

TOWN and AROUND

ISSUE 189 JULY 2021
PRICELESS!

NEWS FROM
NW NORFOLK
FREE



THE GREAT OUTDOORS: Sport, gardening, farming, nature and wildlife
LOCAL NEWS: Business, jobs, schools, clubs, council, civic and churches
FEATURES: A Page from the Sage, Lifeboats, Money Matters and more...

First word

Hello everybody and welcome to your July magazine that has lots of interesting news and information.

Summer is here and in a matter of weeks the schools break up for the holidays so with a bit of luck the air will be full of children's laughter. There's entertainment for people of all ages to be had this month with information throughout this edition so keep your diary handy.

Springwatch at Ken Hill was a great TV success. Chris Packham tweeting: "Massive thanks to all the team at Wild Ken Hill - a real breath of fresh air in the UK's farmed landscape and rammed with wonderful wildlife. Keep up the good work - see you for Autumnwatch!" (They will also be back for Winterwatch).

Dick Melton's Page from the Sage will be the last for a while. Dick hopes he may be able to return after his eye surgery. I know many readers will join me in wishing him well and thanking him for all his columns over the past 16 years.

My thanks as always to everyone who has contributed to this issue and to all our advertisers who provide the funds that pay for the print. Please support them if you can.

With best wishes for a fabulous July

Elaine

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Town and Around is published by Elaine Bird and printed by
Mortons of Horncastle

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How to use your car's air-conditioning effectively in summer

By Abigail Brown

It's getting hot out there - and we're definitely not complaining! - but that means it's time to put your car's air-con to good use. Here are a few tips to make sure you get the most out of it during a heatwave:

Open your doors and windows first

You get in your car on a hot day and it feels like a sauna, so you switch the air-conditioning on full-blast, right? Wrong! To cool your car down fast, first open all the doors and windows to allow the hot air to escape, and cooler air to enter. Once you've done this for a couple of minutes, then you can close everything, turn on the AC, and enjoy a cool, comfortable drive.

Tilt the air vents upwards

You may think that angling the air vents towards you when the air-conditioning is on is the best way to cool down; however, this prevents the air circulating, which it needs to in order to work effectively. Instead, tilt the vents upwards so that the air can flow easily around the car's interior.

Use your air-con regularly

It is recommended that you turn your air-conditioning on regularly - even in winter - to help ensure long-term reliability.

Try and park in a shaded spot

We know that our cars get the most hot when they're sat in the sun all day. Try and position your car in a shaded spot when parking it to keep it as cool as possible.



Stick to a regular air-conditioning service schedule

The air-conditioning system often gets overlooked when it comes to car maintenance. The last thing you want is to get in your car in hot weather to find the air-conditioning is no longer working. To avoid this, test your air-con regularly to make sure it's working, and take it to a garage to service if necessary. Most garages include an air-conditioning check as part of their standard service package, so any problems can be identified and fixed. We recommend simply keeping to a regular overall service schedule so you never run into any issues.

For more advice or to book your car in for a free air-con check, contact K Brown Auto Repairs in Hunstanton on 01485 533786, or King's Lynn on 01553 786786. Visit www.kbrownautoskingslynn.co.uk for more information.

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K. Brown

Auto Repairs

West Norfolk pupils go wild for Springwatch

Children at Snettisham Primary School and Heacham Infant and Junior School have been involved in a project being run by Springwatch hosts - Wild Ken Hill.

This year's BBC Springwatch programme was closely watched by pupils at West Norfolk schools which have close ties with the venue being used by Chris Packham, Michaela Strachan and crew.

Each class at the schools, members of the 11-strong West Norfolk Academies Trust, are involved in the initiative which started in February and will continue throughout the year.

"We started in the spring term when we collaborated with families and Nick Padwick, manager of the Ken Hill estate, through Zoom presentations to learn about the size of the project and the animals being re-introduced there," said executive headteacher Louise Jackson.

The BBC Springwatch team were live at Ken Hill from Tuesday to Friday nights for three weeks finishing on June 11.

"Pupils in Key Stage 2 at Snettisham had a tour of the rewilding site and one of our classes was lucky enough to see a pair of red kites. We are also delighted that White Tailed Eagles will be reintroduced to our area," said Mrs Jackson.

The tour was led by Michaela Dartford who also visited Heacham Infants to help younger children enjoy Forest School sessions and to look closely at micro-habitats on the school site.

"Everyone also enjoyed a fire with roasted marshmallows," added Mrs Jackson.

The Wild Ken Hill rewilding project is looking to restore and rewind a traditional landscape, managing nature with a 'light touch' and



Michaela Dartford with children enjoying the outdoor life and toasted marshmallows

reintroducing beavers and grazing animals including Red Poll cattle, Tamworth pigs and Exmoor ponies.

The site has 1,040 acres and includes a variety of habitats from mixed woodland to meadow and heathlands which are home to a range of native species.

Snettisham students are proud in purple

There was a purple haze at one West Norfolk primary school when pupils dressed to support two charities which use the colour in their logos.

The children all wore the vibrant colour to raise money for Nelson's Journey, a Norfolk charity helping young people deal with bereavement and raising awareness of issues that could affect them.

The money was also split with charity Papyrus which works to prevent suicide among young people.



The idea to have a purple day at Snettisham Primary was put forward by a pupil at the school who has been working with Nelson's Journey and knows how important their work is.

"One of our children has been supported by Nelson's Journey and they wanted to do something to say thank-you and help raise money for the charities," said executive headteacher Louise Jackson.

Pupils at the school, one of 11 in the borough run by the West Norfolk Academies Trust, were asked to pay £1 to wear purple for the day and bookmarks were sold to help and they raised a total of £103.

Nelson's Journey started life in 1997 and has supported thousands

of children around the county in dealing with bereavement and it accepts referrals from families and healthcare professionals.



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Is it ever too late to make a will?

By Keiran Athow, Solicitor, Hayes + Storr

Whilst planning ahead and making a will is the best way to arrange the division of your estate, sometimes plans need to be put in place suddenly and at the last minute from a hospital bed, hospice or care home.

Testamentary Capacity

To make a will or amend an existing will, you must have the requisite “testamentary capacity”. This means that you must understand that you are making or amending a will and its effect, understand the extent of your estate and comprehend any claims to which your estate could be subject to following your death.

If there is any doubt as to your capacity, then a medical report may be required prior to the will being executed. For example, whilst a diagnosis of dementia does not necessarily mean that you lack testamentary capacity, it would be advisable to obtain a medical report to confirm the position.

Solicitors are well versed in these issues and will help to ensure that a valid will can be executed in time.

Precautions Against Undue Influence

Any decision to make a will or amend an existing will must be your own. If there is any sign of undue influence from a third party, then steps will need to be taken to protect you. For example, it may be that you have asked a family member or a friend to contact your solicitor on your behalf. If that person is also a beneficiary under the provisions of your Will (or could indirectly benefit from the same), then your Solicitor must be satisfied that they have not exerted ‘undue’ pressure on you to make or amend your will in particular terms.

Unless your Solicitor is satisfied that your instructions are yours and yours alone, they will be unable to act for you with respect to drafting a new Will or amending an existing Will.

Finding Witnesses

A will made in any setting, including a care home or hospital, must be signed by you in the presence of two independent witnesses. Given the urgent nature, and the fact that your witnesses must both be present at the time you sign your will) the most practical arrangement is for all three of you to sign at the same time in each other’s company.

Your witnesses must be independent, and they cannot be named within your will as a beneficiary, nor can they be the spouse or civil partner of any of your named beneficiaries.

Finding willing witnesses to a “deathbed will” can be difficult, as many medical professionals may not be willing to witness

the Wills of those in their care. However, your solicitor can usually bring a colleague with them, and they can both act as your witnesses.

Making a Deathbed Gift

If there is insufficient time to make a Will, or if there are relatively small gifts that you want to leave to certain people without the formality of making a will, you may be able to leave them by way of a deathbed gift.

Deathbed gifts have complex rules and so it is always best to seek advice from a solicitor to prevent any problems arising later for your executors.

For further information, please contact Kieran Athow in the Wills and Probate team on 01328 863231 or email kieran.athow@hayes-storr.com.

This article is for general information only and does not constitute legal or professional advice.



Please note that the law may have changed since this article was published.”

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Local heroes take on the Macmillan Longest Day Golf Challenge

This really was an epic challenge: four golfers, four rounds and 25.3 miles covered in a day.



From left: Billy, Callum, Ben and George

Brothers Billy and George Brotherton with Callum Swan and Ben Witley completed 72 holes at Heacham Manor on 31st May. Starting at 5am it took the guys fifteen hours to complete the challenge and in doing so they smashed their target of £2000 raising (at the time of printing) £3045.

Billy said: "We got here this morning at 4.30 and we want to thank Paul Searle at Heacham Manor, not only for the early start, but also for allowing us to play the four rounds today free of charge."

They didn't make it easy either, no golf buggies for them, rather they



chose to walk all day pushing all their clubs in carts themselves.

Town and Around caught up with the four golfers at lunchtime just as they had reached the halfway mark and under a cloudless sky with the temperature rising, cold drinks were ready at the new Pavilion.

Also catching up with the golfers progress Paul Searle said: "We've always been a supporter of charities and Macmillan is such a great charity I'm pleased we've been involved with this challenge."

After the event Callum Swan posted "Special thanks to Molly & Kel and everyone at the clubhouse for everything throughout the day keeping us going, you guys are awesome!"

"Thank you to everyone who donated to us, the sore legs and blisters were all totally worth it."

Anyone who would like to contribute can do so online at: <https://longestdaygolf.macmillan.org.uk/Team/theseasiders>



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Norfolk Decor Ltd

Hello readers, us again at NDL with a quick update

It's been a busy few months decorating, commercial jobs staying out of people homes on the domestic side. We've been working on 'empty' projects, full renovations on period property and new builds etc in Snettisham, Holme, Heacham, Brancaster and Holt. Just few places you might of seen a sign, van or us decorating.

We've teamed up with GeoNext software to help get organised booking in domestic work again, taking deposits and getting fixed dates in the calendar. Two teams keeping both side of the business going.

As you can see in the picture we growing slowly; we've hired an apprentice since our last article when we were looking for someone. Aaron has now been with us since August last year on a full time basis, he is enrolled into East Coast College on a Painting and Decorating course, every Monday.

We also have Joe as a subcontractor decorator on a temporary basis and we are hoping to keep him on full time in the near future and we are always looking at hiring more subcontractors to join our team.

We've been working outside decorating when the sun's been out catching up from last year, so please be patient.

As you can see we managed to add to the fleet of vans, with the Volkswagen caddy.

Glenn Perkins

Carl Perkins

Grant Cooper

Sean Middleton

Aaron Jezeph

Joe Neicho

A hand painted kitchen project last month for a new customer was followed up with this review from Mrs Taylor in Heacham:

Great job and value for money.

Recently had my kitchen painted by NDL. They have done a fantastic job! After the first consultation about the new colour (which I did have worries about going from light to dark). They arrive each morning on time and checked with me at each stage to make sure I was happy with the work. The new colour



turned out really well.

I was able to leave the house for work and they were happy to lock up. The kitchen was always left clean and tidy from that day's work.

I have no hesitation in recommending NDL and look forward to having work done in the near future.
Many thanks



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More women and girls are taking up sailing this year

Snettisham Beach Sailing Club report increasing numbers of women and girls are out on the water.

Publicity officer Mark Foley said: "We've been surprised by how much people want to get out on the water this year, but perhaps we shouldn't have been, given the last 14 months."

"And Women's sailing is more popular than ever; we've had fleets of 8 women enjoying the safe water of the lake and excitement of the sea, and another 4 are joining in June."

Currently the club is seeing more girls than boys progressing through their junior pathway and they have a unique track record of producing women sailors from Junior right up to adult with female youth sailors competing at Regional, National, European and World Championship level. They also have a growing number of female instructors working at the club. They're not sure why, maybe it's the enthusiasm of their long time Chief Instructor Jane Ellison and her great example?

"Women's sailing happens on Friday mornings, come and give it a go. This group is for women over 18. If you're a younger girl you can get your introduction by joining one of our other programmes:

"Ducklings sessions are especially for club members aged 5, 6 or 7 and offer the chance to get out sailing on the lake in Optimists with tuition from our most experienced instructors. We aim to build confidence and have fun on the water whilst learning some basic sailing skills. Parents must remain on the beach whilst the children are out sailing. Ducklings sessions are available to club members only. You can book individual sessions for £15 each. You are welcome to bring your own boat or use a club boat.

"RYA OnBoard courses involve learning all the basics you need to know to sail a boat. We provide the instructors, boats, spray tops and buoyancy aids, and most importantly a fun way of learning and getting



Jackie French, Sue Falch-Lovesey, and Laura Holmes-Short

wet! All you have to do is bring your child along with old clothes, including footwear (old trainers are fine), to sail in, a towel and some dry warm clothes to go home in." Mark added.

More info: Women's sailing www.snetbeach.co.uk/adult-sailing-courses/ladies-sailing and contact Jane Ellison: janey2950@sky.com



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New Number Launched to Report Flooding in Norfolk

A new single point of contact for flooding in Norfolk has been launched.

Residents can now report any sort of flooding quickly and efficiently by calling 0344 800 8013. Alternatively, residents can continue to report flooding online via www.norfolk.gov.uk/flooding

Different agencies respond to different types of flooding, which has historically made reporting a flood by telephone more complicated when and where it is not possible to ascertain the source of floodwaters. The new number provides a single point of contact making the reporting of flooding quicker and easier.

Where there is a potential risk to life from flooding people should still call 999 immediately.

Lord Richard Dannatt, Chair of the Norfolk Strategic Flooding Alliance (NSFA), said: "When flooding hits, people have to make quick decisions on how to react. For those who want to alert others and report a flood, the process of finding the right agency could be slow and frustrating, wasting valuable time. This new initiative makes reporting a flood faster and easier, allowing residents to get on with protecting their families and property."

"The introduction of this number is the result of the work of the NSFA over the past few months, and is the first step in the Alliance's programme of work to address the risks of flooding in



Norfolk and will make dealing with flooding in our county simpler and easier for the people of Norfolk."

A leaflet detailing the new number, including a pop-out-and-keep card, is being delivered to households across Norfolk this week to ensure everyone knows how to report flooding in the county.

The new number has been set up by the Norfolk Strategic Flooding Alliance, a partnership of agencies across Norfolk working to provide a consistent and coordinated response to flooding in the county, while also making communities and infrastructure safer and more resilient. The number is staffed by Norfolk County Council officers and funded by the County Council.

