 11 and a Caverpoo called Ozzie who is 3.

Sports Team Support: Arsenal.

Worst injury: Been lucky really, nothing serious, the odd concussion from Water Sports.

Biggest Break: Meeting Jo. I shared a flat with Dragon's Den's Sarah Willingham and she introduced us in 2002 in London.

Funniest memory: On safari in Kenya with the family. We went cheap on the tour and our old van broke down as night was drawing in with several prides of lions prowling and roaring in the descending darkness. We were eventually rescued by a Miss Trunchbull lookalike and a Maasai warrior in a Land Rover.

Hero: Motorcyclist, Marc Márquez who was written off so many times but succeeded.

Hobbies/interests: Skiing, wind surfing and water skiing. My claim to fame is that I believe I was the first person to use a surfboard as a wake board whilst being towed by a speedboat 1983.

Best memory: Celebrating the Millenium in Dubai where they were holding the Dubai Millenium World Cup horse race. A simply amazing night and occasion.

Favourite international meal/cuisine: Indian.

Favourite drink: A really nice red wine.

Favourite band/singer: INXS.

Favourite film: The Blues Brothers.

Favourite holiday destination: Maldives or any country with snow.

Three items for a desert island: A Ray Mears book, a chicken and a cockerel.

Worst habit: I'm a hoarder.

Pet hate in others: I am pretty tolerant really, but people who beat around the bush and avoid answering the question

Biggest achievement in life: Personal - marrying Jo, punching above my weight: Professionally - making the Orange Tree what it is today.

Best advice ever given: Provide good beer and fare foremost. Although, when we took over the Orange Tree, Paul Whittome - who owned The Hoste in Burnham Market - also advised us to make sure you have as many rooms as possible as that is where you will make the most profit. I heeded and he was right, and the motto I live by is 'if you buy cheap, you buy twice'.

Like to live forever: If you have children, I think the answer is yes, but nature's way is you do through your children.

T&A's December winner

Dai Nicol from King's Lynn was the lucky winner of our December edition Christmas Hamper Competition, with the hamper full of Tesco Finest foods kindly donated by the Hunstanton Tesco store.

He correctly answered the question 'when was the Tesco Clubcard first introduced' as 1995, with his name drawn out from over 50 entries.



From left: Tim Keogh (Town & Around), Dai Nicol, Sue Nicol and Gareth Rapkin (Tesco Hunstanton Manager)

Sporting corner with Tim Keogh

Mid Season Football Update - The good, the bad and the ugly



Heacham FC with sponsors

Heacham FC started the season miserably and at one stage were bottom of the Thurlow Nunn Premier Division. Their campaign did not start well as they faced several teams who, as it turned out, are now challenging for promotion. However, manager Paul Hunt, has managed to turn their fortunes around with a well balanced blend of youth and experience. The team have overcome teams around them in the table to haul themselves out of the relegation zone. Matches looming against all the teams below them in the table means their fate still lies very much in their own hands. The performances of Colby Wood in particular proving him to be the shining light of the season so far.

End of season prediction - To beat the drop

Dersingham Rovers were promoted to Division One of the Anglian Combination League this season, a huge leap of four divisions. However, they have fared well, and are challenging for the promotion places. They also have a home semi final in the Mummery Cup to look forward to in March, against higher level Premier Division side Wroxham Reserves. Top goalscorer, Joe Collison, needs to keep firing on all cylinders to maintain their progress.

Prediction - Promotion

Ingoldisthorpe FC were also promoted last season, into Division Three of the Anglian Combination. Their season has been thwarted by bad luck and inconsistency. Whilst they have fire power and do score goals, a leaky defence has meant most teams out score them. Goals from talisman Dylan Ess will be pivotal in the second half of the season. Chairman, Eddie Herbert, feels a change in fortune and a few wins are just around the corner.

Prediction - A fight to avoid relegation

In Division Four, in form Heacham Reserves have launched themselves up the table and are now challenging for promotion. Player rotation with the talented U18's side has reaped dividends.

Prediction - Promotion

In the same Division, Dersingham Rovers Reserves began the season brightly but their promotion challenge has been de-railed in recent weeks.

Prediction - Mid table security

In Division One of the North West Norfolk League, Dersingham Rovers 'A' have made it an excellent all round season for the club as a whole thus far as they sit proudly at the top of the league at the half way point.

Prediction - Champions

On the other hand, Ingoldisthorpe Reserves are presently bottom of the Division and in for a long hard battle for survival.

Prediction - Relegation

In Division Two, Heacham Minors Development continue to thrive with a challenge for promotion very much on the cards. Newly formed FC St. Edmunds Hunstanton have showed recent signs of improvement and will hope to steer themselves to mid table security. Captain and top goal scorer Alfie Penn proving the catalyst for the recent change

in fortune.

Prediction - Both mid table finishes

Heacham FC U18's have been a revelation in their debut season in the Thurlow Nunn Youth League, having briefly topped the table. Their performances have not gone unnoticed by first team manager, Paul Hunt, who has included several of this talented crop of players in his first team squads.

Prediction - Top Three Finish



Dersingham Rovers



Heacham FC U18's



Ingoldisthorpe First FC



Ingoldisthorpe Reserves



FC St Edmund's Hunstanton

Sandringham parkrun

Malcolm Senior

Gloomy skies for Sandringham parkrun 159 did not deter our brilliant volunteers and participants.

We welcomed “5k Your Way Move Against Cancer” and it was marvellous to see walkers and runners for this group for November (Movember is for everyone, not just for men). Move Charity is a supportive community that inspires and empowers people impacted by cancer, including their family, friends and healthcare professionals, to live an active and fulfilling lifestyle. Please come and join us, we meet at Sandringham parkrun the last Saturday of every month to run, walk or just for coffee and great home-made delights!! Admire the beautiful surroundings; but wrap up warm and cosy. A wonderful team enables this to be held, many thanks to everyone involved.



A huge thanks to our 34 super volunteers and a special mention to the Huffers and Puffers. We are always grateful to organisations who do a volunteer take-over. Parkrun cannot take place without volunteers, if you would like to help, please contact Sandringham parkrun via email: sandringham@parkrun.com or come and sign up on Saturday morning.

First finisher was Jack NIXON, from Saint Edmunds Pacers a First Timer to Sandringham, in a great time of 18:23, first three were all First Timers to Sandringham. First lady was Dawn ROBINSON, Ryston Runner, in a time of 22:13. With exactly 200 finishers we had 27 First Timers to Sandringham but no First Timers to parkrun. PB was achieved by 21 participants, a great performance in slippery, illuminate lights and obstacle conditions! Milestones were achieved by: Jasmine BACON - 25th parkrun and Laura DAVIE; Nick LEADER; Samantha HORMBREY – 50th parkrun. Well done to all finishers.

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Rare black pearl found in Brancaster mussel

Recently, Town and Around reader, Vicky, emailed us saying; “I had a black pearl in my Brancaster mussels at lunch today, it's not perfectly round but definitely a pearl, is this normal? I eat a lot of mussels as does my family and never found one before, google search is confusing to say the least, just wondering if it's important.

We contacted Hannah at Brancaster Oysters (and Mussels) and she responded thus: ‘Shh don't tell everyone they will all want one! 😊

A black pearl is rare, especially in our cold water! However, it fully depends on the size as to whether you can do anything with this pearl or if it is perhaps valuable. If it is a pinhead size, it is purely for showing off to people as a rare find. If it is ring or necklace size you have something special.

Pearls are formed from the Mussel/oyster/ scallop rejecting a bit of sand inside their shell, they will do anything to get rid of anything other than pure water through them, usually it is spat out, and with our lovely clean waters in the harbour coming through twice a day this isn't difficult for the Mussel/Oyster, but occasionally it is turned into a pearl, it really is very clever indeed.

