

TOWN and AROUND

ISSUE 165 JULY 2019

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First word



I am sending this issue to print on Clean Air Day (20th June). Air pollution is real, it affects all of us. Naked to the human eye, pollutants can be inhaled and absorbed into our bodies and it affects the very young, including unborn babies, and the elderly most.

This issue isn't confined to major cities, read our article about polluted air in King's Lynn, including the area around the QE

Hospital and four educational establishments, on pages 28-29.

The good news is that there are things that we can all do to reduce emissions and we shall be returning to this subject in future issues.

There are several other environmental articles within the magazine which this month has 96 pages - all printed on high quality recycled paper.

One of our regular contributors, Dick Melton, has a big birthday this month. Dick does huge amounts of research for his Page from the Sage and he's been with us since the inception of the magazine. Happy 80th Dick from all of us at Town and Around.

Sophie has been out and about gathering stories and news articles that you'll find throughout the magazine. If you have a story to tell, please get in touch. Sophie can be contacted either by phoning the Town and Around number below or by e mailing her at sophie@townandaround.net

Now that the summer holidays are upon us the diary of events is huge and it can be found on pages 92-93.

My thanks as always to our fantastic distribution team. This month the retirement of Adrian and Catherine who have delivered Town and Around to Sarah's Road, Diana's Drove, Anne's Drive, Harry's Way, and some of Princess Drive means there is a vacancy so if you feel you can spare an hour or so a month and take over this round, please get in touch with Richard on 01485 540620.

Thanks also to everyone who has contributed to the magazine with articles, photos, information and advertising. You are all truly appreciated.

On a personal note, Clare from Clare's Cattery in Snettisham recently rescued a litter of kittens and after months without a cat in the house I'm very happy to introduce you to Angus and Gordon. They were tiny and timid when we picked them up but now are settled, mischievous, and very much part of the family. Thank you Clare.

With best wishes for the month ahead,

Elaine

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There are also a number of free 10-week activity sessions designed for older adults aged 60+ taking place in select libraries starting June 2019. Find out more at www.activenorfolk.org/MMOA.



Saying goodbye and welcoming RNLI's new Lifeboat Operations Manager

Sophie Hooker

With typical poignancy, not only did Sunday 9th of June mark Lifeboat Operations Manager Robin Rafferty's 70th birthday, it was also his last day serving at RNLI Hunstanton after over 30 years of service. Rigil Kent, former Deputy Launching Authority, has now taken over the role. Here, Town & Around chat to them about their dedicated service at the RNLI.

Robin joined the RNLI in 1987. He was on the crew for 13 years, and served 5 or 6 years with the Auxiliary Coast Guards in Hunstanton and then became Lifeboat Operations Manager in 2003 and has served in the role ever since.

Explaining the tasks involved in the role, Robin said: "We're available for taking the phone calls to launch the boat and we have to do the service returns, keep a radio log and also ensure that the crew are safe. One of the hardest things you have to do is to stop the crew from launching if the conditions are too rough."

A day for reflection, the tragedies Robin experienced over the years is at the forefront of his mind: "When I was on the crew there were children that drowned and one got buried in a hole under the cliffs. Stuff like that sticks with you. We just want to see people safe."

Though he has officially retired from service, Robin says that he wants to still be in the background, available for any assistance that the team may require.

Filling his position is Rigil Kent. Rigil, a longstanding member, says: "I've served 28 years in the RNLI. I joined when I was 16, but you're not allowed to go to sea until you're 17



Pictured: Robin Rafferty (left) and Rigil Kent (right)

so I was just helping out at the station."

Humorously recalling his day of proper initiation, he says: "On my 17th birthday I was dumped in the North Sea and saw the boat disappearing into the distance. That's what they used to do in those days—throw you overboard and see how you reacted! I remember hearing the Jaws theme tune in my head thinking they'll be back for me in a minute."

Just like Robin, Rigil initially started as a crewmember and has been in various roles

throughout his time at the RNLI: "I've been on the crew, I've been a helmsman on the boat, a commander on the hovercraft and for the last 5 or 6 years I've been a Deputy Launching Authority."

Acknowledging Robin's legacy and his new role, Rigil admitted: "I am very nervous—it is a large pair of shoes to fill, Robin's done a really good job. He's looked after the station for many years. I just hope that I can do as good a job."

Hunny to the Bees

Perchance you have spotted a group of ladies jogging around Hunstanton on a Thursday evening, chances are you have spotted the Hunstanton Hunny Bees Running Club.

In a bid to emulate the success of the Ladybirds Running Club in King's Lynn who celebrated their 25th birthday last year, the Hunstanton branch was created in the summer of 2018 and has grown from strength to strength, with almost 60 members in their Facebook group to date.

Inspired by a previous initiative from Reebok called the 'Reebok Running Sisters' waves of ladies running groups throughout the country have formed and Hunstanton, in collaboration with Alive Leisure, has followed suit.

Following its success last year, two more six-week courses have been introduced with the last course in February and the current course from April of this year.

Their ethos is "fun, fitness and friendship" and member Jo Wyborn emphasises that they are "open to all ages, all capabilities and everybody waits for everybody else. It's a nice social event." Fellow member Sue Merkitt also praises how running greatly benefits mental health.



The Hunny Bees typically meet every Thursday evening at 6.30pm at the Victorian Pavilion (Crazy Golf Hut by the play area) in Hunstanton Heritage Gardens. If you are interested in learning more about the Hunny Bees or are interested in joining you can join their Facebook group 'Hunstanton Hunny Bees Running Club.'

Celebrating veganism in Hunstanton

Sophie Hooker

Acknowledging the soaring popularity of a vegan diet and lifestyle, Hunstanton Town Hall opened its doors for Hunstanton's first ever Vegan Festival on Sunday 26th of May.

Sponsored by vegan cheese company Sheese - Bute Island Foods, the festival welcomed the public inside to savour the culinary delights on offer, including cakes from The Iced Vegan and Vegan Cakery, seaside staples from There's No Catch VFishnChips and Indian dishes from Home Kitchen.

Proving health and beauty need not necessitate animal testing were stalls from Tropics Skincare, Eden Perfume and It's Cruelty Free. Health and fitness were also featured predominantly with athletics club Vegan Runners on hand for advice.

The event also helped raise money for Sea Shepherd, a marine conservation charity dedicated to ending the destruction of habitat and slaughter of wildlife on both the UK's coastline and the world's oceans. You may recognise them for their work for local beach cleans.

Organiser Shena Louise's charity Pudz Animal Sanctuary also benefited from the event, she said: "We have 136 animals at the moment- disabled, special needs and terminally ill animals. This is where we fundraise to make sure that they're looked after well."

Hunstanton Town Council obtained a grant to fund the event. Fellow organiser Amanda Knight adds: "That it was a great success, very well attended and plans are being put together for a Vegan Christmas Fair."

Veganism is a lifestyle and diet is defined by The Vegan Society as "a way of living which seeks to exclude, as far as is possible and practicable, all forms of exploitation of, and cruelty to, animals for



food, clothing or any other purpose."

Veganism has seen an unprecedented rise in popularity in the last couple of years: and according to The Vegan Society, the number of vegans has quadrupled from 2014 to 2018, with there now being around 600,000 vegans in the UK; equivalent to 1.16% of the British population. And in 2018, the UK launched more vegan products than any other nation.

Heacham students protest climate change with beach clean

Students at Heacham Junior School joined the international protests on climate change on Friday the 24th of May that saw hundreds and thousands of youths worldwide demand a call to action on the issue.

Inspired by young Swedish environmentalist Greta Thunberg, scores of children took to Heacham beach armed with banners and litter pickers. Forest School teacher Emily Riddington explains: "We have basically followed her because we feel empowered by her and she's given us a voice we are joining in with the protests."

"Some children haven't come in today as they are at the protests. This is our own protest. We teamed up with the Surfers Against Sewage charity and thought we would do a beach clean whilst we protest."

16-year-old Nobel Peace Prize nominated Thunberg is pressing for other countries to follow suit of Britain, Scotland and Ireland and declare a climate emergency, urging schoolchildren to follow the 'Fridays for Future' strike movement internationally.

Surfers Against Sewage (SAS) is a marine conservation charity that works alongside local communities to help protect oceans, beaches and marine life. They have more recently turned toward aiding communities to help protect their coastlines from the threat of plastic pollution.

As part of the West Norfolk Academy Trust which includes Heacham Junior School, Heacham Infant School and Snettisham Primary School, all three of the schools took part in activities pertaining to the issues of climate change and the environment that day.



Emily adds: "We wanted to be in school but show children how they can help the environment and think about climate change. They've written poems, they're doing a litter pick."

"We're also thinking about how we need to change our lives a little bit to help the future and to help the environment. We organised something where we could be part of the village community and show our views this way."

Above: from left) Lily-Jean, Katheryn and Adele. Right: The procession from school to beach. Photos: Ian Burt



Introducing Gavin King, the new Executive Head of the St Mary Federation

Sophie Hooker

Gavin King, a seasoned head teacher, has recently taken on the role of Executive Head at St Mary Federation, consisting of Brancaster C of E VA Primary School, Docking C of E primary School and Nursery and Sedgeford Primary School. Here, he talks to Town & Around about his ethos and vision for the schools.

“I’m really looking forward to starting at the St Mary Federation and I was attracted to the post as it’s a really interesting group of schools with a warm family feel, and with a wonderful link to the church too.”

“I have experience in education and I have been a head teacher many times, most recently I’ve worked with the local authority in London as a school improvement officer. Over the last year I’ve been working in a large multi academy trust in Norwich supporting them with their business development.”

“This year I’m really looking forward to using some of the ideas that I have learnt along the way to help make these schools really exciting places with an exciting curriculum, and places where parents really want to bring their children.”

“One of the things that we really want to do is develop a really ambitious curriculum for the school and we’re going to be looking at ways to bring the schools within the federation together by having a federation minibus and having opportunities for the children to socialise and learn together more.”

He lists that high on the list of priorities is improving IT facilities and developing Forest school experiences throughout the federation.

“One of the things that I find really



Pictured: Gavin King with Sedgeford Primary School students

important which will be part of my vision will be developing people—both children and adults—within the organisation as leaders and that will be a driving force in what we do.”

Although only officially becoming a federation in May 2015, the schools had been working together for a while. Providing education to children for over 150 years, the schools continue to thrive and Ofsted rates all

three as ‘good’.

St Mary Federation state on their website: “We are highly inclusive and like to make sure that everyone can succeed in a place where they feel safe, happy and well. All of our children have their own talents and we aim to develop these to the best of their ability – we believe that anything is possible if you ‘aspire and grow’.”

Karen’s 10k run sponsorship tops a thousand pounds for Firefighters Charity



Karen Richardson completed the GEAR 10k run in King’s Lynn on 5th May in 48 minutes and 35 seconds, raising £1040 for the Firefighters Charity that offers specialist lifelong support for members of the UK’s fire services community.

Karen chose this charity as her husband Sandy is a Heacham-based Retained Firefighter and stepson Tom is the Station’s latest recruit. “I work as a nurse at the Sandringham Hospital, I’m on the Bank for the Queen Elizabeth Hospital and specialize in end of life care at the Norfolk Hospice, and looking after people is really important to me so when I learned about the great work of the Firefighters Charity I wanted to do something to help,” she said.

“It was a breezy day, and the wind was quite strong as we were running by the river so although I didn’t quite achieve my target of 47 minutes I’m very happy with the result and the amount I’ve managed to raise.

“I’d like to thank everyone who sponsored me, the support I’ve had has been amazing, and I’m pleased to be able to contribute towards the Charity’s work.”

Photo left: Karen with her GEAR medal

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Unveiling Hunstanton Heritage Centre's new home

Sophie Hooker

After months of renovations, the former Natwest bank in Hunstanton has been converted into a Heritage Centre and was opened on Saturday the 8th of June by Mayor Amanda Bosworth, the Hunstanton Civic Society and volunteers.

A showcase of the town's history from the formation of the cliffs (over 100 million years ago) to the present day, the centre is an informative walk through history educating visitors of the rich history of the town.

Particular highlights include the converted vault now housing a television playing films such as 'John Betjeman Goes by Train' and 'Hunstanton on a Postcard'. There is also a room dedicated to the old railway line.

There are many displays adorning the walls, covering Henry Le Strange's vision of the town in the 19th Century to devastating tragedies, most notably the flood of 1953. For those more paleontological minded there are also numerous fossils on show, plus various artifacts and antiques from various stages of the town's history.

Mayor Amanda Bosworth said: "I am very happy to be a part of the day, an important one in the life of Hunstanton. Thanks to the hard work and dedication of Andrew and the team, the Heritage Centre now has a permanent home where its evocative displays can be enjoyed by residents and



The Heritage Centre workforce: L to R: Stephen Kent, Tony Armstrong, John Bridger, Ann Stevens, Andrew Murray, Mags Armstrong, Mick Smith, Sheila Kent

visitors of all ages. We are very fortunate to enjoy such a facility in the heart of the town."

Volunteers from the Hunstanton Civic Society spent six months converting and moving everything into the premises. Chairman of the Hunstanton Civic Society John Maiden said: "During the five years that it occupied premises at 15 The Green, Hunstanton Heritage Centre grew in popularity with visitors and locals alike."

"When this property changed hands at the end of 2018, and the displays had to be moved out, the former Natwest bank

was acquired, thanks to the prompt actions of one very generous benefactor."

"Needless to say, converting the bank into a heritage centre demanded very careful preparation and an enormous amount of hard manual labour. The vast majority of this work has been cheerfully undertaken by a small band of volunteers, drawn mostly from the ranks of Hunstanton and District Civic Society."

"Support from those unable to wield power tools, or even paint brushes, has come in the form of donations, both large

and small, including one cheque for £2,500 from a Civic Society member who wished to remain anonymous."

"Thanks to all the practical and financial help received, the new Heritage Centre will be open to the public from 1pm until 5pm on Saturdays, Sundays, Wednesdays and Bank Holidays throughout the summer. Situated at the junction of Greevegate and Northgate, the Heritage Centre should have a very positive impact on the town centre."



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Celebrating West Norfolk Heritage: RAF Bircham Newton

Sophie Hooker

06/06/1944. A familiar date for many that of course marks the Allied Invasion of Normandy, or more well known as D-Day. It was the largest seaborne invasion in history, and the RAF played a crucial role. On the 75th anniversary of this momentous day in wartime history, Town and Around visits RAF Bircham Newton and proudly showcases their archive of the village's history and the part that the base played during wartime and beyond.

Regarding D-Day, Bircham Newton had a role to play in the events that unfolded. Aircraft from the station conducted armed reconnaissance patrols over the English Channel in the period leading up to and during the D-Day landings. These patrols were tasked with finding and destroying heavily-armed enemy marine craft, known as E-Boats and R-Boats, which threatened to hamper the D-Day landings on the 6th of June and the subsequent flow of supplies and reinforcements. Bircham Newton's No. 415 Squadron was involved in these patrols, flying Vickers Wellington aircraft.

Over 11,590 Allied aircraft were involved in the operation overall, and 5,656 of these were Royal Air Force. Over 1,800 RAF personnel and 456 vehicles landed on the beaches, increasing in excess to 3,500 personnel and 815 vehicles by 9th of June.

Of course, Bircham Newton was in operation for several years before and after this event. The former station of RAF Bircham Newton was born in 1918 during WWI. The airfield was first used for training pilots joining the war. This training soon moved to Sedgeford aerodrome and Bircham Newton was destined to become a bomber base, and plans to bomb Berlin were only cancelled after the Armistice was signed.

During the inter-war period in the 1920s and 1930s, Bircham Newton was a peacetime bomber base. The Sidestrand bomber that flew from there was built in Norwich. During this time in 1936, Bircham Newton was assigned to the newly created Coastal Command, the RAF's maritime arm responsible for protecting allied shipping and supply routes. Many of the redbrick building that surround the site were built during this time of expansion before WWII. During WWII, they were heavily involved in the operations against German convoys carrying war materials. They also rescued airman who had ditched in the North Sea.

During WWII, there too many visiting units to list, proving a very busy time for the base. Two satellite airfields were opened in Docking and Langham to cope with the additional tasking during this time. Many units were involved with hunting down enemy boats and convoys in the North Sea.

Post-WWII, however, Bircham Newton's days as a flying station was numbered, as in the new jet age there was little use for grass



airfields. It was briefly transferred to Flying Training Command, later used as demobilisation centre and aircrew holding unit. In 1946 Transport Command controlled the base, but lacking concrete runways flying was predominantly conducted at RAF Sculthorpe. Two years later in 1948 the station was transferring to Technical Training Command, becoming the RAF'S School of Administration. Bircham Newton finally closed in December 1962 and in 1964 the site was acquired by the Construction Industry Training Board (CITB), who remain there today.

Today the site houses a Heritage Centre where visitors can visit on all bank holiday weekends and other selected Sundays throughout the year. Relics of war and artifacts have been carefully collated by trustees and kindly donated by people with ties to the site, preserving the integrity of the former RAF base. Trustees are always keen for people with personal or familial ties to come forward and stories are collected and kept in large books, available to read at the Centre.

There are countless air force memorabilia to peruse at the museum: photographs, plaques, uniforms, model replica airplanes that flew from the site and various artworks, to name but a few.

A distinctly personal touch pervades the museum, telling the stories of various individuals that served. This includes a large board by illustrator Austin Godfrey of CITB that lists every senior officer and the important squadrons that served at Bircham Newton. A famous airman on the board is Ray Collishaw who was credited with shooting down 60 German aircraft in WWI.

Another particular highlight includes a plaque depicting Squadron 119 dated from 1918, painted by Air Mechanic Frank Coe and donated by his daughter Rene almost 100 years later.

With a distinct royal link thanks to their proximity to Sandringham and the royals' use of the airfield to fly between London and Norfolk, photographs of Queen Elizabeth II's (then Princess) visit to the site in 1941 adorn the wall. King George V also visited in 1934. Prince Philip also made several landings at Bircham Newton during his flying training in 1952 and 1953.

A particular individual of note is flight lieutenant Peter Hall and his uniform is housed at the site. Hall was shot down in Holland and bailed out of his aircraft and was sent to a prisoner of war camp called Stalag Luft III, where the Great Escape was hatched and where Hall created escape maps. Around 20 airmen based in Bircham were shot down and ended up as prisoners of war.

More than 530 individuals who served at Bircham Newton lost their lives in the course of their duties. The vast majority were killed on operations across the North Sea. St Marys Church Great Bircham hosts the local Commonwealth War Graves cemetery where there are 66 graves of British and Commonwealth airmen who lost their lives locally or were recovered from the sea around the Norfolk coast. There are also the graves of 11 Germans that were shot down locally.

Established as a heritage centre in 2005 by the RAF Bircham Newton Memorial Project, they erected two memorials one at Bircham Newton (2006) and the other near the village of Docking (2007). Today there are ten volunteers involved and they all have either a personal or familial connection with the RAF.

Still welcoming visitors regularly 14 years later, Chairman of Trustees David Jacklin said: "We get hundreds of visitors every year. They are usually enthusiastic people that have an interest in aviation, military history or local heritage."

"Some of our open days are special and we invite local friends and fellow enthusiasts such as Tony Nelson, with his big model aircraft which he calls 'Norfolk's model air force' and he invites people to view them."

"We try and do as much as we can and we try and make the Centre more interesting by changing it around, adding new things."

With a great-great uncle that died at the site in a flying accident, I hold a tenuous yet familial tie to the site, as many locals do. With any luck, the Heritage Centre will continue to operate on the very site that is a fundamental pillar of the wartime history of West Norfolk.

Admission is free to the open days. The next open days are 30th of June, 14th and 28th of July and the bank holiday week on the 25th and 26th of August. The centre is open 10am-4pm on each of these dates. There is disabled access and toilets available. For more information about the Centre and open days visit <http://www.rafbnmp.org.uk/>.

I would like to thank David Jacklin for his help in writing this article.



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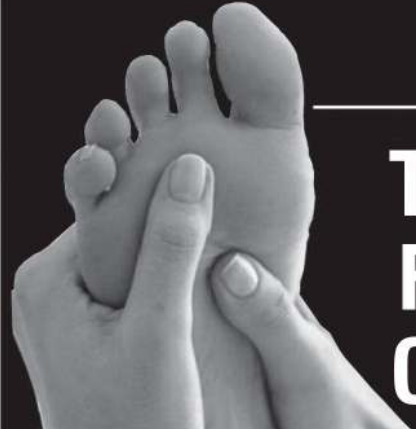
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A Page from the Sage

Well here we are again writing my Page from the Sage for Town and Around for the month of July 2019.

In the June edition of Town and Around I wrote about the boundary change of New Hunstanton, I found out that the boundary change was on the first of April 2007 when the Campbell Close estate, the Smithdon School and the commercial park then came into the boundary of New Hunstanton and not Old Hunstanton, the only difference this made was it means that the people living in Campbell Close have since 2007 been able to vote in New Hunstanton instead of before that having to vote in Old Hunstanton or Ringstead. At one time there were three Ringsteads: Ringstead, Greater Ringstead and Barret Ringstead or Ringstead Parva. A lady I knew lived at Lodge Farm Cottages, that is the first farm you get to on your way to the Downs. When she got married in the nineteen sixties the address on her marriage certificate was Lodge Farm Cottages, Lodge Farm, Downs Road, Ringstead Parva, I have been told that Lodge Farm is now in New Hunstanton, yet the old ruined church that you can see over the fields when you go down Redgate Hill is still in Ringstead Barret or Ringstead Parva.

In 1925 the village of Irmingland 5 miles north west of Aylsham which covered 720 acres of land with a population of just 12 people was the smallest population of any village in Norfolk. The largest village in Norfolk by area is Terrington St Clement with 10,652 acres of land, 227 acres of salt marsh and 132 acres of foreshore, Snettisham has the largest area of foreshore 1,342 acres in Norfolk.

I found some copies of some old minutes from the Hunstanton Urban District Council covering the years 1967 to 1973 which I thought might be of interest. Car park charges for the seafront car park at that time were 2/6 per day. Stolen from the putting green hut on Cliff Parade on the night of 23/24 June 1967 were 300 golf balls and 32 putters.

Classed as unfit for human habitation on the 11th October 1971 were Gaswork Cottages (6), 33 to 67 Southend Road (18), 26 to 18 Church Street (7), 2 to 6 Southend Road (3). The Gaswork Cottages were not demolished till 2002 when Tesco took over the land, all of the other cottages are still standing and lived in.

On 17th September 1971 plans were put in for the layout of South Shore caravan park stating that the caravans must not be more than ten feet wide. On 4th December 1967 a closure notice was ordered in respect of the Hunstanton to King's Lynn railway line. The following Councillors were at this meeting:

Mr I W Barker Chairman, Mr A W Fleming Vice Chairman, Mr K J Bolton, Mr T W H



by
Dick Melton

Burton, Mr G L Cracknell, Mr J F Fleming, Mr B G Hollingsworth, Mr D J Insley, Mr T C R Legge, Mr J T Shorton, And Mr W Patterson. As we all know the railway eventually closed down in May 1969.

On 5th December 1967 plans were put forward for the Blue Lagoon bathing pool site with room for 156 car parking spaces. The cost to fill in the pool with shale and rubble was £2,200, a public meeting to save the pool was held a week later at the Kit-Kat public house with over 300 people in attendance. They were told by the Chairman of the then Hunstanton Council Mr L H Brown that the council would do their utmost to save the pool, it was demolished by the end of December 1967, and was opened as a car park by the Easter of 1968.

The repair of the sea wall and demolition of the Kit-Kat slipway took place also in 1967, this was a long slipway that stretched out to sea it also acted as a breakwater holding back the sand, it had been damaged in the great flood of 1953 and had suffered more damage since, the council at the time said a new slipway would be constructed in its place; as we all know this has never happened.

Again in 1967 Manor Fields caravan site was rented to the Caister Group for 30 years, £6000 for the first 25 years and £6500 for the next five.

In 1971 Trackrail bought D car park Cliff Parade for £25000. In 1972 Hunstanton Council advertised the resort in some national newspapers one advertisement in the News of the World cost £52 pounds. In the same year, 1972, the following were let at these prices: Shellfish Stall for one year on Johnson's Slipway £180 pounds, the site for the donkeys on the beach went up £256 to £280 for the next five years, this cost of let was found to be an error by the council and it should have read £125 going up to £140 per season for the next five years. In 1972 the cost of parking coaches was 30 pence per day or part thereof, the coach park those days was on the old Sandringham Hotel site, the Sandringham

Hotel was demolished in 1967 along with the Hole in the Wall Bar and the Casino Dance Hall. Also on the coach park site stood the Harlequin Bar and the Council Information Hut, Harlequin House was built on this site in 1984 and the coach park was moved to Southend Road. The Kit-Kat had their own coach park that held ten coaches in

Seagate Road; the Eastern Counties Bus Company kept their buses, a mixture of single decker buses and double deckers in a large garage down the bottom of Southend Road where the Oasis Way meets Southend Road.

In 1971 the Clerk of Hunstanton Council received an enquiry from the proprietor of a zoological gardens in Lincolnshire who would like to lease a site in Hunstanton of about two acres for the same purpose but nothing came of it.

Last year, 2018, we heard a lot about a regeneration plan for the Southern Promenade at Hunstanton. A firm called Hemingway Design from Wembley was assigned to carry out this project; they held a meeting at the Town Hall but unless you were a stake holder in the town you were not allowed to attend. I was then told that there would be a public meeting where anybody could attend, but alas this did not come about. Now after several months it has all gone quiet on the Hemingway front; I believe Hemingway Design were paid a lot of money to devise this plan, and I think it is only fair for them to let the people of Hunstanton know what is going on, maybe they will just leave the South Promenade alone which is what most people want, by the way.

I wrote to Hemingway Design over six months ago, but what do you know, I have not had a reply yet.

I read in the Lynn News in the Parish Council notes for Snettisham, that are in there most Tuesdays, the council were told by the Wash East Coast Management Strategy Group that there is eight per cent more sand at Snettisham Scalp than in previous years, seeing that a lot of people are worried about the lack of sand on Hunstanton main and north beach, maybe Hunstanton Town Council can ask Snettisham Parish Council if they can have some of their sand; the council could get it here with a convoy of wheelbarrows.

Of late there has been many letters in the press about road kill, birds and animals that have been run over. As a young man I would help a man who would buy up chickens, ducks, geese, rabbits and game, we would pluck them and gut them, then take them to market. We would go all round West Norfolk buying them up. On our travels if we came across any road kill I would pick it up and put it in the van, as a lot of road kill was still okay to eat, if it was badly squashed I would chuck

it over the hedge. When we got back we would sort it out, pluck it or skin it, he liked rabbits best as he could sell the meat and the skins, he also kept the tail feathers from pheasants, he would then sell the skins and feathers to a fur and feather dealer. There are still some old country boys about who pick up road kill for their own use, people used to say that if you knocked over a pheasant or any other game you were not allowed to pick it up but the person driving behind you could. I am going to finish with a different saying this month: 'when squirrels eat nuts up a tree, very warm weather will there be.'

That's all for now, the Boy Dick the Sage from Sunny Hunny.

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Musings on the importance of a heritage centre to a town

by Margi Blunden

Although the history of New Hunstanton is a comparatively short one; it only came into being as a result of the vision of Henry Styleman le Strange in the 1840's. The realisation that there is a story well worth telling has been evolving. Brian Holmes, with assistance of the Borough, started holding exhibitions in the Coal Shed Gallery in 2008. A much larger exhibition was held in the town hall in 2012 to mark the 150th anniversary of the opening of the railway line from King's Lynn.

In 2013, Solveig and Derek Ward generously allowed the Civic Society the use of the former shop on the ground floor at 15 The Green. This seemed to be an ideal location adjacent to the Princess Theatre. The space allowed exhibits to be displayed about a multitude of aspects of the town's life past and present.

Following her husband's death, the announcement in April 2018 that Solveig would be moving back to her native Sweden caused not a little anxiety. The volunteers who ran the Heritage Centre viewed several possible alternative venues. The Nat West Bank closed for business in June 2018 and a bid to buy the building was fortunately successful in October. Although there was no chain, it took four months for the deal to be completed and it has taken another four months of fairly intense work to convert the building.

The story has now unfolded and you can find the new centre in the premises of the former Nat West Bank on the corner of Northgate and Greevegate.

Walking into it on the first open day I was struck by the transformation of the building and the expansion of material and ideas from the old centre. It made me reflect on how very fortunate this town is to have a heritage centre.

But why are we so fortunate and what does it do for us?

The people who drove this venture forward are a group of retirees with an enormous sense of commitment – they have pooled their varying resources and created something to shout about. Not only have they given their time and energy but also they have formed a community who have proved that they care about Hunstanton and want to share that with whoever will come and enjoy the centre.

This sends out a message; Hunstanton's past is worth preserving and Hunstanton's future is worth thinking about. And the people of the town have made something concrete out of their belief that this is so.

Looking at history gives us the chance to take pride in what has been achieved and sometimes to stop, think and question how things have developed in the context of what is happening in the world around us. Why do we have certain buildings/facilities in the town and why have some disappeared?

So very many visitors and residents who came into the old centre told us of their sadness at the loss of the boating lake, the railway, and the pier. These things were Hunstanton. They were part of its identity.

So we are faced with our feelings about loss and identity and how we have been defined by our surroundings. We are faced too by our responses to the decisions of authorities and how they have shaped our town.

Not only does the centre give us as residents a space to look and think, it tells the world outside our town what is on offer and gives them the opportunity to come and see too.

Our heritage centre makes a statement we can be proud of.

In addition the very building it is now housed in is a building of stature – with of course its own history and we are keen to meet up with former bank employees.

This crossroads at the end of the High Street is greatly enhanced by the old bank and there are plans to enhance it further by some outside landscaping.