Cllr Andrew Proctor, Leader of Norfolk County Council, the

county's Lead Flooding Authority, said: "Last winter saw heavy rainfall and flooding across our county. People affected were trying to report flooding and get some help with some residents using phone numbers 15 years old or more. That can't happen again. In an emergency we need to be able to know where people need help and make it easier for them to report incidences of flooding. By introducing this new number and sharing it far and wide, including to every home in Norfolk, we're making sure everyone knows how to make a report quickly and easily."

As part of its ongoing programme of work, the NSFA has identified sixteen sites across Norfolk that are regularly at risk of flooding. These sites will form the first tranche of locations that the NSFA will inspect with a view to proposing how to minimise or

mitigate local flooding risk. The work carried out on this first tranche will inform work across Norfolk in the coming years.

The sixteen sites included on the initial list are located at:

Burgh Road/Beccles Rd,
Gorleston
Ferry Road, Horning
A1101, Welney Wash
Necton
Burnham Market and North and South Creak
Tunstead
A140, Long Stratton
Norwich Road, Strumpshaw
Gayton
Watton/Saham Toney
Mattishall
A143 Redenhall
Yaxham
Kenninghall
Cranworth
Newport Rd/Yarmouth Rd,
Hemsby

Each site will see work led by a Lead Agency – Norfolk County Council or Anglian Water, depending on the site – to develop an outline, costed solution that will form the basis of any necessary future funding bids. While flood risk at many of these sites will not prove easy or quick to resolve this work will provide the blueprint for addressing other flood sites across the county.

The NSFA is finalising a Strategy and an Action Plan, to ensure the partnership working between its members continues for the longer term, providing a consistent and recognised forum for responding to flooding in the future.

Anti-Litter Campaign

David Whitehill, Glebe House School

The Hunstanton Town Council have initiated an anti-litter campaign in order to stress the importance of keeping our streets and beach clean, particularly now as we are all gradually coming out of lockdown. Banners with this message can now be seen in many prominent places around the town.

The children at Glebe House School have also embraced this by taking part in beach cleans to help protect our marine life. The school's eco warrior, Emelia King, stated, "All of us at Glebe know what a beautiful place Hunstanton is and we want to keep it that way. Our mission is to keep our school clear of litter to help the environment and educate everyone of the importance of putting rubbish in the bin."





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A Page from the Sage

Well here we are again with some fact, fiction and good old Norfolk squite for the month of July for the Town and Around from the Boy Dick (The Sage) up in the mountains of Sunny Hunny.

Rabbits

In 2007 a friend of mine who was on the Town Council rang me up to say he had a letter from a lady about a lot of the wild rabbits on and around the Sheep Field and could anything be done to get rid of them as they were going into the cemetery and eating the flowers on the graves.

So I said that I knew there was some rabbits around that area so I will have a count and see how many there are. So on the 16th March 2007 at 6.15am I went up there to see how many rabbits were in that area.

I started off in the Sheep Field with 8 adults, 2 half grown, and young rabbits too many to count as they would not keep still, the cemetery just two adults.

Tesco's car park and gardens, 1 adult and 2 half grown, sewer field car park and caravan site, 6 adults and 5 or 6 young ones. Fairground 5 adult rabbits, and 6 young ones, these rabbits were all deaf as they lived under neath the dodgem track.

Other animals sighted up there that morning were 3 or 4 cats, 1 muntjac a duck or two and several squirrels. Owing to my disability and the fact that I now live a lot further away from that area I have not been there for over five years, but owing to the shortage of rabbits I would think there are not many in that area now.

The beach

Now then many people ask me about the state of our beach at Sunny Hunny. There is not much that can be done; the beach is in the hands of Mother Nature, it certainly has changed a lot over the years especially the amount of sandbanks out in the Wash which have multiplied a lot over the years.

I have a copy of an old map of the Wash dated 1871, it shows many large sandbanks at the southern end of the Wash but from Snettisham to Holme it shows just one small sandbank - the Sunk Middle. But as we all know there are now many sandbanks all over the area of the Wash, many people walk out to these banks and have to be rescued by RNLI Lifeboats and Hovercraft. These sandbanks are also very hazardous to shipping including all sorts of small craft and sailing dinghies.

Last year we had many high tides of 26 feet and over that took a lot of sand away especially at the cliff end of Hunstanton beach, it will no doubt come back but when we cannot tell, what would be a big help to keep the sand in would be new and larger groynes (breakwaters) and a new slipway at

by
Dick Melton
01485 535658

the end of Seagate which we have been waiting for since the old one was taken away in 1974.

When the pier was built it was built on very rocky foundations and when I was a lad there was much rock under and around the pier where we would catch crabs; these rocks are still there covered in sand, where the green rocks are it is just the opposite, they were covered in sand, now there is not much sand in that area. The best places for sand now are Old Town beach or the area of beach between the Power Boat Club and the hump (Heacham boundary). Someone suggested that sand should be brought in from elsewhere but this would cost too much, so let's just leave it alone and see what happens. A Dutch marine engineer once said if you want a sandy beach keep the people off it, that was not a good idea, so we shall just have to wait for Mother Nature to do her bit.

The Town Hall

It has been brought to my attention that £55,000 is to be spent on the Town Hall. It was built in 1896 fifty years after the Golden Lion. The Town Hall was used a lot with concert parties weddings and dances, and when it was first built many people complained that there were no toilets in the building the nearest one's being in the station yard, so it was decided to build some toilets at the west end of the Spinney facing Westgate Gardens, but the Town Council demanded that these toilets had to be built underground; in later years some toilets were built in the Town Hall and in 1963 the underground toilets were filled in and covered over with concrete.

In the nineteen sixties four businessmen from Hunstanton leased the Town Hall and turned it into the Hunstanton Bingo and Social Club, the club room with a snooker table and bar downstairs and in the main room upstairs there was bingo twice a week with dancing on a Sunday. This club was very popular and went on for about 25 to 30 years. Also upstairs was a nice long bar, in recent years the Town Hall has not been used much except for some



indoor car boots and the Christmas Pantomime which was always well supported, maybe it would be a good idea to lease the Town Hall out again as it used to be.

Bingo

Talking about bingo there are still two places in the town where you can play cash bingo, the United Services Club and the Conservative Club (that is if you are a member), but after many years there is no prize bingo operating in the town. There were prize bingo games available at Manor Park caravan site, Vegas in South Beach Road, Rainbow Park Fairground, CHS Arcade, Beach Terrace, The No One Arcade in Beach Terrace Road, The Show Boat Arcade in Le-Strange Terrace, and of course one on the Pier. There was also a portable bingo on the Market Car Park for a while, and I seem to remember a bingo on a grass area near to the Tamworth House Restaurant; it's like the old song 'Ten green bottles hanging on the wall' and then there was none.

Rainbow Park and Elvis

In the May Town and Around there was a very good write up about the Rainbow Park fairground and the Ferris Wheel that is new to the park and was made in 1938 by the Eli Bridge company of Illinois in the same year that the wheel used in the Elvis Presley

Film Roustabout in which he starred with Barbara Stanwyck. During my army service I was stationed in Germany at Hohne Garrison Bergan near to the training ground of Luneburg Heath, a friend of mine was also stationed there a couple of years before me 1958 to 1960 at the same time as Elvis who was stationed at Friedberg. One day word went round that Elvis was doing tank training on Luneburg Heath, then word went round one morning that Elvis had come into the garrison for lunch at the Round House NAFFI coffee shop, so my friend and others went down there but he had just left, so they took all the cups off the table where he had been sitting with his friends but they never found out which one Elvis had used.

Just another little bit of trivia about Elvis he never came to England but one day in March 1960 the plane that was taking him back to America landed at Prestwick airport in Scotland to refuel, so Elvis was in Scotland for about one hour and there is a plaque on the airport wall that says so. There was a rumour going around Hunstanton a few years back that a man called Elvis worked in a fish and chip shop under the pier but he only stayed there for one season then he disappeared.

Good weather

Well now at last we have had some good weather, the end of May's Bank Holiday weekend must have been by far the busiest for a long while. The last really good summer that

I can remember was way back in 1976 the only problem was we had a swarm of ladybirds for a week and the brewery went on strike for two weeks. In those days the August Bank Holiday was the first weekend in August so the weather was better than it is these days but 1976 was the best summer I can remember.

Things have changed in Hunstanton since 1976. We had a lot of coaches come into the town; there was a big coach park where the Harlequin Shopping Centre and flats are now, and the Kit-Kat coach park would hold ten coaches. It was nothing to get up to thirty or forty coaches in the town every summer weekend and up to eighty coaches on Sandringham Flower show day which was the last Wednesday in July and it is still the same day now. Back then Sandringham had nowhere for people to eat so they all came to the town for tea.

Loss of car parking spaces

But now we come to the where 32 flats going on the old railway car park with the loss of 100 car parking spaces. About 400 spaces have been lost since the 1950s including Boston Square, Harlequin House, the old road between the Boating Lake and Seagate Road some of the Seagate carpark, some more from the Southend Road car park and a few more elsewhere. The people that live in Hill Street, Crescent Road, and Avenue Road have had enough trouble over the years to park outside their houses. Now we get more and more cars into the town then we have ever had therefore the council should be making more car parks instead of closing them down. The Sheep Field has stood empty for over 40 years and these 32 flats could have gone on there. That is all I have got to say on this matter for now.

The last Page from the Sage

I am sorry to have to say that due to the condition of my eyesight I am now unable to write anymore fact, fiction, or squit in the Town and Around. I have been writing in the magazine for the last 16 years and enjoyed doing it very much. I would like to thank all of the many people who have written to me or came to see me to help me with what to write about Sunny Hunny.

All the very best to you all keep a troshin'.



Dick Melton, Sunny Hunny

Friends of St Andrew's Church Little Massingham

On Saturday 24th July 2021, the Friends of St Andrew's Church Little Massingham (FOSALM.org) will launch their new charity with an Art and Crafts exhibition. The 'Friends' charity was formed in 2020, in response to the fundraising walk that Rosemary Jewers undertook in Sept 2020 by walking along Peddars Way from Colchester to Holme-next-the-Sea.

She has raised close to £9800 to help replace Little Massingham Church roof, whose lead had been stolen by thieves in 2017.

The aim of the charity is to help support the church and raise much needed funds. This launch event aims to promote the charity to raise awareness within the local community and to attract members and trustees to join us.

On sale will be paintings, sketches, cards, textiles, needlework and books about Norfolk. Wool spinning demonstrations will take place during the day.

Whilst at the church stop for refreshments, buy a scrumptious cake from the cake stall or try your luck at the raffle. Join us at Little Massingham Church on Saturday 24th July

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CAPITAL GAINS TAX: NEW REPORT SUGGESTS IMPROVEMENTS

By Kathryn Gigg Chartered Accountants, Hunstanton

The Office of Tax Simplification (OTS) is an advisory body, established in 2010 with a view to giving advice on how the tax code could be simplified. Whilst the effect of its work is not always easy to see, the second report on Capital Gains Tax (CGT) is to be warmly welcomed.

The report has looked at the CGT code to find areas where the tax can be simplified, where changing laws or business structures have given rise to unintended effects or where anomalies have arisen. Relatively few taxpayers will be affected by most of these, but situations do arise where the strict operation of law gives a very strange side effect – for example, where an asset is sold with the full consideration being deferred, the tax can strictly become due before any money is received. Some of these situations have been dealt with in the past by concessions or Statements of Practice, some simply remain unfair.

The report highlights 14 separate anomalies which it recommends should be addressed. It should be stressed that these are merely recommendations, and the Treasury will always have the last word, but given that they are all aimed at ensuring that taxpayers pay the amount of tax which the law originally intended, it is to be hoped that most of these will be followed through. Some of the principal issues for private taxpayers which have been identified are:

- Addressing design flaws in the 2020 rules for 30-day payment of CGT on residential property transactions, which do not properly integrate into the main self-assessment returns, together with a suggestion that the period should be extended to 60 days on practical grounds. There is also an identified need for greater taxpayer awareness of the new rules.
- Improving the rules under which taxpayers owning more than one house can elect for one to be the main residence.
- Extending time limits for assets to be transferred on divorce without triggering a liability.
- Simplifying the treatment of gains on foreign property to remove the complexity of currency movements, so that gains are taxed on the profits in sterling.
- Removing an anomaly which can occur where a taxpayer builds a house in the garden and then sells the main residence.
- Simplifying the share identification rules where an individual holds investments administered by multiple investment managers and making the Enterprise Investment Scheme rules less cumbersome.

Other suggested improvements are more likely to effect businesses – these would include:

- Where land is subject to compulsory purchase, there is an existing allowance enabling the vendor to “rollover” the gain into new assets, but the relief is quite restrictive and can be difficult to use where a large development, such as HS2, distorts the local market. The OTS feels that some elements of the rules should be relaxed. It is also suggested that the tax treatment of “pooling” arrangements (where a developer is dealing with multiple landowners) should be made tax neutral.
- Some aspects of the Business Asset Disposal Relief which applies on retirement, can cause problems where a vendor needs time to wind up his business (typically a farmer who will need to continue occupation to harvest the standing crops). This situation has in the past been covered by concession, and it is felt that it should be the subject of better HMRC guidance.
- There is a perceived need for clarity where farmland is used for environmental purposes or farms diversify away from purely agricultural operations. It is felt that failure to carefully consider the interaction of business objectives and environmental incentives could create unnecessary barriers to policy aims.

In conclusion, I believe that the proposals are much to be welcomed. Although these all sound like obscure circumstances, it is surprising how often this sort of thing comes up, and it can be shocking and distressing for a taxpayer to be in a situation which seems unfair just because of an unexpected quirk in the legislation. The sooner these can be ironed out the better!



If, having read through the information provided above, you require any advice on CGT matters, please contact either myself or my assistant Nicola Tarry FCA on 01485 534800 or email kate@kathryngigg.co.uk if we can assist in any way.

Mrs K H Gigg FCA

N.B. Article written in May 2021

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

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Heacham and Hunstanton at night

Terry Parish

Did you see the partial solar eclipse on the 10th June? Below is a picture of my camera set up ready on the 9th. An old DSLR on a tracking mount which automatically follows the Sun across the sky. Pushed on the front of the lens is a card mount containing a piece of Baader solar film. This eliminates 99.9% of the Sun's light.



My 'eclipse picture' is above. Note my answer to Elon Musk. I did see the eclipse visually for about 2 seconds through cloud but didn't get a photograph. Clouds parted more fully 3 minutes after the end of the eclipse. My son Oliver, in Essex, had a little more luck, see top right. He even got a short video on his 'phone.