Pearls across the world (warmer waters) are made by farmers popping in the aggregation (sand) to the shell to get the Oysters to make it, they take a long time to produce but it is quite beautiful to see one. It is very rare to have jewellery that is 'natural' occurring pearls, it is likely to be farmed.

Nice to hear you eat lots of Brancaster Mussels, they are full of lovely stuff that's so good for us. The fishermen are very proud of their Mussels in Brancaster Harbour. A lot of effort goes into them and it's really good to hear they are enjoyed.”



Old Hunstanton Village Hall news

Carol Greening

Race night which was held on 22nd November was a great success. Janie Thompson from Thornham Deli led the races and the punters enjoyed Moroccan shepherd's pie and tray bakes. The event raised £750 on the raffle for Tapping House and we would like to thank everyone who supported the event.

Future events coming up

New Year's Eve curry night and disco on Tuesday 31st December. This has been great fun over the last couple of years. At the time of writing, we have a few tickets left. Contact Nell Bailey on 07918 911716

Knit and Natter. This regular friendly meet up is held on the third Tuesdays of the month 10am- 12noon. £3 includes Cake and coffee. Our next one is on 21st January. No need to book just turn up with your knitting.

Tech support drop in session will be 16th January 20am-12noon.

Bingo resumes on Monday 20th January. Doors open at 6.15pm. Eyes down at 7pm. No need to book, just turn up and see if you can win a prize

King Charles III England Coast Path

Further to Simon Bamber's report in the May 2024 edition [of T&A], my partner and I walked the extended Coast Path from Snettisham to Kings Lynn in October and offer a few more tips for anyone contemplating doing the same. The first thing to say is that – unless you are a seasoned walker or rambler – it is not for the faint-hearted. Once you have got past the RSPB reserve, the walk is pretty much a slog. Matters are not helped by long stretches being trampled by cattle, both at the base and on top of the flood embankments (so there is no easy way round). When wet and muddy, these stretches would be virtually impassable. Although relatively dry on the day of our walk, it still made it heavy going.

In any case, we recommend wearing waterproof boots or shoes as, although there had been no recent rain, it was still wet underfoot, meaning that our canvas walking shoes quickly got wet and soaked through to our socks and feet. We also advise wearing a high-neck coat or jumper, and a hat, scarf and gloves, to help prevent attacks by biting insects, particularly where the path runs along the side of dykes and where cattle congregate. The presence of a large herd of cattle blocking the path can be intimidating, though they will normally move out of your way as you approach.

As there are no seats or anything else dry enough to sit on and rest for the whole distance of some twelve miles, you may find it useful to take a small waterproof sheet or tarpaulin to sit on (or perhaps folding camping chairs if you are fit enough to carry them!). Also bear in mind that there are no toilets, shelter or other facilities en-route.

Finally, if you intend to catch the Coastliner bus (34/35/36) back to Snettisham/Hunstanton there is a bus stop opposite Home Bargains, near where the coast path emerges onto the A1078/A148 via Estuary Road – it is not necessary to walk all the way to the central bus station. However, remember that you still have to walk the length of Beach Road to get from the bus stop in Snettisham village back to Shepherd's Port/beach if you need to!

It was certainly a great experience to walk this unique and tranquil stretch of the coast path, albeit not one that we are likely to repeat any time soon!

Here is the response from National Trails National Trails. Whilst I appreciate the difficulty of reconciling conflicting interests in this context, I still feel that more could be done about the cattle issue. Good to see that it is hoped to provide some rest benches, though.

David Cotton

Thank you for your email to the Norfolk Coast Protected Landscape Team, which they have very kindly forwarded.

We are aware of the issue of the cattle trampling the path. The route is actually devised by Natural England and after its establishment, our team takes the route's management on. The trampled ground is, however, an issue we are trying to find a resolution to.

By way of background, in linking up the stretches of the King Charles III England Coast Path around the country, Natural England have to negotiate the route with the many landowners in sometimes very challenging locations. In Norfolk, this stretch has been the biggest challenge. Because the embankments are flood defences and also heavily protected because of the sensitive wildlife in the area, this has dictated the route of Coast Path to be on the 'wrong' side of the embankment. We would absolutely love to have the walked route at the top of the embankment, but Natural England were refused permission for this by the Environment Agency and RSPB, due to the impact of footfall on flood defences and ground nesting birds. We have tried to warn people as much as possible about the cattle being within the trail corridor with signage. There are stretches along here that we may be able to re-route the trail along the top (where the cattle feed, for example, as this gets particularly rutted) and are in discussion with Natural England about this. We are also hoping to build a relationship with the landowner to get the path rolled regularly to even it out.

Regarding Estuary Road, again this was a necessity, as it could not be routed through the dock area for Health and Safety reasons.

The one thing I can bring good news about is some benches! We will be installing benches throughout the Norfolk Coast Protected Landscape in the upcoming months. Like you, I was disappointed that benches were not included in the proposals and we think we will be able to get Environment Agency permission to install some sleeper benches to stop and rest along the way.

We are a solutions focused team and although we haven't been able to impact the route, we continuously look to try and make small changes that make sense from a user perspective. Your email is actually very useful in helping us in achieving some of those changes.

I'm pleased you enjoyed the rest of the walk. Thank you for taking the time to write to us.

National Trail Team Leader, Peddars Way & Norfolk Coast Path and King Charles III England Coast Path

CHILDREN'S ART PACKS - FOODBANK APPEAL 24

Very few are untouched by Charles Dickens' description of poverty in 19th Century England and feel outraged at its iniquities. Sadly, were he here he would be writing A New Christmas Carol today, some 200 years later.

Too many families struggle to afford even the necessities for survival, much less improve their prospects, in the present circumstances. With Christmas upon us it is even more poignant for children.

The Arts Society King's Lynn recognised this need during the pandemic, acted upon it and continue to do so. For the past three years, the imagination and hard work of its members along with donations from understanding and sympathetic companies and individuals have produced children's art packs to be distributed at Christmas by the Foodbank.

Initially 50 packs were produced, then 100, and last year, 200. 200 it will be this year and in future, with continuing support the number may be increased. TASKL is delighted to say

that this initiative has caught on with other Arts Societies around the country.

There has been great support from the commercial sector in enabling the successful completion of this project and we are delighted and proud to acknowledge the contributions of Learning Resources, Hayes and Storr Solicitors, Shan's Fabrics of Hunstanton and Abeec Toys without whose most welcome aid we would not have achieved the goal. We have produced and filled 200 bags for different age groups. The packs, contained in fabric bags, are sewn by TASKL members or volunteers and other packs are topped up through a purchase from a sympathetic supplier.

The project culminated on 2nd December 2024 when the packs were made available for distribution from the King's Lynn Foodbank.

Scrooge is not welcome in King's Lynn.
No bah humbug here.
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New Year, a new chance to give back to Tapping House

From everyone here at Tapping House, may we wish all Town & Around readers a very happy New Year. As we look forward to the year ahead, there's no better time to reflect on how we can make a difference in our community. Tapping House warmly invites you to consider volunteering your time and talents to support our vital work.

Why Volunteer with Us?

Volunteering at Tapping House Hospice offers something for everyone. Why not come and join our incredible team of Volunteers who share a passion for giving back and making a difference. Whether you can spare a few hours a week or have some adhoc time helping out at our Flagship Fundraising Event – Tulips for Tapping, we have a role that's perfect for you. You might be a skilled woodworker, a green-fingered gardener, love chatting to people, and so perfect for serving customers at one of our Charity shops. Or you might like to help out in our IPU Ward or Tulip Centre supporting patients - there's a role waiting for you. Not only will you support patients and their families, but you'll also join a warm, supportive community of like-minded people.

"After seeing care volunteers in a similar organisation, I felt I wanted to do something worthwhile with my spare time - with my years of experience in retail, volunteering at one of the Hospice's shops made sense. I get to work with a great team, meet new people and keep active too!" says Mike.