A heritage centre lends value, interest and educational experience to a town. It is too a gathering place where people can meet and spend a happy hour or two learning, remembering and discussing.

Hunstanton is a town offering the seaside, the prom and its attractions, the theatre, many places to eat and drink and now a permanent heritage centre – which surely must stand at the heart of our cultural community.

Hunstanton Heritage Centre will be open every Wednesday, Saturday, Sunday and Bank Holiday Monday from 13.00 to 17.00 during the summer.

Heacham History Group

The talk for May was given by Dr Sally Francis from Burnham Norton. Sally runs a very successful small business, growing, processing and selling Saffron. She's built the business up from just a few corms given to her as a birthday present and is proud of the fact that, with the help of the Norfolk climate, she produces the highest grade of saffron. You may wonder why we should have invited Sally to talk when we are a history group. We associate saffron with the Middle East or the hotter countries of Europe but in the medieval period England was one of the biggest cultivators of Saffron. From the Tudor to the Georgian period Norfolk was a major producer and exporter. Ships sailed from Lynn, Heacham and Burnham with this very costly spice. Sally has searched letters, diaries and records of shipping. She has researched names in the landscape where Saffron Field, Close or Ground appear as field names. There was even a vicar in Blakeney who grew Saffron. In the Le Strange papers it is written of people being employed to plant and look after the saffron crop and the seventeenth century accounts show items being brought for the drying of the spice. Saffron is a very labour intensive crop and this is the main reason why it's so expensive. Mechanisation for the most part is not possible. The flowers are harvested and brought inside, then the laborious work of extracting the costly strands starts. This must be done the same day. Drying follows which must be carefully regulated and watched, with no sleep for those in charge until it is dry.

We were all fascinated to learn so much about this part of Norfolk's

past and present. Many left clutching saffron flour, small precious jars of strands and recipe books.

July's meeting on Monday 29th, sees the return of a very popular previous speaker, local historian Philip West. Philip will be talking about a subject very relevant to us as an agricultural county, "The History of Farming in Norfolk".

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

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Hunstanton Heritage Centre Opening - A Postscript

John Maiden

Within hours of opening in the former Natwest bank on June 8th, Hunstanton Heritage Centre had a visit from someone with interesting background information on four victims of the 1953 Floods. Joanne Ellis was able to confirm that her aunt, Dorothy Martin, aged 22 years from Widnes in Lancashire, was married to Russell O Martin, a US Airman from Virginia. Their two sons, Russell O Junior, aged 22 months and John W, 11 months, were both born in this country.

The family had lived at 3 Avenue Road, but were living next door to one to Neil Quincey's family in South Beach Road when the tidal surge claimed their lives on January 31 1953.

The very first page in the 1953 year book for the USAF base at RAF Sculthorpe is dedicated to the 16 American victims of the Flood and Tempest, which obviously includes Dorothy and the two young boys. Had they lived, all three would have been eligible for US citizenship without having to give up their British citizenship.



L to R: Patricia and John Maiden, Mark Service, Shelley Rodriguez, Andrew Murray

This fact was confirmed on June 9th by Col Shelley Rodriguez when she visited the Heritage Centre before dropping in on Neil Quincey for tea and cakes. This was an early celebration of Neil's 94th birthday, which was on June 27th. Shelley was Commander of the USAF 67th Special Operations Squadron in 2012 when the Squadron celebrated its 60th anniversary with a parade in Hunstanton, and in 2013 when members of the 67th took part in a ceremony commemorating the 60th anniversary of the Floods. Shelley said: "I was so pleased to see the Twinning sign on Redgate Hill. I went back to take a picture of it!"

The same was true of former RAF Flight Sergeant Mark Service, the official historian of the 67th, who initiated all of the events culminating in the Freedom of the Town ceremony in 2014 and the Twinning in 2016. He was in town with his wife Liz, primarily to visit Neil, but he too called in at the Heritage Centre where he commented: "It's wonderful to see the high quality displays and exhibits housed in such a distinctive building."



L to R: Shelley Rodriguez, Neil Quincey, Mark & Liz Service, John & Patricia Maiden, David & Canny Jones

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Borough Council News July 2019

Heacham Sedgeford Fring

The meeting between neighbours and a small local developer mentioned last month was useful and I hope other builder / developers take note.

STOP PRESS Heacham Cheney Hill. A reserved matters application is likely to emerge in July, perhaps a little later (from recent discussion with site owner). There may be public/developer consultation. I will make arrangements for a meeting between myself and interested Heacham residents (only) when more details emerge. Email me and/ or look for a notice in the Parish Council office.

At an Environment and Community Panel, I managed to raise, again, the issue of lack of litter / dog bins along the sea defences between Heacham and Hunstanton. It is supposed to be being taken further. Don't hold your breath.

I have received a few complaints about grass verges being a bit long. My answer has been 'Spring Watch'. If you like bats then they like moths as do many birds. Many moths like long grass and associated weeds. Tidy edges on wider verges and a good cut after seeds have fallen would be a nice balance. Think about it anyway.

Sedgeford and Heacham enjoyed excellent entertainment in their halls. 'An Honest Gentleman' at Sedgeford (Stuff of Dreams Theatre Company supported by Creative Arts East) and 'Evolution Express Judgement Day' at Heacham (The Pocohontas Players). The Youth – West Partnership is running a Youth Club for 11-18 year olds at Heacham (Tuesday nights except for the last Tuesday of the month, 6.30pm, Church Hall in the High St.). The Youth-West Partnership supports local drama through enabling training. Ask about it.

I have met an old colleague who knows Fring well and I will attempt to make contact with residents over the summer. Or you can always email or 'phone me (leave a message)..

A significant concern of many people close to building works is the disruption it might cause – noise – dust – litter -mud. There are two ways the Borough Council attempts to deal with this; planning conditions put in place by planning officers before the work starts; dealing with problems as they present themselves via Community Safety Noise and Nuisance (CSNN) action.

Planning officers are reluctant to condition nuisance, particularly on small developments as they might then be required to enforce them by tasking enforcement officers. CSNN officers would prefer planning conditions as they can reduce workload on their small department. They often request conditions on developments of more than two units. If conditions are not in place then they pursue, in particular, issues related to working hours, noise and dust.

At a planning committee I was somewhat surprised that a planning condition to restrict working hours (8am to 6pm, no Sundays or Bank Holidays) was considered not suitable for self-build developments even when very close to existing houses. My logic was noise is noise and should be controlled. I broached this with CSNN officers who agreed with me. I will pursue this contradiction.

Report nuisance building issues via the BC website and CSNN and / or report them to me.

For information: as I have noted before, self-build today is mostly done by builders and is, seemingly, just a mechanism to avoid paying the Community Infrastructure Levy.

The Single Use Plastic Working Party has been re-established to monitor progress (none at present).

Bid funding is available from government to support high street regeneration in towns, BCKLWN will almost certainly make a bid for King's Lynn.

Alive Leisure is now Borough Council controlled. King's Lynn Innovation Centre is now owned by the Borough Council again. How the £1 million owed to the council is to be repaid is being determined. A focused staffing restructure within the council aims to save money over the next two years. There will be some movements towards making aspects of the council more open. More information as and when things change.

Terry Parish, Independent Borough Councillor

Just because we get older doesn't mean we have to stop being active

There are so many benefits to being active throughout life, and as we mature. It can lift our spirits and provide a sense of fun, helping us feel better in both mind and body.

Being physically active can:

- Help strengthen and loosen muscles and joints
- Increase your resilience and fitness
- Help you maintain your independence for longer
- Increase feelings of happiness and wellbeing
- Provide a chance to socialise and meet new people, and try something new

Being inactive and sitting too much causes muscles and joints to weaken over time, which can create pain and stiffness. Regular, gentle exercise can help loosen things up, helping you regain strength and increase your energy levels.

Here are some ways to be more active, both inside and outside the home:

- Why not go for a gentle walk around some of Norfolk's beautiful trails and paths? You can find information about guided walks, short circular walks, and links to Norfolk Trails at <https://www.activenorfolk.org/walking>
- Keep your mind and body sharp! Try challenging yourself to learn something new like Qi Gong or Tai Chi. Find more information about QiGong (<https://www.activenorfolk.org/a-z/qigong>)
- If you enjoy the companionship of group classes and sports, there's lots of information on classes and opportunities to be active at www.activenorfolk.org
- Prefer to stay closer to home? Gardening and digging, using a wheelbarrow, climbing the stairs, or taking a walk to the local shop are some ways you can build more activity into your day.

Whatever activity you choose to do, something is always better than nothing. Being active doesn't need to be a chore. Find something you enjoy or that you can do with a friend, and feel the benefits of moving more.

See our advertisement on page 5 of this magazine.

Charity Petanque Marathon at Bushel & Strike, Heacham

Saturday 27 July, 9 am to 9 pm

Hosted by Bushel & Strike Public House and Strikers Petanque team 24 Malthouse Crescent, Heacham, PE31 7DL
Collecting for the East Anglian Air Ambulance
Players, spectators, interested non-players, all welcome

The format will be teams of three, playing games of triples, so come with your team, or form a team with friends, or just come and join other interested people on the day.

The Bushel management will play against The Strikers for the first hour, so if you are not familiar with the game come early and see how it's done. After that we plan to have two-hour time slots – 10.00–12.00, 12.00–2.00, 2.00–4.00, 4.00–6.00 and 6.00–8.00 – for teams to play. The Bushel management will play against The Strikers again for the last hour.

But you don't necessarily need to book, or have to play for a full two hours; timing, the make-up of teams, substitutions . . . anything and everything is flexible so long as you have fun and we raise lots of money for the Air Ambulance.

Food and drink will be available from the pub during the day.

To book a time slot (or part of a time slot) for your team, or for more information, please contact Robert Partridge on 01485 571977 or at 17robert105@gmail.com

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Mudpies and Butterflies

with Louise Barby, Balanis Garden Design

My monthly articles generally focus on looking after the wellbeing of our gardens. This month, I focus on our own wellbeing. It's easier to keep on rushing around, than stopping sometimes. Just give yourself some time, just five minutes. Fresh air, sunshine, the feeling of earth through our hands and the potential for social interaction are all factors. This month is a perfect time to get inspired. Often, the hardest step to change is the first one. Simply plan a walk around your local area and make some mental notes of what you like, what you don't and what would fit in your garden or courtyard. Then resolve to get started as soon as you are home!. Also remember that Open Gardens is still happening in our area, check www.opengardens.co.uk for gardens local to you.

Watering:

June has been super hot at times, plants suffer if we let them dry out. Water the soil around the base of plants rather than their foliage. This directs water straight to the roots. Water your baskets and containers thoroughly during hot weather. It is much better to saturate them when you can, rather than a small amount daily. Use water butt water if at all possible.

Raise lawn mower blades to reduce stress on grass during dry periods. Water with a sprinkler if possible.

Keep bird baths topped up too.

Feeding:

Feed baskets, tubs and roses with a liquid fertiliser. Remember, every time you water, nutrients are being leached from the soil. When plants are in their growth phase, they need as much help as possible.

Fruit trees:

During June, fruit trees naturally drop some of their fruit, it is good practice to thin a little more by hand, generally by mid July. This will increase your yield and allow new trees to have sufficient energy in to creating a sturdy framework of branches too.

New plants:

You can sow foxgloves, echinacea, forget me knots and sweet william directly on to the soil now, for flowers next year. Mark an area or make an obvious pattern with the seed. This way, you can hoe in between the new seedlings.

Bugs & beasties:

Look out for lily beetles, aphids and powdery mildew this month. Ladybirds, hover flies and lacewings, as well as the birds will help to reduce some of the more voracious bugs. Look out for slugs and snails too, you can use pellets, beer traps, or simply by hand in the evenings. If your plants are wilting, but you are unable to find any obvious reason, check for vine weevils by tipping the plants out of their pots. If you see 'C' shaped maggots around the roots, treat with nematodes as quickly as possible.

Lots of basic TLC needed for the garden this month, but lots to sit back and enjoy too. Don't forget to stop and smell the roses!.

New equipment set to help fish in distress



Fishing licence income has funded £10,000 worth of equipment to help protect fisheries in East Anglia and save fish in distress due to the effects of hot and dry weather.

Environment Agency fisheries teams have bought a bank of equipment, including 10 new aerators and 8 handheld dissolved oxygen meters, which will be available on loan to angling clubs and fisheries across East Anglia to help if oxygen levels plummet as a result of warm weather.

As it gets hotter during the summer months, temperature increase, which lowers dissolved oxygen levels and causes fish to become distressed and struggle for air.

Water levels may decrease and algal blooms can also become more of a risk, both of which can impact oxygen levels.

Kye Jerrom, Fisheries Specialist for the Environment Agency in East Anglia, said: "We are delighted that we have been able to purchase these dissolved oxygen meters and aeration units thanks to fishing licence funding.

"We are preparing for a dry summer and potentially low water levels as we know these issues can impact fisheries and fishing, especially at lakes, and in extreme cases lead to fish deaths. We will loan this kit out to fisheries and angling clubs with potential water quality issues so they can monitor dissolved oxygen levels routinely, helping to prevent or prepare for fisheries incidents and alert us if things get worse."

The monitoring kit measures water quality, which can help predict algae blooms or detect very low oxygen levels. Environment Agency teams can be drafted in to assist with aeration, which helps re-oxygenate the water.

The equipment, which will be available to clubs or fisheries that have experienced issues in the past or are at high risk, was funded through the Fisheries Improvement Fund.

There is an aeration kit available to loan out to angling clubs who can deploy the aerators and free up the Environment Agency resources enabling them to deal with other fisheries incidents.

<https://www.gov.uk/fishing-licences/buy-a-fishing-licence>

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NEWS FROM THE HERITAGE GARDENS

Triathlon Success!

Hunstanton's first Sunny Hunny Triathlon was a great success. Held on 19th May, 95 of the 110 entrants attended to take part in swimming at the Oasis, cycling around town and running along the prom and through the Gardens to finish on the Green. Participants brought lots of spectators to cheer them along and all had a great time. Our thanks go to the King's Lynn Triathlon Club for organising what we hope will now become an annual event.



Photo: The Three Counties Triathlon Club at the finish line.

Mixed Half Term

The school half term break saw mixed weather in Hunstanton and so mixed attendances at activities. The RSPB's Nature Rangers always goes down well and the Pebble and Peace Pole Art Workshop had one good day and one poor day in the weather. Bank Holiday Monday saw high winds which meant a postponed Art Workshop and an improvised, but still popular, Busker's Corner. The next Busker's Corner takes place on 27th July. Anyone can come and play- it's very informal- so musicians and singers are invited to book their spot with Ian Wells on 07766 561993.

Bank Holiday Walk

The Health Walk went ahead still with 75 participants so our thanks to West Norfolk Walking for Health for organising. Our next walk from the Gardens will be the Sunset Walk on 30th August but there are Health Walks held locally on a regular basis. Go to www.activenorfolk.org/west-norfolk-walks for more details.

Nia is Here!

Apologies in last month's edition for giving the impression that this activity was aimed at older people. It is of course aimed at all ages. Anyone is welcome to come and join in this fun activity- gentle exercise to music which takes place by the Bandstand on the Green every Tuesday. It will now start at 1.00pm, not 12.30pm as previously stated. Come and have-a-go!

Packed out for parkrun!

The public meeting held at the Sailing Club in mid-May to discuss the setting up of a parkrun received a tremendous response and a number of volunteers have now come forward to help get it started. Local parkrun ambassador Bridget Plowright from the Lynnsport Ladybirds is leading the process and believes we may be able to start a parkrun in September. Watch this space for further information.

Plastic Art Plans

Thanks to the Hunstanton Primary and Glebe schools for collecting so many plastic bottles for our project. They were all used at the recent Plastic Art Workshop to create art from recycled plastic. The plan is to decorate the Waterfall by the Pier in time for Hunstanton in Bloom.

Searles Soap Box Derby

Entries are now open for the 2019 event, officially launched at the end of June. The event website and online entry system is up and running and taking entries. 22nd September is the date this year and interest is high. Spaces are limited to 60 entries so the advice is to get entries in early to avoid disappointment. This year's course is changed to start near the Town Hall and come down Greevegate past the Top Green and turn by Azams- a faster course and better for everyone! Details are at the web address below.

Up and Coming Dates

19th July- Anglia in Bloom Judging Day
27th July- Open Air Cinema 9.00pm- Bohemian Rhapsody (12)
27th July- Busker's Corner
30th July- Britain in Bloom Judging Day
30th Jul- Summer Activities start with Punch & Judy!
3rd August- Outdoor Theatre- Jungle Book
17th August- Open Air Cinema 8.30pm- Mama Mia (PG)
30th August- Sunset Walk- 6.30pm

Further details available at the website below or from:

Roger Partridge
Activities Coordinator-Hunstanton Heritage Gardens
Borough Council of King's Lynn & West Norfolk
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Here we hoe again...

by Old Muck at Northfields Allotments

One thing I often get asked is how do you join our merry band up at Northfields. How can you get a plot, what does it cost and how much work do you need to put in.

The easiest way to find out is come to our annual open day on Sunday, July 28 (10.30am), when you can have a nose around a few plots, meet the people who tend them and have a good old muddle about what's involved.

You could also sample some of our veg via the produce stall, chomp on one of the two Micks' burgers and get a flavour of what we're all about.

We run the site as an independent club, with a committee of plot holders dedicated to looking after the place and maintaining its relaxed and friendly ethos.

While we're a diverse and friendly bunch, taking on an allotment is a commitment in terms of the time and effort required. Some thrive on the combination of light outdoor work and fresh air in like-minded company. Others get defeated by the weeds.

While our plots are not enormous, they still need regular tending. But once you're on top of your plot, an hour or two each day and perhaps a day or couple of mornings or afternoons a week should be enough to keep the enemy at bay and your crops ticking over.

Renting a plot costs around £35 a year for a standard so-called half plot and half that for a quarter. Rent includes your share of the water bill.

Your plot will be inherited from its previous tenant, so some will require work to get them in order while others may be more tidy depending on the condition they were left in. Most come with a shed.

To join the club, you need to add your name to the waiting list by speaking to our plot manager Derek Cosbey at the open day. So best you come and see us on July 28 if you're interested.

As gardeners, we're mostly keen to keep our carbon footprint as small as we can. Note the word mostly, when it comes to one of the greenhouse



gases believed to be a major cause of climate change.

For when I asked one female member how she was getting on the other night, she said: "Fine Muck. I've been up here all afternoon picking broad beans, I had loads."

When I asked her if I could have a butcher's at said harvest, she blushed: "Oh, I don't take them home. I eat them up here raw, straight off the plant. They're delicious."

I asked as delicately as I could whether that might have certain, um, unpleasant side effects and make her somewhat less than fragrant company by the time she arrived home.

"Oh no," she said. "I just go and take the dog for a walk around the lanes until I've let it all out."

Northfields Allotments



Free Entry!



Open Day

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Photography © Chris Bishop

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Thaxters plant of the month - Lavender

A popular plant that is known for the colour of its flower as well as the scent, is Lavender and for a change, the common name is very similar to its latin name of Lavandula. Its versatility is endless with culinary, fragrant and medicinal qualities as well as its use as a cut flower either fresh or dried, and its great for attracting bees and other pollinating insects.

The small tubular flowers are clustered at the end of upright, long stems to make dense spikes above a mound of evergreen silvery-green foliage. Primarily in shades of blue, violet and lilac, there are also more unusual pink, white and red varieties. French lavender (*lavandula stoechas*) has tufts of purple bracts from the top of the flower spike and tends to be less hardy than the English varieties.

Lavender can be used as a low hedge or edging in formal or informal displays, in gravel gardens as a specimen plant, in the front of a border in a cottage garden (as long as you allow space around it) or in pots or containers on the patio. In fact, Lavender could be used in just about any garden!

To thrive, it has two mandatory requirements; full sun and good drainage. If you can give it a real hot spot, even better, a south-facing wall behind it would be perfect. Very good drainage is essential as it won't tolerate waterlogging which can easily cause the roots to rot. This can be overcome, to some extent, by the addition of grit when planting. If planting in a pot or container, also create good drainage, and use John Innes No2 loam-based compost with added grit. Clay or terracotta pots are better than plastic and can give an authentic Mediterranean look. Lavender is a rarity in that it requires very little feeding. A high potash feed can be used to encourage flowering, but avoid any high in nitrogen as this can cause excess growth leading to floppiness!

Another key factor in getting the best from your lavender is pruning. Often you will see very woody, scruffy lavender bushes – these haven't been kept in check. Firstly, cut the flower stems and use them as cut flowers or for drying, make the most of your lavender! Once most flowers have finished, mid-August usually, take sharp secateurs and cut back by at least half, even two thirds. Don't worry if you are cutting into a bit of old wood, as long as you can see little shoots on the stems below. This will give time over the autumn before that weather gets cold for these shoots to grow and fill any gaps to make neat compact mounds for the winter garden.

The most popular and strongest, hardiest English lavenders are "Hidcote" (deep violet-purple) or "Munstead" (blue-purple). They are quite compact making them easier to manage and ideal for hedging. There are hundreds of varieties of lavender and many can be seen locally at Norfolk Lavender at Heacham where you can also learn about the whole distillation process, just watch out for the abundance of bees!



HUNSTANTON IN BLOOM

Around the town the summer flower beds have been planted and are looking good, hopefully the heavy rain in June helped to settle them in but our Boro team of gardeners continue to look after the Esplanade Gardens and the Adopt-a-Bedders are doing a grand job too.

June has been a busy month with a Community Working Day on the 14th where volunteers turned up to plant the wooden High Street planters and weed, prune, sweep and mulch various areas of the gardens. We were also invited to learn how to use the bubble gum removal machine! How much nicer the pavements would look cleaned up. Let's hope we can keep on top of it. This was a great day for In Bloomers and Adopt-a-Bedders to join forces to make the town look extra special in preparation for Judging Day, Friday July 19th for Anglia in Bloom and Tuesday, July 30th for Britain in Bloom.

New for this year will be the colourful Peace Poles planted around the town, get up close to read what people have written on their poles, lines of poetry, a profound message or a fun epithet. The waterfall bed should look different with recycled plastic bottles turned into colourful flowers flowing down the rocks all painted by volunteers. The raised bed on the Upper Green is cleverly planted to represent 50 years since the first Moon Landing. This has been Adrian Winnington's project, and very artistic it is!



You will know that Hunstanton achieved Gold in 2018 so why all the fuss? The highest accolade of all would be to get Best in Class, we are in Seaside Resorts under 12 thousand. Last year it went to East Haven in Scotland and I think we last won in 2014 so it is time to bring it back. In Bloom is intended to be for anyone in the community who would like to enhance our town in a horticultural way and there is always room for more people to get involved so if this appeals to you please contact Chris Durham on chris.durham@west-norfolk.gov.uk or In Bloom secretary, 2chrisearnshaw@gmail.com

RINGSTEAD OPEN GARDENS OFFER COLOUR, CAKES AND COMMUNITY SPIRIT! Sunday 7th July 2019 is RINGSTEAD OPEN GARDENS DAY



This special event raising funds for the village church has been a tradition for more than 50 years and this year promises another wonderful blaze of colour, cakes and community spirit!

Visitors can make a day of it with a variety of gardens – large and small opening specially to the public from 11am to 5pm. A new entry this year will also include a Pétanque (Boules) pitch so come and have a go! St Andrew's Church itself will play host to a Flower Festival of Women in the Bible and work by local artists across 3 days from Sat 6th to Mon 8th July.

The delicious home cooked, 2 course lunch is always a popular draw on the Sunday and this year will be served in Ringstead Village Hall from 12-2pm @ £12 per head. Teas and Coffees will be served from 2pm til 5pm. With the added bonus of traditional Cake and Produce stalls, Tombola, Raffle, the unmissable Plant Stall and a walk in nearby Ringstead Downs Chalk Pit it has all the makings of a fun day out for all ages.

See you there!

£5 admits to all gardens. Call 07786 316610 to book lunches

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CACTUS AND SUCCULENT CLUB

There is a Cactus and Succulent Club that meets at Dersingham on the first Tuesday of every month. Interested? Contact Jack Goldie 01485 210587



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Nature Notes with Joanna

Mountains in the Sky!

Recently we have had some fabulous sky scapes! Starting the days with clear pellucid blue then tracings of vapour trails as the airways hot up. Then as the day moves on there is a succession of small cumulus, the clouds that look like cotton wool balls, as the afternoon progresses they tend to get larger and cover more of the blue!

I've been watching clouds all my life; it started when I became interested in watching Aircraft rather than birds! To watch aircraft you have to look up, with birds especially in the early days it was look along!

I became interested in Gliding and then clouds took on a completely new importance. To keep a glider in the air you need lift of some sort. At Sutton Bank you had ridge lift, but if you wanted to get away from the ridge you needed to be able to spot the Cumulus that gave you thermals. There was also the rather mysterious 'evening thermal', which as years progressed was found to be part of the Wave effect caused by air pushed up by an obstacle. They often show with beautiful Lenticular clouds, so I could go on, however the huge thunderclouds were and still are clouds to be avoided! Through my time at the gliding club we lost an experienced member when he got caught up in one on a bright summers day.

Gavin Pretor-Pinney is an author who is fascinated by clouds and on picking up the 'Cloud collectors Handbook' I find that there is so much more to learn and the classification of types has grown as more people have chased their dreams!!

The other fun thing to do when watching the sky is to spot shapes and pictures and the Cloud Appreciation Society book of such pictures is called 'A Pig with Six Legs'. Have fun enjoying the clouds!

If you have managed to escape the webbed feet caused by the last few days rain, try to console yourself with the news that we needed the rain; it would have been a scant harvest without it as we had such a dry winter. Looking ahead the forecast looks as if it is going to improve. That will be a relief for the birds, even



Purple Heron

the Woodies are looking fed up!

Before the rain set in I had a trip around and after a thin time for Red Kites in May I had good views of 6 separate Kites on the trip. It was a trip on familiar roads so why I did so well this time after a month of struggle in May. Thinking about it as I am typing may be the Kites were on eggs and are now on the feeding game! My House Sparrows are on to nest number 3 in at least 3 of their sites around the sides of the house, much shuffling on the nest and cheeps from one of them. The garden has been heaving with young Chaffinch, Sparrows, Blue Tits and even some Green Finch. Flocks of Starling have also been invading. That is until the last 36 hours. Maybe when the rain stops things will get busy again.

Swifts and Martins have disappeared, not many flies in all the rain, however there have been small numbers of Sparrows, a Robin and several Dunnocks picking over the gravel under the trees and shrubs, I suspect the rain has washed small insects off the leaves.

There have been reports of Cattle Egrets in the area, these are the land feeding members of the Egret family, the name suggests they feed around cattle picking up the insects they disturb, they are smaller and stockier than the Little

Egret, there has also been a Purple Heron reported at Titchwell over the last couple of weeks. This is a darker slimmer version of our Grey Heron and a much shier bird, like the Bittern seen in flight rather than lurking in the reeds.

Spring Watch has brought some hopeful stories but also some sad ones. Curlews are disappearing so fast it is frightening, they were the backdrop songs of my childhood and hearing them as they returned in late Feb was magical.

I am afraid that the change to silage making has made a huge dent in their breeding success plus the fact that we seem to like countryside to be neat and tidy these days. Have you noticed that the verges are being murdered much more often and the number of pullovers are increasing by the year! Haven't modern cars got reverse on them? Also what do people do with the odd minutes they save when they drive past a good passing places? I am fed up with being the car that stops whilst the big ones push their way ever on wards.

Grumble over, blame the grey clouds and the rain!! Hopefully the weather will improve and the sun will return.

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Watching nature by night – join the RSPB Titchwell Marsh Big Wild Sleepout

Carrie Carey

This summer, we're inviting all wildlife lovers to go back to basics and spend a night in nature's home. RSPB Titchwell Marsh nature reserve is encouraging families to sleep out under the stars and enjoy camping and exploring the wonders of the reserve at night. The Big Wild Sleepout is part of the RSPB's 'Wild Challenge' program which is aimed at inspiring everyone to do their bit for nature.

This exclusive event welcomes visitors to the reserve after everyone else has packed up their binoculars and gone home. As the sun sets and the day residents curl up in their nests, burrows and trees, the night dwellers wake up and take over the site. The reserve is a different place at night, but just as rich as during the day and the perfect time to explore the hidden world of our nocturnal inhabitants. As it begins to get dark it's time to venture around the reserve by torchlight looking for a hedgehog foraging in the undergrowth or a fox searching for his next meal or catch the outline of bats in the light of the campfire as they hunt for moths swarming in the night sky.

Sleeping out under the stars is not only great fun but has proven health benefits too. A night out in the fresh air improves our ability to think, reduces stress and increases immunity levels. Research has shown that the chemical that plants give off to protect themselves, can also protect humans.

So, after a restful sleep and benefitting from all those green and blue ions it's we'll get the day going with a dawn chorus walk. As an



orchestra of bird song fills the reserve it's time to swap pjs for blue jeans and head off. Sleepy heads can stay tucked inside their tents and enjoy the sounds of the day unfolding before rolling out of their sleeping bags for the morning's activities.

After a hearty breakfast it's time to check our moth traps for brightly patterned hawkmoths or look for multi-legged visitors in the pitfall traps put out the night before. A favourite morning activity is to hold a giant moth as it warms up its wings for the first flight of the day. Then as parents pack away tents and night lights children can take part in a scavenger hunt, go pond dipping or look for brightly coloured dragonflies on the wing.

For more information and how to book please go to our website at www.rspb.org.uk/titchwellmarsh.