July already and winter beckons. By the end of the month, it will darken notably earlier so, assuming some clear nights, look up and watch for shooting stars. Full summer is the start of the meteor season. Stray ones can be seen anytime and showers arrive when the



Earth's orbit cuts through the debris trail of old comets.

Three showers begin in July, the Capricornids, Southern Aquarids and the Perseids. The first two are not prominent and the Moon will interfere; the Perseids peak in August so more about them next month.

A clear, dark, site will give you a good opportunity to look at the Milky Way, that band of stars stretching from the horizon in the South, right over your head towards the NE. You will be looking towards the centre of our galaxy, the band of stars being an edge on view of its double spiral. If it is very dark and your eyes are good, you will discern rifts in the wash of milk. These dark lanes are dust clouds obscuring the stars behind them.

Straddling the Milky Way and about half way up the sky is the Summer Triangle; Vega above and to the right, Altair lower and to the left, Deneb above both and central (see June issue). Deneb is the star at the top of Cygnus the Swan. The brightest stars of this constellation form a cross. The bottom of the cross is my favourite double star, Albireo. This has a bright gold main star and a blue fainter one. A dark sky, good eyes and good binoculars or a birding scope will separate them. Otherwise, a small telescope is needed.

The planets: Venus is the one to appear knowledgeable about from the pub garden. It is the bright thing in the sky between W and WNW. It doesn't set until around 10.30. It shines so brightly because of its dense reflective atmosphere of sulphuric acid and carbon dioxide. The greenhouse effect caused by the carbon dioxide make Venus the hottest planet in the Solar System.

Last year, theories abounded about the possibility of life forms within Venus's atmosphere and, prompted by these, NASA have announced two new missions to investigate the planet. It is intended they will blast off 2028 -2030. I must make a note to include them in my article then. One mission is, 'Deep Atmosphere Venus Investigation of Noble gases, Chemistry and Imaging.' The second is, 'Venus Emissivity, Radio science, Insar, Topography, And Spectroscopy.' I think they

started with preferred acronyms and then made the words up.

If you are in a pub garden on the 11th, 12th, and 13th, point to Venus and to the much fainter dot very close to it. That is Mars. To the side or above both will be the Crescent Moon.

Astound customers further with the information that the much-lauded return of humans to the Moon will likely have to take place in the next 4 years. For some years after that, there may be dangerous sun activity with particles and radiation hazardous to space travellers. Should be good aurora though.

The two gas giants, Jupiter and Saturn, are back with us late at night. Saturn rises about 10.30, Jupiter just after. Watch these planets as the nights darken. Regular readers will know to use large binoculars to see the four Galilean moons of Jupiter, a telescope to see the splendour of Saturn's rings. On the 24th look due South at 11.30 and the Moon will be just below Saturn. On the 25th it is below Jupiter.

Mercury is theoretically visible close to the horizon from about 4am. In the 7th and 8th look due ENE, find the crescent Moon and look for a spark between it and the horizon.

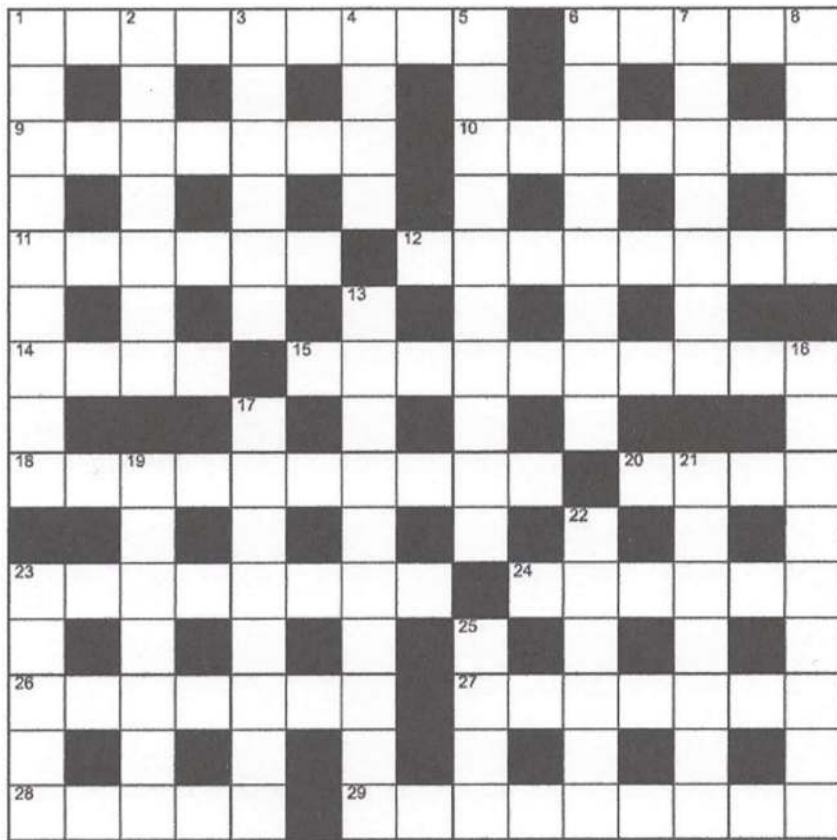
Space tourism is in the news. Blue Origin will be blasting off on July 20th. Virgin Space is due to start services in 2022. Musk and Space X will be up there at the end of this year.

The common denominator is money. If you have a few millions spare and some patience there is no problem. Anyone who wants to get rid of me please set up a fund. I would happily go to Mars on a one-way ticket. The first human to die there will likely get a statue which will be pulled down as it won't be green.

Must prepare for tomorrow's solar eclipse. Publication dates crossing with events are confusing to an old man. It's amazing what you forget, in fact forget what you have forgotten. Turning out the cupboards I found all sorts to do with eclipses harking back to my expedition to the USA to see the total eclipse in 2017. Next one there is in 2024. I wonder if travel restrictions will have lifted?

Time to get the bean plants in.

Crossword Clues Across



1. It's fine and warm, generating high spirits (4,5)
6. What judge might do seeing second juror in depression? (3,2)
9. Check out six-footer in Central Park ... (7)
10. ... he's unknown and privy to study on energy (4,3)
11. Rex, having taken Luke outside to meet Penny, hung around (6)
12. Pilot controls a Vulcan – one aiming for sonic bang (8)
14. Look, this person has cut hands! (4)
15. To do this could induce rage (6,4)
18. The tool I'd earmarked to start build is one used by a surveyor (10)
20. It's our duty to arrest such language (4)
23. All done up and still fit (8)
24. Equipment provided by school is trashy (6)
26. Instrument obtained from old banger on A1 reflected new interior (7)
27. Beneficiary of wicket – caught by cover (7)
28. Correspond with one of 8 (5)
29. Effortlessly leaves to 27, perhaps (5,4)

Crossword Clues Down

1. I blocked flyer – get back to me with another one (9)
2. Help old boy to start clock (7)
3. Roughly cut wood dropped on ground (6)
4. Food like pork and beef (prime cut) (4)
5. One Italian football club in ten are ordered to freshen up (10)
6. Church is rather adorned with glass (8)
7. Delivery worker will help with any issues (7)
8. Write articulate letters to House of Lords (5)
9. Shall I pop in for a happy pill and a giggle? That's non-U in this club! (10)
10. It can be seen on golf course the guy owns – not huge and rather inelegant (5-4)
11. Nowadays my French is hard to rate (8)
12. Piece that has more than caught on (7)
13. King is attracted to German and Italian food (7)
14. Old American bomber needs a following wind or some kind of alternative fuel (6)
15. Plant border first, given opportunity (5)
16. Travel anywhere in style (4)

Easy first...

...then the more challenging

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

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

Round the bend with Dean Baker

Tis the season to be plumbing or don't block it up

It's easy to think that plumbing is a seasonal occupation. And to some extent it is. The most important issue in the summer months is servicing your boiler in preparation for the autumn. These articles are weighted towards saving money and resources as I often concentrate on heating and hot water. As the sun is shining and the schools are on the cusp of the long holidays this time I will look at – drum roll please – summer plumbing problems.

This is the season of barbeques and picnics. It's important that cooking oil goes in the food waste bin and not down the drain. Try not to put any food waste down the sink as a blocked drain in the height of summer stinks!

It's likely that friends and family that you haven't heard from for years will suddenly get in touch and after a brief conversation will invite themselves to stay! This will put unavoidable pressure on your water consumption. I suggest you mention to your new best friends that they don't put wipes, sanitary products or worse nappies down the toilet. As a blocked loo could strain an already fragile relationship.

Another seasonal problem can be washing machine maintenance. Many summer activities can put a strain on your washing machine. Sand in the machine is disastrous. Try not to overload the drum with wet swimming things. Sand and soil can also clog up the shower or the bath.



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It can also partially block and slow your drains down. I suggest a pre-wash in a bowl of warm water before entering the house. This rule applies to 4 legged members of the household too.

Check your shower traps for a build up of hair, conditioner and soap. In the hot weather they will start to smell.

Finally check hoses and garden taps for leaks. A leaking tap will cost you money and waste water and that's an all year round problem.

Until next month, all the best.

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Affinity Trust

Affinity Trust is a national charity that provides high quality, personalised support to people with learning disabilities, enabling them to live independently in their own homes, access their communities and lead active and fulfilling lives. Support work is more than just a job - you are supporting people to achieve their dreams! It is a role where no two days are the same.

The home is a rural location in Snettisham, supporting five people. Matthew (one of the people supported) said he enjoys having his support worker coming in each day, and taking him out in his car. He enjoys visiting places of interest, and going to cafes and pubs for a drink. Matthew also likes his support worker sitting with him drawing, watching DVDs and listening to music too!

Lewis enjoys his support workers coming in each day and supporting him to visit his parents, going swimming and visiting the gym. He also likes walking, visiting local beaches and Sandringham woods, trips to the zoo, visiting libraries, and going for meals out. He also enjoys doing jigsaw puzzles, arts & crafts.

The role is varied and you would be supporting with all aspects of daily living, such as cooking, cleaning, shopping, budgeting, days out, and much more!

One of our support workers said: "Working at the home is something you cannot describe, we are an amazing team, and we support each other as well as the people we support. The people we support are amazing. There is no day the same and that is what makes me want to stay being a support worker."

Another said, "I can honestly say I've worked for other companies but this has been the best!"

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Sporting Corner with Tim Keogh

Heartbreak as Heacham penalties take their Toll

Heacham FC Reserves arrived in confident mood, hoping to end the season on a high at Fakenham Town's Clipbush Park in the league cup final against Kings Lynn Sports Club.

A man of the match display from Sam Lammingham with goals from Lee Toll and his uncle Fletcher Toll were not enough as Heacham's efforts were sadly curtailed, as they eventually succumbed losing 8-7 on penalties.



Cricket at Thornham

The season is now well under way and finally spectators can be welcomed back to the ground. The early season wet weather has certainly made playing conditions cold, damp and difficult. One such game, with a particularly wet wicket, involved a special visitor to Thornham Deli arriving by helicopter, flying directly over the wicket but, sadly, not even that could help dry the ground.

However, the sun has arrived and Thornham CC are getting in the runs! Young Alf Burgess has been on fire so far scoring 306 runs, including two half centuries (81 not out and 93).

Other half centuries are W Symington 58*, L Woodcock 53 and E Barrett 53 on his debut. Just missing out in that club is N Linsell carrying his bat through 40 overs scoring 48*. With the ball the return of their own W.G. Grace - P O'Connor 5/13, W Symington 4/12, J Hewson 4/14 and A Siddle 4/40 heading the charts so far.

Thornham first team are currently 4th in the Norfolk cricket league Division 2 west with 3 wins so far. The second XI and our Sunday team have both won their first games of the season.

For 2021 they have had the opportunity to enter an over 40's side into the league. This is predominately a social league focused games for those aged over 40. So far 2 wins out of 2 games under the helm of skipper R Skeen should not go under the radar.

The club had gained a few new players but would welcome more - anyone interested in joining them please contact club secretary Ron at Ron.Williamson@btinternet.com or through their website <https://thornhamnorfolkcc.play-cricket.com/home>

At the heart of the club is building for the future, this includes weekly free youth training sessions every Tuesday. Run by the club's own ECB qualified coaching team they aim to make playing and training fun for all ages. Parents are invited to take part in these fun filled sessions.

They encourage and welcome everyone to visit them on training evenings, game days or at any other time. Claiming to be the friendliest club on the coast with a kettle that is always on, TCC invite readers to visit and have a chat while watching a game.

Winter Four Ball

Searles Golf Club hosted the final of the Winter Four Ball this month. A topsy turvy first nine holes saw the young guard of Josh Chilvers and Tim Keogh take a surprise two shot lead before the more experienced Rob Hills and Trevor Nutt reigned them in and led by two after nine holes. Their experience paid off as they eventually romped to a convincing win by the 14th hole.



Pictured: Rob Hills, Trevor Nutt, Josh Chilvers, Tim Keogh

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Across: 1. Good cheer, 6. Sum up, 9. Inspect, 10. John Doe, 11. Lured, 12. Avionics, 14. Mien, 15. Change gear, 18. Theodolite, 20. Urdu, 23. Buttoned, 24. Kitsch, 26. Ocarina, 27. Legatee, 28. Match, 29. Hands down
Down: 1. Guillemot, 2. Observe, 3. Chewed, 4. Eats, 5. Rejuvenate, 6. Schooner, 7. Midwife, 8. Peers, 13. Shillelagh, 16. Rough-hewn, 17. Admonish, 19. Extract, 21. Risotto, 22. Biogas, 23. Broom, 25. Elan



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Letters to the Editor (more on p63)

Monorail idea belongs to childrens' comics – and Lego!

Summer's here! We can all detect that because at least one (unnamed) Town & Around reader appears to have caught sunstroke by suggesting that Hunstanton's transport problems can be easily solved by constructing a monorail.

I guess that building a 16-mile, 20ft high concrete structure through the Norfolk countryside to King's Lynn wouldn't go down too well, especially as they have a habit of falling apart after a few years and killing people that are unfortunately under the 500-ton beams when they drop down.

You also need a lot steep steps to get up high enough to clamber up into the train door, which puts them out of reach of a large percentage of our elderly population. That's unless of course you install passenger lifts at every stop, and they also have an annoying habit of jamming when the doors have been closed or they have been vandalised.

Cities around the globe have toyed with monorails for decades, but I only know three cities in China that have actual working examples to transport millions of people a year in places like Shanghai. The Australian city of Sydney had a monorail for about 15 years, but its trains kept breaking down, and it was eventually demolished to the sound of loud cheers.

Sorry, but monorails belong to 1950s Dan Dare comics and sci-fi films. I also think that Lego also used to sell them in boxes for ten-year-olds to play with.