Plan for the Future: Make Your Will

While giving your time is invaluable, planning for the future is just as important. The New Year is an excellent time to consider making or updating your Will. It's a meaningful step to make sure your wishes are clear and your loved ones are taken care of. Including a Gift in your Will for Tapping House Hospice is a lasting way to support our mission.

Throughout the coming year, keep an eye on our website and social media platforms as we run regular FREE workshops that help guide you on 'Planning for my the Future'. Making the time to think, talk, share and write down what's important to you, to help inform loved ones of your wishes and priorities about your future care.

Gift It Again: Donate Your Unwanted Christmas Presents

This festive season, if you find yourself with gifts that weren't quite right, why not "Gift It Again"? Donating unwanted Christmas presents to Tapping House is a fantastic way to declutter while supporting a good cause. These items are simply perfect for the tombola's and raffles we hold throughout the year, which help fund our vital Hospice services.

Help us Celebrate 40 years of providing Outstanding Hospice Care

2025 is going to be a wonderfully busy year, as we look to celebrate 40 years of providing outstanding Hospice care to our community. We have lots of exciting events planned and we're encouraging our incredibly supportive community to get involved with helping us to make this year an extra special year, for everyone that the Hospice supports. Every event organised, every pound raised, and every moment you dedicate helps us provide compassionate care to patients and their families. If you have a 40th fundraising idea you'd love to share with us, do drop an email to the Fundraising Team – fundraisingteam@tappinghouse.org.uk

How to Get Involved

Volunteering, making a Will, or donating your unwanted gifts – there are so many ways to support Tapping House in 2025. To learn more, visit www.tappinghouse.org.uk or contact us at 01485 601700 (Monday – Friday 9am – 5pm) - enquiries@tappinghouse.org.uk

Let's make 2025 a year of kindness, connection, and care – together.



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Brancaster School

It is a very busy time of year, but enjoyable - and, of course, we are all looking forward to Christmas. We have just heard that the school will remain open at least until the end of the school year, which is good news for everyone, and we are determined to make the most of every opportunity while we can!

We celebrated Remembrance Day in school with our own special service. We do this every year and the children now have a very good understanding of what this is all about.

Samphire Class had a Space Day, to fit in with their topic. Mike was a wonderful leader and everyone loved the activities and learnt a lot.



Thrift having been doing Polar Express as their Literacy Book. We even held a pyjama party as a treat, to watch the film. Thrift are growing hyacinths and are excited to see them really shooting up tall now. Hopefully they will be in flower for Christmas. The traditional Advent Bag is doing the rounds, going home with the children, and we love seeing the photos of them enjoying the Nativity set, books, advent candle etc, and reading what they wrote about it.

Brancaster Baby and Toddler group came to visit and we had a lovely morning with them. We hope to see them again.



The police visited the school to teach us about the role of police and how they help us, which was educational and fun! Everyone particularly loved the uniforms and the police car!



We held our Anti-Bullying week when we focused on working with the children about the part they can play in keeping everyone happy and safe - and we took part in odd sock day to help us celebrate differences.



We also had another visit from Janet Marshall, this time doing "The Journey to Bethlehem", learning about the Christmas Story and its importance to Christians. Janet said the children were wonderful - engaged, interested, thoughtful and knowledgeable. Nice to hear that other people think they are lovely children, too!

Term finishes on 20th December (after our Christmas trips, Nativity, Fayre, parties etc) and we restart on January 7th.

Let's hope we all have a happy and healthy 2025.





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POSTURE - How We Shape Up

Edwin Salter

Compare photos of how our mid-century grandparents (or any previous human generation!) looked with our population now. There are astonishing differences of body, and polarisations of consumerism, poverty and awareness further divide us.

Standing up straight is a good starting point for posture. Check how it feels by lying flat on a carpet, arms outstretched to the sides. Our spine has its slight front-back curves: concave neck, convex (excess is kyphosis) at chest, concave (excess is lordosis) lower back. Prolonged postures, including slumped (all convex) inactivity and downward watching a small screen, can distort our natural shape, and harms increase as body weight pulls us further out of alignment. Movement care applies particularly to new activities, loads, swings and twists: bending low should be shared with leg flexion, and when sitting correct the back before rising. Back troubles (lower most vulnerable) are a common reason for absenteeism.

Here are possible maintenance examples for the trunk. Try lying flat, knees bent, and gently rocking side-side. Lying face down, slightly arch the back and lift extended arms and legs a little, lower, repeat the flying effect and feel the back muscles working (including the long sacrospinalis and the gluteals). Stand reaching up to a firm ledge and allow the hands to take a little weight. Standing, bend to alternate sides, then be erect while twisting carefully to scan horizontally. Simplest of all, when walking on a safe level surface, feel lifted tall, look up and about. In later life check for posture deterioration such as an increased (or sideways scoliosis) curve.

Practical usefulness and sexual selection based on reproduction success have affected the evolution of our body shape. The ideal for women has long been the hour-glass figure with slimmer waist, and for men a muscular look. But in a few generations (starting in the US about 1970) accelerating global change has affected many by profitably seductive processed foods resulting in excess calorie intake allied to reduced activity. Fat bulges tend to hips for women and to belly for men.

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The Body Mass Index is a useful measure of body roundness, of weight for height (weight in kg. divided by height in metres squared). Adult statistics for UK are about 40% overweight (BMI 25+) and 25% obese (BMI 30+); and at age 5 roughly a quarter of children are nowadays already overweight or obese. An annual note of weight and height is prudent.

We tend to associate a slight plumpness with being cheerful – it's certainly better than starving, and historically only the prosperous could afford to grow fat. Some seem content overweight, but children should be protected from enduring consequences. Achieving obesity restricts activity and brings severe health risks (the morbid BMI 40+ reduces life expectancy by ~10+ years) – a huge burden on society.

A cosmetic focus on image identity may be interesting (if expensive, even damaging) but neglects health. 'Feeling down' or 'in an up mood' describe both emotion and presence: drooping and smiling are expressive to others and also impressive upon ourselves. Good posture benefits every aspect of movement and gesture in our communal world.

GLEBE HOUSE SCHOOL & NURSERY UPDATE

Despite the days getting shorter, we made sure November was another month where each day was packed full. It was also a month where much was achieved for charitable causes: this month's focuses being Royal British Legion, Type 1 Diabetes and Movember. We hope you enjoy reading our update.

Anti Bullying Week



This year, Anti-Bullying Week expanded into a week of kindness and community spirit. The week began with a splash of colour as pupils wore odd socks to celebrate what makes each of us unique. The vibrant display highlighted the importance of embracing individuality and fostering positivity within our school community. Later in the week, pupils wore bright outfits and raised over £120 to support research into Type 1 Diabetes. The day also served as an opportunity to show solidarity with classmates managing the condition, reinforcing the importance of empathy and understanding. To close the week, our Year 8 Wellness Prefects delivered an inspiring assembly about the power of kindness. Their message was simple yet profound: even small acts of kindness can create ripples that brighten our community.

Kindness, respect and support are values that guide everyday life at Glebe House, and this week-long focus reminded us all of their importance.

Out & About

Division I – Library Trip



We are very lucky to be part of the welcoming Hunstanton community. Early in the month our Year 1 pupils took their first trip to Hunstanton Library, just a short 10-minute walk from school.

The children enjoyed exploring the library, especially the festive book collection and the colouring activities prepared for them. Each pupil now has their own library card and was excited to borrow some new books to read.

At Glebe House, we value learning opportunities outside the classroom and appreciate the wonderful resources in our local area. A big thank-you to Helen Janku and the team at Hunstanton Library for making us feel so welcome. We look forward to visiting again next term.

Division II – Langham Glass Trip

This month our Year 2 pupils visited Langham Glass as part of their science topic on materials, enjoying a day filled with hands-on learning.