Throughout the month we post news stories to our website: www.townandaround.net

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Serious air pollution recorded in King's Lynn

Sophie Hooker

Perhaps unsurprisingly, road transport is now the greatest contributor to environmental damage: 25% of greenhouse gases and 80% of air quality breaches are caused by road transport (John Armitt, National Infrastructure Commission, 2018). Climate change has never been so ingrained into the public's collective consciousness as it is today: every day brings startling facts, news and predictions that herald the very destruction of the planet. And, as Health Secretary Matt Hancock states: "Our health is shaped by the environment we live in and dirty air is the largest environmental risk to public health in the UK." Environmentalists are lobbying for change and initiatives in an attempt to slow or halt this path to undeniable doom, but just how much change can one person bring about? And really, how much air pollution can this rural corner of the country really be contributing to the problem?

Arguably the most startling information brought to light from the initial findings of the King's Lynn Transportation Study, commissioned jointly by the County and Borough Councils in September 2018, was the acknowledgement that the Borough has the third greatest increase in emissions in the UK 2005 to 2013 (Government Dept for Business, Energy and Industrial Strategy) and within Norfolk the Borough has the highest per capita CO2 emissions in Norfolk—29% higher than Norfolk average and 34% higher than the national average. (The Borough's Local Plan Review, Sustainability, Appraisal Scoping Report Review 2017). So why, despite the notion that West Norfolk is a predominantly rural area, is the air quality issue so prominent?

The data on the levels of air pollution in King's Lynn is accessible to the public and is extracted from the monitoring systems at the Gaywood Clock area and at the town centre one way system and London Road. Gaywood consistently has over double the levels of NO2 than London Road however, and this is noted in the initial findings in



the report. The report notes that: "Studies have identified that King's Lynn is generating unsatisfactory levels of air quality" and, worryingly, that "ambient concentration of NO2 in town centre should decrease by approx. 12% to meet annual mean concentration levels. In Gaywood the equivalent is 26%."

high levels of NO2. It is also financially draining, too, as congestion costs the average car driver £1.2k per year (Stagecoach Group, independent research 2018).

Worryingly, those that are based within the vicinity of Gaywood are typically the most vulnerable to its effects: a recent

three High Schools or the College, and a recent study² reiterates this notion as it found a third of parents said dirty air would be a factor in deciding which school their child attends (Hubbub, 2019). The effects on prenatal children should also not be dismissed, considering that the hospital lies within the vicinity.

Naturally, a hospital attracts those that are already in compromised health, and the effects of air pollution on many illnesses and disorders cannot be underestimated. According to According to Public Health England (PHE), diseases strongly correlated with air pollution include child asthma, coronary heart disease, stroke and lung cancer, and in May 2018 predicted that if pollution levels were maintained at the same level that there would be 2.4m new cases of disease by 2035. Evidence has also suggested that the threat is not only about physical health, but mental too, as "the central nervous system is particularly vulnerable to air pollution, suggesting a role in the etiology of mental disorders, like anxiety or depression" (Brunst, Environmental Research, 2019)

The study mentioned earlier about how pollution affects children goes on to state how pollutants permeate throughout the body: "Air pollution can harm

“Health Secretary Matt Hancock states: “Our health is shaped by the environment we live in and dirty air is the largest environmental risk to public health in the UK.””

The report particularly highlights the pertinent issue of the congestion that stretches from the Queen Elizabeth roundabout and into the town centre through Gaywood, noting, the hospital has a wide catchment for employment and health needs and contributes to heavy peak period traffic levels in this particular area. Unfortunately, due to the nature of its location as a route into the town centre and as the hub of health and education facilities, the roads surrounding are oftentimes extremely congested, contributing to the

study found that: "Children are biologically more susceptible to pollution because their bodies are still not mature. [...] Exposures to air pollutants during the prenatal period and during childhood can have harmful and irreversible effects on the lung and other organ systems" (Forum of International Respiratory Societies' Environmental Committee, 'Air Pollution and Noncommunicable Diseases,' 2019).

These findings should raise concern for the health of the children attending any of the

acutely, usually manifested by respiratory or cardiac symptoms, as well as chronically, potentially affecting every organ in the body. It can cause, complicate, or exacerbate many adverse health conditions. [...] it is likely to cause greater illness in those with heavy exposure and greater susceptibility. [...] Harmful effects occur on a continuum of dosage and even at levels below air quality standards previously considered to be safe” (International Respiratory Societies’ Environmental Committee, ‘Air Pollution, 2019) We cannot escape air pollution and thus this drip-feeding of toxins builds up in the body and perhaps even exceeds guidelines of ‘safe’ amounts of pollution. Typically, we go to a hospital to receive treatment and recover, but what is to be done if the very air surrounding this is worsening your ailments and slowly killing you?

These devastating effects on health have not gone unnoticed by Matt Hancock, who has commissioned a review of the impact of dirty air on health. In January the government published its clean air strategy, which vowed to reduce the public’s exposure to toxic air and to halve the amount of people living in areas breaching World Health Organization guidelines on particulate matter by 2025. Emphasising how this threat can further compromise an already underfunded and oversubscribed NHS: “We cannot underestimate the very real impact that dirty air – this slow and deadly poison – is having on our lives, our health

and our NHS.” Not only is pollution a cataclysmic burden on the environment, it is also having a knock-on effect on the already struggling institution.

The current infrastructure of the town is inherently incapable of sustaining such a mammoth growth in the population, and therefore the extra housing and

following suit of London who recently introduced revolutionary hydrogen-powered double-decker buses that run on green hydrogen and emit water as exhaust, but parts of the town have one of the most modern buses in the country which are less polluting than even modern diesel cars. Therefore encouragement to switch from

are matters to be dealt with in the long term. Thus new developments are being built, and will be built for at least a decade to come, which lock in car dependency for future generations. It is, it can be argued, nothing short of outrageous given the town’s existing poor standards of air quality.

Principally, however, it is down to each individual to reduce his or her environmental burden in order to make a collective difference. Shorter journeys are largely and a lot of times unnecessarily polluting; cycling, walking and using public transport can all make a difference. Incentivising these modes of transport and pushing the prices of parking in town and operating a vehicle on congested roads may be the necessary evil to combat this. However, the issue of punishing those on low incomes would naturally arise from such an undertaking, so it is imperative for lower polluting forms of transport to be made as appealing and as financially viable as possible.

Thankfully, the government are acknowledging and taking some strides to try and halt the perilous path that our modern lives have led us on, but it will take perseverance, dedication and technological innovation to make any real difference. Until we live in an innately greener world, the time is now to do whatever possible to keep the air that the planet and we breathe, clean.

“the Borough has the third greatest increase in emissions in the UK.... 29% higher than the Norfolk average and 34% higher than the national average”

the traffic that comes with it. The pressure on the hospitals, employers and schools to provide their services in such a dense area of the town is not only wasting the time and money of residents as they sit in congested traffic, it is proving hazardous to the health of both the population and the planet as a whole.

Immediate reforms and initiatives are imperative in tackling the issue. An answer could lie in re-evaluating the availability of public transport and to make buses more appealing than driving: this would help boost the local economy, tackle the issue of social isolation, improve traffic flow and reduce air pollution. It would be premature to think that King’s Lynn could consider

car to bus for even just one trip to town each week would be a good start. Cycling and walking initiatives should also be promoted; not only are these modes of transport hugely beneficial to people’s health and wellbeing, their carbon footprint is zero.

The overarching issue going forward lies with the Borough Council’s Local Plan, currently up for its five yearly review. This document sets out policies which land developers must follow to secure Planning Permission, as well as possible sites suitable for development. The current (draft) Review document is woeful in its intentions – for the next fifteen years – on bringing together land use and transportation policies, more than once stating that these

REFILL HUNSTANTON

Got the bottle? Bring it to Hunstanton beach!

If you love Hunstanton beach, but hate the plight of single use plastic, you’re going to love the handy Refill reminder posters lining the beachfront from Refill Hunstanton and West Norfolk Council.

With the warmer months ahead, we know you’ll be wanting to enjoy a day at the beach and Refill Hunstanton is on a mission to make refilling your reusable water bottle as easy, convenient and cheap as possible by introducing Refill Stations on every street. Meaning that there will be far less litter from single use plastic bottles and the opportunity to get a free healthy alternative to fizzy drinks.

The scheme launched in Hunstanton in 2017 and there are already 30 friendly and convenient places to refill your bottle with local tap water, including Alive Leisure and Hunstanton Sailing Club right on the beach.

Refill Hunstanton encourages participating cafes, bars, restaurants and other businesses to sign up to the free Refill app and put a sticker in their window alerting passers-by to the fact they’re welcome to fill

up their bottles for free. The posters along the beach front are a great way to notify new people to the scheme and to encourage them to download the Refill app and keep Hunstanton tidy.

It’s estimated that around 7.7 billion plastic water bottles are bought across the UK each year, resulting in substantial amounts of single-use plastic waste ending up in our oceans.

Amanda Knight, Local Champion for Refill Hunstanton said: “Here in Hunstanton we’re rightly proud of the area’s stunning beaches. Plastics, including single-use plastic bottles, are now the most frequently found type of litter on UK beaches and you don’t have to look far to find them littering our towns and green spaces too.”

Amanda added, “Refill Hunstanton gives us all the opportunity to help make this type of litter a thing of the past at the same time as saving money. It’s good business sense as well, as customers view businesses that provide free water refills more favourably and are more likely to return to them to make future purchases.”

Nicola Harvey, Anglian Water said “If just one in ten Brits refilled once a week, we’d have 340 million less plastic bottles a year in circulation! Remember your bottle on your trip to Hunstanton beach and be part of the positive change.”

Everything you have probably came on a truck...

By Robin Limb, independent agricultural consultant

The road haulage industry is currently battling to defend its track record in terms of vehicle emissions and the impact this may be having on global warming and public health. But the latest technological advances in engine design have moved the game on significantly since 1992, when EU emission standards were first introduced.



It is commendable that the powers that be are concerned and are taking steps to limit 'Green House Gases'. Here is the order of GHG emissions by sector: Agriculture 10%; Residential 15%; Business 17%; Energy Supply 24%; Transport (all forms) 27%; Others 7%. Clearly, the transportation of goods by road has an important role to play in reducing overall GHG emissions. The impact of nitrous oxide and carbon particulates are the main concerns for local air quality and public health. Carbon dioxide is an important greenhouse gas, but is not a direct health hazard.

Although the turnover of our haulage fleet is not an overnight process, as more trucks enter service fitted with the latest Euro 6 engines, things will rapidly start to improve. Further advances may come with clean-burn gas-powered engines, and even electric versions in the future. Compared to the original Euro 1 engine specification back in 1992, the latest engines produce just five percent of the emissions that were common at the time the standards were introduced.

The shipment of bulk agricultural produce is by no means insignificant in this process. In East Anglia alone it is estimated that over 50M tonnes of freight is transported annually by road, involving up to 200,000 vehicle movements. This is composed mainly of farm produce such as cereals, pulses, vegetables, and sugar beet - plus all of the inputs needed to grow these crops, including fertilisers and seeds.

At peak times, such as the cereal harvest, trucks are frequently in short supply as

resources are cut to the bone and customers jockey for availability. But hauliers cannot afford to have excess capacity going to waste, hence the concept of the 'back-load'. Hauling fresh air around is not very profitable, so if you can get a return paid load - even at a lower rate - this makes the operation more viable. There is nothing new about back-loading, but this tends to be limited to bulk products such as aggregates, wood chip, and animal feeds. Most grain shipments are now covered by the TASCC (Transport Assurance Scheme for Combinable Crops) regulations, which may limit the opportunity for back loads to avoid cross-contamination of goods in transit.

Most articulated trucks now run at the maximum permitted gross vehicle weight of 44 tonnes - the equivalent of 40 average-sized cars. Regulations require that these trucks

“as more trucks enter service fitted with the latest Euro 6 engines, things will rapidly start to improve”

have six axles to distribute this weight as evenly as possible, helped by air-suspension on all wheels. On-board telematics allows the driver to optimise his load factor and fuel economy, thereby reducing costs and maximising efficiency.

Road haulage is an incredibly competitive industry, running on knife-edge margins, with no room for error - unless you wish to be left by the wayside, as your rivals snatch the only contracts on offer. The big carriers such as Stobart and Turners are frequently 'joined at the hip' to their customers to ensure continuity of business and revenue. The big supermarkets and retailers are as much concerned with reliable on-time, in-full, deliveries as they are with transport costs, and prefer to rely on their existing partners rather than some cowboy outfit offering to run on 'death rates'.

Bulk carriers such as British Sugar operate what is known as 'managed inventory', which means they take on the responsibility of



making sure their customers remain fully supplied at all times. The Coca-Cola bottling plant at Wakefield takes in over 100,000



tonnes of sugar a year, and cannot afford a late



delivery that brings its process to a halt. Remote telemetry alerts the supplier to on-site stocks, and ensures that the next consignment turns up just in time. The cost of a plant shut-down runs into 10's of thousands of pounds per hour.

The road haulage industry has got its act together significantly in recent years, and emissions of CO₂, NO₂, and particulates have been reduced by a factor of 20 since 1992. Add to this increased fuel efficiency from the latest vehicles, and you have a credible example of why we should respect the contribution we gain from the trucks that deliver our 'daily bread'. Think about that next time you are sitting behind one on the A47.

Letters on these environmental issues (and any other article in the magazine) should be sent to editor@townandaround.net or by post to the address on page 4.

Copy date for the August issue is 12th July

An up-date on the Fens

Roger Fickling

Following Robin Limb's very good and informative article in the May issue on The Story of the Fens, may I point readers to and recommend a book titled "Webbed Feet and Wildfowls: An early history of Wisbech and the Fens", by Diane Calton Smith. Whilst it traces the history of Wisbech from the Bronze Age to the late medieval period, it does so in the wider context of the Fens, exploring the lives of those dwelling in this marshy and at times rebellious land. It is a well written and extremely readable account of this fascinating part of the country outlining the livelihoods of those inhabiting this area before it underwent its major drainage schemes outlined in Robin's article.

This way of life involved using much of the produce from the land and water all around, including the fish and wildfowl, and one of the species that would have been on the menu is the Black-tailed Godwit. This is a large wading bird with long legs and long bill, which became extinct as a breeding bird here during the nineteenth century. Today there are less than 50 pairs breeding throughout the whole country, and coming right up to date, one of the latest environmental projects involving this bird is being run by the Wildfowl and Wetlands Centre at Welney and the Ouse Washes in conjunction with the RSPB. Called head-starting this involves collecting eggs from the wild, using artificial incubation and protected rearing of the chicks, before release at carefully chosen sites. The birds migrate for the winter, and it is hoped that the adults will return to these same sites to breed the following spring, and thus help increase the very small breeding population in the Fens.

The project has been running now for three years and so far 13 birds released in 2017 and 5 released in 2018 have returned to sites in the Fens. This includes two birds dubbed 'miracle chicks' as the eggs were



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laid in an arable field, deeply encased in mud, and it was thought they would never hatch.

RSPB's Hannah Ward, who manages Project Godwit, comments: "It has been heartening to watch the progress of these wonderful waders over the past two years. The project is going from strength to strength and the arrival of 18 head-started birds is a real boost to the work we do. This sets us up nicely for the class of 2019. We plan to head-start two groups of godwits: one group will be released at Welney WWT and the other at Nene Washes RSPB."

I would highly recommend readers to visit the Welney WWT Centre to see these wonderful birds.

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St Mary's Old Hunstanton Flower Festival 26-28th July

Last year's Festival was a major success, and we aim to make this year even better!

We have some new daytime festival activities and great evening events planned for 2019. This year the theme is "The St Mary's Department Store" a really exciting theme for our talented team of flower arrangers to be creative with!

Saturday evening at the Flower Festival, 27th July, from 6.00pm

Don't miss the big event, a Hog Roast followed by foot-stomping music in the church!

This year we have acclaimed local band Shoo the Moon. Swing, Boogie and Blues, a high energy performance from five amazing and professional musicians who live for their music.

Guaranteed to get you clapping your hands, tapping your feet and then dancing in the aisles!

A delicious Hog Roast will be served from 6.00pm, with a glass of wine or soft drink included.

Tickets are £15, or £7 for children. Available from Old Hunstanton Post Office and Village Shop, or telephone 01485 533873.

As ever there will be plenty of stalls in Park House garden, and this is where we are appealing for help: We need your donations to keep our stalls topped up and buzzing in 2019!

Bric a Brac: We always need plenty of stuff for this stall! White elephants welcome. Contact David Johnson 533873, Mike Tuffs 532303 or



ENJOY A TRADITIONAL VILLAGE FÊTE

Now in its 45th year, the Old Hunstanton flower festival is an unmissable event in Norfolk's summer calendar. This year's theme is 'The St Mary's Department Store', so come along and see how the local floral artists have been inspired in their creativity this year.

Alongside the magnificent floral displays, there will be a traditional fete - cakes, preserves, crafts, gifts, bric-a-brac, plants, books, clothes, bags and jewellery etc. Indulge in an ice cream along the way or see if your luck is in with a go on the tombola.

Food and drinks available from 10am-5pm, with lunch served from 12noon-2.30pm, so bring along your friends and family, and enjoy a few hours together.

Festival events timetable

Day	Time	Event
Friday 26 July	10am-5pm	Flower festival, stalls and food
Saturday 27 July	10am-5pm	Flower festival, stalls and food
	6-9pm	'Shoo the Moon' Band with Hog Roast and drink Adults £15; children under 12 years £7
Sunday 28 July	9am-9.30am	Church service
	10-5pm	Flower festival, stalls and food
	2.30pm	'Barking Bugle' Dog Show
	7-8pm	'Songs of Praise', Popular hymns with 'Hunstanton Concert Band' - all welcome to join in Free entry






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Craft Stall. call Jennie Guest on 533511

Bling, Scarves and Bags. Contact David Johnson 533873, Mike Tuffs 532303 or momtuffs@gmail.com Also we are on the lookout for more volunteers! David Johnson 533873, Mike Tuffs 532303 Guest chris@guestco.net

Dersingham in bloom: Open Gardens 2019

Sophie Hooker

For their 40th year of Open Gardens and with the added addition of an Arts Trail, the folks of Dersingham once again opened their gardens and homes to display their pride and joys over the bank holiday weekend at the end of May.

Eighteen gardens and nine studios were open for paying attendees to peruse over the two days. Despite downpours on Sunday the event managed to attract steady numbers with around 575 visitors over the two days.

Money raised is expected to be in the region of £4,000 and this will principally go toward St Nicholas Church and some toward the new Village Centre.

Visitors to the gardens were treated to a number of exquisite attractions: including a large handmade windmill at Dersingham Pottery, a handmade house, fountains and gorgeous floral arrangements. Overall, the day can be succinctly defined by a guest's comment that the gardens "are all so different and charming in their own way."

With the inclusion of an Art Trail the event also allowed local artists to showcase their work and to allow visitors to purchase some of their pieces.



Marty in his studio

Highlights in the Centre included a Gardeners forum with lively discussion and a talk from knowledgeable presenters from Norfolk Lavender and Bramble Flowers, and a talk from Paul Thompson, former Holkham Hall gardener.

Councillor Judy Collingham said: "Open Gardens and the Art Trail showcases the best of what Dersingham is about: community, pride in our homes and gardens, pride in our artists' achievements, it is an opportunity for the village and beyond to come together to celebrate what is best about Britain—our love of gardening!"



Reg Palmer's garden



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Saturday 13th July 8.30pm
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On the turf with Charles Joyce

After Divock Origi's late goal in the semi-final put Liverpool in the final, another late goal from him in the final ensured Liverpool won the Champions League in Madrid. In doing so, he gave Town and Around another outright winner. Rafa Nadal won for the twelfth time at Roland Garros and for good measure, although not immediately obvious, Ashleigh Barty won Roland Garros after winning Miami making it 15 of 20 winners this century to win one of her last four tournaments. Aidan O'Brien won the Derby with Anthony Van Dyck ridden by Seamie Heffernan. It was a remarkable feat of training with 5 of the first 6 home being trained by Aidan O'Brien. Yet there were some perhaps even more remarkable coincidences with the Oaks and Derby winners this year. Both classic winners won their respective previous races in a classic trial at Lingfield. A very rare event. Seamie Heffernan has been with the Ballydoyle set up since 1996 when he became deputy to Christy Roche. He will be forty-seven years old on the seventeenth of this month. Frankie Dettori who was forty-eight years old 10 days before last Christmas won the Oaks. So two jockeys in their mid to late forties win the most prestigious races in British racing.

Aidan O'Brien will have his sights set on winning the Grand Prix De Paris, a race he has won three times previously, twice with a subsequent St Leger winner, including last year with Kew Gardens. Andre Fabre has won the race 13 times since 1989, and whatever he runs will be worthy of consideration. The race commemorates the storming of the Bastille, the medieval fortress and political prison. At the time, in 1789, France was facing economic crisis caused in no small part by the state's involvement in the American War of Independence. France's involvement was seen as a major influence on the outcome of the War. The situation in France was exacerbated by poor harvests and a regressive system of taxation. The Estates General tried to deal with the matter, but archaic protocols and the reluctance of the Second Estate (nobility) made progress very difficult. The Third Estate (commoners) morphed into the National Assembly. A catalyst for the Revolution was when Louis XVI dismissed Jacques Necker, the Finance Minister sympathetic to the Third Estate. This dismissal was seen as the start of a coup against the National Assembly, which had renamed itself the National Constituent Assembly. There were fears the coup would be along the lines of the 1572 St Bartholomew Day massacre, except this time it would be foreign troops murdering French men and women. A symbol of the king's dictatorial rule dominating the Paris skyline, the Bastille held substantial arms. At the time there are said to have been 7 prisoners. The renowned sexual libertine, Marquis De Sade, had been moved earlier in July. History tells us what followed.

The race was first run in 1863 for a prize of 100,000 francs with 50,000 francs sponsorship from the local council, and the rest from regional railway companies. Irrespective of the day it falls on the race is now run at an evening meeting on 14 July. Aidan O'Brien is likely to hold a strong hand this year with Ryan Moore on the stable's first pick.

This month the two big sporting events that attract mass appeal are the Tour De France which starts off in Belgium on 6 July before finishing down the Champs-Elysees on 28 July, and Wimbledon where the strawberries and cream intermingles with the tennis at the All England Club. ITV4 are covering the big cycle race, and we'll be able to see the French countryside as the tour winds its way through rural France. As for betting it's an event I usually pass on. The BBC are due to continue with its coverage of the tennis in July. In the Open Era of Wimbledon all women winners have been seeded with 40 of the 51 winners being seeded in the top 4. 13 of the 19 winners this century were ranked in the top 8 seeds, and only 2 winners in the same time frame did not make the 3rd round at Roland Garros. The exceptions being Venus and Serena Williams. I must confess to taking an interest in French Open champion Ashleigh Barty when she was 28/1 to win Wimbledon, but now as low as 6/1 and top price of 8/1, I would be much less inclined to dive in so hard. Yet looking at the competition the former Big Bash cricketer faces she still looks the most likely winner among the leading seeds. Similar to many Australians Ash Barty plays better on grass than red clay. Although

it's a very generalisation women players from the Czech Republic are others to be reckoned with on grass. Karolina Pliskova is a player from the Czech Republic who has to be respected, but her best performance at Wimbledon was last year when she made the last 16. She is likely to be of more interest when Flushing Meadows comes around in September. Reigning US and Australian champion Naomi Osaka from Japan has injury problems, and her invincibility of winning when taking the first set ended in Miami in March. (she had won 60 consecutive matches when winning the first set). Kiki Bertens has not shown the same form on grass that she has on clay, but she did make the quarter finals last year. It seems Coco Vandeweghe's foot injury will prevent the daughter of an Olympic swimmer and grand-daughter of a former Miss America from performing to her best this year, and fitness or age could count against Serena Williams. Petra Kvitova is a dual Wimbledon champion from the Czech Republic. She has been put through many trials and tribulations, but seems to have overcome the injury to her hand which threatened her career. The damage to tendons in her left hand (she is a southpaw with a double handed backhand) came as a result of her trying to defend herself when confronting an intruder in her home during December 2016. She told the Brno court that she grabbed the intruder's knife and forced it away from her neck leaving blood "everywhere". Previously a sore throat failed to respond to a course of antibiotics. Petra was diagnosed with Mononucleosis, better known as glandular fever or kissing disease, following poor results initially put down to fatigue in 2015. She missed Roland Garros this year after a calf injury put her out of an event in Rome. Petra is probably my favourite tennis player, (I backed her @ 16/1 when she won Wimbledon in 2014). If she returns fit and healthy at Wimbledon I'll be hoping to take an interest, but the 7/1 presently available is far from value given all the negatives of a calf injury. Among the others are seventeen year old Amanda Anisimova who made the semi-finals in Paris and is surely heading for Top 10 at least, if not World Number One. Another teenager is Marketa Vondrousova who lost to Ash Barty in the final in France. She does not have great form on grass which could help explain her 50/1 price, but coming from the Czech Republic it's something that time may show is only temporary, and she could be another heading for very high ranking with a serious chance of going deep into the tournament this year. A one time Wimbledon girl's singles champion, in 2015, Belinda Bencic won on grass at Eastbourne and made the final in Germany on grass. In addition the then eighteen year old, after losing the first set, also beat Serena Williams in Toronto who during the year won three grand slams at Wimbledon, Roland Garros and the Australian Open. Belinda Bencic has been plagued with injuries since then, only getting back on court regularly late last year, but she is showing real signs of getting back to her previous form, and if she brings her "A" game to the All England courts she will be difficult to beat. 25/1 and bigger she's one I'll add to Ash Barty.

Back to racing, from July until November the cigar smoking baronet, Sir Mark Prescott, has a good record with his male three year olds in lower grade races. That is to say Class 3 handicaps and lower grades. They need to be clean winded, so no tongue tie worn, free of blinkers and ridden by Luke Morris and running at distances beyond a mile. This is well known within the betting industry and they do not always start at a price many punters find acceptable. I'd have reservations about betting money on any horse with a starting price of less than 8/11, and while excluding those with a shorter starting price does reduce the numbers and percentages of winners, profit levels marginally increase. When a three-year-old is in a race open to older horses there is substantially more profit and a higher win percentage than when he is running in races confined to his own age. One rather strange anomaly is the runners that had their last race at Chelmsford have not done so well. I'm inclined not to put too much faith in that until there is more data available, but caution is advised until that data arrives.

As always remember the golden rule of punting. Pay the bills first and under no circumstances bet if you cannot afford to lose, because even the best professional punters lose more often than they win.

MIRROR, MIRROR, ON THE WALL – YOU'RE THE MOST LETHAL OF THEM ALL!

Anthony Jewell

It was the end of a sun-kissed Friday, 24th May and we were enjoying the guilty delights of a Fishers' supper at home! Suddenly there was a massive explosion from upstairs with acrid and noxious fumes starting to billow down the stairs. The 999 response was immediate and the first fire engine arrived within minutes. We three were now outside, in front of our house, watching the unfolding scene of frenetic activity with firefighters, hosepipes, oxygen tanks seemingly flying around. The ambulance team and critical care services were wonderful, too: a control board was set up by the firefighters to assess reported damage and progress and the crew managed to contain the fire quickly.

The cause of the devastation? A make-up mirror, innocently positioned on a dressing table in front of the window: it reflected the sun's rays against the curtains which caught fire and this increased pressure in a hairspray aerosol which exploded as did a second one. The glass in the windows was blown out and the fire took hold, burning furniture, clothes, carpets and floorboards – all in about 20 minutes!

On a lighter note, the first IA having been to cut off gas and electricity supplies to the house, Angela's Brownies' tray bake was saved and heroically brought out of the house by one of the firefighters to the delight of the others who fell on them with relish!

Later on that night, after the heroic firemen and teams had gone, we were sitting together quietly, in shock, when two volunteers from the Red Cross visited us with invaluable advice about the way forward, contacting the insurance company and assessing our immediate domestic needs: their help and kindness were much appreciated as another integral part of the service we received.

The reason for writing this now is not for some sort of cathartic, self-indulgent effect but to act as a salutary warning for all: everyone remembers field fires caused by broken bottles in hot summers and the power of the sun but the effect of this event on our little family, short of personal injury, of course, has been quite harrowing and not something we would wish anyone else to experience.

To that end we add some observations from the family and the professionals:

From Angela: Having been brought up to appreciate and admire material things but always in the context of their relative unimportance in 'The Big Picture' I was not prepared for the pain of loss after the fire: much loved childhood dolls, precious jewellery and clothes, my dear Mum's scarves and beads that had adorned my dressing reminding me of her presence still in my life – all these are now gone, blackened, disfigured, destroyed by the fury of blazing flames and it is very sad.

From Martin: the reality of the onset of the fire, demanding the immediate evacuation of the house, proved very frightening for this nonagenarian but, as I made my way shakily towards the front of the house, I was suddenly held up by a strong young man who led me outside and down the steps onto the lawn thus securing my safety. I understand



that he was simply passing by when he saw the fire and came to help: I am glad to have this opportunity to thank him for his courtesy, kindness and forethought: his actions, together with those of the firefighters and associated services have filled me with pride in the knowledge that we can still rely implicitly on the efficiency, courage and care displayed by our young people and professionals and they have my heartfelt thanks.

From the Fire and Rescue Service (Rob Curtis): in all my twenty years of service I have never seen or heard of a fire of such intensity being caused in this way: the position of the mirrors and hairspray canisters in relation to the sun was just one of those very unlucky scenarios. Should anyone feel concerned about their safety at home we offer a free service, 'The Home Fire Risk Check': someone will visit and advise on specific risks and smoke alarms etc. Contact: www.norfolk.gov.uk/safety/norfolk-fire-and-rescue-service for further information. The crews did an excellent job on the night but Hunstanton and Heacham are always looking for more firefighters: if you are interested please contact through humanresources@fire.norfolk.gov.uk

Anthony Jewell

PS At the time of going to press we are now two weeks on in this nightmare. We want to record our huge gratitude to all those friends and well-wishers for their support, to the local businesses – Hughes and Witleys, M & Co and the delightful Leanne and Sean in the Veggie shop, and to the wonderful Anita's and Keelies for their kindness and understanding.