Howard Johnston, Hunstanton-King's Lynn Railway Group

Thank you

As a day visitor from Northampton I read your June issue. Great news especially A Page from the Sage brought back memories from the past. Keep it up.

Jeff Warren



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Pride in our Neighbourhoods - 57

Cllr Andrew Murray

The Borough Council of King's Lynn and West Norfolk is the Planning Authority for this area. A new local plan is being prepared to cover the period 2016 to 2036. The new document, at present in draft form, will replace both the Core Strategy that was adopted in 2011 and the Site Allocations and Development Management Policies of 2016.

The draft document is to be presented to the Cabinet on 15 June and to Full Council on 8 July. It is anticipated that it will then go onto a pre-submission consultation in August and September which is the time when everyone can read what is proposed and submit their comments.

The next stage will be for the plan to be submitted to the Secretary of State and arrangements made for the plan to be examined by an independent planning inspector. Public hearings will probably be held during 2022.

Because the Government has intentions of shaking up the whole planning system and has proposed dividing the country up into zones where development can take place provided that it conforms with the local plan, ensuring that the local plan is robust and accurately reflects the needs of the locality is of paramount importance. In that scenario, individual planning applications will be automatically approved and it will be too late to object.

At present there is a considerable amount of development taking place in the north west part of Norfolk but a serious mis-match between what the developers deem to be profitable and what local people need to be able to live in the area. Applications come before the planning committee for the redevelopment of small cottages turning them into large houses which are both quite unsuitable for local people and out of their price range but the committee do not have planning grounds on which to reject.

The Hunstanton Neighbourhood Development Plan Regulation 16



consultation period has just finished and the plan together with the consultation responses has been sent to the independent examiner Mr Nigel McGurk BSc. MCD, MBA, MRTPI. 13 responses were received. The most important and detailed one was from the planning and regeneration officers at the Borough Council. The Town Council's working party has reviewed all the comments and is awaiting for the examiner's opinion about them.

The response from Pigeon Investment management indicates that they have now agreed terms with a home builder and care provider to proceed with the building of a care home, houses with care and some open market houses on the allocated site to the south of the industrial estate. Outline planning permission was granted in 2016 and a full planning application is expected to be submitted during the autumn of 2021.

This development will open up various employment opportunities but there is concern as to where the carers will be able to afford to reside.

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Borough Council News Heacham, Sedgeford and Fring

Terry Parish Borough Councillor and Leader of the Group of Independent Councillors (16)

I hope you saw headlines about the Parkway development in Lynn. The controversial east side which would have trashed an important green space has been pulled. The west side, an allocated development site, will be the only part developed. This is exactly what I proposed at the controversial planning committee. All opposition members supported it, none of the Tory group did. A Tory member who has since admitted he tried to subvert another member of the planning committee to 'vote with the Conservatives' was still on that planning committee despite the then Leader of the Council and the then Chair of the Planning Committee knowing of his offence.

The reason for this U turn is money. The development proposal that went before planning committee is not financially viable. No viability assessment had been made. This was despite frequent requests by opposition members, beginning a year ago, for this to be done; reminders that it hadn't been, and warnings that it was incorrect to carry on regardless.

Over £2million of public money was spent on plans, consultants, reports and whatever else money is thrown at, prior to the planning application. Unknown hours of officer time were devoted to it. Senior Conservative politicians lauded the proposals at every opportunity.

The reason it has been pulled is because the Council fouled up, not because they have seen the light about the environment or have suddenly realised public opinion was against them. Public opinion was largely ignored throughout the application process.

Local matters

Heacham beaches got a bad name in the press when an energy company (no idea why) made Environment Agency data about bacterial loading of the sea water public. Heacham came out as the fourth dirtiest sea in the country. A Borough Council officer maintains it may only be the 10th worst. I was at a meeting in 2019 when representatives of the EA and Anglian Water did say that bacterial content was higher than wished though not high enough to restrict the use of the beach and was in a broad band of satisfactory ratings. Old Hunstanton was good. Reasons for the Heacham results were the shallow sea and mudflats which tend to retain any contamination; possible run off from the land; possible contamination from the plethora of sewage tanks serving the many beach front properties. These haven't been checked for years and there is no record of them being checked. I did ask that any planning applications to improve the habitable areas of such properties should be conditioned to ensure sewage disposal was up to current standards. This was rejected.

Anglian Water was given no blame as they use UV to kill living bacteria. For those of you who don't know, the treated output from Heacham Waste Water Treatment Works, a quarter of a mile behind South Beach, enters a stream flowing between the two car parks. This joins the Heacham River adjacent to the toilets. The conjoined flows then go through a pipe under the beach and emerge at the concrete pier with the light on top. At times of heavy rainfall untreated water

may be released. This generally happens in the winter.

A Borough Council officer recently told me that bacterial levels are too high and shouldn't be dismissed but there is nothing they can do about it and Heacham South Beach is not a designated bathing beach anyway.

The heralded replacement toilet block at South Beach has been delayed, it cannot be in place for the new season but should be ready for Christmas, perhaps. It might now become a more solid structure than the pre fab earlier envisaged. The present toilets will get a deep clean and additional temporary ones put in place if needed. The sewage tank will be inspected to see why it fills so quickly.

Wild Ken Hill has been featured on Spring Watch. I have looked at parts of it from public footpaths and like it, though the flooded areas seem really an extension of the RSPB reserve at Snettisham which I don't think got a mention in the programme. Wild Ken Hill is also a business venture – they offer guided safaris at the moment and will be seeking planning permission for visitor accommodation in some shape or form this year or next.

And talking of reserves, consider all green areas, trees, gardens, open space as 'reserves' please. If you like birds and hedgehogs, bats and butterflies then don't cut and slash everything green in your control or outside it. Birds need insects or seeds to eat. Insects need flowers, long grasses and water. Bats need moths, many moths require long grasses. Simple really. I am taken aback at the vocal requests to have everything 'tidy'. Can those of you who think differently, and there are many, speak louder and contact Councils. I am particularly dismayed by those who mow down stretches of verge and other areas of wild flowers for no good reason. It is as much vandalism as that done by a youth with a spray can.

The Cheney Hill developments. The owners have now been given an extension to September 7th for the first phase, after which date the outline permission expires. The second phase has an extension to the 14th September for reserved matters. I have been giving new dates for about 3 years now.



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An Object of interest from Hunstanton Heritage Centre

Pocahontas (Part 2)

Prepared by Jerry Simmons (H&DCS Committee Member)

In Part 1 of this article last month, we learned how John Rolfe established himself in Virginia, and mentioned (just once) that he went on to marry the lady we know as Pocahontas. This article will look at the story from the Native American perspective.

POWHATAN PEOPLE

By the late 16th Century, Native Americans living in the region the English called Coastal Plain Virginia comprised some 30 tribes of Algonquian speaking people, under the leadership of a Paramount Chief named Wahunsonacock.

English settlers used the title Powhatan to identify both the leader of the tribes and the people of the Chiefdom he ruled.

Each of the tribes had their own chief, lived in separate settlements, and spoke in many different dialects. Some 25,000 people lived in an organised confederacy, with all villages within a particular region belonging to 1 tribe. Each village or settlement was comprised of a total of approximately 100 people living in some 10-20 dwellings known as yehakins, built from a sapling framework covered with marsh reed or bark matting.

Powhatan culture dictated that men were responsible for hunting; and women for home-building, farming, cooking, and child-rearing. Inheritance passed through the female line (matrilineal), marriage usually occurred at puberty, and men were allowed an unlimited number of wives. Powhatan people did not communicate in writing - relying primarily on oral means.

It is believed that Wahunsonacock was able to have a wife from each of the tribes long enough for her to bear a child - thereafter she was free to return to her tribe and remarry.

POCAHONTAS

Pocahontas (Playful One) was a daughter of Wahunsonacock, and originally named Matoaka. She is thought to have been born in 1596, and raised by her older sister Mattachanna following the death of her mother either during, or very soon after, her birth. Oral accounts of Pocahontas' life are sourced from Mattachanna - some details of which differ significantly from the written accounts of the English.

Pocahontas is thought to have married her first husband Kocoum at the age of 14 in 1610, and gave birth to a son the following year. By now the initial period of peaceful co-existence between the English settlers in Jamestown and the Powhatans had ended, as the increasing numbers of settlers required more food than the Powhatans were willing to trade, causing the colonists to forcefully take food from the natives. Inevitably therefore, the result was episodes of aggression from both sides, at least until 1614.

Despite this antagonism, there existed a willingness to learn about each others culture and language, and specifically chosen adolescents would be the conduit for this. It appears that Pocahontas was one of these, and hence her status as a daughter of the Paramount Chief would have been known to the English.

In April 1613 a group of English settlers succeeded in kidnapping Pocahontas and killing her husband Kocoum. Other villagers were able to flee with their child who survived. Ransom demands were made (the return of English prisoners and their weapons), agreed by the Powhatans, but reneged upon by the English. Pocahontas was forcibly taken 55 miles upstream of Jamestown to the settlement of Henrico where John Rolfe had his tobacco plantation.

At this point the English and Powhatan accounts diverge.

According to the English, despite being forcibly abducted, knowing that her husband had been murdered, and being separated from her child (who the settlers had intended to kill), Pocahontas willingly converted to Christianity, fell in love with John Rolfe (who aided her conversion), was baptised with the name Rebecca, married John in April 1614, and bore a son Thomas in January 1615.

The oral account from Mattachanna (who subsequently travelled to

England with Pocahontas) was that she was mistreated, raped, and had given birth to her second son prior to her marriage to John.

In early 1616 the Rolfe family and a number of Powhatan representatives sailed for England on what was essentially a promotional tour to gain support for Jamestown. Pocahontas was exhibited as a "tamed savage" for the entertainment of royalty (including King James) and wealthy investors. They remained in England from June 1616 until March 1617 (but probably didn't visit Heacham), when they once again set sail for Virginia. Evidence suggests that Pocahontas had become increasingly unwell during their visit, and by March was gravely ill. Their ship - captained by the same man who led her kidnapping - got as far as Gravesend, when it became apparent that she was close to death. Pocahontas (now Rebecca) was taken ashore with her husband and child, and, aged 21 years, died soon after. Her burial is recorded as taking place in the subsequently demolished Church of St George Gravesend. On her return to Virginia, Mattachanna reported to Paramount Chief Wahunsonacock that his daughter had been poisoned.

JOHN AND THOMAS ROLFE

Thomas was not taken back to Virginia, but was given over to the care of an English guardian. John returned unencumbered to his lucrative tobacco plantation, where he was married to an English settler in 1619. He survived until 1622, by which time the English had invaded deep into Powhatan territory, resulting, yet again, in violent conflict. It is unclear whether he died of natural causes, or was amongst the 350 settlers who were put to death by Powhatans in the Henrico Massacre.

UNANSWERED QUESTIONS

Many questions arise from this story - here are 3 to consider.

How was Pocahontas treated during her period of captivity following her abduction? We should remember that she was of different ethnicity to her captors (who had already murdered her husband), regarded as a savage, and a vulnerable female.

Did she willingly convert to Christianity and agree to marriage, and was her command of the English language sufficient to understand and accept the concepts?

Was John Rolfe motivated primarily by the success of his tobacco plantation, by his evangelical mission, and by his duty to the King - or did he genuinely care for the wellbeing of Pocahontas and her people?



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Hunstanton and District Civic Society

Heritage Centre

Our team of volunteers are delighted to be back at work, welcoming a steady stream of visitors to the Heritage Centre - and the appreciative comments in the Visitors' book make it all worthwhile. We hold an extensive collection of photographs and artefacts, with interactive displays and a choice of entertaining short films to view in the Vault Cinema. The Heritage Centre is currently open on Wednesdays, Fridays, Saturdays, Sundays and Bank Holiday Mondays from 2pm to 4pm. Private group visits can also be arranged on request: <http://www.hunstantoncivicsociety.org.uk>

Tourist Information

The Civic Society is supporting the new Tourist Information Point at Alive Oasis by acting as a link in the centre of town, hosting a small display of visitor information (including our own Hunstanton Guide Book) in the Heritage Centre. Two of our members (Amanda Bosworth and Yvonne Bridger) were pleased to join Alive Oasis staff recently for presentations kindly organised by Borough Council officers on "Tourism enquiries and visitor expectations", "Visit West Norfolk, the new traveller and responsible tourism" and "Regenerating Hunstanton" that provided background material for potential visitor queries.

We are grateful to Alive Oasis management and staff for taking on this important role and wish them every success.



Wild in Westminster & West Norfolk

With the warmer weather finally arriving in recent weeks, more people are enjoying the coast and accommodation providers are reporting high occupancy rates.

After such tough times due to Covid this is a welcome change. As a significant part of our local economy tourism businesses have been hit very hard which is why I campaigned for a 5% VAT cut, grants, business rate holidays, and other measures. In total, the government has provided £25 billion of taxpayer backing to the sector.

Following the lifeline that that funding has provided, the focus must be on re-opening safely to allow the sector to bounce back and then grow in a sustainable way. By tapping into the new focus on staycations, the new Tourism Recovery Strategy aims to recover domestic tourism to pre-pandemic levels by 2022. Given the greater uncertainty for international tourism, the target is to achieve that by 2023. Both dates are at least a year faster than independent forecasts predict.

To help achieve that a £10 million voucher scheme will be launched by the National Lottery this autumn beyond the peak summer season. There's also a focus on making full use of digital, technology, and data to engage new audiences, enhance the visitor experience and provide an offer that continues to meet consumer expectation. Later this year, a rail pass for staycationers will be launched to make it easier and more sustainable for domestic tourists to travel around the country. This will build on the success of the BritRail pass for international visitors.

Of course, I can't mention railways without saying that I recently met the Rail Minister to make the case for the King's Lynn-Hunstanton bid to help fund transport and economic studies and create a business case. Projects will be considered shortly by an assessment panel and hopefully we will have a positive response later this month.

North Norfolk's coastline is rightly recognised as among the finest in England and I recently met the Norfolk Coast Partnership to talk about their projects and the opportunities there are to enhance the immense beauty, nature, and wildlife. It is a big agenda covering cycling and walking routes as well as bus services, flood defences, second homes, and planning.

In North West Norfolk, we are fortunate to have two Dark Skies Discoveries sites in Brancaster Staithe and at RSPB Titchwell. Standing on one of the sites on a rather wet and windy day, the green

scrubland did not look much. But it comes into its own in the darkness when the Milky Way or the constellation of Orion are easily visible with the naked eye. Making more of this and encouraging overnight stays, rather than just day trips, will help support the area in a sustainable way. So I was delighted to be asked to help launch this year's Dark Skies Festival in September.