The children were fascinated to watch the skilled craftspeople create beautiful glass items, including an adorable Christmas robin, right before their eyes. They were particularly amazed to see molten glass blown into a balloon, which ended with an unexpected pop!

This visit brought their classroom learning to life, helping our pupils understand the glass-making process up close – it was a fantastic way to blend science with real-world experience. Our thanks go to Langham Glass for hosting such an engaging visit.

Sporting Update

Inter House Tag Rugby

The 2024/25 Inter-House Competitions are now in full swing! Our second sporting competition of the year was Tag Rugby, with pupils from Years 3 to 8 enthusiastically representing their houses. We were lucky to have great weather for the afternoon, with bright sunshine encouraging the team spirit despite the bitter temperatures. Both players and family spectators appreciated the half-time hot chocolate, which added to the supportive atmosphere. The inter-house competition was full of determination and teamwork, with both boys and girls putting in their best effort for their houses.

Community

Remembrance Day



On Remembrance Sunday, our Heads of School honoured fallen Old Aquilians at St. Mary's Church, Old Hunstanton, reading their names and joining our Head Mr Stewart in laying a wreath on behalf of the Glebe House community. Other staff and pupils also gathered in respect.

On Remembrance Day itself, the entire school came together for a late morning assembly led by our Year 8 Prefects and the Heads of School. From Reception to Year 8, throughout the moving assembly we united in reflection with a two-minute silence, heartfelt poems, prayers and hymns.

Movember and The Great Duck Hunt

Outreach and community are at the heart of life at Glebe House, and November was no exception. Following the success of last month's

RotaKids Marathon Monday for Macmillan Cancer Support, our Year 8 Prefects took charge of the annual Movember Great Duck Hunt.



With Mr Stewart and Mr Turner sporting impressive real moustaches, the rest of the staff and children joined in the fun with some wonderfully creative and colourful fake moustaches. The weather was perfect and the competition was full of traditional Inter-House enthusiasm. This year's Duck Hunt came with a twist: bonus ducks with stars hidden on their bases. These lucky finds were worth an extra five points, making for an exciting finish!

But it was more than just a competition, the day was a celebration of community and giving back. Thanks to everyone's efforts, we raised over £280 for Movember—and looked fabulous while doing so!

Bonfire Night raises funds for Wellbeing Ambassadors Programme

Thanks to the fantastic support from the Glebe House community, this year's Bonfire Night raised almost £500 to fund the Wellbeing Ambassadors Programme for our Year 8 Wellbeing Prefects. This initiative will provide valuable training to help them promote mental health and wellbeing among their peers.

The evening was great fun and included a fantastic fireworks display, a bonfire made from donated wood, a Pumpkin Gallery showcasing creativity from across the school and not forgetting plenty of traditional hot dogs!

We'd also like to applaud the incredible efforts of our Wellbeing Prefects, who raised over half the required funds through their own Bake & Secondhand Uniform Sale earlier in the term. Their commitment, along with the support of the Friends of Glebe volunteers, demonstrates what can be achieved when people come together to support a good cause.

Annual Christmas Show

Just as November ended, the Glebe House community gathered at Hunstanton Town Hall to kick off the festive season with our Annual

Christmas Show! With every child in the school taking part, the evening was filled with singing, dancing, roller-skating and musical performances. The Hall was packed and it was a joyful occasion to see everyone coming together to celebrate. The energy, colour and warmth of the evening once again made our Christmas Show such a special evening. A huge thank you to everyone who made the event so memorable. It truly was an evening to Sparkle & Shine!



Come and see us!

Does your child start school in September 2025? Is your child looking for a new school? Would your child benefit from a new start?

Did you know we offer a comprehensive co-curricular programme until 6pm? And that we provide daily transport from many convenient locations across North West Norfolk?

Find out more about life at Glebe House School. Contact Mrs Fraulo on 01485 532809 or email tjf@glebehouseschool.co.uk to book a visit.

Inner Wheel Hunstanton

Members enjoyed our Christmas Party at the Le Strange Arms Hotel early in December, which included a festive buffet, a Christmas game, Christmas music and a Secret Santa.

For all of us, December is a month of preparation for Christmas. Some start earlier and Inner Wheel members are no exception. In a previous edition, I explained that our charity for this Inner Wheel year is the Purfleet Trust, which provides daycare for the homeless of North-West Norfolk. We participated in their Christmas Campaign, which was a reverse Advent Calendar. As a result, members in November added suitable items for the Calendar when they did their

weekly shopping. We were guided by Kieran Gamble, from the Purfleet Trust, as to the items we should purchase. These ranged from pasta, soup to toothpaste and general toiletries for both men and women. At our Christmas Party, members brought donations and together we provided not only food provisions but some members kindly also donated nearly new winter coats, scarves and gloves – extremely necessary in this cold weather!

Our President and Treasurer took our contributions to the Purfleet Trust and Kieran received them with grateful thanks. At this time of year, we should all be mindful of the needs



of people who are less fortunate than ourselves. The Purfleet Trust is an excellent organization caring for the homeless and we will continue to support them in



2025.

Members of Hunstanton and District Inner Wheel wish you all health and happiness in this coming year.

HUNSTANTON AND DISTRICT ROTARY KEEPS PROMISE

One of Rotary International's priorities is to help provide basic education and literacy around the World. In the UK many Rotary clubs are helping by providing dictionaries for schoolchildren.

The Dictionaries4Life is a literacy programme that originated through Rotary and these dictionaries not only help children develop their English language skills, but stimulate their interests in various subjects.

In 2023 Hunstanton & District Rotary promised that in 2024 they would distribute Dictionaries4Life to year 3, 4

and 5 pupils so that they could make better use of them during their primary school years. The children would be able to use them at home as well as at school.

Having ordered 500 copies of the Dictionaries4Life, Rotarians gathered to label and designate each one before delivering them to schools. (see photo)

Thanks to donations in memory of our dear friend and colleague John Crofts, eight local schools have benefitted from this 2023 promise and children aged 7, 8 and 9 years received their own copy in 2024 of the specially printed dictionaries.



Talented young writers capture the imagination in Rotary Young Writer Competition

Budding writers as young as 7 years old have displayed their talents to an impressed judging panel in the Rotary Young Writer competition hosted by Hunstanton and District Rotary. The theme for 2024 was Rebuilding.

The competition aims to encourage young people to use their creativity and imagination to produce an engaging and well-thought-out piece of work, be it fictional prose, poetry or non-fiction.

Seven schools from West Norfolk took part in 2024 with 80 entries being received from the three categories, Junior, Intermediate and Senior, covering children from 7 to 17 years old.

The Rotary Young Writer is a successful and well-established event that has supported the careers of several young writers. It is organised by Rotary Great Britain and Ireland and sponsored nationally by Matthew James Publishing and Kenilworth Books.

After winning the local heat, the winners went on to the district (East

Anglia) stage on the road to the national final, where they competed in the same tasks against the winners from other schools.

Entries from Glebe House School and Springwood High School went on to the district stage and two entries reached the National Finals. A magnificent result for our area!

These competitions are a great way for young people to be challenged in a fun and friendly environment. Rotary is committed to offering them opportunities to unlock their potential, develop their skills and broaden their horizons.

Rotary Young Writer 2025 is being launched now, the theme is "Wonderful Water" and 14 schools in the area have been contacted to take part in this Rotary competition. If you would like to get involved in this year's competition or any other Rotary events near you, contact Hilary at Hunstanton and District Rotary via info@hunstantonrotary.co.uk to find out more.

Race Night charity donations

Phil Davies

Priory Rotary's Satellite Club recently held a very successful Race Night at Reffley Community Centre. This was in aid of West Norfolk Carers, the 8:56 Foundation and the One to One Project. West Norfolk Carers provide much needed support to young people who find themselves having to care for someone in their own home who is ill, has a physical or learning difficulty, or other issues. The 8:56 Foundation is a recently formed local charity which aims to raise awareness and reduce the stigma associated with mental health in men by encouraging them to talk and reduce the risk of loneliness and social isolation. One to One provides professional support to adults who are experiencing emotional and/or social distress and mental health difficulties.