We have benefitted from the excellent professional expertise of Service Master, Steve Foreman, Nigel King and his Boys and Anglian Windows, and especially from the indefatigable input from Kim Ludbrook, Heidi and Lorraine. Our thanks to all these people and the whole community: Hunstanton is the best place to live, ever!

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Round the bend with Dean Baker

Make friends with your fault codes or summer service season is here!....



increasingly upset wife. As I parked outside the house I saw Mrs B and the dogs sitting in the car. I look in through the passenger window. Mrs B has a plate of cat food on the passenger seat.

"Thank goodness you're here. I've tried to round up the cats. Do you think it's safe to be in the house? It's completely stopped working. It says 'F75' and its ticking!!"

"Come with me and I'll show you what to do".

Busby gives the cat food a long look as we go back into the house.

I show Mrs B the reset button. This is very easy to see on all boilers.

If a fault code comes up press a reset button for 10 seconds. Release, take a breath and wait. Often the boiler will spring into life. If it happens again within a short space of time you can reset it again. However, some boilers will prompt you to call an engineer. If you experience several fault codes then regardless of a prompt from the boiler, you should call an engineer.

Each make of boiler has its own set of fault codes. Your

I had a feeling of foreboding when the current Mrs B called me on Wednesday lunchtime to say that she'd tried to put the hot water on for an extra hour and when after 30mins the water still wasn't hot she'd checked the boiler and seen what she described as an ominous code!

By the time the I was coming into town on the Cromer Road, I'd received 5 calls from my

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boiler will have a comprehensive list in the manual and all fault codes are listed on the manufacturers website. Tell your plumber what make of boiler you have and the fault code and he may well be able to help you over the phone

There are a couple to watch out for. If you have a pay-as-you-go boiler, keep an eye on it, it will warn you if you are running out of credit. Another one to watch for - some boilers will shut down if you don't service every 12 months. You will know if you have this particular type, so don't worry.

However, as I say every

summer, July and August is peak of boiler servicing season. Your boiler should be serviced every year. If it does need any work, then have it done now when the days are warm and the nights are still long. Then you can relax over the winter months

Mrs B printed out a list of codes for our boiler and stuck them up on the wall. Sometimes I think she's forgotten she's married to a plumber!

I'm taking the August edition off, but I'll be back in September. All the best

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Bringing comedy night to Snettisham

If you enjoy having a laugh or two over your favourite beverage, clear your diaries for Saturday 19th of October and head down to the Queen Victoria pub in Snettisham and buy your tickets for a 'Pretty Funny' night filled with the best of local comedy.

Local Jenny Beake (Hilarity Jen) will be headlining the show with MC Martin Westgate (Hooma), a Norwich native who you may recognise from auditioning on Britain's Got Talent 2018. The gig is a collaboration between 'Pretty Funny' and 'Hooma Comedy Club.' They will be supported by other local acts. As Jenny says: "(We're) bringing something new, promoting local acts, giving people opportunity if they want to perform."

Jenny, who just performed her first 'Pretty Funny' night at the Duke's Head Hotel in King's Lynn in June, is already a seasoned comic: she regularly performs in Norwich, Cambridge and London. She first started performing in London in 2011 at the age of 35, competing and performing in various comedy show throughout the capital and winning The King Gong at The Comedy Store. She relocated to Norfolk in 2015 and now works full time at the Princess Theatre.

On her genre of comedy, Jenny said: "I perform musical comedy with my piano, (doing) parodies of songs. I've been described as a cross between Victoria Wood and Barbra Streisand. I do original material but I also do funny songs that you'll recognise, with a play on words. It may be a bit more risqué—it depends on what I think the audience will appreciate."

Jenny emphasises that the show is ultimately about bringing comedy to this side of the country and giving local acts a platform: "The aim is to promote and encourage talent. If you put people in between more experienced people it gives them an idea of what a gig might be"

Landlady Jackie Bateson said: "It's different, isn't it—there's not much that goes on round here. Unless you want to go to pubs and clubs in King's Lynn, I think it's a perfect place to have it and we've already had quite a



bit of interest already. I'm quite excited about it and generally people are quite excited. I think it's going to be a really good night."

"For new starters, somewhere like this would be an ideal place to come because it's

smaller and more intimate. [...] Depending on how it goes, we could make it a thing with different acts and progress from there."

You can buy your tickets (£5) for the show at the Queen Victoria in Snettisham now.



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A chat with Jenny, a Princess Theatre volunteer

Sophie Hooker

The Princess Theatre is undeniably a staple in Hunstanton and underpins the entertainment sector in the town. Town & Around chats with Jenny Chapman, a volunteer steward about her role in supporting the beloved theatre.

Being a part of the Princess family since 2012, Jenny is a longstanding and seasoned steward. Explaining her role, Jenny says: "Our main priority is for the health and safety of the audience. To make sure their experience of the theatre is good, and to answer any questions. A good sense of humour and patience is good to have. Your eyes are everywhere and checking for any situations arising."

"It suits people of any generation really but we tend to attract the older lot who have got more time, are retired, or are looking for something to do within the community. You get to know the locals. If I'm on the bus I get people coming up saying 'Lovely show last night!'"

One of the busiest times in the year is pantomime season, with there often being two shows a day, one for visiting schools during the daytime and for the general public in the evening. Another busy period is summer, and as we are coming up to the summer season Jenny notes the importance of tourism to the town: "We're only a small town. We're reliant on holidaymakers as well to make the town viable."

A definite perk to the job is that you often get to meet the celebrities that perform and you get to see the shows for free. There is a varied mixture of genres. Jenny says: "There are beautiful shows—my favourite is 60s music. We've had Joe Brown, Marty Wilde (who's coming again) and Jim Davidson.



More for my generation. And I actually met them—and they're genuinely such nice people."

There is an undercurrent of camaraderie with the team at the Princess, as Jenny explains: "We're a team here—like a family team. Everyone gets on with each other. As they say, there is no I in team. We all help each other."

With only ten current volunteers and with sell-out shows often needing at least six stewards to support each show, Jenny urges for anyone interested in giving it a go to get in touch. She says: "It's a nice thing to put back into the community—so if anyone would like to volunteer we'd like to see them. The

theatre does rely on the volunteers." You can come into the theatre or ring them up on 01485 532252 for more information on how to get involved.

Previously a hotel, the Princess first opened in 1932 as a theatre. It was built from Norfolk Carrstone and it contains the largest gable wall of Carrstone in existence today. Changing hands and being left derelict a few times throughout the years the theatre was eventually bought by Hunstone Productions in 2012 who maintain its running today. Famous visitors include Princess Diana who visited the theatre with sons William and Harry.



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Classical music for West Norfolk pupils

Sophie Hooker

Honouring the centenary year for Save the Children, the charity held a fundraising concert at St Mary's Church in Old Hunstanton on Saturday 8th of June. With support from Classical Musical Rocks and funding by Rotary Hunstanton and District and Hunstanton District Festival of Arts, young pupils from surrounding schools were treated to their very own concert master class by professional musicians the day before the concert.

Klio Blonz, a professional flutist and educational advisor for Classical Music Rocks and pianist Melanie Jones performed and educated the children on both classic and contemporary music. They also answered their questions at the end on topics relating to their favourite music to perform and the age in which they started performing.

Classical Music Rocks is a non-profit organisation set up by Peter Barker that brings live classical music to students throughout Norfolk, advocating for children to feel inspired and empowered to learn an instrument themselves. The children in attendance were pupils from the St Mary Federation group (Docking, Brancaster and Sedgford), Hunstanton Primary School and Glebe House School.

Save The Children Chairman Christine Earnshaw said: "This is the first concert we've had. It started really because HRH Princess Anne (President of Save the Children) came to the golf club lunch to celebrate 35 years, and whilst she was there some members of the community choir said: 'We can do something for the Save the Children fund.' At the same time I was introduced to Classical Music Rocks through a performer at the Princess, and I thought:



The musicians and the pupils at St Mary's Church. Photo credit: Ian Burt

'Aha! Here's an opportunity to do something.'"

"And then I realised it was the centenary and I thought we'd have a centenary concert. The choir will sing and we'll try to get some performers from London to come and play for the children in our area and stay on and be part of our concert. Bringing live music to children in this area"

Save the Children was established in 1919 by sisters Eglantyne Jebb and Dorothy Buxton after a post-WWI blockade left children in cities such as Vienna and Berlin starving. Part of the Fight the Famine movement, Jebb was arrested that same year for distributing leaflets

about the plight of the children overseas. They officially established Save the Children that May and Jebb quickly established the charity as a relief agency: providing clothing and money quickly and inexpensively.

On inviting the schools to a performance by the musicians the day before the concert, Christine says: "It is our gift to the children in our area in the hope that as they grow up they will be inspired by what they've had today to do something for other people, as Eglantyne Jebb and Dorothy Buxton did. If you give children opportunity and to lift them up that they will be inspired to do something themselves when they grow up."



Save the Children

The Hunstanton Branch of Save the Children has been delighted with the response to our Centenary Concert held on June 8th at St Mary's Church Old Hunstanton. It was attended by the Boro' Mayor and Mayoress and Hunstanton Town Mayor, Amanda Bosworth. With over 100 tickets sold the audience enjoyed Hunstanton Community Choir who just go from strength to strength not only in quality but in membership. We enjoyed several songs from the shows but also some classical pieces; Verdi's *Va Pensiero* and Faure's *Cantique de Jean Racine*. Two very talented professional performers, Klio Blonz on the flute and Melanie Jones on Piano also played at the Concert.

Thanks to generous sponsorship from Rotary, Hunstanton & District Festival of Arts and Classical Music Rocks we were able to introduce these two musicians to 200 local primary school children on Friday afternoon at the church. CMR is a not-for-profit organisation that exists to bring classical music to children, and it was clear that they thoroughly enjoyed their concert. I saw children playing air flutes and

air keyboards while another pretended to conduct from his seat in the pews! We are very grateful to Rotary and Hunstanton District Festival of Arts for grants that enabled us to engage with CMR. Committee member, Marie Jarvis, is to be congratulated on all the hours of work she put into organising these 2 successful concerts.

In April this year we held the ever-popular Friends' Luncheon at the Golf Club which attracted over 50 guests. On July 19th we welcome everyone to the Princess Theatre for our 4th Summer on the Terrace event where there will be homemade cakes, scones and sandwiches, teas and coffees and bric a brac from 12.00 onwards. October 9th at Briarfields there will be a Fashion Show with Artichoke and afternoon tea, tickets will be available nearer the event.

We have been able to send £2,400 to Head Office so far so I must thank everyone who supports us so generously – it makes it all worthwhile.

Any enquiries regarding Save the Children please email: 2chrisearnshaw@gmail.com branch chair



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VAT CHANGE FOR CONSTRUCTION BUSINESSES

By Kathryn Gigg Chartered Accountants, Hunstanton

A significant change to VAT accounting for businesses in the Construction Industry comes into force this Autumn.

The Government is on a mission to clamp down on “missing trader fraud” which has migrated across several industries and has most recently taken root in construction supply chains.

This new requirement specifically tackles the supply of construction services between construction businesses, and will impact heavily on builders, carpenters, plumbers, electricians, decorators, scaffolders and many others in the Construction Industry.

From 1 October 2019 a VAT registered construction business supplying certain standard or reduced rated construction services, or services along with materials, to another VAT registered construction business for onward sale (where payment of such has to be reported under the Construction Industry Scheme (CIS)), will no longer charge VAT; instead the recipient construction business will self-account for VAT by making a Reverse Charge adjustment.

Suppliers will need to identify customers liable to account for the Reverse Charge by checking the customer's VAT registration number, CIS Registration, and obtaining confirmation from the customer as to whether it is an “End User” or not.

The Customer must then account for the VAT due on the supply via its own VAT Return at the appropriate rate, instead of paying the VAT to the supplier. Such VAT can, in turn, be recovered as input tax, subject to the normal rules, which will usually mean a NIL net tax position with no VAT being due to HM Revenue & Customs in respect of the transaction, as is the case currently. This removes the scope to evade any VAT owing to HMRC.

It is therefore crucial that all relevant businesses ensure that their accounting systems and invoicing procedures are set up ready to deal with the Reverse Charge; and, any decision currently being taken regarding software to use for the purpose of reporting under the Revenue's Making Tax Digital Regulations should take this into account.

In summary, the Reverse Charge will apply to all Construction Industry Scheme (CIS) and VAT registered businesses who buy and sell construction services and materials that are subject to CIS reporting (apart from those that are zero rated, such as new build), right up to the point in the supply chain where the customer is the End User. At that point, normal reporting, invoicing and collection of VAT resumes. Any VAT registered construction business invoicing a client (such as a private individual), that is not CIS-registered, must continue to charge VAT.

Under the Reverse Charge regime VAT is calculated purely as a “paper exercise” and this may, in certain cases, create cashflow pressures as business will no longer be able to rely on VAT for cashflow. Additionally, any subcontractors that do not adapt to the new system correctly could make costly mistakes on their invoices if not rectified in a timely manner. The Revenue has thankfully acknowledged the difficulties business may have in implementing the Reverse Charge and have confirmed that they will apply a light touch in dealing with related errors that occur in the first 6 months after introduction of the new legislation.

Detailed guidance from HMRC is available at <https://www.gov.uk/guidance/vat-domestic-reverse-charge-for-building-and-construction-services>. If you wish to confirm exactly how this will affect your business and are in need of further advice, please contact either myself or my assistant Nicola Tarry FCA who will be pleased to talk matters through with you.

Please contact Kathryn Gigg Chartered Accountants, Hunstanton on 01485 534800 or email kate@kathryngigg.co.uk if we can assist in any way.

Mrs K H Gigg FCA



Kathryn
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Going, Going, Gone!

by Justine Walker, Graduate Legal Executive, Commercial Property

Property auctions have increased in popularity over the last few years, with dozens taking place every month. Many people are now choosing to buy their property this way as it is fast, sales typically complete within 21-28 days of the auction. There is also the chance that you can land a great deal.

It is easy to get carried away at the auction but it is important to remember that following a successful bid, you have entered into a legally binding contract and you won't be able to withdraw without financial repercussions.

For peace of mind we recommend having a solicitor review the legal pack beforehand, as such a review may highlight potential problems which can be addressed or avoided before committing to the purchase. The pack will be available on the auctioneer's website and includes title information, either in the form of a title register and plan (for registered land), or copy deeds (for unregistered land). The pack also includes any searches that the seller has undertaken, such as a local authority and environmental searches.

For example, John is a director of a company that is expanding. John has found the perfect property to renovate and use as the company's new office. After opening, John is approached by a third party who has the

benefit of a restrictive covenant on John's title that says the property is not to be used for business purposes and that if John does not close his office, they will take enforcement action. John has now incurred significant expense in renovating the property for his business only to find out that he is not permitted to use the property in such a way. This could have been avoided with a professional review.

Having the auction pack reviewed is extremely important if you are reliant on a mortgage or finance to purchase the property. Any funding arrangements need to be agreed before the auction. If you do not have a review, finance could be withdrawn if it later transpires that there is a defect with the property, leaving you to try and fund the purchase through other means.

It is important to note that, following a successful bid, the property must be registered into the name given on the auction memorandum of sale. You can't register the property into joint names if only one name is given on the memorandum. The purchase would need to be completed in the sole name first and then later transferred into joint names. This could cause issues if you are obtaining a mortgage, as those named on the



mortgage offer and deed will need to be named as the registered owners of the property.

At Fraser Dawbarns, we strive to help our clients find the right deal for their needs. We understand that sometimes there is not much time between a buyer finding an auction lot that they are interested in and the auction itself. Therefore, we are happy to review auction packs at short notice.



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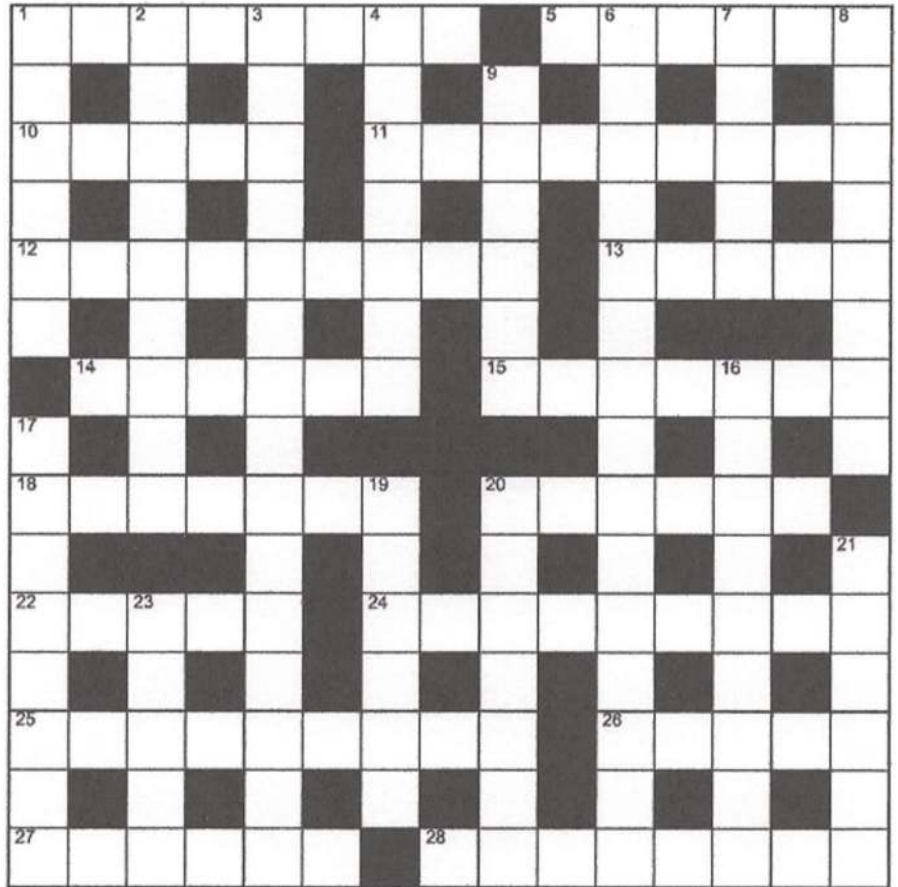
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Crossword Clues Across

1. All articles, to a degree, could be offensive (8)
5. Type letter thrown away as litter (6)
10. Peter, out of contract, is finished (3,2)
11. Being poor, camp on London Street (9)
12. Any man not finding time to get fit is pathetic (9)
13. Use ace to draw out last trump (5)
14. Swimmer is a great looker! (6)
15. Helped amateur (soundly beaten) (7)
18. If short it might be difficult to see (7)
20. Stop operating like someone lacking character (3,3)
22. Guts are bad - and a meal to finish! (5)
24. Cursed and moaned about conflicting directions (9)
25. Place for a trifle? (9)
26. Group of stars, who ultimately backed film genre (5)
27. Pressure for third cousin to put in a shift (6)
28. Legendary king, reportedly offensive, captured last Troy vessel (8)

Crossword Clues Down

1. Appear off food? See doctor for assurance (6)
2. Endorsing a time trial in golf? (9)
3. Before start of show wild fan gets overexcited (15)
4. Ghastly female seen inside rank vehicle (7)
6. Distressed at simple mention of applications (15)
7. Urge daughter to rent (5)
8. Get check-up, possibly before the end of the day (8)
9. May casually drop home to see this woman (6)
16. Link up, score and strip alongside pitch (9)
17. Divers dress to a code (8)
19. Shoot back to base when called (6)
20. Take off lower over farm building (7)
21. A handsome young man is after a teacher (6)
23. Brother heads for Rome, Italian and religious (5)

David Elsey's Cryptic Crossword

Crossword solution on page 39

Ray Butchers Su Doku

Easy first...

...then the more challenging

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

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



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STONE WORK

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Here at Hunstanton Bridge Club we are a friendly group of people always looking to welcome new members, whether you are a complete beginner, have been playing for only a few months, or for several years.

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

Banish the fear. Don't be apprehensive about going to a club thinking that everyone will know more than you. All levels can play together and have success and fun. If you would like to know more please contact Robert Smith 01328 822120

Loser on Loser

One of the techniques for developing an extra trick is to play a loser-on-loser.

S J 7 5 3	S K 8 4	S Q 10 9
H 9	H 10 6 5 2	H J 8 4
D 8 4	D K 9 5 3	D Q J 10 6 2
C K Q 7 5 4 3	C 8 6	C A 2
	S A 6 2	
	H A K Q 7 3	
	D A 7	
	C J 10 9	

South is playing in 4H and West leads King of clubs. Initially it looks like there are 2 club losers if the 3rd round can be ruffed and a spade loser. However East overtakes with the Ace and returns a club so it looks like he is wanting to ruff the 3rd round and so must have a trump higher than the 10 in dummy i.e. the Jack. As this would defeat the contract Declarer must think again.

After West wins the club return with the Queen and returns a club Declarer discards the losing spade in dummy and although East wins the trick with a trump he is in effect only trumping South's loser so it is not an extra trick lost.

Dylan's Special Specs!!

Thirteen year old, Dylan Smith was overwhelmed at the recent Band Night held at Heacham Public Hall when a bucket collection raised £164.70 towards his new specs!! Organised by Hunstanton Library Friends, the evening was held as part of the Library service "In Good Company" campaign to bring people together from different walks of life, all ages and abilities to have great evening of singing, dancing and meeting new friends.

Dylan lives in Hunstanton and is a regular visitor to the Library. In December 2015 he was diagnosed with Irlen's Syndrome which affects his ability to read and write as it affects the perception as to how his brain interprets things. He wears turquoise tinted glasses but they are now too small and the specialised assessment costing around £300 is not available on the NHS.

The evening saw a fantastic crowd dance to the sounds of Essex band 2+ One - with many reserving their tickets for the next dance at the same venue on Bank Holiday Saturday August 24th. For more information contact Sandy on 01485 518419/07704803983 or email nikkvandvinniehastie@outlook.com To donate to Dylan's Special Specs so that he can see the world tps://www.justgiving.com/crowdfunding/dylan-smith2006.

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The Burnham Market Craft Fair

The Burnham Market Craft Fair (which is now its 44th year) will be held on Saturday 17th August 2019.

This popular event, which is fundraising for the community, is entirely run by local volunteers. Funds are raised by stallholders contributing 10 per cent of their takings. Profits are donated to local charities and good causes.

This year's craftspeople have been selected from nearly 200 applications and have been hand-picked for quality and variety. Traditional, local and regional crafts will be displayed alongside items by local artists, designers and artisans on over 100 stalls in the centre of the village, on the greens, from 10.00am to 5.00pm.

Stalls include original art, jewellery, plants, textiles, ceramics, cards, woodwork, pottery, basketwork, sculpture, furniture, glassware, photography, aromatherapy, leather-craft, metalwork and more.

There will be a traditional Hog Roast and a Punch and Judy Show will entertain children throughout the day. There are several refreshment stands, plus tea and cakes at St Mary's Church, Westgate and of course, the permanent good eateries and specialist shops that make up this charming and attractive village.

Ample parking is available in the new North Street car park, on the Creak Road Playing Field, or why not come into the village on the Coasthopper bus?

(Enquiries regarding the Craft Fair to Lucinda Reddyhoff email lucinda@theburnhammarketcraftfair.co.uk or M: 07771 705 001

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between editions at
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FRODO CAVALIER RETIRES FROM THE BARKING BUGLE!

It was with great sadness that my retirement as Editor of the Barking Bugle was announced live on Radio Norfolk at the end of May. I am now handing over the reins, or rather the lead, to my younger brother Pupstar who I am sure will do an excellent job, although he will need a lot of training!!! I have reached the grand age of 14 and I think I deserve to chill out, relax and enjoy long afternoon naps.

I am a very simple, easy-going doggie, born and bred in the county of Norfolk, and I've had a woofingly wonderful life with many more adventures still to come I hope. Like most of my furry friends – I love my doggy chunks, I enjoy walkies (although not as much as I used to, now I have my turbo-charged stroller to parade in) and I do like a good paddle from time to time in the sea.

Never did I imagine that I would achieve so much in my lifetime from such humble beginnings. I remember entering my first fun doggie shows, winning quite a few rosettes when I was just a little puppy. Mum then taught me how to do doggie agility. Now, I wasn't what you would call a natural by any stretch of the imagination! In my very first competitive agility show in Peterborough I ran out of the ring several times and at one point I kept going up and down the 'A'

frame for ages even though I wasn't supposed to, much to the amusement of the crowd watching and to mum's extreme embarrassment! However, with much perseverance I soldiered on and managed to get quite a few clear rounds and even picked up a few 1st places. I was very slow but accurate is how I would like to describe myself!

I totally love this incredible dog-friendly county of ours and one day, whilst having a bark with my brothers Pupstar and Gizmo, I decided that it would be totally pawesome to tell all my doggy mates about Norfolk! We thought it would be a really good idea to write some articles from a dog's perspective and that is how the concept of the 'Barking Bugle' was created, an online newspaper written by dogs for dogs woofing from Norfolk. As it was my idea I felt I had to be the Editor, bossing my brothers around in order to get the best scoops of the day! We now have a host of other repawters who have joined the team.

During my time as Editor of the Bugle I have met so many wonderful people and have had many, many pats of appreciation. I have been featured on the BBC Breakfast Show, Sky News, ITV, the Daily Telegraph no less and have been interviewed several times on Radio Norfolk. I have met lots of celebrities such as the Supervet himself, Noel

Fitzpatrick, Jilly Cooper, Clare Balding, Michelle Collins and Pam St Clement to name but a few. I even managed to dance the paw-trot with Pasha from Strictly but had to turn him down when he asked me to be his partner on the show – well, a chap has to work after all! By the way, his partner, Rachel Riley, was very kind to me even though I think she was a bit jealous of Pasha's attention.

Just one year after launching the Barking Bugle the team and I were invited to Crufts of all places and were allowed to enter the Press Office to do our repawting!

Along with the team I have also helped raise money for local fire stations in order to buy pet oxygen masks and have supported charities such as PACT Animal Rescue and the Animal Health Trust, causes very dear to our hearts. You may even have seen me at Christmas outside Tesco's in Hunstanton wearing my Santa outfit, rattling my tins and woofing to the general public! I've also organised many dog shows including our favourite one at Glebe House School in Hunstanton.

In 2018 the Barking Bugle went to print with possibility the world's first tourist guide written by dogs – Dogs' Holiday Guide to Norfolk! We were all so excited and now our 2nd edition is available – 52 pages featuring everything the discerning canine tourist needs to



know about Norfolk. It has really been a labour of love and I'd like to thank all of you humans and doggies out there who have been so supportive of our efforts.

I have certainly had a colourful life but enough's enough – I finally want to put my paws up and have a well-deserved break from it all. I will of course monitor Pupstar's progress as our new Editor and naturally I will still boss him around a bit – well, he's used to it you know! My face will remain as the logo of the Barking Bugle and I wish Pupstar all the very best of luck as my successor. Once again I'd like to thank everyone who has supported the Barking Bugle over the years and I hope the team continues to inform you of all the wonderful things that Norfolk has to offer!

**Woofs and hugs Frodo –
Signing off as Editor XXX
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'Don't stare at them or they will spit at you!'

'You can stroke them on their back.'

'Let them scratch if they need to.'

What on earth are we talking about here? The answer is alpacas. Important instructions as a group of IW members set out on a trek at Wells.

I had a slight advantage as I had been before and realised that leading the group is not always the best place to be, so I chose

Pablo, the slowest alpaca and took my place at the back.

Our guide Ian was a lovely mixture of knowledge of the environment, understanding of how alpacas operate and a light touch of the tiller when the Inner Wheel members needed it! When reaching a patch of gravel, one or two alpacas rolled over for a scratch, and the misshapen apples I had bought for their treat did not go down well, either because they have more expensive taste or they had their fill of apples! Who knows.

I would thoroughly recommend this event for unwinding and you get a chance to be photographed en-route and feel like a celebrity.

Sue Trewin

Club Correspondent

The photo is of Annie Bagworth, our new President from the autumn, with one of the alpacas



50 years of Hunstanton and District Ladies Circle

Sophie Hooker

Celebrating their 50th year as a pillar of the Round Table 4 Club Family, the ladies of Hunstanton's charter donned their best fascinators and ate cake at an afternoon tea party at Caley Hall Hotel on May 19th.

Chairwoman Suzy Mason said: "It was a lovely day. Our Ladies Circle national president came across and in total 21 ladies all had afternoon tea at Caley Hall Hotel. We had a quiz, balloon modelling competition and prizes for the most fascinating fascinator, speeches and yummy cake.

"It was a fantastic event to celebrate 50 years of Ladies Circle in Hunstanton. We were able to raise a toast to circle's past and present. We're looking forward to more friendship, fun and fundraising over the next 50."

An international organisation with more than 130 groups around the UK alone, the Ladies Circle meets twice a month and unites local women aged 18-45 and allows them to make friends, try new activities and serve their wider community through fundraising.

You may recognise the ladies through their work on community projects, such as serving hot drinks and snacks at Bonfire night, supplying tea and coffee for the RNLI charity catwalk at M&Co and giving out water at the triathlon at Glebe school.

They predominantly fundraise for local charities and schools but also contribute to the organisation's national charity, which was Marie Curie this previous year.

Their ethos is largely to have fun and socialise, and to try new activities that you



wouldn't normally think of doing yourself—these include sailing, pole dancing, power hoop fitness classes, to name but a few.

Hunstanton's charter currently comprises of nine full-time members ranging in age from 19 to 46, and four honorary members that have passed the age limit but still participate. Each member brings their own unique perspective to the table that allows for truly diverse experiences.

There are currently plans to launch a sister association called Tangent in the area that is for ladies that are aged over 45. There are also

plans to launch a Circle in Norwich. Currently, the nearest Circles are in King's Lynn, Wisbech and Dereham.