Pubs are at the heart of local

communities and it is great when venues that have closed rise again and re-open their doors. A welcome new addition to the excellent hosteleries we have is the Ostrich Inn in South Creak. Dating from the mid-1800s, the pub has had an impressive overhaul that puts local tradition at its core. No doubt this will become a popular place for local and visitors alike.

Improving broadband coverage and speeds is an issue I have campaigned on so I am pleased that Openreach has just announced plans to rollout full fibre to 16,000 more homes and premises in North West Norfolk than it originally planned.

This private sector investment will benefit people and businesses and it means that the government's Project Gigabit can focus taxpayer support on the hardest to areas in Norfolk with procurements to connect up to to 140,000 premises expected shortly.

My campervan is booked once again and I wish everyone a happy summer.



James Wild MP

House of Commons, London SW1A 0AA

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OLD HUNSTANTON PARISH COUNCIL

I start this month's report with the news that Glynis Allen, the Clerk for Old Hunstanton Parish Council, has retired. She has been with us since OHPC's inception in 2007 and has played an important part in its development. I for one have benefitted from her experience and guidance and she departs with the heartfelt thanks of all councillors. We now welcome, as our new Clerk, Caroline Boyden who joins us at an important time for the OHPC as we move back to face-to-face meetings this month. We will also be back in the Old Hunstanton Village Hall where we conducted our meetings up until 2018.

Earlier this month we deployed the cones allocated to us by the County Council Highways Department, as an interim measure until more permanent parking control can be implemented in 2022. Unfortunately, there appears to be a problem, in that the cones should be removed at 6pm and redeployed at 8am the next day. If this is the case then the OHPC will have to remove the cones totally as we do

not have the wherewithal, in manpower and transport, to remove and deploy the cones on a daily basis.

The Neighbourhood Plan has entered the consultation process and is on the OHPC website for residents until the 26th June 2021. There is a copy in the Post Office and if any villager wants a written copy, they can contact the Neighbourhood Plan Admin Assistant by email at neighbourhoodplan.oh@gmail.com.

Please contact the PC through the Clerk, email below, if you wish to attend and/or speak at the meeting, to give us your views on the above, or anything else you think we should know or do something about. Thank you all for helping the village through this pandemic and, hopefully in the same vein, continue until the virus is under control. Email address, clerk.oh@gmail.com

David McLeod, Chairman OHPC

An interview with Hunstanton's Mayor

Adrian Winnington with Richard Bird

In his first interview since being elected Mayor of Hunstanton for the second time Adrian Winnington met with Town and Around to talk about the year ahead.

Q: What are your general thoughts about this forthcoming year's office?

A: The Pandemic has had a very disruptive effect on the overall progress of the Hunstanton Town's development. We at HTC would like to support the population of the town by offering the two major buildings under its control, the Town Hall and the Community centre to those organisations that wish to use them, both old and new. The Town Hall is currently having some building work attended together with some decoration. The Community Centre is decorated, refurbished and ready to welcome back previous organisations and new users, it's filling up fast. The community centre has been promised as a freehold option to HTC from the KL&WNBC for about 2 years now, when it does finally transfer, HTC has ideas about a fitness track (Trim Trail) around the grounds suitable for all ages as well as a shelter for the youth of the town, (subject to location) monies are available for both.

Q: What specific challenges do you want to work on?

A: The greatest challenge for the council is to establish what the townsfolk really want. HTC is voted in by the local residents, many of whom don't understand or want the commerciality of the town developed further, on the other hand there is a smaller but far more vocal group of people that advocate more business, more development, more of everything. So is the town a residential area with specific interest in the retirement sector? Or is Hunstanton an area specifically there for the leisure and tourism trade to develop? Some would say both but clearly there are clashes of opinion on just about every level. So as an example, if we look at the free cliff top parking, we have property owners complaining that their views are spoilt by the



cars and caravans parked there all day every day for free. We have the advocates of charging for parking along this huge area who would like to see chevron style parking to get even more vehicles parked with charging for same, of course any monies collected would go directly to Norfolk County Council because they own and maintain the roads of Norfolk. NCC employ the Borough Council to do the policing, so they would get extra revenue. Some local businesses want it left as is, so that their businesses would continue to benefit from the free parking and lastly the option of cycle ways cannot be developed while there is parking of any kind.

Q: What are your thoughts about Traffic and Parking issues within the town?

A: The HTC has a group that meet under the heading of Highways and Byways, I was the chair. There is a legal financial charge that is made to change or introduce any local traffic control matters, it is called a Traffic Management Order, it is quite substantial, so the practice has been to get together a bundle of items and introduce them as one. We are constantly considering yellow line placement their positioning and their justification; we will be considering the introduction of 20mph areas within the town as have a lot of our friends in the Parishes around the coast have done. Parking issues are becoming quite difficult with on-street arrangements already causing concern. We are aware of the

referendum of 2013 when residents voted 3 to 2 against a residents parking scheme. However we have moved on and opinions change, so we are considering listing the roads that suffer the worst of tourism free on road parking problems, however we are also aware that the next roads to this exclusion zone will then be subjected to the same challenges. This will be a mighty challenge.

Q: What other local improvements are you planning?

e.g. Community centre, Flooding Plan, Recreation Grounds and the Dementia Home development and facilities near roundabout?

A: I have already spoken to the new Borough Leader Stuart Dark explaining that we cannot move forward with plans to develop the Community Centre and its grounds until the freehold has been transferred to HTC. Its two years since the promise of exchange was made and HTC is anxious to move ahead. We understand that we as a Town Council have to produce a Flood Plan and we are applying to the Borough for information about this. The Towns recreation grounds (the park) has been underused and under promoted for many years. The park is owned by the LeStrange Estate and currently leased to the Borough; they use it for storage while charging the public of Hunstanton what are called Special Expenses, to maintain the site. Lettings to the likes of the caravan club and the Tennis Tournament monies go directly to the Borough. We need to make a decision as to whether we should take on the site ourselves, in conjunction with the Borough or as is done elsewhere establish a separate organisation to run the sports and leisure side of the Town's activities. I understand that the Dementia Home and retirement complex deal has fallen through. It's been about a decade since it was incorporated into the town plan, representatives of the land agents have advised that another purchaser has been found.

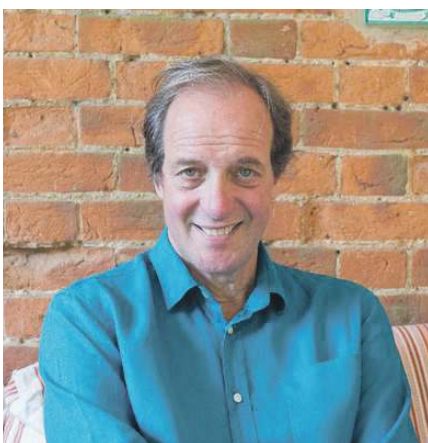
Linking up - Live Locally and Prosper

Andrew Jamieson, Norfolk County Councillor, North Coast & Cabinet Member for Finance

The weather now is wonderful. I hope you are having as good a time in garden and on the beach as I am. However, the good weather should not allow local agencies to lower their guard in finding long term solutions to last winter's floods. NNC sought to bring some clarity to differing responses from different agencies to what each perceived as different types of flooding. Lord Richard Dannatt, appointed by NCC to lead the Norfolk Strategic Flood Alliance (NFSA) has moved swiftly to announce initial findings and outline next steps. First, he announced a single point of contact for residents to report any sort of flooding quickly and efficiently. Last winter residents were pointed to a plethora of different phone numbers, some 15 years old, and this was clearly unacceptable. The new number is 0344 800 8013, it will make reporting a flood faster and easier, allowing residents to get on with protecting families and property.

Also, Lord Dannatt identified 16 sites across Norfolk that are regularly at risk. These will form the first tranche of locations on which the NFSA will focus to identify how to minimise and mitigate risks in future. I am pleased to say that these include Burnham Market, North Creake and South Creake; indeed, the Burn Valley as a whole will be part of the first wave (if that is the right phrase!).

While this is to be commended, we should not forget the risks to life and homes of coastal flooding. No significant scientific work has been undertaken since the last Shore Management Plan (SMP) was published in 2010. Various studies are currently being undertaken on an ad hoc basis between Hunstanton and Weybourne using the same



consultant as was used by the SMP: Royal Haskoning. However, I hope to gear up on these excellent local initiatives by co-ordinating these into a single report for the County to use as a basis for prioritising work in the future.

You will recall that my frustration at the response to these floods was largely due to the 'salami-slicing' of responsibilities: Local Government has been very poorly treated in this regard and it is something I will seek to reverse over the next four years. One small first change has been to raise the profile of 'Member Champions' in the County. You may recall that in the last administration I was Champion for Walking and Cycling and played an active role developing additional cycling routes, pushed back on plans to allow cars on routes set aside exclusively for buses and bikes, increased funding for Norfolk Trails and promoting the Greenways project.

Not all Champions were similarly vociferous and sometimes the causes they were championing were no longer particularly well aligned to the needs and aspiration of residents. I have made sure that more Champions have a role that is relevant to us in Hunstanton and along the North Coast. The full list is:

- Apprentices and Young People
- Armed Forces Covenant
- Carbon Neutrality 2030
- Carers
- Coastal Communities
- Equalities
- Healthy Lives
- Disabilities
- Older People
- Rural Economy
- Sustainable Tourism
- Sustainable Transport

Of these, I intend to promote work that NCC does in my Division (as well as those next door), for Coastal Communities, the Rural Economy, Sustainable Tourism and Sustainable Transport (which will include walking and cycling but will focus on bus transport and parking too). Having specific Champions will help us align more fully with the Borough, with HTC, as well as with other government agencies.

Alignment is all the rage at the moment, and I hope that a change in leadership at the Borough will enable Hunstanton to re-set its relationship with Kings Lynn. Early signs have been most encouraging, with HTC laying out its stall clearly to the new leader, Cllr. Stuart Dark, who is self-evidently in listening mode. More on this next month.

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Welcome to the Pavilion: the venue with sunset views

With a legacy in leisure and tourism that reaches back nearly a century, Paul Searle, Managing Director of the Searles Leisure Group has created a venue that opens a new chapter in the Searle's story. The Pavilion at Heacham Manor opened on May 17th following the Government's Step 3 announcement.

Built in 1580, Heacham Manor is a grade II listed property that has been part of the Searles Group since 2009 and the operations team are well versed in delivering excellent hospitality so with the addition of the Pavilion, designed by Strata Architecture and built by RobSon Construction, it extends the opportunities to grow the business further.

Paul's individual style is warm and welcoming (pretty important in the tourism business) and it's this welcoming feel that you experience when you walk into the new Pavilion that stands on land that just twelve years ago was farmland attached to the Manor.

Without doubt it is a stylish venue, the building is sleek, modern and functional plus it has state of the art audio-visual equipment, free Wi-Fi, and air conditioning throughout. There is also extensive natural daylight in all areas. It really is a building for the 21st century.



The Pavilion boasts a Sports Bar and Patio with an all-day brasseries style menu, Golf Pro Shop and Changing Facilities, four versatile Meetings and Events Function Suites; with the largest catering for up to 150 people; a private south facing Function Garden and an upstairs Bar and Terrace with stunning west facing views across the 18 hole golf course, which is itself in the top 100 Best Golf Resorts in Great Britain and Ireland.

The Pavilion Meetings and Events Centre has its own entrance through a private south-facing garden which forms part of the Meetings and Events space, along with its own Function Bar and seven luxurious bedrooms. There is also plenty of free parking on site.

Paul Searle said: "I'm very proud of the work our team has put into the opening of this beautiful venue under what has been rather difficult circumstances. It's a really fantastic venue and our customers are loving it, from our golfers, hotel guests and local residents to wedding couples and corporate clients."

The Pavilion has a brand-new kitchen servicing the catering needs of the Sports Bar and function suites, with a talented brigade of chef's led by new Head Chef Dale Hürlimann, who trained at Les Roches Hotel School in Switzerland. It is a self-contained space with French doors opening to the private garden and if hired for exclusive use, it can be completely private from any other customers on the hotel complex.

For corporate meetings, conferences, away-days, team-building events or training, The Dove Suite can accommodate 90 delegates in a cabaret style set-up, but layouts can be tailored to the requirements of the customer. The Dove Suite has a soundproof partition wall that cleverly divides the space in two for smaller events, with the number of delegates depending on the layout required. There are also other smaller meeting rooms in the old Manor House, offering great versatility.

"Paul and Vicky Searle project managed the building," says Graham Bray, Head of Marketing for Searles Leisure Group, "they pulled it all together with the interior design team and have achieved a very contemporary feel."



Pavilion from 18th

The largest function space, The Dove Suite, can cater for up to 150 guests for a sit-down dinner, or 120 with ample space for a dance floor and a small band or disco. With the additional benefit of 52 bedrooms on the property, it lends itself perfectly for weddings, celebrations or meetings that require overnight accommodation for up to 130 people.

Based at Drove Orchards, Strata Architecture has built a reputation for non-residential designs all along the coast and the Pavilion was designed to Paul Searles brief. Strata's Jason Law said: "Tourism is key for everything we do on this coast."

"I think Paul was very brave taking what was a farmhouse and farmyard and transforming it into a hotel and a golf course; then at the right time in its history 10 years in the development of the golf course he wants a new clubhouse, but he doesn't stop at just a bar and changing room, which you often see in other places, he sets about developing a whole new venue."

"Paul knows what he wants to achieve and he's worked with us to deliver; the Pavilion is not pretentious or stuffy, and that's what Paul does, it's clever business but it also makes it great for the user."

"Seven really amazing bedrooms and three bars with access and passageways to the meetings and functions spaces make it a very flexible venue."

"The views from the veranda are fantastic and it's all about the sunsets, it's what people come to see at this part of the coast and it's a brilliant concept to catch - almost the sunset pavilion."

"A lot of credit to Paul - he knew what he wanted."



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The Barking Bugle - Keeping safe this summer!

Summer has arrived and I bet your human is well pleased. For us doggies though it can be a bit uncomfortable when that sun is high in the sky, so here's some advice to keep you happy and well.

NEVER let your human leave you in a car alone in the heat. Cars heat up really, really fast, even on a cloudy day. A sun shade on the window, and leaving windows open will not do enough to keep the vehicle cool. If you see any doggies left in cars then bark down the phone immediately to the police. Hot doggies die in Hot cars! So be on the alert! The same goes for leaving us in a caravan, conservatory, shed or even a room with lots of windows. Tell your human NOT to do this. If they have to go out and leave you alone they must make sure the room will stay cool and that it is well ventilated.