A total of £1500 was raised on the night, with each of the charities receiving £500.

Sara Nurse (Young Carers and Families Service Lead for West Norfolk Carers) said "Thank you so much for your support. We rely on grants and donations to be able to run our young carers support groups. We have some amazing volunteers who help us and without either of these things we would not be able to provide this much needed service. These funds will go towards providing activities and trips out for these amazing young carers"

Richard Watson (8.56 Foundation) said



"We had the pleasure of welcoming Mark, Phil and Beth from Priory Rotary King's Lynn Satellite Group to a recent Committee meeting and it was great to talk to them about the work and services that the 8:56 and what we have coming up - but also to thank them for their fundraising at a recent Race Night where we were one of 3 beneficiaries receiving a fantastic £500. This will help support our Wellbeing Pathway of Socials, Peer Groups and Talking Therapy."

Colin Aris (Assistant Project Manager - One to One Project) said "The £500 that you kindly raised and donated will go towards creating another Counselling room which will be designated as a Trauma Informed Counselling room. Our Trauma trained Counsellors will work in this specially



designed space and within this room we will have resources to help those living with the effects of Trauma to be able to open up, fully express themselves and move towards a better

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The Arts Society King's Lynn

The Arts Society King's Lynn continues the 2024-2025 season on Thursday 9 January 2025 when they welcome Chantal Brotherton-Ratcliffe to speak on the topic of "Recognise the Artist?". Our lecturer will be Chantal Brotherton-Ratcliffe who has an MA in History of Art from Edinburgh, PhD from the Warburg Institute, London University. With 40 years' experience as a lecturer, Chantal has taught at Sotheby's Institute of Art on the MA in Fine and Decorative Arts since 1989, and as a freelance lecturer for a number of societies and institutions in London, including the National Gallery and the Wallace Collection. Having also trained as a paintings conservator, she brings an understanding of the making and the physical painting to her lectures and study sessions.

When we receive a letter or a Christmas card from someone we know, we often recognise the handwriting straight away, and know who it's from without even opening the envelope. Recognising the hand of an artist can be like that – an instant certainty that the painting must be by Rubens, or El Greco, or Rembrandt. This lecture takes examples of a wide range of artists from the 15th, 16th 17th and 18th centuries, and will put into words what it is that tells us a picture is by Rubens rather than Rembrandt, or even, by Rubens rather than by, say, Van Dyck, who was taught by him and painted so very much like him.



My lecture uses photos of small details of paintings greatly enlarged, to demonstrate some of the distinctive quirks and give-away characteristics of artists. I'll share with you tips and tricks of art-gazing, and show you how to have the enormous satisfaction of looking at an unfamiliar painting and realising that you can instantly recognise the artist.

The lecture will take place in West Winch Village Hall where there is ample free parking available and starts at 2.30pm. (Note new time). TASKL meets once a month on the second Thursday from September to May and anyone is welcome to become a member. The annual subscription is just £55 or you can go along to individual talks as a guest for £10. Anyone interested in finding out more about TASKL can visit their website at

www.theartsocietykingslynn.org.uk or to join the Society contact the membership secretary on 01366 328648 or via email at info@theartsocietykingslynn.org.uk.



The Disrobing of Christ – El Greco

Priory Rotary Technology Tournament

Students from five schools in the area took part in the annual Rotary Technology Tournament at King's Lynn Academy on November 19th. The Academies taking part were The King's Lynn Academy, King Edward VII, Springwood, Smithdon and Marshland.

The event was organised by King's Lynn Priory Rotary Club and saw 96 students taking part in teams of 4 with the objective of creating a model Space Capsule Launcher using a limited range of construction materials. The task required each team to take decisions as a group on a range of issues, including how to build the launch rig, how to propel the capsule vertically up and how to return it to the launch pad area.

Derek Stringer of Priory Rotary Club, the event organiser, said that it was very encouraging to see these 24 groups of young people working closely together as a team tackling some very demanding technical issues in order to reach their best possible collective outcomes.

"We saw miniature space capsules leaping three metres in the air, often in a vertical trajectory but occasionally one would veer off in the direction of Venus and Mars!"

The winning team in the Foundation Category was Springwood High School. The

team members were: Ola Merezczynska, Samuel Mc Hale, Rose Stewart and Lilly-Grace Pightling.



The Intermediate Category was also won by Springwood High School, the team members were: Nathan Pimlot, Daisy Stapleton, Kacper Debski and Annie Overton. The Advanced Category was won by The King Edward VII Academy, the team members were: Caiman Drake, Holly Faversham, Gabriela Jakoniuk and Erin Cheng.

The event sponsors, Bepak, were represented at the event by Darren Hodgkinson Chief Operating Officer, Shaun Williams Product Engineering Manager and Adam Cork Apprentice Mechanical Engineer who were part of the judging team. Darren Hodgkinson, presented the winning and runner

up teams with their team and individual trophies. Mr Hodgkinson said "I want to congratulate Priory Rotary Club for putting on this excellent event. The kind of task that the students have had to work on under the pressure of time and defined resources in this tournament replicates the challenges which our staff at Bepak have to face on a day-to-day basis. It has been so rewarding to see these young people working so effectively in their small teams. Congratulations to all the participants, they have all achieved something very important today in their development towards their chosen careers, and hopefully some will choose engineering in some form or other."



THE ARTS SOCIETY NORTHWEST NORFOLK - ART AND THE DIGITAL AGE

Lesley Nadel

The 'Digital Age', starting in the 1970s, is now known as the 'Information Age'. The personal computer was introduced and so began the historic age of global information technology that would change our lives forever and transform art into a more universally available and enjoyable experience to an ever-growing global audience. Artists can now use a wide range of tools and techniques, from digital painting software, 3D modelling and animation to shape the fabric of their creative endeavours. The lines between traditional and digital art have become blurred. A whole new world of creativity has emerged, not reliant on age-old practices, and it knows no bounds.

The new digital technologies have enabled painters and sculptors to escape from just the physical realms and boundaries of traditional art and consider another whole new world in the creative process. A painter's palette now has a vast spectrum of colours available. No longer is the sculptor limited by manual means. 3D printing technology can now help in the creation of sculptures that were once deemed impossible. Artists are using these technologies in remarkable ways to create groundbreaking art forms which immerse and engage the audiences in a new and exciting interactive experience.

The artist will traditionally create with cherished art forms - a pencil, a pen, watercolours, acrylics, oils etc. So why would he/she ditch these tools for a computer? Creating an artwork can be a hard process to control, and the artist may be forced to 'go with the flow'. Something unique will emerge but also something unpredictable. Digital art enables the artist to easily form the composition, try new techniques and play around with colour palettes. The media of digital painting, digital photography and multimedia installations are captivating the imagination of the artists and the public. Traditional art could risk being faded into obscurity, but at the same time it will benefit future generations. The digital preservation and documentation of conventional art is becoming widely used and art enthusiasts are now empowered by digital imaging to explore and appreciate artworks from worldwide diverse cultures and eras. The ground-breaking medium of visual reality (VR) means that artists can craft extraordinary immersive experiences in virtual worlds in ways which were once beyond imagination. Storytelling and sensory experiences are now at the forefront of artistic expression and creative possibilities. Social media platforms like Facebook, Instagram and X are the new digital art galleries, showcasing work to an audience of millions and collaborating and innovating with other artists worldwide like never before. The evolution of the technological journey means limitless potential for artists to create in ways never imagined before.