If you are interested in joining the Ladies Circle or wish to enquire about their assistance such as marshaling or providing refreshments for a local event you can email hunstantonladiescircle@gmail.com or visit their Facebook page at 'Hunstanton and District Ladies Circle.' To learn more about the Ladies Circle, visit www.ladiescircle.co.uk.

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Terry Parish



NASA

50 years ago, on July 20th 1969, Neil Armstrong stepped off the ladder of the Lunar Lander and put his left foot on the Moon – ‘That’s one small step for man, one giant leap for mankind.’ This statement from Armstrong has courted controversy for years with people debating its meaning and poor grammar. I knew what he meant as I watched the delayed images on a small black and white tv in my parents’ house on an estate in Birmingham. Colour tv was not regularly broadcast until 1969 and those who could afford a set, equivalent to several thousands of pounds now, would still have seen the landing in black and white. Photographs in colour appeared when the astronauts returned and the film was taken from the Hasselblad cameras and developed – no digital cameras then.

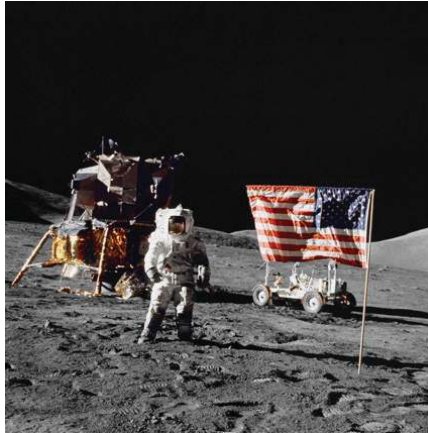


TV image of Apollo 11 landing. Internet

Look at the image of the footprint and it will tell you things about the Moon which were not known for certain in 1969. It has a firm surface covered with a thin layer of dust able to retain an imprint. This dust is very fine indeed and produced by erosion caused by solar particles hitting the Moon’s surface over 4 billion years. As the Apollo astronauts discovered, it gets everywhere in a space craft and will pose problems to future habitations. It is so fine it clings to surfaces through electrostatic attraction. It ‘smells of burnt gunpowder’ and is very abrasive.

The colour image shows rather more footprints and either Neil Armstrong or Buzz Aldrin in their spacesuits. The suit cost \$670,000 dollars in today’s money, a fraction of the \$24 billion dollars the Apollo programme spent. Armstrong earned just \$33

dollars in the 2 hours 40 minutes he actually spent walking.



NASA

Behind the astronaut is the lunar lander, Eagle, which is, in fact, two craft. The whole came down on a rocket exhaust, seen just below the gold foil heat protection, and settled on the four legs. The two astronauts were in the top section. This section had its own rocket motors and, on leaving the Moon, effectively launched off from the legged base.

It was vital that this base section landed very close to horizontal, not on a significant slope or with a leg snagged on a rock. The landing guidance system had directed the lander to a point two miles short of the chosen site due to gravitational irregularities and boulders beckoned. Armstrong took over the controls, flew on for several more miles and landed the vehicle himself (with 50 seconds of fuel spare).

Armstrong first flew solo at the age of 16 and was probably the best test pilot the air force or NASA has ever had. He flew the X15 rocket powered airplane to the edge of space seven times at speeds of 3,987 miles per hour. He was also a very proficient aerospace designer and engineer. A very modest man, he died aged 82 on 25th August 2012.



Neil Armstrong NASA

The third Apollo 11 astronaut, Michael Collins, never got to land on the Moon because he remained in the Service/Command module in orbit. This pair of modules, with the composite lunar lander attached, arrived at the Moon after being launched from Earth by the mighty Saturn V

rocket. The lunar lander detached from the command module with Armstrong and Aldrin aboard.



Command and Service Modules of Apollo 15 (Apollo 11's was the same). NASA

The image above is of the command module (dark cone to right) and the Service Module (cylindrical part to the left). The single rocket engine, exhausting through the bell-shaped projection at the rear, was used for mid-course corrections on the way to the Moon and (finally) to break out of lunar orbit for the return to Earth. The Lunar Lander composite craft was coupled to it at the end of the cone on the right. Armstrong and Aldrin had to crawl down a narrow tunnel into the lander where they shared a space 92 inches in diameter and 42 inches deep.



Apollo 11 Command Module, Columbia, attached to the Service Module to the rear. NASA

The image above is a shot of the command module left in orbit with Michael Collins in charge. He would have been in the Service Module at the rear. The top of the Command Module cone can clearly be seen as the Lunar Lander moves away. The ascent vehicle, the Eagle, returning from the Moon with Armstrong and Aldrin, had to dock on the point of the cone. The two astronauts climbed back into the Command Module and then the Eagle was discarded and allowed to crash into the Moon (several weeks later and at an unknown location). The motor on the Service

Module fired taking it out of Moon orbit and allowing it to fall back towards the Earth.

Returning to the start of the mission, the next image is of the Saturn V rocket lifting off. The pointed device right at the top is a rocket which no-one ever wanted used – the launch escape tower. If the rocket stages below were in danger of exploding, the escape rocket would fire taking the command module, Columbia, with the astronauts inside, away. It would then jettison the module and parachutes would return Columbia to the ground.

Below the escape rocket is the cowl encapsulating the Command Module. The Service Module is the dark cylinder below that. Attitude jets, for use in space, can be seen near the top edge of this. The Lunar Lander is within the truncated cylinder below. Below that are the three tremendous main rocket assemblies. Stage 1 at the bottom which lifted everything (over 300 tons weight) 36 miles high. The escape tower was discarded; the first stage fell away, the second stage took over and also fell away when finished, then the third stage fired.



This third stage, the S-IVB, put itself and all the modules attached to it into Earth orbit. After 1.5 orbits its engine fired again for 5m 20s to raise its velocity to 24,182 mph so that it could escape from the Earth's gravity and start the trajectory which would take it and the conjoined modules to the Moon.

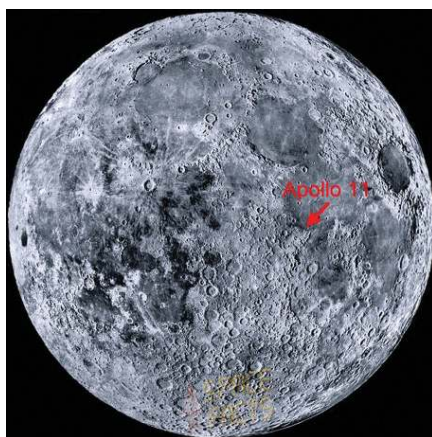
The Service/Command Module unit then separated from the S-IVB and rotated. The panels surrounding the Lunar Lander assembly (the truncated cone) were jettisoned. The Service/Command Module moved in and coupled to the Lunar Lander. This was disengaged from the S-IVB and the new assembly moved away from it. The S-IVB was no longer needed. Its engine was fired for just 2.8 seconds which placed it in an orbit around the Sun. The conjoined Service/Command/Landing Modules continued to Moon orbit. (Later S-IVB's were

crashed into the Moon to create moonquakes for instruments left on Apollo missions to detect; though Apollo 12's is still orbiting the Earth).

You may have noticed that I am writing this like a modern BBC drama, backwards. I started at the footprint, moved towards the launch and, in the middle, left our astronauts heading back to Earth in the conjoined Service and Command Modules. When they got back to Earth orbit these modules separated. The three astronauts were now packed in the Command Module which set its rounded base towards the Earth and fell. A heat shield burned away as it rushed through the atmosphere and slowed. Parachutes were deployed and the module splashed down into the North Pacific Ocean, 900 miles south west of Hawaii on 24th July.



Apollo 11 splashdown of Columbia. NASA



NASA

They landed at the edge of the Sea of Tranquility.



The last image is iconic and revealed Earth as a little place floating in space which, perhaps, should be looked after. It helped

spawn new environmental movements.

The Apollo Programme which culminated in the manned missions to the Moon, Apollos 11 to 17, employed 400,000 people and required support from over 20,000 industries and universities. All this was done with virtually no computing power but lots of brain power. The Apollo 11 guidance computer was at the cutting edge of its time, it had 2 kilobytes of active memory and 32 kilobytes of storage – kilo means 1000. (an iPhone can have 2 gigabytes and 64,000 gigabytes – giga means 1000 million)

The Saturn V rocket assembly remains the biggest and most powerful rocket ever built. D Day, recently celebrated, enabled the Apollo missions to happen because the Saturn V was the child of Wernher von Braun, helped by a further 700 German rocket engineers, spirited to the USA at the closing stages of the Second World War. They, of course, had been engaged in building and launching V2 rockets in an attempt to destroy London.

'We choose to go to the Moon'. The essence of a speech by president John F. Kennedy in 1962. It took just 7 years from his wish to fulfilment though he was assassinated just two years after the programme began. There was already a desire to open up the 'New Frontier' and, if left to develop at a normal pace, it would likely have been done a little slower, a few years later, but probably better. However, there was also a Space Race as the USSR (now gone but call it Russia) had had all the early successes in spaceflight and had a Moon project of its own. In fact, the USSR developed all the kit needed and it was bad luck that they failed and then gave up.

Now there is another Space Race involving the USA, China, Europe, India, Japan, Israel and private companies. President Trump wants Americans to get to Mars first but has paused that drive to return to the Moon in 2024. STOP PRESS. At the time of writing he has just tweeted, 'For all the money we are spending NASA should not be talking about going to the Moon – we did that 50 years ago. They should be focussed on the much bigger things we are doing, including Mars (of which the Moon is a part)'.

This tweet has been mocked but, to be fair, NASA does see a Moon return as a test and as a stepping stone to the much harder problem of landing Men on Mars.

And, before I get letters about Men without a mention of Women. NASA does plan to have one of the latter on the Moon too. Women in space came late due to toilet arrangements, or lack of them. Apollo astronauts did wear nappies and had tubes to assist where necessary. A Russian woman was the first in space but they wouldn't tell NASA what the arrangements were.

Anyway, for those of you interested there will no doubt be programmes on the tv and the Internet abounds with everything anyone wants to know about Apollo. There are also still those who pronounce it was a lie. It wasn't, I watched it.

References: My 50-year-old copies of: The

Times Atlas of the Moon and 'The Invasion of the Moon 1969 by Peter Ryan; multiple websites including NASA.

What is in the Sky this Month?

Not a lot to say in not much space. Access last month's copies on-line as not much has changed. Earth is at Aphelion, furthest from the Sun, on July 4th when it will be 152 km or 95 million miles away.

There is a partial eclipse of the Moon on the 16th. The Full Moon will rise about 9pm already in the Earth's shadow and will be 65% obscured at 10.32pm. The shadow will then recede and the Moon will emerge fully from shadow at midnight.

In brief: Jupiter and Saturn predominate. Saturn is at opposition on the 9th (closest) and

Jupiter was a few weeks ago. Unfortunately, both are rather low down (see last month's article)

Start looking for them from about the 10th at 10pm. Look due south. Jupiter will be just east of south, Saturn just rising in the south-east.

From 1pm things will be darker if not clearer and Jupiter will be due south, Saturn SSE.

From midnight, each planet is either side of south. Later, or in the early morning, Saturn is south and Jupiter is setting in the SSW.

Jupiter is by far the brightest at magnitude -2.46 whereas Saturn is +0.12 (magnitudes get brighter the lower they are). Each change of magnitude by one is a change in brightness by a factor of 2.5. So, Saturn is about 1/7 as

bright as Jupiter.

Saturn is twice as far from the Sun as Jupiter. Twice the distance means a quarter of the amount of sunlight so that would likely make Saturn at best a quarter as bright. Both planets reflect light well but Saturn is smaller hence less bright still.

Anyway, take a look at both. Galilean Moons of Jupiter easy in a small scope / large binoculars. Rings of Saturn need a decent 'scope or very good birding 'scope.

Pluto is at opposition too. I will try to see it but unlikely to succeed in a summer sky.

There are meteor showers on the 30th, the Southern Delta Aquarids and Alpha Capricornids. Early morning viewing.

The skies are darkening, rockets are launching, I would catch one tomorrow.

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Matt Hallard on his upcoming year as Round Table Chairman

Sophie Hooker

As Hunstanton and District Round Table celebrates their 60th year, it is time for member Matt Hallard to don the chains and enter his year as Chairman. Here, Matt chats to Town & Around about his life before Round Table and his hopes for the upcoming year.

With 400 Tables in Great Britain and Ireland and with more than 35,000 members in 60 countries worldwide, Round Table is an international organisation whose ethos is firmly planted in aiding the community whilst having fun. Hunstanton and District Round Table have 15 current members and their three big events include the Christmas swim, the Sunset Festival and Hunstanton's bonfire night.

On being a Tabler and becoming Chairman during this momentous year, Matt says: "For us all, it's a real significant moment. 60 years of raising money, and the philosophy that we have as a Table are all about supporting local causes in Hunstanton and Heacham."

"For me in Table, I just want to do good stuff for good causes. Those guys are like brothers now. We are all good friends and see each other outside of Table."

"We really like recipe we've got with how we do it. When we compare ourselves to others we kind of break the rules in some areas but for all the right reasons. So we deliver a really good Table experience. It's a challenging, fun environment."

Pre-Round Table, Matt worked on cruise ships as a production manager, and then for an events company which involved providing the lighting for film premieres, Cannes Film Festival and private yacht hires. He now works for a big American lighting company that provides entertainment lighting, typically the lighting production you would see on The X Factor and for touring acts like Muse.

Matt moved to Norfolk and eventually Hunstanton around 8 years ago after falling in love with the sense of community in the town. Of course, his family run The Princess Theatre and his wife Anna works as entertainment director at Searles Holiday Park,

so the arts are very much ingrained within his family.

Andrew Searle introduced Matt to Round Table after he moved to Hunstanton and invited him to a meeting. There, they larked around on PlayStation games and Matt never looked back. As Matt emphasises: "We're just regular guys—outside of the events and business meetings it's about having fun."

Of course, though fun is a fundamental part of their meetings, the good work the Round Table do for the community cannot be underestimated: each year they raising thousands of pounds for local charities and those in need. For example, they have donated a marquee for a scout group, a football kit for a local team, and they recently re-kitted a sensory shed for a disabled child. Matt says: "It's important for people to realise that when they throw money in the bucket at the swim or turn up to the cliff that there's no cost for us—there's 15 guys that give their time free of charge and throw our own money in too."

Every year a member runs the London Marathon for charity, with Mark Williamson running this year. Though, as Matt would jokingly like to point out, following his entry in 2015 he remains the fastest Tabler in Hunstanton history with a time of 4 hours and 5 minutes!

The Round Table are responsible for organising the annual Christmas Day swim, which in fact was a tradition that started with the Round Table 60 years ago when Tablers went into the sea on Christmas Day for a laugh, eventually becoming a big event in itself. Now, there are between 2000 spectators with around 60 people swimming.

It is Matt's job to organise the annual Bonfire Night this year, and he promises that this will be nothing short of spectacular: "This year for the bonfire, because I work in the events industry we're going to have a laser firework display (lasers and fireworks) all set to a soundtrack. So everything will be firing to music. It's not been done locally before." He emphasises a truly stunning view of the display will



Matt receiving his Chairman's chain of office

be best enjoyed on the cliff top. The family-orientated event is an insanely popular fundraiser with around 5000 attendees each year.

Of course, the Sunset Festival in July is one of the larger events that the Round Table organise and is no mean feat to put on, admitting that the costs of putting on such an event are onerous. Luckily, however, the connections of Round Table members has made the event possible, with one being a scaffolder to provide a stage, Matt borrowing the lighting and a Tabler from another group providing the sound. Matt says: "As a Table we seem to have all the people with all these skills that can help deliver an event—it's quite lucky in that regard." This is a prime example of the selfless teamwork that makes the Round Table such a pillar to the local community.

They have already received £4,000 through Tesco's blue token scheme but, with costs to run the event exceeding £20,000, further support from local businesses would certainly help relieve the financial burden on them, with Matt stating: "We're trying to encourage as many businesses as possible to spend just £100, and for that we give them a banner and they get their banner at the festival and their advert on all marketing and behind the bar so thousands will see it."

Looking ahead at his year ahead as Chairman, Matt hopes that he can leave a mark. Hoping

to organise for the Tablers to take part in the Three Peaks Challenge (climbing the three highest peaks in Great Britain within 24 hours). He states: "I've spent years working in business, running teams of people so I ask, 'What can I bring to that group?'"

"As Chairman you get one year and you think about what you're going to achieve in their year. The guys who have gone before me have wanted people to realise that as a group we are a fun place to be. It is not all about the work we have a lot of fun too."

"There are so many guys that have done such a great job. For my year as Chairman I want to make sure that we don't forget our roots and traditions unique to our Table. And do the first ever laser show to music on the cliff in the history of Table."

"In my year as Chairman all I can do really is attend and make sure that when I hand my chains over to Rob Brown that he's in good shape to take it on and do what he wants with it. It's one of those labours of love."

If you are male and between the ages of 18-45 and are interested in becoming a member of Round Table, you can call their new member enquiries on 0121 456 4567 or email hq@roundtable.org.uk. Their Facebook is 'Hunstanton and District Round Table 615.'

The Sunset Festival will be held outside the Sailing Club on the seafront and will be held on Friday 19th, Saturday 20th and Sunday 21st July 2019.

Hunstanton Lifeboat Station news

Geoff Needham, LPO

Tuesday 14th May at 12.55 p.m. UK Coastguard requested launch of Hunstanton RNLI Lifeboat to reports of people in danger from incoming tide at Heacham Beach. It was reported that a dog was swimming out to sea, and that people were trying to rescue it. As the lifeboat approached the area, they were informed that the dog and all the people were safely ashore, and could return to station. High Water. Tues. 14th 15.25 p.m. Wind Easterly 2/3 Sea state slight. Vis. good.

Sunday 19th May at 17.45 p.m. UK Coastguard requested launch of Hunstanton RNLI Lifeboat to reports of people thought to be in danger in the water at Hunstanton Beach. Hunstanton lifeboat 'Spirit of West Norfolk' launched on service and proceeded to area, they were informed that all persons were out of the water, and could return to station, a search was made of the area, confirming no persons were in danger, and returned to station, a false alarm with good intentions. H.W. Sunday. 19th 7.44 p.m. Wind Easterly 2 Sea state slight. Vis. good.

Sunday 26th May at 4.05 p.m. U.K. Coastguard requested launch of Hunstanton RNLI Lifeboat to reports of red distress flare fired in the vicinity of Holme to Thornham area. Hunstanton RNLI press officer spotted the flare as he drove out of Lighthouse Lane onto the main coast road, he went down to the boathouse and rang Humber Coastguard, they reported that a member of the public had also rang in. Hunstanton RNLI Lifeboat along with Hunstanton and Wells Coastguard response teams were also tasked. The teams searched from Brancaster to Holme, nothing found, cross-referencing the sightings from other informants, it was believed the flare to have been fired in the Holme to Thornham marsh area. All Teams were stood down at 6 p.m. High Water. Sunday 26th 12.09 p.m. Wind S.W. 2 Sea state slight. Vis. good. Red Flares are international distress signals at sea. They should not be used indiscriminately, and never in coastal areas ashore.

Sunday 2nd June at 2.55 p.m. UK Coastguard requested launch of Hunstanton RNLI Lifeboat to reports of two persons cut off by tide at Scolt Head Island. Brancaster. Hunstanton Lifeboat proceeded to Brancaster and located the casualties. They were taken on board the lifeboat and landed on to the beach into the care of the local coastguard response team. A further sweep of the area was requested, and the lifeboat crew located two people on the seaward side of the Island, they were picked up and also landed on the beach into the care of the local coastguard response team. The lifeboat was then released to return to station. H.W. 6.42. p.m. Wind. S.W 3 Weather Sunshine Vis. Good Sea state slight.

Sunday 9th June at 10.12 a.m. UK Coastguard requested launch of Hunstanton RNLI Lifeboat to report of kite surfer in difficulty of Heacham South beach. Hunstanton volunteer RNLI crew launched on service, and proceeded to Heacham South beach, on arrival they



Hunstanton RNLI Hovercraft

located casualty about half mile offshore, the surfer and his gear was recovered to the boat, and landed onto the beach, into the care of the local coastguard response team, no medical attention was required. Lifeboat was released to return to station. H.W. 11.28. a.m. Wind. S. E. 2. Sea state slight. Vis. good.

Sunday 9th June, Robin our Lifeboat operational manager reached the age of compulsory retirement, as far as the RNLI retirement age for operational management goes. Robin joined Hunstanton RNLI in 1987 as crew and going on to becoming a helmsman, until he reached the compulsory retirement for seagoing on ILBs, after a five year spell with the local coastguard, he was asked if he would take on the role of L.O.M. replacing the late David Harrison, and has given sixteen years of dedicated service to running Hunstanton station, his knowledge of what was required, made sure that the crew were well equipped with all the necessary equipment, and oversaw several improvements to the station. On behalf of the station we all wish you a long and happy retirement. Rigil Kent, a long serving lifeboatman at Hunstanton, has taken over the role of LOM. Good luck Rigil wish you all the best, a big responsibility, in the end, it is all about teamwork.

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

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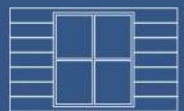


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Where there's a Will there's a War?

Miranda Marshall, Director, Hayes + Storr

With the number of Wills being contested in the High Court up 25% on recent years, it is more important than ever to secure your last wishes to avoid claims upsetting your legacy plans. The surge in claims is put down to increasingly complex family relationships. The landmark 2017 judgement in *Ilott v The Blue Cross* overturned accepted legal thinking. In that case Melita Jackson left most of the £486,000 estate to animal charities, but her estranged daughter Heather Illott made a successful claim against the estate, arguing that her mother had not made reasonable provision for her.

The Supreme Court criticised the decision-making process of the lower Court of Appeal in the *Ilott* case and made some useful points. The Court of Appeal had given little weight to the testator's clear wishes; which was wrong. While the wishes can be overridden, they are part of the circumstances of the case and must be taken into account. The Court of Appeal thought that charities have no 'needs' and therefore, unlike a person, they are not prejudiced if their benefit is reduced. For all Inheritance Act claimants, apart from spouse, 'need' is a necessary but not sufficient condition for an order. Awards are limited to maintenance (rather than a lump sum) and so, had an award by way of housing, been appropriate, the right order would be likely to have been a life interest, rather than an outright sum.

Cases since *Ilott*, such as *Thompson v Ragget* [2018], show that these principles are not being consistently applied by the Courts. As ever, the decisions are specific to the facts but Orders for capital sums by non-spouses are still being made, despite all the guidance of the Supreme Court. Reasons given include such an Order allowing all parties to move on from the estate litigation with all links being severed and the estate being substantial so there was 'enough to go round everyone'. The closeness of the relationship between the deceased and the beneficiary of the Will has been held to make a difference.

Modern legal approaches include setting up a trust which would distribute funds in line with your wishes but could adapt to any change in circumstances instead of sticking rigidly to the Will. Communicating intentions to family members to avoid unpleasant surprises, appointing a committed and competent executor all help prevent misunderstandings when it is too late.

More than ever making a Will is something that must be done with advice and careful thought. It is clear that documenting your

reasons for making any testamentary dispositions likely to be unpopular needs professional input and careful documentation.

This article aims to supply general information, but it is not intended to constitute advice. Every effort is made to ensure that the law referred to is correct at the date of publication and to avoid any statement which may mislead. However no duty of care is assumed to any person and no liability is accepted for any omission or inaccuracy. Always seek our specific advice.

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NEWS FROM CRYSTAL CAVE AND SERENITY

We are saying a sad goodbye to two of our Therapists at Serenity. Luke, our foot Care Practitioner is relocating to London, we wish him all the best and continued success in his career. Anita, one of our massage therapist is relocating to Derbyshire, again we wish her happiness in her new home nearer her family.

Our new Foot Health Practitioner, Catherine will be stepping into Luke's shoes from July. Catherine qualified in May 2014. She will also be offering optional extras on top of the usual foot care treatments, should you wish to try something different, such as mini reflexology massage, polish application (using non-toxic and naturally enriching nail products) or a deluxe medipedicure. Catherine is available for appointments on Mondays and Tuesdays.

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Summer!
We have also increased our range of jewellery to suit all pockets, most of the jewellery comes in a gift box so make ideal pressies. Nag Champa have widened their range of incense with some lovely new fragrances making the Cave smell divine! Here's to a Happy, Sunny Summer to all.

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THE VIEW JUST OFF THE HIGH STREET

Something for nothing

Mark Kacary

Let's start with a question. How often have you thought "I'd love Hunstanton to have a shop" here? Fill in the blank with whatever type of shop you'd love to see on the High Street (or just off the high street). Decided? Good! Let's assume your wish has been granted. Now answer this, how often would you shop there? Daily? Weekly? Monthly? Or would it be less frequently than that?

Why am I asking these questions you may ask? The answers you give might help provide an understanding to the changing face of "The High Street" "I have used the following saying before and will not excuse myself from using it again "Use it or lose it" is the most direct slogan I can think of a better one to highlight what's required to ensure a future for the high street.

What with Brexit, party leadership campaigns etc something which may have slipped your attention would be a report published by the on the 4th June 2019 by the BRC (British Retail Consortium) recorded that sales on the UK high street during May showed the biggest slump in 24 years with sales declining by 2.7%. One area which consistently remained buoyant (food) saw sales drop for the first time since June 2016. BRC chief executive Helen Dickinson warned in the report that the slump in retail sales could lead to more store closures and further job losses.

In last month's column I how it appears that we should feel proud at the fact that since we opened the Deli the number of empty shops in town are at an all time low. However, let's nobody can allow themselves to get too complacent because the news on the high street is not that positive.

I won't apologise for using my column to mention this month after month, but Britain's high streets lost a record 2,841 shop last year. That's an average of 16 stores per day. There are of course several reasons for this including lower footfall numbers, rising costs as well as a shift to online shopping. Stores of course close all the time, that's nothing new, leases run out, people retire, businesses change hands. What might concern some people is that although the number of store closures remains at the same level as in 2013 there has been a 44% drop in store openings. The worse affected regions being Greater London, The South East and closer to home East of England.

Whatever one's thoughts are regarding Brexit it's hard not to create a links between the of uncertainty of what's going to happen and the fact that May 2019 saw a 4.2% fall in footfall. These are worrying times, not just for independent businesses (like ours) but for many chain stores, several of which have

closed or gone into voluntary insolvency.

What does any of this got to do with the title of this month's column "Something for Nothing?" If you recall at the start, I asked you to think of the type of shop you'd like to see on the high street and whether you'd use it if one were to open. There is an unwritten agreement in that for a shop to open and remain open it needs customers. Well-wishers are of course great, but a shop will close unless people are prepared to use it.

I had planned write a relatively detailed description of what it takes to open a shop and keep it open but decided that might be too intense. I'll happily write such an article if anybody would be interested so let me know. Instead my mind was sparked by a news story a couple of weeks ago where and when a small business owner was harangued on social media sites, such as TripAdvisor for charging someone for a class of tap water. I intend to tackle the murky world of online review sites in my next column, but it made me think how such an action can be seen from two different angles where in principle both parties are possible right and wrong at the same time. Is it right to charge for tap water? In principle we'd say no, and we don't charge for this, so it could be said that it is wrong for anybody to do so. Incidentally did you know, if you were to ask for tap water at The Dorchester Hotel in London, you'll be charged £10? Whilst believe in providing tap water free of charge to anybody asking for it, lets look at in another way. What if somebody came into your business asked for tap water and then sat there using electricity for their laptop computer, and taking a space a paying customer could use? Would you feel it fair to ask them for pay for any of the facilities they've used? After all a business needs to pay, rent, rates, utilities bills, wages etc.

It often makes us wonder whether customers appreciate how much packaging costs? Why do customers go prepared with carrier bags etc when they now shop at a supermarket but not as often when they shop at a small independent shop? It's true we are not bound by any laws to charge for bags, and yet we haven't yet found a way of obtaining carrier bags for nothing.

Do customers expect more when they shop with a small retailer? For example, people always look shocked when asking if we have ice to pack the fresh crab they are about to purchase. Possibly when we used to sell wet fish at the shop (4 years ago) it may have been possible, but we took the decision to close that part of the business for the simple reason that it didn't pay for itself. "Use it or lose it" We're pretty sure that if we invested in ice making capabilities to offer this level of service customers wouldn't want us to

charge more for their fresh crabs or wish to pay for ice. Unfortunately, there is not enough profit in the purchase of a single fresh crab to pay for the manufacture of ice and suitable packaging. Is this a case of wanting something for nothing?

A report on BBC Breakfast news recently spoke about an initiative in Halifax by small high street retailers. Customers are encouraged to visit local retailers and spend an additional £5 a week, the result being additional revenues in Halifax High Street during the year amounting to several million pounds. What's important about this story is not just that this could be the difference between a thriving high street and a ghost town, but that it vastly helps the local economy. Various reports over the years suggest that for every £1 spent in a small independent shop 63p of that money stays within the local community. There is no better way of maintaining a community, community spirit and a sense of wellbeing than supporting those who are open when you need them to be, providing services nobody else provides. On that last point may we be allowed to do a little self-promotion. In early May the local Tesco's closed its deli counter. We have to admit to being surprised because when we heard Tesco's plans to close Deli counters it didn't suggest that Hunstanton was in its plans. Suffice to say this leave us as the only business on much of the North/West Norfolk coast with what many (including us) would describe as a proper Deli counter. We've had a handful of deli counter converts visit us to discover what ham on the bone looks and tastes like not to mention a range of cheeses some have never encountered.

If ever you needed a good excuse visit and discover what we and the High Street in Hunstanton has to offer it's now. In case you don't know where we are we're two doors up from Barclays Bank and directly opposite the new Heritage Centre which opened this weekend. It's well worth a visit and a true testament to the community spirit of Andrew Murray (a fellow columnist) and a band of volunteers who worked tirelessly to get this project finished and open in time for summer. I'm sure they'll appreciate a visit from all of you at some time as will we when you come over for a cup of coffee or tea either before or after visiting the centre.