If you have a swimming pool, do be careful. We are not all good swimmers. Best not to have a swim unsupervised. Make sure there is a human with you to look after you if you do fancy a dip.

Your human will probably have lots of windows open in the house, again be careful. It is very exciting to climb up on the window ledge to look out, but you can fall out just as easily as well.

Pavements get a bit hot at this

time of year and asphalt can burn paws! Ouch! Ask your human to do the pavement test by placing their hand on the surface for seven seconds. If they struggle to hold it down, then it's too hot for us to walk on!

Gardeners are out and about tending plants and flowers which look very tasty...but they may have been treated with insecticides and other chemicals. Stick with munching on your bones and leave the flowers alone.

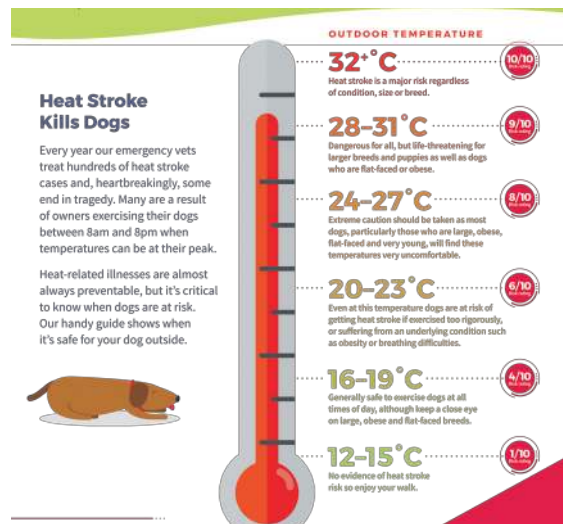
Drink plenty...and we mean water! Ask your human to top up your bowl with fresh water throughout the day. It's best that your water bowl is on the heavy side to ensure that you can't tip it over and spill the water.

Make sure you're up to date with your flea and tick treatment – the little buggers are everywhere at the moment! Have a chat with your vet for the best treatment suitable for you.

Walkies should be early morning and evening. During the heat of the day, best to stay in the shade, catch up with the latest issue of the Barking Bugle and snooze.

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Chapterhouse Theatre Company 21st Anniversary Tour

"So happy to be back with magical theatre in magical surroundings"

Chapterhouse have been touring open-air theatre since 2000 meaning this is our 21st Anniversary Tour, and for this year we have concentrated on productions that the whole family can enjoy, laugh at and join in with. We are thrilled to be touring at some wonderful venues after a year of quiet and hibernation. "Events are the lifeblood of Chapterhouse and it is a huge privilege to be a part of the events programmes of some of the most beautiful gardens and country houses in the country, I am sure I speak for everyone involved when I say that we are so looking forward to welcoming back families and audience members young and old alike. We are so grateful for all the support for we have had since announcing the tours and we can't wait for the tour to begin." – Richard, Producer Chapterhouse

Alice's Adventures in Wonderland

Adapted from Lewis Carroll's novel by Laura Turner

Join Alice as she stumbles into the magical world of wonderland and meets a whole host of colourful characters. From the unforgettable White Rabbit and the madcap Mad Hatter to the terrifying Queen of Hearts, Alice's journey couldn't be filled with more mystery and adventure in a show alive with song, dance and original music.

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Hunstanton Eyecare blog

Ballerina to Optometrist

We are delighted to welcome to Hunstanton Eyecare, Emily Dowse, as our new Optometrist from July. I believe it is very important that you get to know our staff and that is always the strength of an independent optician. I will let Emily tell her own story, and you will see why we are so pleased to welcome such a qualified Optometrist to our happy team.



I was born in Sydney, Australia and moved to London with my family aged 16 to go to the Royal Ballet School. After graduating, I joined the National Ballet of Portugal and lived in Lisbon for a year. I moved to New York and danced with the New York Theatre Ballet for 6 months. My contract ended and I moved back to Sydney briefly to live with my Dad before returning to London to look for more work. Sadly, I never managed to work in ballet again due to chronic back and foot problems, I took a year out working in a restaurant before deciding to go back to school.

I had no clue what I wanted to do with my life after ballet and aimlessly tried aptitude tests which came back with "finance / management / business studies" - none of which appealed to me, I didn't want a desk job staring at a computer all day. I got an eye infection and ended up at Moorfields where I decided the slit lamp (instrument for examining eyes) was really cool and that's what I wanted to do. I looked up ophthalmology, as studying medicine seemed too hard and long, but optometry appealed to me and the rest is history.

I spent one year in college completing "access to medicine and allied health professions" and then went on to study BSc Optometry at City University London.

I decided early on that I wanted to work in hospital optometry and applied to Moorfields, I did my Pre reg there and continued working for them full time initially in cataract, glaucoma (including glaucoma research), low vision and complex refraction. I started working occasionally in the High St practice and this evolved to doing approx 50% hospital and 50% High Street over the years.

I started working for St Thomas', again in Glaucoma research, but once covid hit I was redeployed to eye casualty and found that this was my favourite area of work. I asked for a permanent job and started doing one day a week there too.

My fiancé, Will, and I met at a mutual friends' birthday picnic in Regent's Park three years ago. We hit it off immediately when I found out he owned my favourite wine bar - "the cork and bottle" in Leicester Square. We kept in touch and ended up dating a year later. He proposed on 01/01/2021 in the Maldives in the middle of a storm (not part of the plan!) and of course I said yes...

Will was hospitalised with Covid in Nov last year and spent almost two weeks on oxygen. This made him reassess his priorities and suggested a move to Norfolk - to be closer to his family and have a slower pace of life. I insisted on being next to the sea if we were going to leave London and Hunstanton was the obvious choice considering the proximity to his family in Kings Lynn, the beautiful sunsets, and his childhood memories of holidays in Hunstanton.

Appointments with Emily are available from Wednesday 7th July. Demonstrations of pirouettes, arabesques, and grande jetes will not be allowed as I don't want her to break anything either in the practice or herself!

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Drug Errors - Notes from a Rural GP

Dr David Ince, The Burnhams Surgery, Burnham Market

So I walked back into the surgery the other day having done my rounds, (yes, go on then Sid James 'Well, mine's a pint'), and popped into the dispensary to unburden my bag of the vast stock of controlled medications that I arm myself with to visit deepest, darkest North West Norfolk – 'always leave the surgery armed' my old trainer used to say; in his case it was his old small service revolver.

As an aside (sorry I have gone off the point almost immediately) one of the other GPs in my current practice trained with an old fashioned full tweed wearing rural GP. When she was training they were out on their rounds doing home visits. They went down a small country lane and the GP trainer suddenly stopped the car and said 'Excuse me one moment'. Out he jumped and pulled what the trainee thought was his doctor's bag from the boot of the car. She assumed he must have seen an injured farmer or the like in the adjoining field in need of his attention. Anyhow a couple of seconds later she heard a couple of gun shots. It sounded like the roadside resuscitation had not gone well, but then he returned with a couple of pheasants in his hand, jumped back in and on they went on their visits without a word mentioned! This sort of thing didn't happen when I was training in London – my trainer only used his gun to scare the local youths attempting to relieve him of his doctor's bag's Valium.

Anyway, where was I? Yes, so I went into our dispensary and was immediately met with the Senior Dispenser shouting 'You're in so much trouble – we've picked up a drug error that you have done'. Blast I thought, not another trip up to the General Medical Council (GMC). I hadn't had a chance to dry clean my suit from the last visit!

So I braced myself for the error.

The statistics surrounding the prescribing of drugs and therefore errors in the UK are eye watering and certainly cause for concern, care and learning. The British Medical Journal Quality & Safety published data in 2020 estimating that there are potentially 237 million medication errors in England every year (including hospitals). Roughly 80 million prescriptions are issued every month in general practice and a recent paper from Sunderland suggested around 5% may have standard or unsafe prescribing. 90% of prescriptions are dispensed free of charge to the patient with the total net ingredient cost to the NHS of

prescriptions per year being £8.9 billion. The leading section of drugs in terms of cost is those for diabetes and the greatest increase in volume is in antidepressant drugs. Fortunately the vast majority of errors are minor and/or picked up with the checking process. This is a global issue amid increasingly complex healthcare needs and the introduction of many new medications. The list of drugs that we can prescribe is published in the British National Formulary. This started life as the National Formulary in 1949 and was then a small pamphlet. It is now a large tome with nearly 2000 pages of drugs! Overall error rates are lowest in general practice but because of the sector's size they account for nearly 4 out of 10. Fortunately just 2% are thought to have the potential to result in serious harm if not identified. These figures don't include errors made by patients or their caregivers themselves. We are human and we do make mistakes. The key is to try and minimise the risk of these errors with training, re-training, checking and transparency. Equally effective reporting and knowledge of what to report, share and learn from is key. Doctors (and prescribing nurses and pharmacists) have a responsibility to prescribe safely and patients have a right to expect this.

So in the spirit of reporting and learning, back to my error. The patient in question I had spoken to the previous day. She was an 80 year old who had been suffering from constipation and having discussed this uncomfortable situation we agreed to add in some laxative alongside some dietary advice. I prescribed some Senna, a good stimulant laxative, normally taken one to two tablets at night-time. So far, so good. I reviewed the prescription and read what I had written - '1-2 tablets taken at night for constipation' pack of 28 – all correct – right name/address/NHS number. I was confused - The dispenser asked me to read it again so I donned the reading glasses and noticed I had made an error – on closer inspection the instructions I had issued read '1-2 to be taken at night for contraception'. Anyway I spoke to the patient to confess my error and fortunately the Senna had done the trick constipation-wise and she was opening her bowels to both of our satisfactions. I am also pleased to report that she was not pregnant.

I wish you good health.

Teamwork makes the dream work in pandemic, says carer Rosie

Families being unable to visit elderly and vulnerable relatives during the pandemic meant the role of care workers acting as surrogate families became more important than ever.

And one Norfolk care worker says it is the family atmosphere within her own team that has helped them all get through such tough times.

This month Rosie Newstead celebrates 10 years working for the Heacham branch of the multi award-winning Extra Hands, rated Outstanding by the Care Quality Commission, and she said team spirit had been the key to the family-run company's success in helping so many service users and their families over the last 12 months.

"The last year has been so tough, we're extremely lucky that in our area we have an incredibly supportive close team," said the 33-year-old mum of three. "We

really are like a family – there's someone in the group who's the mum, another who's the dad – with the way we rally round and support one another."

Rosie worked for another care company before making the switch to Extra Hands, which also provides a wellbeing check service offering check-up visits to care users when friends and family are unable to, a decade ago and said it was a move she had never regretted.

"I can't believe how quickly the time has gone," she explained. "With the company I was at before, you were always rushing from one appointment to the next, but there's none of that with Extra Hands, they're so accommodating and work around your situation."

"Over the last 10 years I've had three children, but every time I've come back, they've always been so adaptable and built things around my circumstances. As a

member of staff, they work with you and they're always there on the end of the phone whenever you need help with anything."

Of Rosie's 10 years with the company, founded in 1993, none has been quite like the last one – but she said a lot of the job had carried on being largely the same.

"With families not being so free to visit, though, you do feel you have to do a bit more now," she said. "It's no longer a case of going on with a list of things you know that you have to do, there are definitely more things to take care of. It's challenging in the best way, and it's certainly made me a better multi-tasker!"

With three different regional runs, each with eight services users to visit, no two days are ever the same in Rosie's work, and she said this variety and the thanks of service users were all the job satisfaction anyone could ask for.

"The warmth you receive for



the contact and interaction is such a reward," she said. "Sometimes you're their only visitor, so when they say thank you, you know you've made a difference."

And Extra Hands has certainly made the difference for Rosie over the last 10 years. "I came out of school with no GCSEs, but they've taught me everything I need to know to do the job," she said. "I absolutely love it. If you're tempted to join, I would definitely recommend it."



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On the turf with Charles Joyce

Barney Curley, whom we lost in May, was a legend among gamblers. His Yellow Sam coup and the way it was pulled off is written large on the minds of every bookmaker. I was in Ireland when Barney Curley wanted to sell his home in Mullingar about twenty five miles away from where I was living at the time. The country's economy was on the floor. Money was in very short supply. He realised no one was willing to pay the price he wanted for his home. The answer was simple, raffle it. He even appeared on the popular Late Late Show hosted every Friday by Gay Byrne. Gaybo as he was affectionally called was the first person to introduce the Beatles on screen and also the first to introduce Boyzone on screen.

Barney was successful in his raffle easily receiving what he had hoped. However, he ended up in court because he forget to get a licence for his raffle. His three months sentence was reduced to a fine on appeal which as it was to be paid to a local charity, Barney promptly doubled. Barney did not give up the gambling and would from time to time extract funding from the bookmakers.

A bit like Labour's John McDonnell, Barney began training to be a Jesuit priest. Barney gave up following contracting tuberculosis. John McDonnell who attended Great Yarmouth Grammar School is said to have given up the path to priesthood when he discovered girls. In 1996, Barney began Direct Aid For Africa (DAFA) which funds health and education projects in Zambia. DAFA is involved in a NGO/Public Partnership. Nearly 25 years later Barney recognising he was in the twilight of his life wrote " Remember they (the people of Zambia) are also human beings with the same thoughts and dreams that we have." When Barney was planning one of his coups which could take many months in preparation, he had strict rules which if broken meant stable staff faced dismissal. Some argue the same should be the case with aid workers claiming only the pure should work with the destitute. Life has a different take, when a woman has starving children with nothing but herself to barter with a man who lacks the iron discipline most mortals do not possess, a trade will take place. It is sad that in every walk of life there are some who are willing to take advantage of the vulnerable. Yet the real tragedy is that with billions of pounds every year going into development aid abject poverty is still with us in the third decade of the 21st century. The present UK Government wants to break its own commitments and reduce money going to help other countries. Bob Geldof says: "Tories are prudent, but they are not cruel."

Some of the decisions I have seen at West Norfolk Council are not what I would call prudent. For example, early last year T&A revealed each space on the Southend Road car park in Hunstanton returned over £600 each, more than £60,000 per annum for the 100 spaces due to be built on. But the Borough Council received planning consent which if the properties are built will provide at best £5,000 a year in Council Tax for the Borough Council. To top it off the Council agreed to restrict the sales which will mean full market value is unlikely to be achieved. And if the intention of Austerity was not to punish people for being poor it gave a very good impression that it was, especially the pernicious rape clause. Yet history tells us that when it came to fighting poverty and injustice often Tories were the tip of the spear. Without Pitt, Wilberforce may not have overcome the slave trade, and the declaration made by Balfour helped pave the way for people of Jewish faith, after thousands of years of bigotry, to have a land they could call home. Even the name Tory comes, according to Professor Roger Scruton, from the label given to the Irish Papist bandits who fought for the homeless and dispossessed at the time of the Plantations.