Digital communication happened rapidly in the pandemic of 2020 with the advent of Zoom. Soon so much art would be screen based, and virtual reality art exhibitions began, along with screen auctions. Zoom, primarily a conference calling service, now offers unprecedented new opportunities to museums, galleries and artists to present virtual tours or livestreams. Video series of guided tours of some of the world's iconic masterpieces, often captured in ultra-high resolution "gigapixel" images, were available for a worldwide audience. One of the most successful livestream formats has proved to be online talks and tours. Many arts lecturers now offer their professional presentations through Zoom and deliver to their audience a similar experience to 'being there' whilst 'at home'.

Rotary Youth Speaks Competition

Michael Walker

Five teams recently took part in the local round of this public speaking competition organised by the Rotary Club of King's Lynn – King Edward VII Academy, Marshland High School, Smithdon High School, Springwood High School and Terrington St Clement's High School. The debates covered topics relating to the potential dangers associated with video games, criminality, AI, the banning of social media for under 16s and poor maternity pay for new mothers.

This year's winners were the team from St Clement's High School. Henry Wood put forward the advantages of AI but in opposition Poppy Foster argued that there were many dangers. The debate was ably chaired by Casey Ward. The team go forward to the District Round of the competition in the spring and the winners there will compete in the Regional Final.

The Rotary Club is very grateful for the continuing support and expertise of the judges - Dr Bob Rogers, Mrs Theresa Banks and Mrs Diane Scoles, to Springwood High School, for hosting the event and also to the school staff involved with the teams.



THE ARTS SOCIETY
North West Norfolk

Our next lecture on Monday 13th January at 2:00pm will take place online through Zoom. If readers are not members of the Arts Society they are welcome to participate. All we ask is for a donation of £5.00. Go to our website www.theartsocietynwnorfolk.org.uk to complete an application form or use this QR code to get a link.

Heart of an Empire - a virtual tour of the ruins of the Roman Forum

Lecturer: Stuart Harvey

The Roman Forum was the social, political, commercial, religious and legal heart of the city of Rome, and by default the entire Roman Empire.

Professional Rome tourist guide Stuart Harvey will lead us on a voyage of discovery through the ruins of the Forum to discover the fascinating stories behind the surviving structures, explaining how and why certain parts survived and others did not.




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The Arts Society North West Norfolk's January 2025 lecture will be a ZOOM virtual tour of the ruins of the Roman Forum to be seen 'at home' (not at Sedgeford Village Hall) on Monday 13th January 2024 starting at 2:00 pm. Our guide will be the highly acclaimed Stuart Harvey, who will lead us on a voyage of discovery into the world of Rome's social, political, commercial, religious and legal heart. Stuart has lived in Rome since 2005 and is a full-time tourist guide of Rome and the Vatican. His talks are always lively and entertaining. If readers are not members of the Arts Society they are still welcome to participate. All we ask is for a donation of £5.00. Go to our website www.theartsocietynwnorfolk.org.uk to complete a booking form and to get a link.



Photograph: The winning team of Henry Wood, Casey Ward and Poppy Foster.

A new era is about to begin for film enthusiasts in King's Lynn

King's Lynn Community Cinema Club has been thrilling audiences in Lynn for the past 14 years, showing an eclectic programme of films on the big screen at St George's Guildhall. Now, a new era is about to begin, as KLCCC will be moving to a new home at the Majestic Cinema in King's Lynn. Chairman Ian Barton explains, "For the past 14 years, KLCCC has been proud to be the most prolific user of the historic St George's Guildhall and has been pleased to play our own role in keeping the venue alive. But with the imminent closure of the Guildhall for re-development, we have had to find a new home."

KLCCC was founded by a small group of film enthusiasts in 2010 and has grown steadily since then. It now has a membership of over 120 and attracts large numbers of additional visitors to each of its screenings. The club puts together two seasons of eight films each year, usually comprising recent releases that have not been shown in mainstream cinemas in Lynn; a foreign language film; and a movie classic. "After every film, we encourage feedback from our members and share the results with them, so everyone can see all the comments," says Ian. "The feedback is usually overwhelmingly positive, although we do occasionally choose a howler – and our members are quick to let us know!"

Perhaps surprisingly, some of the most popular films are the foreign language offerings. Ian Barton explains, "Because we only show two or three foreign language films each year, we usually select the most highly acclaimed films that are often winners of major international awards".

Several additional screenings are shown each year – often in conjunction with the King's Lynn Festival. Some of these have been used as fundraisers for local charities such as King's Lynn Foodbank, Purfleet Trust and Fairstead Community Shop.

As well as film screenings, the club also puts on regular talks on film-related topics and has a busy social programme, including pre- and post-film meals, drinks receptions, quizzes and outings.

All of this activity has not gone unnoticed. KLCCC has been acknowledged by Cinema for All as one of the most successful

community film clubs in the country. In recognition of its achievements, the club was awarded the Community Award in the National Film Society of the Year Awards 2024.

From January 2025, KLCCC will be showing its films at the Majestic Cinema, itself one of King's Lynn's most beautiful and historic buildings. The manager of the Majestic, Rob Atkinson, says, "The cinema was officially opened on 23rd May 1928 and has been continuously updated ever since". Currently, the Majestic has four screens, all with Dolby Digital 7.1 surround sound and up-to-date modern seating throughout. "As an independent cinema, the Majestic prides itself on being a friendly place to come for all movie-goers, and we are delighted to be working with KLCCC," says Rob.

"We're thrilled that we've been able to come to an arrangement with the Majestic," says Ian Barton. "With its modern facilities, comfortable seating and accessible entry, we think our members will be pleased with the new venue and we hope to attract a whole new audience of filmgoers to join our club."

Anyone over the age of 18 is welcome to join the club, and non-members are welcome, too. Some of the members are film buffs, but many simply have a casual interest in cinema and enjoy the opportunity of a good night out in friendly company with the knowledge that they're likely to see something a bit out of the ordinary. KLCCC will be using the Majestic's Screen 2, which has full disabled access.

Membership costs only £17 per season and allows free entry into 8 films plus discounted admission to other club screenings and events. Non-members are welcome to come along to any film or social event by purchasing a day membership for only £5. Details can be found on the club's website <https://www.klccc.uk/> or facebook page @kingslynncommunitycinema or email communitycinemaclub@googlemail.com

Forthcoming films

Thursday 9th January at 7.30pm – Majestic Screen 2

Perfect Days. Cert PG. Dir: Wim Wender (Japan, 2023, 124 min)
Hirayama cleans public toilets in Tokyo, where he lives his life in simplicity and daily tranquility. Some encounters also lead him to reflect on himself. Drama Subtitled

Sunday 26th January at 3pm – St George's Guildhall

The Philadelphia Story. Cert 15. Dir: George Cukor (US, 1940, 112min)
After a rich woman's ex-husband and a tabloid-type reporter turn up just before her planned remarriage, she begins to learn the truth about herself. Romantic Comedy

Thursday 13th February at 7.30pm – Majestic Screen 2

Touch. Cert 15. Dir: B.Kormakur (Iceland/UK, 2024, 121min)
A romantic and thrilling story that spans several decades and continents; Touch follows one man's emotional journey to find his first love who disappeared 50 years ago, before his time runs out. Romance

Thursday 13th March at 7.30pm – Majestic Screen 2

Thelma. Cert 12A. Dir: J.Margolin (US, 2024, 98 min)
When 93-year-old Thelma Post gets duped by a phone scammer pretending to be her grandson, she begins a treacherous quest across the city to reclaim what was taken from her. Action Comedy

Thursday 10th April at 7.30pm – Majestic Screen 2

The Outrun. Cert 15 Dir: Nora Fingscheidt (UK, 2024, 118 min)
After living life on the edge in London, Rona attempts to come to terms with her troubled past. Hoping to heal, she returns to the wild beauty of Scotland's Orkney Islands where she grew up. Drama

Thursday 24th April at 7.30pm – Majestic Screen 2

Radical. Cert 12. Dir: C.Zalla (Mexico, 2023, 125 min)
A teacher in a Mexican border town full of neglect, corruption, and violence, tries a radical new method to unlock his students' curiosity, potential - and maybe even their genius. Drama Subtitled




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Take a look at our Yell or Facebook page where more pictures
and reviews can be found.