Next month, I'm going to write about online review sites. Some people use them religiously, some avoid them. Are they useful? Or can they be spiteful? I hope you enjoy my musings please feel free to let me know.



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A recipe from the Prudent Pensioner

Doreen Reed
Vegetable and Potato Bake

Approx. 500g Potatoes
 1 medium carrot
 1 medium parsnip
 1 small onion thinly sliced
 25g Full flavoured cheese grated,
 You will need an ovenproof dish approx. ¾ litre. Set oven at 200c
 Method:
 Peel potatoes, cut into medium size pieces and place in a saucepan of lightly salted water. Peel and slice carrot and add to saucepan, bring to boil reduce heat and leave to simmer.
 Peel parsnip and cut into chunks, add to saucepan and leave to simmer until potatoes are fairly soft but not overcooked.
 Turn off heat, strain water from saucepan and mash vegetables.
 Stir in onion slices and grated cheese and mix well.
 Put into ovenproof dish and bake in preheated oven for 30 minutes.

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

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Good and bad.....

Sandra Hohol

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I was not sure which story to start with so I will start with the unpleasant and finish with the pleasant.

We came to the rescue of a couple who had looked for a holiday on line, found a property on a website and booked direct with the owner to arrive on a Saturday. The details had been totally misleading, stating clean, modernised and refurbished with a long length of lovely, descriptive editorial enticing people to book, with attractive photos. Not dissimilar to ourselves in fact in what we do. However, it was so filthy and unhygienic they took several photos as proof. I have copies. Without going into detail, it was atrocious. Heart breaking to find the holiday home which you had saved for all year looking as if it not been used for several months. Not good after a long journey. Needless to say they did not stay and found a hotel for the night. The Tourist Information Centre sent them to us and we found them accommodation from the Monday. They were overjoyed to be in such a clean, safe and well looked after property. Even though they had the wettest week of the year, life and holidays are what you make them so had a fabulous week with their dog and will come back again. Moral of the story is, be careful who you book with, although not always easy. Check out what associations they belong to, to make sure that you can get your money back and you know where you stand with any problems and cancellations.

Last year in June Carol Bacon joined us in our bijou office at 68 Westgate as we were beginning to stretch at the seams in paperwork and location! She has now been here a year and we have been in our new premises across the road at 70a Westgate for four months. With even more footfall to the shop front, our move has given us even more interest, now being on the corner and seen from both angles. Visitors can even form a queue, something that could not be done across the road! Besides tending to holidaymakers and potential new holiday home owners, we have other reasons for people to drop in and see us. We have the KL magazine, Town and Arounds, holiday leaflets and booklets plus a few other bits and pieces of information which is free to collect.

Information face to face is also a bonus for directions, finding restaurants and pubs, best cafes, shops, doggy info, and any useful or useless piece of information which is going to be helpful to the person in question. We know people and the area and a bit of what goes on, so our office corner becomes a little 'drop in' centre. Customer service is our priority and we aim to help. Carol is our main 'receptionist' and can get a holiday booked in Norfolk even when the enquirer was thinking of Suffolk and rang the wrong agency! We have to love our public as they are what keeps us going with other similar businesses in town. So 'eyes and teeth' (smile with your eyes) and we hope that our customers and yours will come back as well as patronise the local shops and businesses in the area.

YOU IN MIND

My name is Sandie Payne.

I am a trained professional Certified Counsellor and Hypnotherapist. I specialise in helping people to overcome life's problems.

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Whatever the reason you may be struggling with in life, you are not alone.

I have helped many people like you to change their stumbling blocks into stepping-stones, so that they may take control over life issues confidently.

You don't have to struggle any more. Contact me for your first free session, where we can discuss your concerns and where I can explain therapy.

You will experience complete confidentiality and empathy in a safe environment with no judgement.

I'm aware that after seven years of being a Counsellor/Hypnotherapist is that having someone to talk to and who you can trust with your problems and who is there just for you is good.

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14th July Dog Show & Family Fun Day

A day to remember and the highlight of our fundraising calendar here at the hospital. So much time, effort and goodwill is put into this special day to raise money and promote our excellent services - just check our website for details or pop in for a chat and explore our beautiful gardens. 10am-4pm

Proudly sponsored by SOCIUS - 'A modern, British restaurant in Burnham Market' - we are happy to announce our fabulous fun filled day for all the family ... two and four-legged ... at the East Park, Holkham Estate - entry via the Golden Gates (B1105 Wells to Fakenham Road). Use postcode: NR23 1SF for Sat Nav directions. *FREE ENTRY via the Golden Gates, parking £3 per car*

Lots of fun classes and activities for your dog, together with a huge array of children's entertainment including circus acts, climbing wall, pet 'cuddle corner', fun fair stalls and much, much more. Over 50 craft stalls and trade stands, 11 food outlets as well as a bar & 2 live bands!

Guest of honour is Norfolk chef Galton Blackiston, the Michelin-starred chef, whose hotel restaurant Morston Hall, near Holt, has four AA rosettes, will be opening the event. Fun for everyone!!

Volunteers Meeting - Join Our Team

Friday 19th July 2019 from 10:30am to 12:00pm

Want to be part of a team and help your local community? Then join us at Wells Community Hospital Trust. We have roles to suit everyone

within our team, such as fundraising events throughout the year, promoting our community services, Dementia Hub, Gardening and much more... Please feel free to pop along to this meeting, if you have any questions beforehand then please do call 01328 711 996.

Services & Clinics

Anglia Asbestos Disease Support Group Friday 19th July 2019 from 11:00am to 03:00pm Free of charge, with refreshments provided - meet others who understand what you are going through, and to learn more about your condition and the help that is out there.

For more information email admin@wellshospital.co.uk or call 01328 711 996.

Taster Day! 29th July 10 – 4pm

If you have ever wondered what Reiki all about is, how Craniosacral therapy can help that aching neck/ back or how Shiatsu massage can alleviate common ailments and correct imbalances in the body then come along to Rex's Taster day. He will be offering 1/2hr taster treatments for just £15! to book please call 01328 711996 or email admin@wellshospital.co.uk

Dementia Hub

Why not join us for a cuppa and a sing song, enjoy our arts & craft sessions, make new friends or take part in African Drumming workshops - every Wednesday from 1030am. Transport can be arranged! Call us for more information 01328 711996.

Training Hub

Upcoming dates for you training needs:

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Hunstanton Eyecare Blog

Hearing Service at Hunstanton Eyecare

I'll let you into a little secret. About 10 years ago I started to wear hearing aids. Of course, I didn't think there was anything wrong except that folks wouldn't speak clearly. The problem first arose after my husband returned home from working abroad for several months. He kept complaining that he had to repeat everything to me, of course I said he shouldn't mumble, shouldn't expect me to hear him if he was in the other room and there was just too much background noise around including the TV being too loud. Well you know how it is, you have to go and get checked out, and to my disappointment my hearing was not A1. I am now on my third set of hearing aids and over the years I have found they have improved immensely with the quality of sound becoming far more natural. I can even programme them from an app on my phone, this is useful if I attend a talk and I have missed the seats at the front of the room, I can increase the volume a little and direct the focus of the aids to pick up sound from in front of me and decrease sound from the noisy folks behind me. I wear my hearing aids all day long, I make sure my hairdresser leaves enough hair to just cover them and as they are so small and discreet no-one knows I wear them. At least they didn't until now! The difference in the clarity of sound is wonderful. In the morning I can hear the radio switching on and I know the news is giving us the daily dose of doom and gloom, but it is only when my "ears" go in that I can actually hear what they are saying. Odd things I noticed were a funny whooshing noise in the kitchen, then my husband told me it was the kettle boiling, and that old clock made a right racket with all that ticking!!

My audiologist is Anne Scott-Wilson of Sound Advice Hearing in King's Lynn. The company approached us as they wanted to partner an optical practice. Our ethics are the same in that they are highly qualified, have years of experience and wish to give our patients the best care and advice, so I'm sure we will get along just fine. The first Hearing Clinic at Hunstanton Eyecare will be Wednesday 3rd July, and then every other Wednesday. Anne will be offering a FREE hearing check and if hearing aids would be beneficial a FREE hearing aid trial. Do be prepared to spend an hour with us, as your hearing is just as important as your eyesight and deserves time and attention.

So if you are struggling to hear the conversations, or the TV is too loud for everyone else, when you visit it us for your specs, why not book a hearing check too?

We look forward to seeing you soon

Annette



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Bicentenary celebrations for Sedgeford thunderstorm



Bhas Allan

A small group of historians and creative artists will on Friday 5 July 2019 mark the bicentenary of "The Thunderstorm That Took Place in Sedgeford in the County of Norfolk on Fifth July 1819, a storm so violent it was recorded in the Register of World News, blasting a yard-wide hole in the Church tower and taking the life of Susan Nobes, a 14 year old village girl.

There are 2 events planned. At the Ladywell, a private memorial for Susan hosted by village historian Tim Snelling. Sedgeford residents poet Gareth Calway and harpist Vanessa Wood-Davies (of the folk/storytelling quartet Penland Phezzants) will share their "Ballad of Susan Nobes" (<https://youtu.be/nlbKlFyA9Hg>) along with Gareth's reading of Janet Hammond's distinctive verses about the tragedy and the Ladywell boulder. Finally, Phezant singer/guitarist Andy Wall will sing his and Gareth's new especially composed "Elegy for Susan Nobes." (This daytime event is invitation only but a film of it will be publicly available later.)

At the Boneyard Field, in a public event starting at 7.30 pm, The Penland Phezants ("entertaining and refreshing...wonderful zany historians" Liz Franklin, Blues and Roots Radio; "Informative and entertaining. A very professional and enjoyable evening" Elmswell History Group, Suffolk; "A fascinating and entertaining show, with a mix of poetry and recitation backed up brilliantly with well delivered original songs." Bury Arts Festival.) will feature a public version of most of the above in a showcase evening of extended excerpts from their lively musical histories of The 1816 Littleport and Ely Bread Riots, The True Story of Hereward the Wake, Margery Kempe of Lynn, The English Civil War (incl the Siege of Lynn). The centre piece of this evening event will be a one off dramatic musical recreation of the 1819 storm and its accounts, leading into performances of "The Ballad of Susan Nobes" and "An Elegy for Susan Nobes". (timed, like the original storm and tragedy, around 9 pm.) Tickets for this public show: <https://www.sharp.org.uk/events-1/the-penland-phezants>

"Come the evening, folk were going about their daily tasks, working in the fields while birds sweetly sang. The teacher sat in the porch waiting for the schoolmaster to appear before Bible reading class could begin, meanwhile the attending children happily played, running up and down the churchyard, little knowing the impending doom that was to befall them. The schoolmaster duly arrived, readings began and when done was followed with a final hymn, 'Oh let me, heavenly Lord extend, My view to life's approaching end...' (Religious tract 1819, probably by the then Curate of Sedgeford).

"During the dreadful thunderstorm on the Evening of July 5th the electric fluid struck the top of Sedgeford Church Steeple on the West Side, and precipitated to the ground several stones of considerable magnitude making a breach in the wall of about a yard square. The lightning also passed through the Church entering in at a window near the porch on the South side; and after crossing in a North East direction, it made its escape at two places in an upper window near the Chancel on the North side" (The Times, 1819).

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A THEATRE FIT FOR A PRINCESS



Hi Folks, it's me Jimmy Cricket come closer. Someone once said, "Theatre is Art, Cinema is life and Television is furniture".

As theatres go they don't get much better than the Princess in Hunstanton. Inside it's got an intimacy all of its own and its position on the hill overlooking the sea make it totally special.

That's why when I heard through the grapevine ten or eleven years ago that it was about to be demolished I got so worked up I dashed off a letter to the local Council. I got a reply back from a very irate Councillor telling me in no uncertain terms to mind my own business.

Well excuse me, but isn't the survival of a Theatre everybody's business.

After all isn't this the Theatre that was named the Princess after the late Princess Diana in 1981. Indeed on more than one occasion both William and Harry were taken by their Mum to see Pantomimes

there. I even have it on good authority from the man who produced the Panto's there Mark Andrews, that one of the boys got up on stage to help the Dame with the sing-a-long at the end of the Panto commonly known as the, "Song Sheet."

Like every theatre throughout the land the Princess has a story to tell. It opened 1932 as the Capitol Cinema and was built by a man from Kings Lynn called Ben Culley. The first movie to be shown was a musical, "The Desert Song", I bet the ice creams did a roaring trade that night. Mr Culley built this Cinema with Norfolk Carrstone and it boasts the largest gable wall of carrstone in existence. He also did something very clever. He designed it as alive Theatre as well as a Cinema and one of his first shows was Fred Roper and his Twenty Wonder Midgets. I would have paid good money to see that act. It went from strength to strength showing all the best Movies and top class Variety Shows.

However, by the sixties television was starting to get a stranglehold on the public's tastes and theatre's and Cinemas up and down the country found the going tough. In 1974 it was sold and renamed the Kingsley Centre. For two years it limped along putting on Summer Seasons and films before becoming a Bingo Hall. When that didn't work out there it followed the darkest period in this great Theatre and Cinema's history when it actually went derelict. However good fortune entered the picture when the Mayor of Kings Lynn and West Norfolk, Leslie Dutton persuaded the Council to purchase it. At the time Lady Diana had just married Prince Charles and Mayor Dutton and the Council decided to rename the building, "The Princess Theatre". Given its proximity to Sandringham this was quite an ingenious idea and it re-opened on the 5th of July 1981 with a concert by The Wurzels. For the next few years it flourished. One of the highlights being a visit in 1988 by the late Princess of Wales with William and Harry and the Princess Royal with her two children.

There followed another downward trend and by 2010 the Theatre was running at a loss and heavily subsidised by the local Council. It would need another Houdini escape moment and that came in the shape of a consortium of Business men led by a Mr Brian Hallard. After producing live shows up and down the country Brian brought a wealth of experience to the table and both he and his wife Diana have worked tirelessly to build the theatre up to the thriving enterprise it is today.

The Theatre has under gone huge redevelopment over the last few years with a new outside Terrace Bar where people can sit and while having a drink watch the sun go down on the stunning Norfolk coastline.

I personally am looking forward to taking my "Great Value for a Tenner", family show there on Sunday the 7th of July with my special guests, that wonderful banjo and uke playing entertainer Norfolk's very own Ian Larkin, along with May Marian.

For tickets contact the Box Office: 01485 532252

Sunday 7th July 2019 - 7.30 pm

Princess Theatre

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Blooming lovely

The garden's looking lovely, but what about the window you're looking out from, asks West Norfolk Glass' managing director Geoff Parker

June's been a wet one, but with the Sandringham Flower Show just ahead on Wednesday 24 July, we're hoping summer gets going with gusto this month. West Norfolk Glass will be on display at the event, so please do pop by our stand and say hello if you are visiting – we'll have some of our high quality products on display and our friendly team will be on hand to discuss your home improvements.

July is usually the month we get to enjoy our outdoor space, and whether you are a keen gardener or just prefer to mow the lawn and settle in a deckchair with a cooling drink, it's often a good moment to reflect on how the façade of our home is looking. Although it's often the winter months when we notice draughty doors and windows, leaking roofs and guttering or a shabby-looking garage door, the summer is a great time to take stock and get a quote on those improvements we need to keep our property looking smart and energy efficient.

With many of us planning a summer break and days out, now is also an important time to check your home's security as break-ins are still an unpleasant reality during warmer weather when windows are left open. New doors and windows will offer the optimum security against intruders, and if you visit our website you can see how the Ultion Locks installed in our doors will defy even the most ardent burglar.

With better weather, home improvements planned and security sorted, it's time to put your feet up and take it easy – enjoy the month!

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Mad Men and the Artists

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Fine art has provided advertisers and their agencies with a great deal of material to use in their creative campaigns. This lecture describes some of the processes by which these advertisements have been created and why the works of Leonard da Vinci, Raphael and Michelangelo have been a particularly rich source.

2.00pm - Sedgeford Village Hall
Visitors most welcome

To book a seat call Gerald Pepper 01485 570755

A jolly weekend in Brancaster

Sophie Hooker



Dove & Boweevil performing



Bar staff at The Jolly Sailors

The weekend commencing 14th June was kick started in momentous fashion at The Jolly Sailors as they held their 10th Ale and Music Festival.

Celebrating the decennial year they hosted local artists and served local real ale, craft beer and cider. The festival proved a huge hit with a steady stream of visitors over the weekend. Numerous performers took to the stage with Counterfeit Brits and Shipyard Rockers headlining.

Also in attendance once again were the Brancaster CE VA Primary School's PFA, who held a raffle with prizes funded by local businesses to raise funds for the school. This money will go toward funding school trips, supplies and other extracurricular activities.

General manager Simon Parkin said: "The weekend was a huge success, in terms of people coming to the festival it was much more spread out over the three days this year which is great to see. With such a diverse crowd, it seems to grow in popularity each year."

"We had great music, ales and more importantly it's a free event that brings people to the north Norfolk coast out of season."

"The Counterfeit Brits were brilliant as always - really getting the place jumping on the Friday night with their Britpop. The Maybes gave a great rock 'n' roll vibe on the Saturday. The Misfit Collective for me are absolutely awesome and wind the whole festival down on a Sunday with no less than three encores."

"And obviously all our team and everyone who worked with us to ensure the weekend was a safe, smooth and fun."

The Jolly Sailors are hosting live music in the garden once again on Saturday 3rd August and are holding their cider festival on Saturday 7th September.



Hannah Fox (left) and Katy Trett (right) of the Brancaster PFA



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Cakes and songs for Alzheimer's Society

Sophie Hooker



Team at Extra Hands. From left: Zoe Back (director), Anita Walter (director of marketing), Lynda Hilliard (Registered Manager) and Jo Tier (director of care services)

Joined by Heacham Junior School Choir and U3A (University of the Third Age), Norfolk care company Extra Hands opened Heacham Church Hall's doors and hosted a fundraising event for the Alzheimer's Society on Friday 14th of June.

Extra Hands, whose Heacham office was recently declared Outstanding by the Care Quality Commission, hosted the Cupcake Day and invited service users, staff and members of the public to attend. Dennis Delights Cakes of Heacham provided the cakes for the event.

Heacham Junior School choir led by teacher Debbie Seymour raised the roof with a medley of Beatles songs and poignantly finished their set with a rendition of the 1914 patriotic song 'Keep the Home Fires Burning.'

U3A provided maracas for the audience to participate in their uplifting set, which featured rousing covers of 'You Are My Sunshine' and 'Pack Up Your Troubles.'

Director Zoe Back said: "Here at Extra Hands we are holding our annual Alzheimer's Cupcake Day alongside celebrating our recent Outstanding rating from CQC at our Heacham office."

"It's a really lovely way of involving the community to come together and raise funds for a very worthwhile cause. We're really creating that community feel which we feel is really important for everybody to come together and celebrate these occasions and raise funds."

At an event to uplift and support the wellbeing of the elderly, the contentious topic of conversation however was the recent decision by the BBC to scrap free television licenses for the over-75s, affecting 3.7 million of the population. Concerns raised by service users and staff focused on the resulting isolation, financial impact and harm to health that the move could create.

Zoe said: "There's been so many social activities that have been cut... the emphasis is on the television as a connection to the social side... Another bill they have to worry about, they won't watch the telly and it's going to have a detrimental effect probably on their health too. That is something we would be concerned about as an organisation."



Heacham Junior School choir


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THORNHAM VILLAGE NEWS

VILLAGE CINEMA AND LIVE BY SATELLITE

Wednesday 17th July FOUR WEDDINGS AND A FUNERAL

An old favourite by special request.

The film follows the fortunes of Charles and his friends as they wonder if they will ever find true love and marry.

Charles thinks he's found 'Miss Right' in Carrie, an American. This British subtle comedy revolves around Charlie, his friends and the four weddings and one funeral which they attend.

Book your tickets now – Call 0781 802 8687 Tickets £5.00 Bar opens 7pm. Film starts 7.30pm

Our film on **Wednesday 21st August** is 'The Keeper', the incredible true story of Bert Trautmann, a German soldier and prisoner of war, who becomes the position of goal keeper at Manchester City, and in doing so becomes a footballing icon.

Broadcast Live by Satellite from The Royal Opera House Covent Garden

The new live by satellite theatre guide 2019/20 will be available shortly. The first live performance in October will be an opera followed by a ballet. All details will be on our website www.thornhamvillagehall.co.uk as soon as they are available.

Antiques & Vintage Fair

The next Antiques & Vintage Fair will be held at Thornham Village Hall on Sunday 28th July with a mixture of antiques, vintage pieces, collectables and homeware.

THORNHAM TENNIS CLUB

With approximately 75 members and a great number of casual users during the summer months, Thornham Tennis Club is thriving.

Membership runs from 26th May each year. Costs: £30 per adult, £70 per family - anyone at the same address. NB Children are free

Membership includes: Free play on the court at all times. Members of the public, as well as tennis club members, can book by simply clicking on any available blue time slot in the book tennis session section and then select either one or two hours, then follow the process

to complete the booking. 2019/20 Annual Memberships - Now available.

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Thornham Village Hall & Playing Field

Chairman's Annual Report: 2019 AGM

The Hall has been running now for more than five years, and, once again, I am able to report on a successful year of operation.

We made a small profit of £5000 on the year's activities and have a sensible reserves policy in place, whereby £85,000 is set aside to cover any unforeseen events.

The varied activities ranging from Pilates through Fabs Fitness to Makers Mark (organised by Melanie and Colin), Cinema and Satellite (run by Sam, Chris and their teams), and Winter Warmers (organised by Sue Herbert) have all continued to be core activities of the Hall and generate much needed income.

Perhaps the highlight of the year was the Fun Day which attracted 1000 visitors and made a record profit of £10,000. We are grateful to the Committee of Sue Herbert, Carolyn Barrett, Stephanie Mocatta and Melanie Venes for the countless hours they put into making this happen.

As expected after five years of operation, Maintenance costs creep up on us. The Car Park incurs a lot of wear and tear and needs annual maintenance; we upgraded the Children's Play Area with better surfacing. We face more expenditure on the sliding doors and replacement chairs. These costs were foreseen and are provided for, but stress the ongoing need for fundraising, and the importance of a robust Reserves Policy.

The new Xero accounting system was phased in over the latter part

of the year and has demanded much effort, in particular from Sally Cotton, Tony Morris and Stephanie Mocatta. We are grateful for their work which will pay dividends going forward. Throughout the year, Sally has responded unfailingly to anything thrown at her, and her part at the centre of the team is much appreciated.

A combination of a Grant from Sports England and the tremendous work of our part-time groundsman Adrian Siddle, has resulted in a Playing Field of much improved quality and it is our objective to make this one of the best grounds around. I would like to thank Adrian for his enthusiasm, as well as his expertise.

Though no longer a Trustee, Wendelien Bellinger has continued to run the 100 Club as well as issue the regular News Bulletins, emailed to all our supporters. These are well received and an essential part of communicating with our audience. Wendelien still finds time to run a Kids Club Day for us in the summer and at Christmas.

Every year, I make reference to change and this year is no exception. In my last report, I paid tribute to the dedicated service Sue Hardy gave, not just to the Hall, but to the whole village over more than 30 years. As we all know, Sue sadly died in January. We all miss her very much and her death brings an era to a close.

Two stalwart Trustees are standing down at this AGM. Alison Wakes-Miller has served cheerfully for four years. Alison picked up the important H&S portfolio and made sure that all was kept in perfect

order and also took a lead role in the improvements made to the Play Area, now much extended and improved. Thank you, Alison.

When I was asked by the PC, back in September 2009, to head a Project Team to build a new village hall, the first door I knocked on was Colin Venes'. Throughout the past 10 years, Colin has proved himself to be the rock on which the Hall was built. He headed the Hall Committee before Tony Morris took over; he has led us through all aspects of Governance to make sure we conform in all respects, and has moved more tables and chairs than you can imagine. However, it is his expertise as a wordsmith, and in squirreling out Grants where Colin excels. His networking skills were such that, Norfolk Community Foundation would phone him to ask him to apply for a particular grant! In the 10 years in which he has been involved, TVH has raised not much less than one million pounds in grants. An amazing achievement, in which Colin paid a key role.

On behalf of, not just the Trustees, but the whole village, I would like to pass on thanks to Alison, Colin and Sue for everything they have done and achieved.

So, we move on, and I am pleased to welcome two new Trustees, Liz Watson, formerly our Borough Councillor, and well versed in Thornham ways, and Marcus Wakefield who brings some much needed younger blood to the team. We will do our best to make sure they enjoy their time as Trustees.

Finally I would like to thank the Trustees, and all our volunteers, for the many hours of dedicated hard work they have put in throughout the year. Thornham is lucky indeed, to have such a dedicated team.

John Warham
Chairman
June 2019

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Thornham Cricket Club

Senior Matches

1st XI

We travelled to Reepham and Salle on the 19th May looking for our first win of the summer, losing the toss we were inserted into bat in changeable conditions.

We got off to a poor start losing Lucas (5) before a quick fire 18 by Alf Burgess took us to 30 before falling. TCC lost a cluster of wickets to see us fall to 54/5 with skipper Williamson falling for a duck, before a strong partnership by Edwards (16) and Brad Williams with a lovely 57* saw us reach 162/9 off our 45 overs.

In reply we got off to a great start with Burgess bowling with fire to see the home team reduced to 35/3 before 57 from Chapman and 60* from skipper Chapman saw them crawl over the line with just 2 wickets left. To see the Boaters defeated for the 3rd game in a row

The following Saturday we hosted Sandringham without skipper Williamson, acting skipper Arnold won the toss and inserted in the away team in overcast conditions

An early clatter of wickets saw 5 of the top 6 totalling 2 between them due to the pace of Burgess (3-12) and Jacob Hewson (2-8) seeing them reduced to 28/5. With the immovable Lambourne still there a total of over 100 was always on and with Nicol with 35 and Smith with 20 saw the team reach 113 all out after 42 overs, Sean Wright and Chris Williamson completed the wicket taking.

In reply after the very early fall of Ben Lucas for 2. The result was never in doubt with Edwards with 34* and Burgess with 64* in just 39 balls saw us home in just the 13th over to see us secure our first win of the season.

Last weekend we travelled to Beeston and with the return of Dickie Sayers and Kev Williamson the squad was back to nearly full strength.

Winning the toss the boaters inserted the home team into bat in a game that mirrored the week before, with early wickets and a solid partnership by Cottrell (34) and Spinks (47) being the only 2 to reach double figures as they were not able to deal with the speed of Burgess 5-14 and the accuracy and variation of Williamson (4-24) saw them fall to 123 all out.

In reply a changed opening partnership of Sayers (19) and Edwards (16) got us to 36 before they fell on 36. Before a partnership of 57 by Burgess capping off another fine all-round game with (59*) and Andy Arnold who was watchful against fine bowling saw us most of the way to victory, reaching it in the 30th over by 7 wickets.

2nd XI

The second XI hosted Denver on the 18th May looking for the clubs first Saturday win, Winning the toss Bobby Richardson immediately opted to bat.

A solid opening partnership by the ever youthful Stephen Lucas and Simon Parsons saw us to 41 before Lucas fell LBW for 8, whilst Parsons continued to bat throughout the innings backed by some contributions saw us reach 162/6 in our ration of overs with Parsons on back at the club after a decade away hitting a fine 76*.

In reply a fine fiery opening spell from Benji Richardson with 4/17 backed up by the Jim Clarke 4/16 saw the opposition collapse to 17/5 before opposition skipper Lewis 42 and Porter with 21 saw Denver reach 105 all out in the 39th over to send the boaters home happy with a 57-run victory

On the 25th May we travelled to North Elmham losing the toss we were put into bat.

Losing 3 early wickets Lucas (0) and Parsons and Arron Woodcock both falling for 9 a lovely 62 run partnership by Liam Woodcock (80) and Finlay Hewson (30) set us on the way to a challenging total, backed up with 30 from Danny Greeves and 38 in extras we reached 202/6 in our 40 overs.

In reply the Elmham top 4 all made starts with scoring more than 32, before a cluster of wickets from Adrian Siddle who was the pick of the bowlers with 4/26 to see us home by 41 runs with Elmham reaching 161 all out in the 39th over.

Last weekend we looked to make it 3 out of 3 losing the toss again

opponents Beeston elected to bat first.

Early wickets saw No2 and 3 fall without scoring meant that the Boaters always had the upper hand with wickets falling to 8 different bowlers as the opposition fell to a 135 all out in the 36th over

In reply after a slow start with 3 early wickets falling, before the Young Pairing of Ben Lucas (22) and Benji Richardson (43) saw us home with 4 wickets to spare in the 31st over.

The Sunday team brief summary

We hosted Downham in a rain effected game on the 26th May Batting first we reached 125 all out, which the opposition chased down in the 25th Over with 5 wickets remaining

Last weekend we travelled to North Runciton expecting a tough challenge and that is what it turned out to be, reaching 143/4 in our 40 overs backed by some amazing fielding stopping probably another 50 runs saw us well below par.

In reply after reducing the opposition to 71/5 the Boaters were sunk by a 74-run partnership to see us beaten again by 5 wickets. Pick of the bowlers was Finlay Hewson with 3-33 off his 6 overs.

Junior Review

The juniors have been running for 6 weeks now and after small beginnings we are getting over 20 children a week at the club on a training now. Which is amazing, if we can reach out to every child in our community who wishes to play cricket regardless of ability, it is all about having fun.

Led by Jim Clarke backed by a team of dedicated coaches including club captain Kevin Williamson we would love to welcome you down to our club.

It is free. It is a great place to make friends. It is the start of us creating a legacy that underpins our community for generations to come.