Poverty has ravished the lives of many in this country. The grandfather of one of my early girlfriends once explained how he would leave bread for the children's breakfast and he would go to work a full day in the fields with just a flask of tea to sustain him. Thanks to the Welfare State for most those days are gone. There is still poverty in this country, too much of which is delivered via the contents of a bottle or hypodermic syringe, which needs to be tackled. Still I like to think there are polite words to express the disquiet at cutting back on polio vaccinations in countries where the vicious disease still causes

disabilities and deaths, but my university education has failed me in finding those words. This does not disguise the priorities of those who control the Overseas Aid budgets when it seems they believe it is more important to spend millions of pounds on teaching people in China the rules of football while elsewhere kids do not have access to clean water or why millions were spent on finding Ethiopian wannabee Spice Girls when a hundred million girls have no formal education.

Another legend lost was Smokin Joe Mercer. He rode the runner up in what has been described by some good judges as the greatest race of the 20th century when Grundy beat Bustino in 1975. The pair went head to head down the Ascot straight until the Pat Eddery ridden Derby winner was successful. Joe Mercer rode the great Brigadier Gerard to win the 2,000 Guineas. My late father, who after working on a building site in the morning, asked if I wanted to go to Newmarket to see the race. Neither of us knew how great the race would turn out to be with even the race card often fetching £100 or more on Ebay. Second that day was Mill Reef who Timeform described as a "brilliant animal" and third was the £5,000 buy My Swallow who the previous year was the first horse in history to win France's four top juvenile races.

The withdrawal of Naomi Osaka from Roland Garros sparked controversy as some of the great players of the past claimed she should "woman up" and give after match press conferences which she had declined to do because of the effect it was having on her mental health. Maybe the former stars didn't realise there is a difference between an interview with Des Lynam and some of the pack who today are aggressive with inane questions. It is expected that press conferences are part of the player's commitment to playing in tournaments in many sports. Some in the racing world are very good at public relations Frankie Dettori being the most obvious example, but Ryan Moore is not great and what an interviewer would have got from Lester Piggott is unlikely to have gone beyond few words. Naomi Osaka is a four-times grand slam winner who is said to have earned in excess of \$55 million in the last twelve months. So fines will have little effect. She is still undecided about Wimbledon, and is one of the faces of the Olympic Games which are due to begin on 23rd July. In what may be the most ironical of events Covid-19 may still bring the Olympics to a halt. In early June, Japan with a population over a hundred and twenty five million people had lost around thirteen thousand people to Covid, and surveys carried out on behalf of the Nikkei newspaper show a significant majority do not think bringing in ninety thousand athletes, journalists and officials from across the globe is a good idea. The Japanese Government extended the State of Emergency which covers ten areas in Japan until 20th June. Armageddon excepted the International Olympic Committee say the games will go ahead.

July is one of the sports months with so many major events happening. This year there is the Olympics and the football Euros come to a close on 11 July. One bet that may come off is at the quarter final stage and beyond is to back the draw. There will be a winner but most bookmakers pay out on the 90 minutes result, and with the draw likely to be better than 2/1 and maybe as big as 5/2 it should keep everyone on tenterhooks. And of course there is extra time to get the final result, when England win on penalties! At Sandown the three year-olds take on their elders in the Eclipse. At time of writing Aidan O'Brien has 4 of the front 6 in the market. It's anyone's guess which turns up, but all of them will find John Gosden's Mishriff a problem. Later is the July Festival at Newmarket where it's worth keeping an eye on the Godolphin maidens having their first run. I usually avoid their odds on runners and I'm not overly keen on their bigger price runners such as above 11/1. Another worth keeping an eye on is Mark Johnston's runners in the Class 1 & 2 races owned by Sheikh Hamdan Bin Mohammed Al Maktoum. The Crown Prince of Dubai may need a winner or two this year to help with the upbringing of twins (a boy and a girl) born in mid-May. No promises that your winnings will pay for tickets to see Tom Jones (23rd July) or Jess Glynne (6th August) when they are due to perform at the track. Glorious Goodwood is another place to keep a watch on Mark Johnston and the Sheikh's runners. If

combined with runners owned by A.D.Spence in Class 2 races they show a reasonable return at 20/1 or less. At Galway, Willie Mullins has taken over as the supremo from Dermot Weld. I avoid Willie's chasers, but all his other runners that go off at 16/1 or less are worth an interest. There's not much juice in his odds on runners, but avoiding those as well, in 6 of the last 7 years Willie has shown a profit at the bookmaker's starting price and 30% higher on the exchanges starting prices. He's particularly profitable if his runners are having their first run in Ireland or have won at least one of their last 3 runs.

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

A final word on losing Hazel Fredericks. It was Hazel along with Jo Rust, Alex Kemp and a one-time senior member of the Conservative Party who persuaded me to stand for election in 2019. Hazel was a warrior in the truest sense of the word, fighting for the rights of so many people she would never meet, nor know.



James Batchelor and Paul Malcolm

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Mudpies & Butterflies

with Louise Barby, Balanis Garden Design



My monthly articles generally focus on looking after the well-being of our gardens. This month, I focus on our own well-being. One in four people will experience some kind of mental health problem in the course of a year. Gardening has been used to support our mental and physical wellbeing for centuries. It has been proven to be very effective as a positive form of distraction from our troubles. 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

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. If you have the room, consider a water butt attached to a down

pipe. Even one attached to a shed will provide a lot of water.

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

Keep bird baths topped up too.

Seeds to sow

Lettuce can still be sown for cut and come again, also, dwarf french beans and carrots for an Autumn crop. It is great to extend the season.

Also consider sowing forget me nots, delphiniums and foxgloves for a host of plants next year. It is so much cheaper than buying the plants and you will be amazed and how many plants germinate, with very little support from you.

Feeding

Feed baskets, tubs and roses with a liquid fertiliser. Liquid seaweed is my favourite. 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.

Bugs & beastsies

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!.

Here we hoe again

Old Muck

Best wishes for a speedy recovery to Derek - not that Derek, the Derek up the other end between Andy and Peter's scarecrow if you don't know all your Dereks along with all the various Peters, Micks, Andys, scarecrows and so on.

We make no secret of what you might politely call our demographic. Most of us aren't getting any younger, let's face it.

And one or two have had to take a break from weeding and watering while they have their hips or knees seen to over the last season or two.

Derek is the latest to go under the surgeon's knife for what is now a routine operation. He was up and about a day or two later, so it's obviously not going to get in the way of his gardening and he'll doubtless be back on his plot by the time you read this.

Now you might associate allotments with folk of what they call 'un certain age' in France. But as we started re-letting plots to people on our waiting list as lockdown lifted, we saw a sea change. We soon had some younger faces on the scene, including one or two families with children.

Knowing how much my grand-children enjoy coming up for a picnic almost as much as they like squirting grand-dad with the hose pipe, it's great to see.

As we move (hopefully...) into the new normal, we hope they'll enjoy the joys of growing your own as much as us old codgers and the delights of gardening take root for future generations.

We currently have the longest waiting list we've had for some years. It might be frustrating if you want to get your spade in while there's still time to get some crops started, but it's refreshing to see an upsurge in people wanting to take on a plot.

They reckon Covid has seen interest in allotments spike as people look to leading a simpler life. Many members say the daily exercise up at Northfields kept them sane as the pandemic raged.

The wet, delayed spring has knocked us back a bit, with a lot of veg struggling to gain a foothold amid the cold and the downpours.

Fruit trees seemed to get caught out and flower early, before losing a lot of their blossom as the mercury went up and down like a rollercoaster.

But most of our plots are up and running again, along with the weeds. Whether we come out of lockdown for good by the end of June or not, we'll have those first new potatoes on our plates as summer finally arrives.

And after the year we've been through, they might just taste better than ever.

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R&B IN TUNE WITH YOUR MACHINERY NEEDS

Thaxters Plant of the Month: Sweet Peas

Probably one of the most popular summer cottage garden flowers, sweet peas are prized for their beautiful blooms and their glorious fragrance and will give months of colour with a little care and attention. With their climbing habit, they can be trained onto a wigwam of canes, over an obelisk, up trellis on a fence or wall and there are even shorter varieties that can grow in a hanging basket.

Sweet peas grow easily from seed. They can either be sown in the autumn and then overwintered in an unheated greenhouse or coldframe or started off in spring and sown in pots or directly into the ground. Before sowing, some people like to soak the seeds overnight to speed up germination. This isn't entirely necessary as they will usually germinate well in moist compost. Use a good quality seed compost and sow several seeds together about 1" deep in pots, root trainers, grow tubes or even toilet roll tubes! They like to produce long, vertical roots so creating a deep, narrow growing space will give them a good start.

As the seedlings grow tall and leggy, by pinching out the tips, they will be encouraged to produce side shoots and become more sturdy and bushier creating more sideshoots. More shoots will produce more flowers. If you don't have the environment (or patience!) to grow them from seed, you can buy small pots of ready germinated sweet peas from mid-March onwards.

Dependent on the weather, sweet peas can usually be hardened off in April and then planted out once the risk of frosts have passed. Autumn sown sweet peas will be harder than those grown in the spring so in a mild spring it may be possible to plant them out sooner and get earlier flowers. Sweet peas require a bright sunny spot in rich, moisture retentive soil, and position them for easy access for cutting. It is advisable to place your supports before planting so you don't



damage the roots or stems when trying to insert them into the ground. They will soon attach their tendrils onto the supporting frame, but to help them head in the right direction, they can be attached using wire plant rings or tied in loosely with string or twine. They can be grown in containers with supports or an obelisk but ensure the container is large enough so they won't dry out.

Make sure you keep them well watered and feed weekly once budding with a high potash fertiliser such as tomato food. Enjoy your flowers in the house by regularly picking them as the more you pick the more will grow. For this reason, it is important to dead-head and remove any seed pods regularly.

There is such an array of colours of sweet peas from pure white, through pink, purple, red and blue some with two-tone flowers and others that are frilly, the choice is yours, but be aware, as with many flowers, the plainer varieties are often the most beautifully scented!



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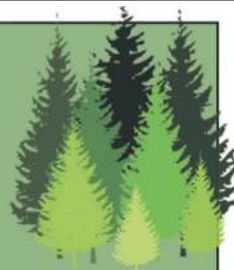
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HUNSTANTON IN BLOOM

Christine Earnshaw

What a difference a month makes! A wet April to a dry May and now a heat wave encouraging all the rose gardens to show off their magnificent blooms. Have you visited the Esplanade Gardens and seen the RNLI Anchor bed which have been summer planted mainly with colourful geraniums and should withstand a drought? As should the roundabout at the top of Oasis Way planted with drought-resisting plants.

The High Street hanging baskets should be in place by the end of June, but any shop or business can apply to the Borough to hire one that will be prepared and maintained by the Borough Council. It will provide a flowering focal point for your business, hassle free horticulture with the planting, watering and replacement plants taken care of. For more information call 01553 782076. The In Bloom committee really appreciate the effort that so many local people and businesses are making to cheer up the town with pots and planters that we can all enjoy. I hope you enjoy a few photos of some hot spots around the town.

Last month we had an advertisement on p12 for our Summer Competition. Please look back for the details so you can send in your photographs, paintings, tallest sunflower, or Fairy/Dinosaur Garden. The mayor awaits your entries! We are also looking out for your own hanging baskets hidden away in the side streets or adorning your restaurant, guest house etc. These too may be entered in the Anglia In Bloom virtual competition for impressive hanging basket.

But apart from the formal planting we can also enjoy a lovely display of wildflowers around the town especially along the Cromer Road, Oasis Way and Redgate Hill. Thank you to YLP and Linda Ibrom for the lovely picture printed in YLP, June 4th entitled Hunny's Wildflowers, showing mostly poppies and red valerian on the Cliff Top walk.



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Nature Notes with Roger

Full bloom in June

I am writing this in the first week of June and at long last our hedgerows and roadside verges are bursting with blossom and wildflowers. It looks like Norfolk County Council may have taken notice of the 'No Mow May' campaign called for by Plantlife; let us hope they continue with 'let it bloom in June', and through the summer, so we can enjoy this bonanza of flowers, and the insects and birds will increase. The trees too are just about in full leaf. While the oak trees have been in leaf for about three to four weeks now, ash trees are only just beginning to don their green apparel. We may be familiar with the old nature folklore rhyme:

*If the oak before the ash, then we'll only
have a splash
If the ash before the oak, then we'll surely
have a soak*

Generally this has been held to mean that if oak trees come into leaf before ash trees then it will be a summer of only light rain, while if the opposite occurs then we should expect a deluge. So are we in for a dry summer? Sadly, The Woodland Trust has found that the rhyme does not really have much foundation in truth, so don't throw out your umbrellas just yet. It is generally accepted that oak trees usually come into leaf earlier than ash, which is said to be in leaf for a shorter period of time than any other native British tree. With the lengthy cold spell through April, everything is so much later this year. I am sure many will have watched the extremely informative programmes on Springwatch, coming this year from Wild Ken Hill in our very own part of Norfolk. It was mentioned that Blue Tits in particular are having a hard time this year as they are trying to nest and lay eggs at their usual time to coincide with the abundance of caterpillars, which are appearing so much later to feed on the oak leaves which



themselves have delayed their appearance.

Along one broad grassy track near to Houghton Hall eight large ash trees line the borders. They are fine specimens, some showing signs of becoming rather ancient. As veteran trees they could be anything up to 175 years old, and standing in their own wide space they have grown tall. However it is only over the last few days that I have found them coming into leaf. The Jackdaws like these trees and have no doubt found several holes in the trunks and larger branches which they use as nest sites. Ash trees are majestic with a quite distinctive profile, as the ends of their lower branches tend to sweep upwards, and as the leaf is made up of several small individual leaflets on long stalks it has a feathery appearance, and there is always plenty of air and light moving through the tree. However, it is not a good idea to rest under these trees as they are prone to drop their branches at any time and even in calm conditions.

On my walks around Houghton I have seen my usual Kestrel, always moving back and forth over the rough ground next to the woodland. Even in fairly brisk wind it hovers on rapidly moving wings, using its tail like a rudder to keep it pointing into the wind, all the

time its head remaining completely motionless so that it can focus on any slight movement on the ground below. The Kestrels must breed in the woods, as do the Buzzards, which are always floating lazily over the tops of the trees and calling with their cat like mewling sound. The other day, right at the edge of the wood itself, I was fortunate enough to see a fox, a muntjac deer and two hares. The hares have been quite prolific, and I have seen several muntjac, but the fox is the first I have spotted in this area.