January events - see also <https://townandaround.net/whats-on/january>

Friday 3rd

Fincham Memorial Hall PE33 9EJ. Quiz night - £2 per person, max 6 persons per team. 50/50 cash raffle. Bring your own refreshments and nibbles. Starts at 7.30pm. Contact Pete on 07782 335165

United Services Club
Hunstanton 01485 533360
Diamond Paul's mixed bag disco. All requests played 8pm

Saturday 4th

United Services Club
Hunstanton 01485 533360
Simon Lee fantastic vocals all eras 8.30pm £5pp non-members

Sunday 5th

Wereham Village Hall Indoor Car Boot Sale from 8.30am
Enquiries: Philip on 01366 501330 or 07759 033492

Monday 6th

Anmer Social Club PE31 6RN
Coffee morning 10am-12noon.
Info: 07947 580555 or email: anmer.club@outlook.com or telephone, text or WhatsApp 07899 872351

Anmer Social Club PE31 6RN
BINGO NIGHT - Club opens at 7.00p.m. "Eyes Down" at 7.30 p.m. £6.50 for a book of 10 cards; £1.50 for a "Flyer Card" & £2 for a "Cash Accumulator" card. Fully licensed bar and Raffle - For information email: anmer.club@outlook.com or telephone, text or Whatsapp 07899 872351

Wednesday 8th

Wereham Village Hall PE33 9AP. Tech Skills for Life. Free help and advice 10am-1pm.
01366 502214
villagehallwereham@gmail.com

Friday 10th

United Services Club
Hunstanton 01485 533360 Toni G rock & roll, 60s & Elvis 8pm

Saturday 11th

United Services Club
Hunstanton 01485 533360 Move
It band rock & roll & 60s
8.30pm £5pp non-members

Wednesday 15th

The community cinema at the Burnham Market Village Hall presents The Time of Our Lives

(2017) Starring Joan Collins & Pauline Collins. A former Hollywood star enlists the help of a new friend in order to Journey from London to France. Various mishaps en-route make the trip unforgettable. £5 on the door or please contact Diana Walker on 01328 738604

Thurs 16th - Sat 18th

Pocahontas Players present 'Ginger-Ella', The Pantomime by Sharon Yates. Tickets £10
Tiered and Stalls seating at Heacham Public Hall PE32 7HG at 7.30 each evening plus a matinee on Saturday at 2pm Call Janice 01485 570402 or Jim 01485 571267



Friday 17th

Anmer Social Club PE31 6RN
FILM NIGHT - THELMA 12A
Club opens 7.00 p.m. - Film starts 7.30 p.m. Admission £5 at the door. For further information email enquiries@anmerclub.co.uk or telephone 01485 579465

Fincham Memorial Hall PE33 9EJ Cash Bingo & Games
Evening - £6 per book of 5 plus flyer, optional cash games of Sticky 13's and Stand Up Bingo £1 each. Doors open 7.30pm, Eyes Down 8pm. Bring your own refreshments and nibbles. Contact Pete on 07782 335165

Massingham Historical Society
Archive Evening. See the collection of photos, documents, research studies and maps. Village Hall 7.30pm Members Free, Guests £3. Bar.
Chairperson - Jeanne Robinson 01485 520 455

Saturday 18th

United Services Club
Hunstanton 01485 533360 Quiz night first prize £50 teams up to 4 persons. £3pp 8pm

Sunday 19th

Wereham Village Hall Cinema
'Back to Black' 15 Bar from 3pm, Programme 3.30pm
Tickets £5 from the Village Hall in advance or on the door. 01366 502214
villagehallwereham@gmail.com

Monday 20th

Anmer Social Club PE31 6RN
Coffee morning 10am-12noon.
Info: 07947 580555 or email: anmer.club@outlook.com or telephone, text or WhatsApp 07899 872351

Senior Citizens Film Club organised by the Rotary Club of King's Lynn Priory presents 'We live in time' a 2024 rom-com starring Andrew Garfield and Florence Pugh at King's Lynn Corn Exchange Cinema meet for coffee at 10am, film at 10.45. Tickets £4. Booking essential via email: Bharti.Patel@west-norfolk.gov.uk or T: 07375 375404

Wednesday 22nd

Senior Citizens Film Club organised by the Rotary Club of King's Lynn Priory presents 'We live in time' a 2024 rom-com starring Andrew Garfield and Florence Pugh at King's Lynn Corn Exchange Cinema meet for coffee at 10am, film at 10.45. Tickets £4. Booking essential via email: Bharti.Patel@west-norfolk.gov.uk or T: 07375 375404

Thursday 23rd

Wereham Village Hall PE33 9AP. Tech Skills for Life. Free help and advice 10am-1pm.
01366 502214
villagehallwereham@gmail.com

Syderstone Cinema present Thelma (12A) Thelma Post, a feisty 93-year-old grandmother, gets conned by a phone scammer pretending to be her grandson. She sets out on a treacherous quest across Los Angeles, accompanied by an aging friend and his motorized scooter, to reclaim what was taken from her. Starring June Squibb, Fred Hechinger and Richard Roundtree. Price £4 - pay at the door Doors open 7.00pm, film 7.30pm. Bookings syderstonecinema_arvh@outlook.com OR call 01485 578 270

Friday 24th

United Services Club
Hunstanton 01485 533360
Diamond Paul's mixed bag disco. All requests played 8pm

Saturday 25th

Anmer Social Club PE31 6RN
BURNS NIGHT - Club opens 7.00 p.m. Sit down Supper - 7.30 p.m. Tickets £12 per person in advance. To book email: farmboy24@sky.com or telephone, text or Whatsapp 07899 872351 by

Monday 20th January

United Services Club
Hunstanton 01485 533360 KCR duo great selection of music from all eras 8.30pm £5pp non-members

Friday 31st

Anmer Social Club PE31 6RN
QUIZ NIGHT - Club opens 7.00 p.m. Quiz starts 7.30 p.m. Entry £3 per person. Licensed bar - Raffle For information email: anmer.club@outlook.com or telephone, text or Whatsapp 07899 872351

Fincham Memorial Hall PE33 9EJ. Film Club - TBC, doors open 6.45pm, film starts 7.15pm. Bar is open for refreshments on arrival. Contact Pete on 07782 335165

United Services Club
Hunstanton 01485 533360 Tom Baxter versatile performer all eras 8.30pm

Looking forward to February

28th RNLI Fish and Chip Lunch with speaker Charles le Strange Meakin. £20 to book call Helen Gillett 07867 554486 or Deborah O'Brien 07903 322469





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In the Limelight

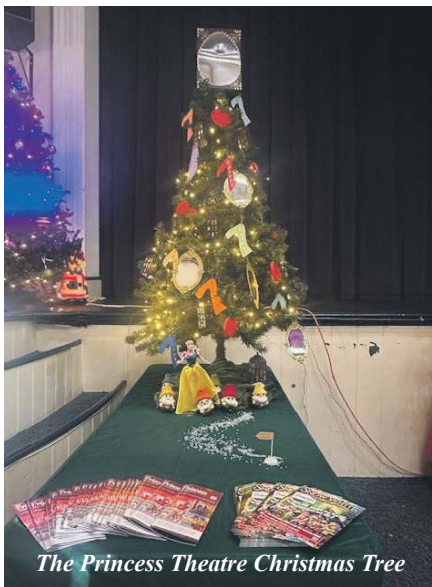
Happy New Year! Before we look ahead, let's reflect over 2024 at the Princess Theatre.