If you would like to come down on a Tuesday Night, we train from 6.30-8pm every week right through to the middle of September. Contact Jim Clarke on 07885995414 or thornhamccinthecommunity@gmail.com

On bank holiday Monday we took a team over to Bircham for an Under 11 festival day, playing well in all 3 games we played against vastly more experienced players we did so well, and the team had a special day.



Simon Parsons by the scoreboard

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Our weekly junior coaching will continue in the summer holidays and is open to everyone, members or not. These will still be on Wednesdays but IN THE MORNINGS on the following dates: 31st July; 7th; 14th and 28th August.

4-7 years 10.45 - 11.30am

8-11 years 11.30 - 12.15pm

12-15 years 12.15- 1pm

Fees for these will be £2 per child per session for members, £4 per session for non-members. There is no need to come to every session but children must be booked-in in advance so we can make sure numbers are not too great in each group. Please do this by email to: juniortennis@brancasterstaithe.co.uk



Barclays Kings Lynn tees off for The Norfolk Hospice, Tapping House



L to R Jamie Biggadike, Neil John, Jason Nichols, Tammy Green, Daniel Ball, David Salmon and David Norris

Barclays in Kings Lynn have held an inaugural charity Golf Day at Tydd St. Giles Golf and Country Club. The event organised by Barclays Business Manager's Jamie Biggadike and David Norris was a huge success. Supported by local businesses it was a great day for those who took part, the weather along with an outstanding course tested all the teams. Following on from an excellent meal and Raffle the winning team was announced as Fraser Dawbarns Solicitors.

Jamie Biggadike, Barclays Business Manager said "We had been looking for a charity to support and The Norfolk Hospice, Tapping House was chosen for the outstanding service they provide in the local community. Over £2100 was raised from the day which will go to provide much needed specialist care. I would like to thank all the teams that took part and we look forward to doing it all again next year"

Tammy Green, Senior Fundraising Manager at The Norfolk Hospice said, "On behalf of everyone at The Norfolk Hospice, Tapping House thank you to Barclays, Kings Lynn for organising such a great day. It has been brilliant to partner up with Barclays and I look forward to continuing the relationship so we can continue to provide all of our Hospice services in the local community."

www.norfolkhospice.org.uk

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Houghton Horse Trials 2019: the results

Germany reigned champions once again as the Saracen Horse Feeds Houghton International Horse Trials returned for another year at the bank holiday weekend.

It was both the opening and the only British leg of the FEI Eventing Nations Cup at the three-day festival, with teams hoping to secure top of the table for the final event in Boekelo, Holland this October. The results from Houghton for the Nations Cup are as follows:

- 1st – Germany (90.6)
- 2nd – Sweden (91.2)
- 3rd – Great Britain (99.2)
- 4th – France (113.3)
- 5th – Netherlands (125.7)
- 6th – Belgium (129.1)

This victory marks Germany's fifth successive win at Houghton. With only 0.6 points behind them was Sweden who are hoping for Olympic qualification this year, proving a force to be reckoned with as they took second place.

Christopher Wahler and Carjatan S's sublime performance in all three disciplines topped the table in the individuals and secured Germany's position. With three of their riders in the top ten, Sweden very nearly pipped them to the post.

A strong performance from Great Britain with clear show jumping and cross country rounds for all four riders was enough to secure them with third place overall, with Rosa Onslow and RLE Limbo Kaiser taking third and Piggy French and Cooley Monsoon taking fourth place in the individuals respectively.

In the three star tier (CCI3*-L) Holly Woodhead jumped to victory with a clear round in the show jumping to finish first place on Scuderia 1918 Future. Harry Meade came both second and third place as he jumped clear on Gideon and Mosstown Prince.

Badminton champion Piggy French on First Lancer topped the two star tier (CCI2*-L) with both clear show jumping and cross-country rounds and with a dressage score of 24.9.



Alice Kasbern - Poseidon

Zara Tindall, the Queen's granddaughter, also competed over the weekend and finished twenty-third place in the individuals following an unfortunate fall during the cross-country segment on Saturday.



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We currently run two classes per week; the first is a Zumba Gold class on a Monday at 10am, this is a lower intensity class to help with movement and fitness to suit people less mobile or getting back into fitness. Whether you've never done exercise or are thinking of starting again after years away then this will really help you in the right direction.

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

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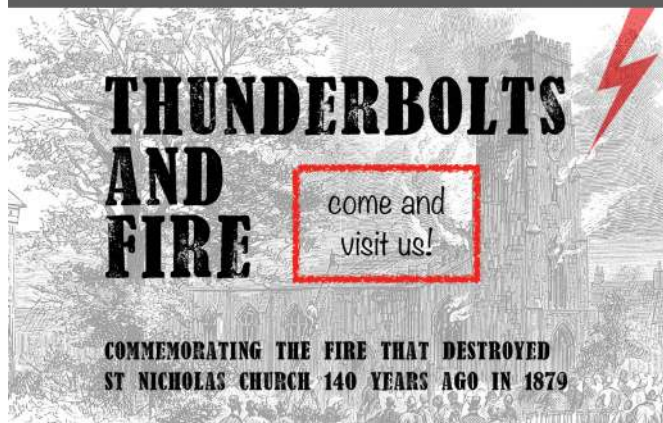
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NEWS FROM THE LOCAL CHURCHES

Christian Science Society

Now that the exam season is at an end, many are looking forward to the school holidays and going away with parents and friends. This can be both an exciting time, especially for youngsters, but can also be stressful as there is much to organise and take into consideration. The last thing needed is anything that can spoil this happy time, but often concerns about long drives, flying, security, etc., can impact on the enjoyment. Choosing to explore our loving relationship with our divine father-mother, God, can help to us see that we are always loved and protected and able to be calm when things seem stressful. The Bible is full of examples of protection and safety. "... whoso putteth his trust in the Lord shall be safe." Proverbs 29:25. Christ Jesus was also sure of how much God loves and protects his children, as were the Prophets, Paul and the Apostles. As Mary Baker Eddy, the Discover and Founder of Christian Science wrote in her main work, "Understanding the control which Love held over all, Daniel felt safe in the lions' den, and Paul proved the viper to be harmless." Science and Health with Key to the Scriptures, p.514. Understanding God's loving care for us in potentially stressful times can help diminish our worries about travelling, whether short or long, by car, train or plane. As Mary Baker Eddy says, "It is safe to leave with God the government of man." Retrospection and Introspection. p. 90. We wish you all happy holidays. Our church services are every Sunday at 11am at Christian Science Society, 10 Queens Drive, Hunstanton. We also hold a service on the first Wednesday of each month at noon (Oct-Mar) and 7pm (Apr-Sep) and everyone is most welcome. Free magazines are available from the box outside the church and for more information on Christian Science visit www.spirituality4.me or follow us on Facebook.

St Nicholas Church, Wells-next-the-Sea NR23 1EQ



27TH JULY - 11TH AUGUST 2019

DISCOVER THE STORY OF THIS DEVASTATING EVENT

Throughout *Carnival* week and until 11th August we are marking this traumatic time for Wells. Step into the drama, delve into the history through the evocative EXHIBITS and STORIES in picture and text. Displays from our schools and rare archive material will be on show in St Nicholas Church. Open daily 10am to 5pm. Refreshments. Donations invited for Restoration Fund

SUNDAY 4TH AUGUST 6.30PM

LAUNCH OF THE ST NICHOLAS RESTORATION APPEAL

Join us in an exciting evening of commemoration and spectacle. From 6.30pm there will be a short service, barbecue, bar, display of vintage and modern fire engines and music. Grand Finale at 9.00pm with lighting of beacons and light show.

Just a thought...

I like watching television – I do really; the Vicar of Dibley, Midsomer Murders, Allo Allo (oh! yes I can find them on the box if I try hard enough), but then the serious stuff, the news, Panorama, week in week out, bring me back to more worldly matters, and I wonder, and sometimes despair where they are all leading us. Whether it is war, violence, intolerance, abuse, fraud, environment etc. etc. there is always something; sometimes the world seems to have gone mad and bent on its own destruction. Then on a Sunday I worship God and tell him I am thankful for all that he does for us. Ummm! Is there something wrong here? Can we be thankful always; well be honest can we?

Paul tells us to rejoice always, pray without ceasing, give thanks in all circumstances for this is the will of God in Christ Jesus for you. Do not quench the spirit. Do not despise the words of prophets, but test everything; hold fast to what is good.

To be thankful we need to be able to see God in all things, but when we watch some of the pictures unfolding on our television screens, God is not the most obvious thing we see. So how are we to see God in all things? Well Jesus tells us we must pray, pray using our whole selves so that God may reveal to us those things we are unable to see. Prayer is about communication with God; it is about asking the hard questions; it is about requesting his intercession; it is about arguing with Him, making ourselves heard when all around us seems to be utter chaos. But most of all praying is about rejoicing always that God does not, cannot and will not let us down even in tragedy, and I can tell you that from first hand experience as I suspect many of you can.

In praying without ceasing we bring before God our heartfelt desire for a better world, and through that desire God calls us to action. It may seem a long way from all the needs of the world, but in its own way it enables us to communicate our deepest concerns and make a difference, not only to those whom we pray for but also in our own lives as we pray.

In prayer we can change things, but to do so it takes action and it is all our actions that can change things – that's the circle, there is the challenge.

So if the community of Hunstanton decides one evening to join together in prayer let me know; I will even give up Midsomer Murders to join you.

Steve

Rev Steve Oliver, Methodist Church

Are you in **DANGER** of forgetting?
St Mary's Church Fete on
Saturday August 10th 2pm
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**St Mary's Church
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**Thursday July 26th at 2pm
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From the Saxon Shore

July - time to reflect

July already, the longest day is past and the nights are drawing in. Do you ever wonder just where time goes? Does life feel as if it is just a case of juggling all that needs to be done, with no time to think? Within the church it can feel as if we are rushing from one major festival to the next without having time to reflect on what they mean to us in our daily lives. July is a month without major festivals.

Jesus could easily have spent his time being busy, healing, preaching, going from one major event to the next. The disciples were often annoyed with him because the crowds were asking for him and he insisted on time alone. Time to think, to contemplate, to pray. Jesus did not feel guilty that others may have thought, 'how many more people could he have healed if he didn't take time for himself?' Jesus also asked others to help with his ministry.

The first two commandments are, to love God and to love our neighbours as ourselves. Perhaps Jesus understood these better than many of us. God shows us that unless we can take time for ourselves, we cannot have time or energy to love God or our neighbours. To find a balance between the things we need in our daily lives, for ourselves, our families and others is not easy and changes as our lives and responsibilities change. I remember a young man saying to his priest, "I'll see you at the lent breakfast" the wise priest replied, "perhaps you should stay at home with your wife and new baby!"

If we listen to health care professionals we know that our bodies and minds, our physical and mental health, need time to relax, to heal and restore vital energy.

We live in a beautiful part of the world where it is easy to take a few moments for ourselves. simply looking out of the window, whatever the weather, and reflecting on nature, or staying within our homes looking at a favourite painting or photograph. A walk along the cliff top or beach taking time to notice the small things can help us to get a better perspective of where we are in our lives. To think about what we need to do, what we like to do and what we can give up. I remember as a leader of a youth group feeling guilty that I needed to stop. Once I had announced this another person said they would like to run the group but on a different evening. By feeling that we are letting others down, or that we are the only ones who can do something may be preventing others from coming forward. This is equally true in our daily lives as it is in the church. Let's try to find sometime to reflect on our lives this month.

with every blessing
Rev. Sandra Ellison

CALLING ALL WALKERS

If you are walking thro'
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Sea Service at St. Mary's, Burnham Deepdale

We hope to welcome many of you, and that definitely includes families, to our annual Sea Service at 6pm on Saturday 20 July. Please note it will be on Saturday evening, not Sunday, in the hope that folk who have to return home after the weekend here will be able to come.

As is done every year, the church will be decorated specially for this celebration of the sea and the sea-side and all we enjoy from them both.

Come and join in the singing of the strong seamen's hymns, listen to some interesting readings and give thanks for all the good things we enjoy from the sea. A collection will be taken for the RNLI and the Royal National Mission to Deep Sea Fishermen.

We look forward to welcoming you.

PLAYCHURCH

St Mary's Church Old Hunstanton 9.30-11.00 Monday (Term times)
Playchurch welcomes children, their families and carers.

We offer a gentle way to God through play, music, prayer and refreshments. Just come along.

Please contact either Anne Fletcher 01485 572467 or Marie Jarvis 07866 889967

HELP SHAPE THE FUTURE OF YOUR PARISH CHURCH - ST MARY'S SNETTISHAM

Sunday 7th July, 2.00 - 5.00pm

St Mary's church makes a very positive contribution to the fabric of our community here in Snettisham and to that of its surrounding villages.

Over the last year we have been working with Spire Consultancy to create a new vision for the church building and we are now about to embark upon 'The Spire Project' - an exciting new development which will greatly enhance the facilities and range of activities that St Mary's offers. We would love you to be a part of this!

So please come and join us on 7th July to give us your thoughts on what you would like to see happen at St Mary's. You will be able to examine the plans for development, meet

members of the Spire Consultancy team, take tea and tours of the church and provide 'graffiti wall' feedback on the future of this wonderful building.

We want to make sure we understand the needs of all ages in our community so please come and help us finalise the plans and shape the future!

STOP PRESS!

The Rev Rachel Alexander will be licensed as the new part-time vicar of Snettisham on Monday August 12th at 7pm.

Everyone is welcomed at this service. Come and meet your new vicar!



What is the Gospel?

By Gill Tanner a member of The Way C F Leadership team

In a time of turmoil in the nation good news is like a cool drink to a hot and thirsty man. The news bombards us with the troubles of the world daily, hourly. We have never had such easy access to knowledge, but it has not made us happy or peaceful. The strain on the mental health services in this country is evidence that global access to the ills of this world has only increased depression, anxiety and stress.

Jesus said "Go into all the world and tell the people the good news, make disciples, baptising them in the name of The Father and The Son and The Holy Spirit, and teach them to obey everything I have commanded you. And surely I am with you always to the very end of the age".

So what is the good news? Simply this – there is a way out of the mess we have made of our world. We are just waking up to the results of our greed and love of comfort that is polluting the planet physically. But worse is the breaking down of unselfish love that makes

communities thrive. Jesus said "I am the way and the truth and the life". An outrageous claim unless it is true. The bible from start to finish states God is creator. He is the designer of this amazing planet with its beauty, diversity and life. When Jesus came to the earth He created, He came to make a way of hope, a way to defeat death, a way to be accepted into God's family, a way to give us the opportunity of a new start, whatever we have done with our lives.

He hung on the cross with His arms stretched out to a mocking, jeering crowd who rejected Him as the rightful ruler of this world. Over the last 2,000 years many have mocked and rejected Him; but hundreds of millions have found that He is the way, the truth and the giver of eternal life for those who believe in Him. God's offer of love is still open. If you want to receive it, ask Him to forgive your sins and accept you into his family, find a good church that teaches the Bible and where the life of Christ Jesus is evident. He longs for all of us to know His love and His peace.

Concerts at St Edmund's Church, Hunstanton

This month there are two fabulous concerts at St Edmund's.

The West Norfolk Jubilee Youth Orchestra – WNJYO - will be performing on Saturday, 6th July 2019 at 7.00pm. Entry: £5.00 including refreshments. Proceeds from this concert will be for the WNJYO and for the restoration of St. Edmund's Church building.



The West Norfolk Jubilee Youth Orchestra, known to many people as WNJYO, offers young instrumentalists in West Norfolk, who are aged under 21, the opportunity to rehearse and perform music together. As well as giving them the chance to rise to all the challenges and responsibilities that are involved in being a member of an orchestra, belonging to WNJYO enables these young people to meet up with fellow musicians socially and to build up friendships through playing music as part of a team.

Ever since it was set up in 1977, using funds from the Queen's Silver Jubilee Appeal, WNJYO has fostered the musical education and training of many young musicians in the area, encouraging a high standard of musicianship, as set out by the then President, Sir Malcolm Arnold.

In addition to fulfilling lots of engagements closer to home, WNJYO has undertaken many international tours, allowing players to travel all over the world.

Marham Military Wives Choir will be performing in St. Edmund's Church, Hunstanton, on Saturday, 20th July 2019 at 7.00pm. Entry: £10.00 including refreshments. The proceeds from this concert will be for the restoration of St. Edmund's Church building

Affectionately known as the Marham Bluebirds and founded in January 2012, the Marham Military Wives Choir is part of the Military Wives Choirs Foundation Charity that was created following the enormous success of the No.1 single: 'Wherever You Are'. Its aim has been to ensure a lasting-legacy of choirs to enable women in the military community to share the enjoyment and pride that comes from singing together.

Just like all the other Military Wives Choirs, the Marham Military Wives Choir provides a head-start for women in the military community, by bringing them closer together through singing, thereby helping them to make new friends, connect with local communities and learn new skills in a fun and supportive environment.

Families of service personnel are frequently on the move and it can be tough to put down roots, to make new friends and to get to know people in the local community. Add to that the stresses and strains of loved ones being deployed away from home often for long periods, and life can have its challenges.

However, by coming together to sing, the choir creates a valuable support network for women in the military community. As well as helping one another through the tough times, choir members celebrate the good times by singing through it all together!

Now with a network of over 80 choirs, the Military Wives Choirs Foundation Charity supports women in the British military community in the UK, Germany, Cyprus and further afield, wherever our forces are based. Being part of that network makes a positive difference to women's lives by improving well-being, building friendships and developing skills. Just as much as they build up unbreakable bonds, the choirs also break down many barriers.

During the past seven years the Marham Bluebirds have enjoyed lots of success, raising much needed funds both for the Military Wives Choirs Foundation and for other military charities, as well as for charities close to the heart of the community in which they live.



Saturday, 6th July 2019



at 7.00pm



West Norfolk Jubilee Youth Orchestra



at



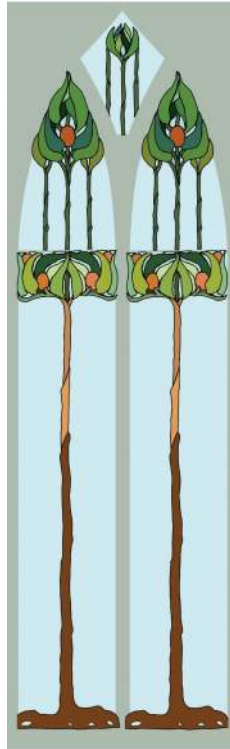
**St. Edmund's Church,
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Entry: £5.00 at the Door
Refreshments included

*Proceeds in aid of the Restoration of St. Edmund's
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Saturday, 20th July 2019



at 7.00pm



Marham Military Wives Choir



at



**St. Edmund's Church,
Hunstanton**



Entry: £10.00 at the door
Refreshments included



**Proceeds in aid of the Restoration of
St. Edmund's Church Building**



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Hunstanton Primary School

Visit to School

On Friday 25th April we were proud to welcome to our school Johan Lofving on guitar and Yu-Wei Hu on the flute from Classical Music Rocks. Their performance was enjoyed by everyone including the Mayor and Mayoress Nick and Cheryl Daubney. It was a stunning performance which we all thoroughly enjoyed.



Y6 Crucial Crew

Our Y6 pupils visited King's Lynn Fire Station on the morning of Monday 29th April. Crucial Crew is a national scheme specifically aimed at year 6 pupils. It teaches children how to tackle the personal dangers they face in the home and on the street. It also aims to prevent them from becoming involved in crime. The scheme raises awareness so that children may be better equipped to increase their own and others safety. The children moved around a series of theatre-style sets which allowed them to experience emergency/dangerous situations in a safe manner under the guidance of professionals in their respective roles.

XEN DANCE at Blossom Day Community Orchard on Saturday 4th May

Sadly after many, many hours of practice and rehearsals Blossom Day was cancelled due to the appalling weather. However some of our pupils still performed the Maypole Dance in the Community Centre in front of their parents on Saturday 4th May. I know everyone who attended enjoyed themselves and a big thank you to Zenoula from XEN Arts for all her hard work.

Mini Gear Run Sunday 5th May

A number of our pupils took part in the Mini-Gear Run in King's Lynn on Sunday 5th May. Thank you to Miss Winnington and Mrs Witley who ran with our pupils.

Skip2Bfit on Monday 20th May

The whole school took part in a Skip2Bfit Workshop on 20th May. It was a huge amount of fun and we are happy to report that the children are all still skipping during playtimes. Well done to Stephen who beat all the teachers including Miss Winnington our PE Co-ordinator!

Cluster Football Tournament

We hosted the annual Cluster Football event on our wonderful field with sea views again on Thursday 24th April. Our Y4 football team did a fantastic job and we were very proud of their sportsmanship.

Bootleg Beatles

Hayley Roberts from West Norfolk Academies Trust has been visiting our school every week to practice with some of our pupils to perform on Friday 3rd May at Smithdon High School along with other schools in the cluster. From all accounts, it was an amazing performance,



which the children and adults watching enjoyed immensely. We do hope that this will be an annual event organised within the cluster.

The children have also been invited to perform at Festival Too on Sunday 30th June.

Cluster Kwik Cricket



Some of our Y5 and Y6 pupils took part in the Cluster Kwik Cricket event and we are delighted to report that they won and they are now taking part in the County Finals being held in Norwich on 19th June. Well played Stephen, McKenzie, Rhys, Hayden, Ryan E, Charlie C, Conall and Jack

SATs

Our Y2 and Y6 pupils took their SATs in May. They have all worked extremely hard this year and we know that they will be the best they can be.

Hunstanton Primary School
Succeed Enjoy Aspire



Heacham Junior School Ofsted Results

Heacham Junior School has announced the findings of its latest scheduled Ofsted inspection, the first since joining West Norfolk Academies Trust in 2016. Following the two day full inspection conducted on 8th and 9th May Ofsted judged that the school is Good across all areas.

The overall effectiveness of the school is also Good and the lead inspector stated that: "The new leadership team has taken decisive action to improve the quality of education in the school. Leaders at all levels are involved in creating the right curriculum for pupils."

Ofsted also identified that: "Pupils' well-being is central and staff have strong, positive relationships with those in its care. Forest School provision is crucial: pupils develop strong teamwork, resourcefulness and resilience with activities closely linked to the core curriculum."

Louise Jackson, Executive Headteacher at Heacham Junior School commented: "We are delighted with our Ofsted Report, as part of the West Norfolk Academies Trust we are committed to consistently improving our school for our pupils. We are all very proud of our achievement and I would like to thank all our staff, pupils, parents and governors for their ongoing support."

Ofsted also noted that:

Pupils with special educational needs and/or disabilities (SEND) are well integrated in the classroom and receive good quality support to help them access same learning as peers.

Pupils at Heacham Junior School are happy. They enjoy celebrating each other's successes.

Leaders emphasis on the broad and balanced curriculum enables pupils to have opportunities to learn about history and geography through interesting topics such as Shackleton's Journey.

Governors have undertaken regular visits to the school and are clear of the improvements seen.

Andy Johnson CEO of the West Norfolk Academies Trust said "a great outcome for the school. The inspection was very



well led by Louise Jackson Executive Headteacher, and our new Primary Director Rebecca Steed."

Heacham Junior School has been part of the West Norfolk Academies Trust since 1st June 2016.

The Chairman of West Norfolk Academies Trust, Roger Livesey, said "this is another good assessment by Ofsted for the West Norfolk Academies Trust. Many congratulations to all concerned at Heacham Junior. The report is a well-deserved reward for all their hard work and commitment."

Please send your school news to the editor (e mail at the top of this page) by 12th July for the August issue



**Heacham Infant
and Nursery School**



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FETE**

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SATURDAY 13th JULY 2019



11am – 3pm



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SEDGEFORD PRIMARY SCHOOL

Topics

In a recent Class 1 assembly we showed the school what we had been doing in the garden – preparing the soil, planting and investigating the various bugs and insects we found. The younger children had made a picture book of how to grow a plant and told us that plants needed soil, water and sun to thrive. The older children did a bug quiz.

As their main topic the children are investigating the seaside, past and present, including geographical features. They are looking forward to visiting the RNLI Henry Blogg Museum in Cromer later in the term.

Class 2 (KS2) are looking at coasts – identifying where they are and how they have been formed. Like Class 1 we are also examining the seaside, but from a 'tourist attraction' viewpoint. Should we encourage visitors to the seaside, with the consequent increase in litter and pollution? We are balancing this argument with the benefits, both financial and economic, that tourism brings to coastal areas.

In science, we are looking at mixing materials – the effects of separation and filtration – and testing them for solubility and evaporation.

We are also rehearsing our songs for the concert based on Wind in the Willows to be performed towards the end of the summer term.

Our Year 6 children will be spending some time in their new High School ready for September.

Chicks Surprise!

In the first week back after half term, Class 1 (infant) children were excited when, on entering the classroom, they saw 10 chicken eggs (at least one of which was already in the process of hatching) and incubation equipment. The eggs and supporting material and equipment had come from Living Eggs under their 'Ready to Hatch' programme for schools. The children were thrilled as they watched the chicks pecking their way out of the eggs.

The chicks were with us for two weeks and we watched them grow and develop before it was time for them to move on to the next stage of their development. The eggs had come with Curriculum based resources and lesson plans so the whole school was able to be involved in this activity.

Houghton Hall

The whole school visited Houghton Hall on 10 June hoping to for an exciting range of outdoor activities including den building. Unfortunately, it was a very wet day, although some activities were undertaken, including making a caterpillar out of sticks and stickmen. The children later admired the Henry Moore sculptures dotted around the grounds.

Sports Day

18 June and, at time of writing, was promising to be another exciting and competitive event in the school year.



The photo shows left to right Ruan, Ashton, Olivia and May from Class 1 each holding one of the newly hatched chicks

Music Workshop

21 June - Class 2, particularly the budding musicians among them, are looking forward to joining students of the Purcell School for Young Musicians who are visiting Docking School, to hear about their musical journey and to take part in some music workshops. This is a Federation event so pupils from Brancaster will also be involved.

Federation Day

10 July - we are looking forward to hosting Brancaster and Docking pupils for a Federation Day of wide-ranging activities including cookery, outdoor art, den building and a treasure hunt.

SHARP

12 July - the school will be walking across to view the current activities of SHARP (Sedgeford Historical and Archaeological Research Project). SHARP have been excavating in their site in Sedgeford every summer since 1996 to investigate the entire range of human settlement and land use in and around the chalk pit area.

Year 6 Leavers' Service

24 July - our Leavers' Service at Sedgeford Church at 11.00am, will as usual be a bitter-sweet occasion as the school says goodbye to the 6 pupils in year 6 who will be transferring to High School. It will be an emotional service as the younger pupils pay tribute to the help and guidance they have received from the older children and the Year 6s say farewell to their teachers and fellow pupils.

The Sandringham Flower Show

Sandringham Flower Show is known for being one of the UK's most prestigious horticultural events of the year, and is always filled with beautiful show-gardens that feature amazing floral displays and landscaping expertise. With leading nurseries, horticultural specialists, competitions and a whole host of other displays, this is a very special event!

The gardens are judged on show day by top television gardening presenters Chris Beardshaw and Alan Mason. Certificates are awarded for Gold, Silver Gilt, Silver and Bronze Awards and the "Best in Show" in each category is also presented with the Eastern Daily Press trophy. There is also a certificate for the "Peoples Choice" in each category voted for by the public attending the Show.

The garden designers for the 2019 Flower Show are:-

Suse Crook abc-crook@hotmail.co.uk

Anglian Water Sarah Castelvechi sCastelvechi@anglianwater.co.uk "Love your Garden"

Paul Johnson birchamtreesandlandscapes@gmail.com "The Mindfulness Garden"

Kevin Myhill photoviz@aol.com "Crums" by Dodman Designs
Ralph & Linda Nichols ralphnichols63@icloud.com "Miss Honey's Garden"

Kim Flint kimeflint@gmail.com "These are a few of my favourite things"

Steph Markham www.greyecatgardeners.co.uk

Steph Humes steph@davieslandscapedesign.co.uk "A Chicken Keeper's Corner"

News from Brancaster School

by Ross, Lauren and Joshua

This month started with our SATs, the Year 6 SATs were a little bit hard but we tried our best and some of the year 2 SATs were hard and some were a bit easier, we are waiting to find out how we have done. The year 6's completed our cycling training on the road, at first it was scary but we got used to the traffic. We had an amazing performance of George and the Dragon by Garlic Theatre, the dragon was quite scary for some of the younger children but the puppeteer was brilliant. We also had a visit from BJ puppets; it was funny because it had the rock and roll song "I lost my sheep" that we were all singing along to. The choir have performed at Docking Church for Rev'd Peter and his congregation and with Brancaster choir in Brancaster Church to celebrate the Queens 90th birthday, there was only 8 of us there but Rev'd Susan said we had the voice of over 20 people! For our sports we have taken part in the Aquathon at Wells where we had to swim a certain amount of lengths and then run so many metres, this was extremely tiring. Dylan came 1st, Phoebe and Noah came 3rd. We attended quik cricket at Dersingham, we won one of our two games. 2 of our children joined in a football tournament. We joined Sedgeford and Docking schools for a Federation Church service at Docking, it was really fun as some of us got to join in setting up the altar or reading. We loved singing all the hymns. We have got a new engineering club starting which we are very excited about as we get to use cameras and ipads. Coming up we have got activity week where we will be having lots of trips and fun. We are also looking



forward to sports day and area sports.

Teacher's note: The photo was taken by a 5 year old, he arranged all the children, made sure they were all looking at the camera and took an amazing picture - it never fails to amaze me how these children are so clever with technology!

On track

After a summer season of sports, Glebe House School is on track for an outstanding start to the next academic year, writes headmaster Louis Taylor

As I write, we are in the final weeks of my first full academic year at Glebe House School and Nursery. I am undoubtedly biased, but it has been an incredible 11 months with some notable achievements along the way.

My first term was a whirlwind of getting to know our wonderful pupils and families, along with discovering the milestone events during our academic year – house events, wonderful theatrical productions, exciting sporting fixtures, plus the opportunity to meet new families at our October Open Day.

I had been warned about Hunstanton's chillier months, but in fact my family and I embraced winter with plenty of beach walks and an opportunity to enjoy our marvellous location out of season.

Just before Christmas, I was delighted to lead the school through a visit by the Independent Schools Inspectorate which resulted in our nursery being awarded an 'Outstanding' status and the school rated 'Excellent' – both the highest level attainable. Although I had already discovered how fantastic the school, its staff and our children are, it was heartening that an external body judged us to be a runaway success too.

From that point, we have had a steady succession of enquiries from many working families, intrigued by what we can offer their children, and in fact we have swelled our pupil numbers by almost 20 per cent during the year, a clear endorsement of our philosophy of supporting as many parents as possible to be part of our inclusive school.

At our most recent Open Day, in mid-June, our nursery welcomed a large number of parents with children of nursery and reception age visited us, keen to understand how an independent education can make such a pivotal difference at the foundation stage. As a parent with young children at the school myself, I was able to share my personal experience of how my children have blossomed in confidence in the school's familial environment.

The last few weeks of term have been the perfect culmination of the academic year, with Sports Days, House Shows and our unique

Leavers' Programme, a special half term when our eldest children enjoy a wide variety of experiences and trips after they complete their Common Entrance syllabus. Supporting a visit to Pensthorpe Natural Park with Fred Nicholson School, an outward bounds trip to Wales, a tour of the Houses of Parliament, the chance to challenge themselves at an activity centre, and three days in Paris – the culmination of eight years of learning French at Glebe – create diverse and exciting experiences as their time at Glebe draws to a close.

Thankfully my time at Glebe is just getting started and as I look ahead to September and the start of the 2019/20 academic year, I know we are ready for even greater times ahead.



Visit Glebe House School and Nursery, Cromer Road, Hunstanton PE36 6HW Tel: 01485 532809



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The coming of age of Deepdale Festival

Excitement is already building at Deepdale, with the announcement of the line-up for this year's Deepdale Festival, the 3rd annual music and arts festival. This year there are almost more acts than permanent residents in the village, consisting of the best original musicians from East Anglia and far beyond.

Chris Haycock, the Festival Director, has put together an incredible line-up for 2019, a programme that has folk at its heart, but shows the eclectic music tastes of Chris and the Crew at Deepdale. Across four stages, Burnham Deepdale will host and support an incredible array of music talent on Friday 27th, Saturday 28th & Sunday 29th September.

"I've always loved putting together line-ups, but here at Deepdale I've been given the freedom to really develop something with personality and quality. When my invitation to MartinCarthy was accepted, I knew the 2019 Deepdale Festival would be something seriously special," said Chris.



Morganway

Friday's line-up for the Deepdale Festival is very special indeed. Not only does Deepdale have the incredibly exciting Norfolk band of the moment Morganway headlining, they also have the core of the acclaimed Shackleton Trio, supplemented with two hugely talented musicians to become the Cobbler Bob String Band. And the unique and brilliant folk music of Tilly Moses, with her band, fresh from the recording of her second album.

Along with folk stalwarts the John Ward Band, South African Music Award nominee Josie Field, local song writing star Ben Denny Mo and the fantastically gifted guitarist Isaac Dalglish, the Deepdale Festival looks set to live up to its reputation for high quality, wonderfully eclectic original music.

The Saturday line-up at the Deepdale Festival is just bursting with talent and sparkles with musical gems all the way through the bill, right from the start of the day, so you really won't want to miss a single act!

The Brick Barn headliners Man The Lifeboats are set to build on their storming Sunday appearance last year, with stomping folk rock impossible not to jump around to. Over on the Orchard Stage, you simply mustn't miss the wonderful nationally acclaimed Kitty Macfarlane, singing songs from her simply beautiful Namer of Clouds album, followed by classy multi-influenced Cambridge band Fred's House to close out that stage.

There are so many other highlights through the day, including classical alt-folk duo Fran & Flora; the voodoo rock of Das Fenster & The Alibis; the electric blues of Dove & Boweevil; rising Norfolk country music star Lucy Grubb and Eastern European influenced folk from Bristol-based Cut Throat Francis.

The Deepdale Crew are also very excited to be joined by the Marham Military Wives Choir for a special performance in St Mary's Church.

Atmospheric instrumental rock from The Wolf Number sits



Tilly Moses

alongside established singer songwriter Niki Gregory returning to the stage for the first time in a little while; synth/guitar pop from London-based Chile contrasts with eclectic alt-folk masterpieces from local group Wendsum; finely crafted guitar pop songs from Vincent Knight complements the delicately honed folk stylings of Nobodaddy.

The Sunday line-up for this year's Deepdale Festival is simply one you shouldn't miss!

A full day and evening of stunning music. Deepdale has the great pleasure of welcoming the hugely influential folk music luminary MartinCarthy to the Brick Barn Stage. Intricately entwined with the history and traditions of English folk music from the 1960s to the present day, Martin remains a passionate collector and interpreter of essential musical stories. An unmissable highlight of the weekend!

Closing out the Festival after a barnstorming performance at Deepdale in March are Radio 2 Folk Award nominees, the brilliantly energetic and eclectic Gentlemen of Few, preceded by the country blues of Wales' finest, The Goat Roper Rodeo Band, fresh from launching their latest album produced by The Magic Numbers' Romeo Stodart.

The day is a cornucopia of hugely exciting original roots, Americana and country music from Smith & Brewer; The Tin Heart Troubadours in a special concert in St Mary's Church with string quartet; local folk band Rattlebox; wonderful local songwriters Marina Florance, Bernard Hoskin and Alton Wahlberg.

Alton is also organising a showcase session for his AWMTV project, supporting and promoting the best new talent in East Anglia – Dusky Sunday, BAILEY, Allie Tooke and Keith Sadler will be performing brunch sets on The Orchard Stage.

Rising local country star Vic Allen with her band, and fantastic Norwich-based alternative rock and soul band Galli complete the full-to-bursting line-up for Sunday.

Deepdale Festival takes place at Deepdale Backpackers & Camping, Dalegate Market and St Mary's Church, all in Burnham Deepdale, on Friday 27th, Saturday 28th & Sunday 29th September. The full festival programme can be found on the website www.deepdalefestival.co.uk

Day Tickets are available, for Friday, Saturday, Sunday or All 3 Days. Tickets start at £12.50 for adults (£6.25 children), and can be bought through the Deepdale Festival website – www.deepdalefestival.co.uk

The future is bright for Rollason Stage School

Sophie Hooker

Functioning as an integral component of the performing arts scene in west Norfolk is Rollason Stage School, a leading organisation that describes themselves as “a traditional dance school vibe with a modern twist.” Principals Michelle and Lucy-Rose Rollason and their family are all acclaimed performers in their own right and are a wealth of knowledge on the world of performing. Here, Lucy-Rose and Michelle speak to Town & Around about the stage school, upcoming events and their background.

Michelle and Lucy-Rose say: “(We) offer a wide array of dance classes such as ballet, modern, jazz tech, stretch, lyrical, contemporary, acrobatics, musical theatre, drama and more.”

“Rollason Stage School have a great insight to the show business industry with students already having professionally performed. We offer students to take part in exams, competitions, professional shows, fetes and more.”

Proving the perfect duo to prime the youngsters for a future in performing is the extensive experience of principals Michelle and Lucy-Rose. The organisation was established in 2002 by Michelle, a professional booker, choreographer and ex professional dancer and whose alumni went on to work in professional television, film and theatre, with credits including BBC Eastenders, ITV The Harlots and BBC The Big School.

In 2018 Michelle became a qualified examiner and adjudicator and daughter Lucy-Rose took some of the reins. Lucy-Rose also runs a boutique agency called LJ Artistes with her brother and specialty act Tommy J, with clients all over the UK working under their management. She will be performing this summer at the Hippodrome Circus in Great Yarmouth as a professional dancer and synchronised swimmer.

Last summer Tommy J Rollason appeared as the warm up act for the legendary ‘Grumbleweeds’ and is currently working in Scarborough in ‘Musicals Meets Variety.’ He recently performed with sister Lucy-Rose for celebrities such as Brian May, earning themselves a standing ovation for their performance.

Michelle’s husband Sean ‘Rollo’ Rollason has been in show business for 30 years appearing in pantomime, cruises and variety shows. He was elected to be part of the world’s most exclusive show business fraternity ‘The Grand Order of Water Rats’ and won the title of ‘Baby Rat’ from Iron Maiden drummer Nicko McBrain.

Recently, Rollason Stage School competed at Boston Dance Festival and succeeded in bringing numerous medals and trophies, with



some sections having as many as 20 competitors. They have also recently relocated their base to Dersingham Village Centre and are currently in the process of raising money for new portable mirrors.

Michelle and Lucy-Rose acknowledge their success and the bright future for the stage school, stating: “We are now working towards our extremely busy summer season (of) 2019/20, where our students will be appearing in professional shows around the country.”

“They will taking to the Princess Theatre stage in ‘The Great British Seaside Special’ for Tony Peers Productions, directed by Linda Newport and Choreographed by Lucy and Michelle Rollason. This will open on the 1st August with shows at 2:30pm and 7pm, and following that shows will be held on 8th, 15th and 22nd August.”

“RSS will also be appearing in Tony Peers’ Production of ‘Festival Of Fun’ at Scarborough Open Air Theatre which is Europe’s largest outdoor theatre.”

“We also have another dance competition coming up in October... and then of course it’s straight onto Pantomime! Oh yes it is! This year Rollason Stage School will be providing the ensemble for Tony Peers’ production of ‘Dick Whittington and His Cat’ at the Princess Theatre (and) we can’t wait!” Rollason Stage School will be offering a holiday school to students and non-students on the following dates:

Friday 2nd August – 10am-2:30pm – The Greatest Showman theme.

Friday 9th August 10am-2:30pm – Aladdin theme.

Friday 16th August – 10am-2:30pm – The Greatest Showman theme.

Friday 23rd August – 10am-2:30pm – Aladdin theme.

These days will include singing, dancing, acting, circus skills and more!

All held at Rollason Stage School (The Dersingham Village Centre)

£15 per person (bring along your own drinks and packed lunch).

For enquiries or to book your place contact RSS on:

rollasonstageschool@gmail.com
or call 07585 002124.



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July diary of events

- | | | | |
|---|--|-------|--|
| 1 | Hunstanton Library 10.30-12noon Come along and crochet, share tips and ideas, with the experienced, novices welcome. Refreshments provided, donations are welcome. | 9 | Library followed by refreshments. Perfect for those who want to gently build up stamina. |
| 2 | Docking Walking Group 6pm Wells-next-the-Sea coast path and town walk meet The Buttlands. Fish and Chip supper. Helena Aldis 07769 850965 / Mike Rogers 07765 571313 | 9 | Brancaster Camera Club. Panel Competition 'Abstract' 1.Wood, 2. Metal, 3 Open Judge John Wilcox LRPS CPAGB. Brancaster Staithe Village Hall at 7.30 pm. Entrance £3 to include refreshments. |
| 3 | Hunstanton Library Top Tips Gardening Group with Mind Body and Soul 10.30am A monthly group run by the Friends of the Library to share ideas and tips for gardening Refreshments provided, donations are welcome. Plant up a summer planter to take home for your home or garden, and gain some wellbeing tips and advice. Chloe on 07726695996 or chloe.robisonsmith@groundwork.org.uk | 10 | Hunstanton Library Quiet Time 5-6pm A quieter time to visit, ideal for people who may have autism, dementia or if you would like a calm environment. |
| 4 | Hunstanton Library More Old Stuff. 10-12noon Come and take a trip down memory lane with lots of interesting memorabilia – bring your own old treasures to share! | 11 | Stanhoe and Barwick WI A visit to Peckover House, Wisbech with lunch beforehand, for WIMPS (WI Members, Partners & Spouses) as well as potential new members and friends. Booking required. Valerie (01485 576261) or Pamela (01485 518033) |
| 4 | Ringstead Village Club meet at 2pm, in the Village Hall, High Street (next to the Gin Trap inn). A strawberry tea | 11 | Hunstanton Library Knit and Natter 10.30-12.30 |
| 4 | Stanhoe and Barwick WI Annual Garden Meeting | 12 | Docking Walking Group 11am Morston and Wiveton Coast Path meet Morston NT car park (£) Lunch at Wiveton. Helena Aldis 07769 850965 / Mike Rogers 07765 571313 |
| 5 | United Services Club Hunstanton entertainment: Dancing to Tony G 8.30pm | 12 | United Services Club Hunstanton entertainment: Country Night with Brian Mann 8.30pm |
| 6 | Have a Field Day with a traditional Community Fete 12noon-4pm. Hunstanton community Centre. Races, Games, Food, Music and fun for all the family. | 13 | HEACHAM: Infant and Nursery School, School Road, Heacham – Summer Fete. 11am to 3pm. Bouncy castle, games, raffle, craft stalls, Tombola, BBQ, cake stall and refreshments! For further information please call Heacham Infant and Nursery School on 01485 570357. |
| 6 | Hunstanton Library Sunny Hunny Hospital 12noon Junior nurses and doctors, come along to celebrate Health Information Week by crafting a stethoscope, making some sticky snot and learning some disgusting body facts. Booking essential. £3 per child. | 13 | Soham Comrades Band (Brass Band Concert) Hunstanton Bandstand 1.30-3.30pm |
| 6 | South Creake War Memorial Institute Memorial Pavilion, The Green, South Creake, NR21 9PD 10AM – 4PM ANNUAL CRAFT FAYRE. Plenty of stalls selling handmade crafts, ideal for birthday presents. Tea, Coffee, Cakes, Biscuits and nibbles. Soft drinks will be available. All proceeds go towards Pavilion funds. | 13 | St Mary's Snettisham Classical guitar recital by Estevao Devides 3pm Tickets £8 including afternoon tea. |
| 6 | West Norfolk Jubilee Youth Orchestra concert at St Edmund's Church Hunstanton 7pm £5 inc refreshments. | 13 | Hunstanton Conservative Club entertainment: Music with BIG D 8.30pm |
| 6 | Hunstanton Conservative Club entertainment: Dancing to Carolanne 8.30pm | 13 | United Services Club Hunstanton entertainment: Dancing Corri Lewis 8.30pm |
| 6 | United Services Club Hunstanton entertainment: Dancing to The Strollers 8.30pm | 14 | RAF Bircham Newton Heritage Centre Open Day 10am-4pm The National Construction College, Bircham Newton NW Norfolk PE31 6RB NCC is signposted off the A148 and B1454 |
| 7 | Docking Walking Group 11am Great Massingham and Peddars Way meet opposite the Dabbling Duck PH. Helena Aldis 07769 850965 / Mike Rogers 07765 571313 | 14 | Wells Community Hospital Trust Dog Show and Family fun Day at East Park, Holkham Estate - entry via the Golden Gates (B1105 Wells to Fakenham Road). Use postcode: NR23 1SF for Sat Nav directions. *FREE ENTRY via the Golden Gates, parking £3 per car* |
| 7 | Ringstead Open Gardens 11-5pm plus Flower Festival in St Andrew's church and Petanque! | 15 | Hunstanton Library 10.30-12noon Come along and crochet, share tips and ideas, with the experienced, novices welcome too. Refreshments provided, donations are welcome. |
| 7 | Holme-next-the-Sea Open Gardens 11am-5.30pm £5 for all locations. Free parking and a bus to help you get round the gardens. Lunches, stalls and floral displays in the church. | 15 | Hunstanton U3A meeting at Hunstanton Community Centre, Avenue Road. 2pm speakers: Tony & Sheila Taylor on The Wonder of Home Exchange Holidays. |
| 8 | Hunstanton Library Get Crafty 10.30-12noon | 16 | Docking Walking Group 6pm Thornham Coast Path and beach meet The Lifeboat PH Helena Aldis 07769 850965 / Mike Rogers 07765 571313 |
| 8 | Hunstanton Library Hunstanton Book Club 2.30pm New members always welcome. Ask staff for details of the books being discussed. Refreshments provided, donations are welcome. | 17 | Stanhoe and Barwick WI lunch at The Ffolkes Arms, Hillington. Booking required. Valerie (01485 576261) or Pamela (01485 518033) |
| 8 | The Arts Society lecture: Mad Men and the Artists –how the advertising industry has exploited fine art. Fine art has provided advertisers and their agencies with a great deal of material to use in their creative campaigns. This lecture describes some of the processes by which these advertisements have been created and why the works of Leonard da Vinci, Raphael and Michelangelo have been a particularly rich source. 2.00pm - Sedgford Village Hall Visitors most welcome. To book a seat call Gerald Pepper 01485 570755 | 17 | Who Dunnit at Hunstanton Library. Crime Book Club 5.30pm |
| 9 | Hunstanton Library Walk & Talk Group 2pm Walk from | 18-21 | St Nicholas Church Dersingham Flower Festival 10am-5pm daily (Noon-6pm on Sunday) Refreshments and Stalls Thurs-Sat. Free entry Sat Nav PE31 6LN |
| | | 19 | Summer on the Terrace at The Princess Theatre, 13 The Green, Hunstanton supporting the local branch of Save the Children 11am-2pm. Tombola, stalls and refreshments – Free entry. |
| | | 19 | United Services Club Hunstanton entertainment: Quiz Night £3 per person plus food 8.30pm |
| | | 19-21 | Sunset Festival: Outside the Sailing Club, North Promenade, |

- Hunstanton. Live music, DJ's and 3 bars. Tickets £10-£20 plus booking fee from www.eventbrite.co.uk/e/hunstanton-sunset-festival-tickets-52325588243 27
- 20 Hunstanton Library Summer Reading Challenge Launch – Space Chase! 10:30am Join us to sign up for the Summer Reading Challenge – Space Chase! Stories, treasure hunt and board games 27
- 20 Snettisham Village Fete 12 noon to 4pm - Snettisham Memorial Playing field PE31 7LX. Gates open at 12 noon. Dog show begins at 12.15pm. 8 x classes with rosettes to 5th place plus K9 Fête Prince and Princess classes. 27
- 20 Marham Military Wives Choir concert at St Edmund's Hunstanton 7pm £10 includes refreshments. 27
- 20 Syderstone Village Cinema, with the support of Creative Arts East, presents Green Book (12A) Amy Robsart Village Hall, Syderstone PE31 8SD 7.30pm Advance tickets £3.50 Tel. 01485 578171 or 01485 578244 Email cinema@syderstone.com 27
- 20 Hunstanton Conservative Club entertainment: Dancing to Rick Roberts 8.30pm 27
- 20 United Services Club Hunstanton entertainment: Dancing to Borderline 8.30pm 27
- 20-22 Felbrigg Church Flower Festival 'Saints' Felbrigg Park NR11 8PR 10am-4pm daily. Songs of Praise on Sunday 21st at 6.30pm. Floral displays, refreshments, dog friendly. Free entry – donations welcome for church upkeep 27-28
- 21 Docking Walking Group 11am Ringstead & Peddars Way meet at The Gin Trap PH. Helena Aldis 07769 850965 / Mike Rogers 07765 571313 27-28
- 21 Waterbeach Brass (Brass Band Concert) Hunstanton Bandstand 1.30-3.30pm 28
- 22 Hunstanton Library Get Crafty 10.30-12noon Join our group for calming colouring, and postcard design, writing postcards to the housebound and isolated. All cards will be sent via West Norfolk Befrienders. Bring along crafts you are interested in too. Refreshments provided, donations are welcome. 28
- 23 Brancaster Camera Club. Digital Competition 1 'Springtime' + two own choice Judge Andy Swain. Brancaster Staithe Village Hall at 7.30 pm. Entrance £3 to include refreshments. Visitors most welcome. 28
- 24 Sandringham Flower Show 9am-6pm Adults £12.50, under 16's free. Cash only. For satnav users, the postcode is PE31 6AZ 28
- 24 South Creake Memorial Pavilion, Coffee Morning and Bingo for Motor Neurone Disease research. Coffee Morning 10.30 a.m. to 12 noon. Various stalls and raffle. Prize Bingo £6 for 11 games. Eyes down at 7.30 p.m. Refreshments will be available. 29
- 24 Friends of Hunstanton Library meeting Wednesday 24th July 5pm We meet every 4th Wednesday of the month to organise events and activities for Hunstanton library, come along and join us. 30
- 26 Docking Walking Group 11am Walsingham and Pilgrims Way, meet at the Coach Park (£) Helena Aldis 07769 850965 / Mike Rogers 07765 571313 30
- 26 Journaling for Wellbeing 1:30-2:30pm Come along and make your own journal with monthly/weekly diary plans, mood and sleep trackers, colouring pages and more. Catch up at the following session on Friday 30th August and create the next month's section. Refreshments provided. 31
- 26 St Mary's Snettisham Recital by David Young, Richard Baker and Marian Abramovich 2pm Tea and cakes. No admission charge, retiring collection. August 1
- 26 Thornham Village Hall Sausage Sizzle Thornham Playing Field 6.30-9pm £12.50pp includes food and live music. Real ale bar. Stanhoe and Barwick WI 2pm: Our speaker will be Chris Armstrong, with "From a Pin to an Elephant", histories of Norfolk Department stores. The Reading Room, Cross Lane, Stanhoe PE31 8PS Valerie (01485 576261) or Pamela (01485 518033)
- 26 United Services Club Hunstanton entertainment: Kieran as Robbie Williams Tribute 8.30pm
- 26-28 Old Hunstanton Flower Festival. Theme 'St Mary's Department Store' Amazing floral displays, traditional fete, dog show, hog roast music and more.
- Charity Petanque Marathon at the Bushel & Strike PH, Heacham 9am-9pm
- Hunstanton Library Norfolk Day: Bishy Barny Bees and Billy Witches 12noon Come to discover some old Norfolk words for bugs and create your own paper plate bug! No need to book, just pop in!
- Fridhem Rest Home Family Fun Day fundraising for the Residents' Entertainment fund. Live music, a bbq, refreshments, garden games and table top sales, as well as raffles and tombolas! 2-4pm at 79 Station Road Heacham PE31 7AB
- Hunstanton Community Choir concert at St Edmund's Church Hunstanton 7.30pm Tickets £6 including refreshments. Proceeds to local good causes.
- Hunstanton Conservative Club entertainment: Music with Mike Fox
- United Services Club Hunstanton entertainment: Dancing to Tobacco Road 8.30pm
- Open Air Cinema in Hunstanton 9pm Bohemian Rhapsody (12)
- Binham Art Group Annual Exhibition from 10am - 5pm Over 150 paintings for sale, 'Have a Go' table for aspiring children and Refreshments in the Binham Memorial Village Hall, Sat Nav NR21 0DR. In aid of the Wells Community Hospital. Entry is Free.
- Hunstanton & District Rotary and Inner Wheel's Norton Hill Light Railway open weekend 1-5 each day.
- RAF Bircham Newton Heritage Centre Open Day 10am-4pm The National Construction College, Bircham Newton NW Norfolk PE31 6RB NCC is signposted off the A148 and B1454
- Northfields Allotments Club, Hunstanton invites all to our Allotments Open Day, 10.30 until 3.00. Parking courtesy of Glebe House School. Site will be signposted off the Cromer Road. Tea and cakes, BBQ, produce, plants and craft stalls. A chance to visit this little oasis of calm, admire the fruit and veg and talk to the experts. Free entry.
- Littleport Band (Brass Band Concert) Hunstanton Bandstand 2-4pm
- OLD HUNSTANTON FLOWER FESTIVAL DOG SHOW Opposite St. Mary's Church, Old Hunstanton, PE36 6JS. 2.30pm - 4pm. 6 classes - rosettes to 4th place.
- Heacham History Group, Old Friends Hall, Sunnyside Close, Heacham, PE31 7DU. 7.30pm. "The History of Farming in Norfolk" Speaker Philip West. Admission £3 (Members £2) including refreshments. Everyone is Welcome.
- Docking Walking Group 6pm Coast Path and Burnham Norton, meet at The Hero PH, Burnham Overy Staithe. Helena Aldis 07769 850965 / Mike Rogers 07765 571313
- Dersingham Village Screen presents Christopher Robin starring Ewan McGregor 7.30pm in Dersingham Village Centre
- Hunstanton Library Coding Club - Chat Bot and Paint Box 5pm-6pm Come along and learn about coding by programming a talking robot and creating your own paint box you can draw with! Have fun and share your skills with others.
- Editor's note: Please send items for inclusion in the August issue to me at: editor@townandaround.net by 12th July**

Running 80k dressed as the Pink Panther is no laughing matter for Jenny!

Jenny Beake (Hilarity Jen) can normally be found on the comedy circuit (see page 38 of this magazine), but during May she took on the challenge to run at least a mile a day dressed as the Pink Panther to raise funds for Scotty's Little Soldiers, the King's Lynn based charity set up by Nikki Scott following the death of her husband and father of their two children who was killed in Afghanistan in 2009. The charity supports bereaved UK Forces children.

Running in the fluffy pink suit was certainly no joke, it was hot and uncomfortable and by the end of May having run a total of eighty kilometers she had raised the magnificent total of £831.

On 18th June Jenny visited the charity in King's Lynn. She said: "I am so grateful to all the sponsors, especially as I now know what funds can do for bereaved children at Scotty's little soldiers."

Jenny is pictured here in her outfit with Haley Studds and Nikki Scott (right).



THE ROYAL BRITISH LEGION HUNSTANTON & DISTRICT BRANCH IS SEEKING NEW MEMBERS

Membership is open to everyone. If you have an interest in the objectives of the Legion and want to help and support those who have served or are serving in our Armed Forces and their families, come and join us.

We welcome men and women of all ages, whether they have served in the Armed Forces or not.

Legion Membership ensures that The Royal British Legion can continue to provide lifelong support to the Armed Forces community as well as upholding the importance of Remembrance.

Becoming a member also provides the opportunity to get involved in a wide range of activities and events held locally, regionally and nationally throughout the year.

Hunstanton & District Branch was formed on 21st March 1922 shortly after the British Legion was formed and the Branch is still very active and successful.

We meet on the first Wednesday of each month at the United Services Club, Homebuilds, Hunstanton. Anyone interested in joining

the Branch or just to see what is happening is more than welcome to come along.

It all adds up to a varied, active and interesting means of meeting with new friends and rewarding ways to spend some of your free time.

You don't have to have served to be a member of the Royal British Legion.

How to join us

Web: hoti://branches.britishness.org.uk

hoti://www.britishness.org.uk

Membership Enquiries:

Simon Matthews

Tel: 07771 934514

Email: chairman.hunstanton@outlook.com



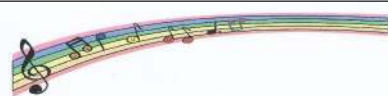
FRIENDSHIP GROUP COFFEE & CONVERSATION

Come and join us for a chat and a cup of coffee (or tea), and biscuits!

First MONDAY of the month anytime
between
10am to 12 noon
in
HOLME VILLAGE HALL
21 Kirkgate, Holme-next-the-Sea,
PE36 6LL

All welcome!

Just turn up, or for more information, please
contact: Elaine Coker on 07746800055 Email:
elainecoker@btinternet.com



ALAN NORRIS BIG BAND CONCERT

In Aid of
Provincial Grand Primo's Appeal
Kings Lynn Province RAOB (The Buffs)
For The Break Children's Homes
(king's Lynn)

On Saturday 6th July 2019 at 7-30pm
In Heacham Public Hall
13 Station Road PE31 7HB
Doors Open 6-15pm

Tickets £8.00 or On The Door

Bar & Raffle

For tickets contact Ian on 07776195610

HEACHAM HERITAGE EXHIBITION



Heacham Public Hall
Saturday 10th – Sunday 11th August 2019

10am -4pm

Includes photos & facts of

HOLIDAYS PEOPLE
SPORT SCHOOLS
THEN & NOW
EVENTS



BUILDINGS BEACHES
PRE 1950'S RAILWAYS
BUSINESSES
AND MUCH MORE

FREE ADMISSION

Refreshments available all day



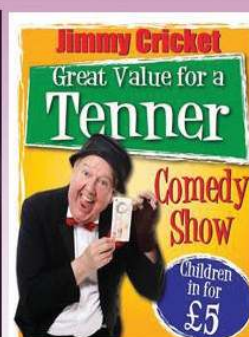
AWESOME FOOD BY PHILIP MILNER

.....

BREAKFAST, LUNCH & DINNER



The Yurt, Drove Orchards, Thornham, PE36 6LS
Tel: 01485 525889 E: hello@theyurtthornham.co.uk



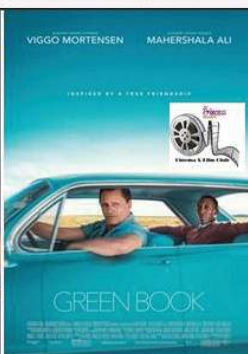
Tuesday 2nd

Friday 5th

Saturday 6th

Sunday 7th

Tuesday 9th



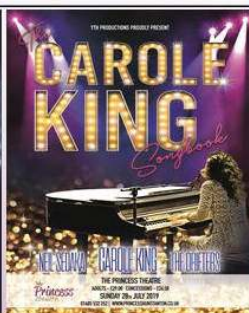
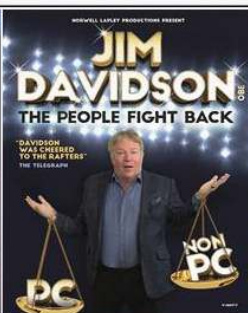
Thursday 11th

Saturday 13th

Tuesday 16th

Sunday 21st

Tuesday 23rd



Thursday 25th

Friday 26th

Saturday 27th

Sunday 28th

Wednesday 31st

Ticket Booking Hotline: 01485 53 22 52

Box Office Open 7 Days a week: 10am to 4pm

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



BOOK NOW TO AVOID DISAPPOINTMENT