It's time to be thankful and express our gratitude to our Theatre Community. Visitors, regular Guests, Friends, Patrons, Volunteers, Crew, Bar, Box Office, Staff & Directors. Thank you for choosing the Theatre to be a part of your life in whatever way.

Christmas and the month of December was simply magical. The Pantomime "Snow White and The Seven Dwarfs" runs until Sunday 5th January. If you haven't been or wish to attend again "Oh yes you can!" We would love to see you.

The Theatre Foyer had a wonderful Wonderland Walkway, adorned with birds, forest animals and the Poison Apple tree!

The Snow White and the Seven Dwarfs Christmas Tree went on display in the Christmas Tree Festival in the Town Hall. Thank you to Jenny Chapman for your creative dedication and thank you Anne Hall for the tiny knitted Dwarfs.



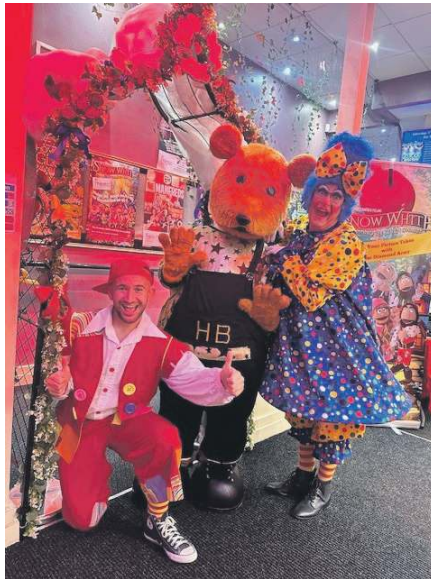
The Princess Theatre Christmas Tree

Supporting local and national charities are at the heart of the Theatre and we would like to celebrate donations from collections at the end of shows and events. We have donated to the various Cancer Charities, donated Pantomime tickets to local schools and fundraising events in the area, supported West Acre Theatre with a donation. Also, Save The Children, Macmillan Coffee Morning, Round Table Xmas Swim, and the St Edmunds Society supporting young adults with learning difficulties. Our 2024 Pantomime Charity was EACH – East Anglian Children's Hospice.



Hunny Bear came out of a long hibernation to meet and greet new friends. Our Showbiz

furry friend will be out and about more in the New Year.



Panto Cast member Sam aka "Muddles", Hunny Bear and Mervyn "Dame Doty"

This January, we welcome the "Rolling Clones, The Uk Rock Show and Comedy legend "Jim Davidson."

Looking ahead, we are excited to share with you another year which is bursting with new shows, returning favourites, Cinema Live, Plays, Films, Panto, Comedy and music on the Terrace.

Film Club resumes with a screening of the performance *Les Misérables - The Staged Concert Live!* (40th Anniversary celebration) on Tuesday 4th February 7:00pm.



On Sunday 23rd February at 7.30pm Su Pollard is here to show that she's **Still Fully Charged** and still ready for Action! Meet Su and her accompanist live on stage to celebrate her **50 years** in show business with a night of hilarious laughter, fabulous songs and wonderful stories!

Posh Tea and Artisan Cheese

Rosemary Shrager and Sean Wilson, team up for their first ever live tour! The culinary



Anna Hallard

champions join us on Friday 7th February at 3pm. The first half of their show will consist of a Q & A, taking questions from the audience, while the second half will be a cook-off, in which the two chalk-and-cheese experts will showcase their succulent skills with mouth-watering recipes and hot tips that the audience can try at home.

For our younger audience this year we have Kidz Club Party on Saturday 19th April at 3.00pm, with Joey, Bruno, Britney & Jesy and the funniest of all, our amazing host Muddles, with fun and games, singing and dancing, so get your glitzy and glamorous outfits on and come and party with us for a show full of fun for all. Bring the family and let your hair down for the afternoon.

Calling all collectors or Antiques enthusiasts! An Afternoon with Paul Martin on Sunday 11th May, when television personality Paul Martin, from 'Flog It!', 'Make Me A Dealer' and 'Paul Martin's Handmade Revolution' is coming to the Princess Theatre. At 1.30pm Paul will walk around the foyer and select 30 interesting hand-held items to discuss during the show from 3pm.

We had the chance to hear from Paul and he took some time out to chat about his love of Norfolk!



Paul Martin

"I have very fond memories of Norfolk. My first holidays as a child were in the county. I remember the Norfolk Broads, its wherry boats, and the campsites. I collected all the memorabilia and stickers from them. As my father was part of the Caravan Club, we travelled extensively throughout the county. The place, the wide-open spaces, and the people are all things I love.

"My filming has taken me to various places, including Blickling Estate, which was used to house and train aircrew at the nearby RAF Oulton. Oxburgh Hall, Norwich Cathedral,

Cromer, and the RNLI's lifeboat, the Norfolk Broads, the manmade waterways created through peat digging and the Norwich Football Club, to name a few!

"There's much history here and the people are generous with their time and curiosity, so I'm sure we'll see some fascinating items and learn lots from the stories attached to them.

"I'm looking forward to seeing what people choose to bring along, discovering further the delights of what people will bring in, and meeting new people."

Now it's time for the theatre and its team to take a well-earned rest. We will be closed from the 6th of January and will return on the 20th. Please remember that online orders will be

available 24/7.

Whatever your New Years Resolutions might be – may I share with you one that resonates;

"you are never too old to set another goal or to dream a new dream" - CS Lewis.

See you all in 2025.

Anna

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An ideal background for lunches/dinners, hotel/restaurant venues family celebrations, care homes etc..

A playlist is available on request.

Have a chat with David on 07754 497562 or 01485 534220 or email solosaxclarinet@btinternet.com.

More information on www.solosaxclarinet.com



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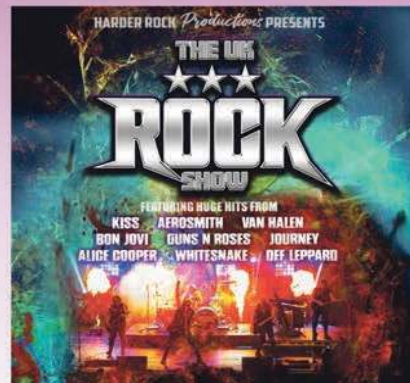
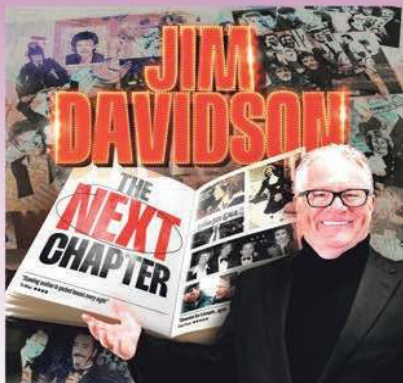


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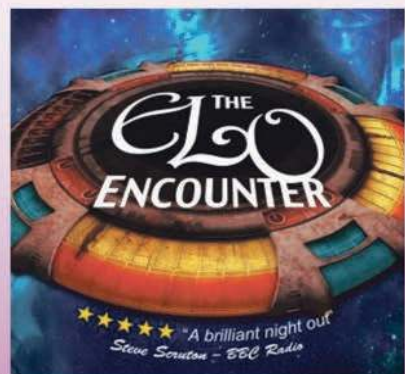
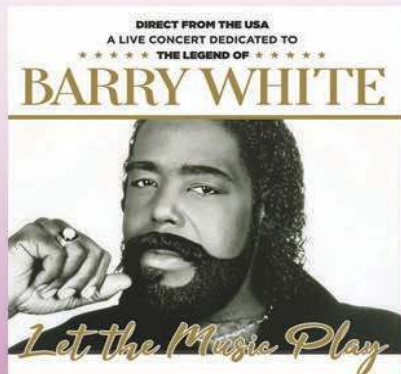
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Coming Up Early February 2025



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