My latest walk was quite a challenge as the footpath had grown over with cow parsley, nettles and grasses. However along the edge of one of the fields was a fairly large area of standing water which had spilled out of the adjoining pond during the extremely wet May. In the field itself there were four pairs of Lapwing, I suspect guarding their nests or young, and calling plaintively as I walked past. Also a pair of Oystercatchers had successfully raised three young, which required some searching to spot, as they blended in perfectly with the stony ground. Water is a great draw for birds, as they need it not only for drinking but also to clean their plumage and rid themselves of annoying ticks and fleas, and here there were a pair of Egyptian Geese with one well-grown youngster, several Linnets and a pair of Pied Wagtails. In fact this particular spot was a small cameo of what the wider countryside should be like, showing the variety of species that can occur with a diversity of habitats. This is something powerfully portrayed in the Springwatch programmes which demonstrate not only the importance of the formation of new landscapes and imaginative rewilding projects, but also the need for farming to work in harmony with nature, thus making it perfectly possible to combine economically viable agriculture with abundant and diverse wildlife.

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**Celebrating 2021 with Flowers and Fun!
Friday 30th July – Sunday 1st August)**

Because of uncertainties surrounding lockdown it has not been possible to hold our usual Flower Festival this year. Instead for 2021 we are holding a Festival of Flowers and Fun, and everyone in the village has a chance to join in.

To celebrate 2021 our creative volunteers will do floral displays in the church and visitors will then have an opportunity to visit 14 gardens (Friday & Saturday only between 10am – 4pm) which are taking part in the Open Gardens national scheme (charge £5 per day).

The partially renovated Village Hall will serve tea and coffee, lunch and refreshments on Friday and Saturday 10am – 4pm. There will also be raffle and a selection of stalls, fewer than usual to prevent overcrowding.

Scarecrows invade Old Hunstanton!

A major feature of this year's Festival is the scarecrows!

There is an official Scarecrow Trail through the village which has Hero scarecrows situated at buildings of historical interest.

Additionally we are hoping that as many villagers as possible will get involved and create and display their own scarecrows. No particular theme is required, just let your imagination run riot!

If scarecrows start appearing 2 weeks ahead of the Festival then it will begin to build interest..... so D-day for the scarecrow invasion is 16th July!

**If anyone uses stamps for personal or business mailings, I can reduce your postage costs.
Please contact Ray Butcher on 01485 533406.**

Hunstanton & District Inner Wheel

Sue Trewin, Club Correspondent

My London son sent me a photo of green parrots in his garden chasing a tabby cat and I had a muntjac who decided to come right up to my glass bifold doors and seemed interested in the TV programme which happened to be Springwatch. Normality and fun!

It is the time of year when we say goodbye and thank you to our president and welcome our new presidents, yes Presidents. Susan Bradshaw and Rosemary Bowett will be sharing the role and received the chain from outgoing president Hilary Farrell. The photo shows how to present the chain to two people simultaneously and joins the ranks of how to pour a cup of tea without touching the cup, which was mastered during lockdown.



Hilary Farrell was presented with a parting gift by Susan Bradshaw. There are some social activities in the pipeline for members which will help the group to link up and have some fun

I leave you with our outgoing president showing how to construct a four man tent- no comments please!



Princess Theatre Workshop

The Princess Theatre is proud to announce the launch of our brand-new vocal workshops, led by our in-house professional Musical Director. We have some incredible shows visiting us throughout the year and we thought it would be a great idea to allow you to join in with learning some of the songs and building a repertoire, associated with some of these shows. You will then have the opportunity to watch that show at the theatre afterwards and make it a full-on theatre experience.

These fun workshops are taught in a supportive group environment and all abilities are welcome, just be prepared to give it all you've got. You will start with some fun vocal warm-ups and technique work before moving on to the main body of learning some iconic songs.

Whilst learning some bespoke simple vocal harmonies of the hits from the show or artist you will be able to perform them as a group at the end of the session.

The Workshops will either be held at the Community Centre or the Hub within the Town Hall, both in Hunstanton. These will take place on the same day as the show at the Princess Theatre or a day or two before. This information is

available on our website and social media platforms. Later, once you are done, you can meet up with friends and family in our Sunset Wine Bar for pre-show drinks and then go and see the show (optional).

If you would like to see the relevant show afterwards then this must be booked separately through the main Princess Theatre website. We would also love to reward regular vocal workshop and theatre show bookers with various discounts throughout the year. Check with our wonderful box office team for more information.

Tickets are £18.00 for the 2 hours. Book your workshops now directly through our Box Office or online at <https://princesshunstanton.co.uk/vocal-workshops/>



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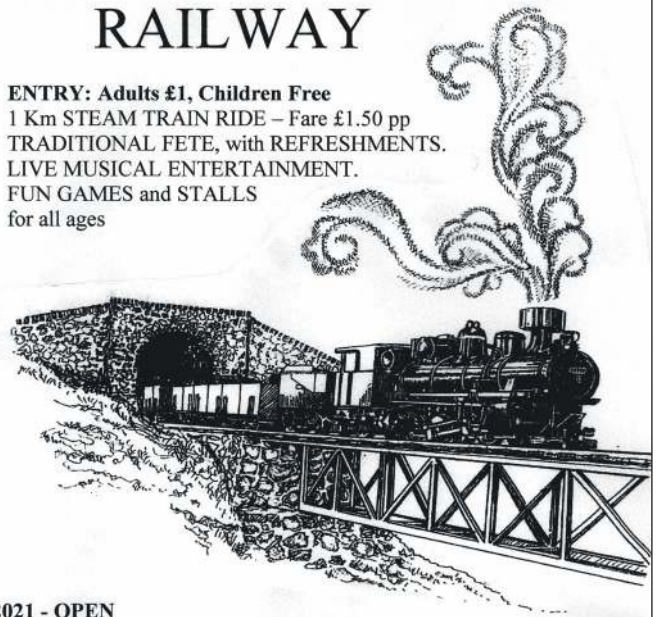
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From the Ground up: An Acre Per Village – The Visit

Hanneke Robson

Well, we all know where May went – it washed down the lanes and puddled the land as we relit our heating, donned our woollies, with hibernation and mince pies not far from our thoughts.



But the wettest day in the wettest May brought something else; two experts from the Norfolk Wildlife Trust (NWT) to offer us much needed guidance about how to proceed with Peddars Meadow. A shot in the arm for our group that didn't begin with C.

Last month I wrote about the process of taking an acre of land out of cultivation to reflower for our declining pollinators and our hopes of spreading this idea throughout the land: the 'Acre per Village' initiative. Now I worried about what the NWT would make of the sorry patch we had optimistically named Peddars Meadow here in Ringstead. Mud, stone and straggly plants occupied one half and where Bugloss had flourished so impressively last year, now lay beneath a dense sea of yellow. All very odd. We needed to be told what was what, and how to go about creating a haven for our pollinators from the ground up.

Beneath skies a darker shade of grey tipping its contents over us, we gazed out at our meadow 'to be.' I tried to follow the words of optimism spoken by our two mentors over the gusting wind and pelting rain. Yet barely discernible sprigs received a name and the variety of plants raised our hopes. There was ominous talk of brome - a name I was unfamiliar with - and its rampant advance across our plot. But our stoic NWT ladies saw only possibilities and positives.



From Bugloss to Black Medick - a sea of yellow.

Last year, we rid the ground of bindweed which gave rise to a blanket of Bugloss and Fumitory. Now, Black Medick has replaced the Bugloss; a fact that thrilled our farmer, as this plant attracts bugs which would patrol his adjacent field and rid his crop of pests. Nature, it



seemed was already assisting us – if only we understood a little more. And where had these seeds been for forty years while the plot was under cultivation?

There was talk of communal green hay laying and of scything, with perhaps a flagon something. Or was I drifting into 'Cider with Rosie' territory through the plink-plink of rain on my not so waterproof coat? To move forward we truly needed to understand what lay beneath our feet; we needed knowledge.

As I pen to a stop, I am delighted to report that author and wild flower expert Simon Harrap has been booked by Norfolk Wildlife Trust to lead a plant identification walk of Peddars Meadow and beyond on 23rd July. The walk is free and limited places are available. Booking is essential and strictly through me. Now, isn't that something?

We certainly need the creation of Peddars Meadow to become a success; a trail blazer beside one of the oldest trails in Britain.

The Garage Studio Art Gallery in Ringstead is supporting the meadow project and we are deeply indebted to the NWT and to our wonderful artists.

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Funding boost for threatened wildlife



Avocet with chick RSPB Images

Located near Hunstanton, RSPB Titchwell Marsh, is home to some of the UK's most threatened wetland wildlife, including bitterns and avocets. Thanks to funding received from LIFE on The Edge (www.projectlote.life), an exciting project will be delivered at this diverse nature reserve this autumn to improve their fortunes.

The project aims to transform the freshwater habitats that these scarce birds are reliant upon and to enable visitors to be closer to nature.

Home to the iconic avocet and acting as an important service station for migrating waders, the freshwater marsh at RSPB Titchwell Marsh will face a transformation. Using an amphibious excavator, the single freshwater marsh compartment will be split into three with new water control structures installed. This will allow the freshwater marsh to be managed on a constant rotational basis ensuring a plentiful supply of food for breeding avocets, migrating waders and wintering wildfowl. In addition, a series of new nesting islands will be created to improve the breeding success of avocets and common terns but could also

attract new breeding birds for the reserve, including sandwich terns and ringed plovers.

The second part of the project will be aimed at restoring the freshwater reedbed. The reedbed at RSPB Titchwell Marsh was integral in ensuring the bittern didn't become extinct in the UK when their population dropped to just 11 booming males in the 1990's. However, despite the overall conservation success of this species in the UK with more than 200 booming males today, RSPB Titchwell Marsh has not recorded a breeding pair for 10 years.

This project will restore the freshwater reedbed by repairing eroded banks, recreating a network of ditches and ponds, and installing new water control structures. The restoration work will improve the habitat to not just benefit bitterns but enhance the wetland for other species such as bearded tits, water voles, eels and a variety of invertebrates.

An exciting element of the reedbed restoration will be one of the first of its kind in the UK; to create 'Spoonbill Islands' for the small but growing breeding population of spoonbills in the UK, and on the Norfolk coast.

Spoonbills were once a common sight in East Anglia featuring in medieval banquets. But as the Fenlands were drained, these distinctive birds lost their home and became a desirable species for egg collectors and hunters, resulting in them becoming extinct in 1668. As the Dutch population rapidly grew, in 1999 the first pair for 300 years bred in the UK, but it took a further 11 years for a colony to form at Holkham National Nature Reserve in Norfolk. They have since become a regular site on the Norfolk coast including at Titchwell Marsh.

This exciting project will commence in August 2021 on the freshwater marsh, after four weeks it is anticipated the work will move in the freshwater reedbed with the project being completed by the end of October, in readiness for the arrival of the wintering wildfowl.

Throughout the project the reserve will remain fully open for visitors to explore our trail network. Some of the birdlife will move elsewhere during the works, however they will quickly return and hopefully in greater numbers and more diverse than before. Visitors can keep up to date with the project by visiting the our website <https://community.rspb.org.uk/placestovisit/titchwellmarsh>



Our restaurant boasts a lovely terrace where you can relax with a specialty coffee & cake amongst our flowers and herbs, you will even see the sea! We offer a varied menu for breakfast & lunch, such as our popular bubble & squeak, eggs benedict & New Yorker toastie. We offer an evening menu and full Tapas menu and on Sundays a traditional roast.

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Weekend music in July at Burnham Thorpe : The Nelson Church

The Church at Burnham Thorpe is very beautiful with lots of history in a most idyllic setting in glorious Holkham parkland and this July there's sensational music in what we hope will be glorious summer weather.

July 9th at 7pm sees the very sensitive and exceptional young Norfolk harpist Henriette Poos play at Thorpe. Her path to a musical career led Henriette from the Hochschule für Musik 'Hanns Eisler' in Berlin via Cambridge University to the Royal College of Music in London.

Henriette enjoys herself as a soloist, an orchestral, and a chamber musician and has widely performed across England, Germany, Poland, Spain, and China both as a soloist and as an accompanist with several of her performances recorded or broadcast live by radio and television. Henriette is passionate about communicating the joys of live music and music-making to audiences at both ends of the age spectrum. Tickets are £10 each.

The husband and wife team, Lawrence Thackeray and Alison Langer love Norfolk and are well known to audiences here but do not often come as a duet. British-Irish Soprano Alison Langer is a graduate of the Guildhall School of Music and Drama and has a glittering career singing in famous opera houses. You might have spotted her as Jenny Lind though in the ITV's series "Victoria". Mancunian tenor Lawrence Thackeray graduated from the Opera Course at The Guildhall School of Music & Drama in 2015 after having originally trained in acting at The University of Salford before studying Musical Theatre for a year at The Royal Academy of Music. He then made the change to Opera in 2010 and studied classical singing at The D.I.T Conservatory of Music in Dublin where he met Alison. Lawrence too has gained an impressive career singing both opera and oratorio.



The concert is entitled "An evening with Gilbert and Sullivan" and some other friends. The other friends will be showing classic Operas and their Musical Theatre counterparts. For example, Oklahoma is based on the story of L'elisir d'amore and Moulin Rouge is based on La Traviata. Not a concert to miss on Saturday July 10 at 7pm Tickets are £12.50 each.

The Serendipity wind trio consists of flute, clarinet and bassoon and perform on Sunday July 11th at 4pm. A feast of music exploring some early 20th works, for woodwind trio, by lesser known composers from France as well as popular works of Mozart and Bernstein. A rich palette of musical styles and something to delight everyone. Which will include the dazzling Frolics by the American composer Charles Fernandez more popularly known for his music for Disney films. Something for all. Tickets are £10 each and tea and cakes will be served before the concert.

More information from thorpemusic2021@gmail.com and www.burnhamsbenefice.org.uk or call 07989 177079 to book.

"Let's have a nice cup of tea".

Lesley Nadel

How many times have we heard that said? We seem to have an almost genetic love of tea. Up until a recent study showing that coffee drinking had edged past tea, 80% of the UK population drank tea every day. An integral part of everyday life. Hard to imagine that at one time it was a luxury, exotic and expensive product that only the rich could afford.

Originally tea was imported by the Portuguese and the Dutch and then spread to other European countries by the mid 17th century. Britain lagged behind and it would take several hundred years for tea to be established as our national drink with health enhancing properties. And who was the unlikely 'influencer'? None other than Catherine de Braganza, the queen-consort of Charles II.

Catherine arrived in Portsmouth in May 1662 along with a dowry of several ships laden with luxuries and cash to help ease the debt problems of her husband to be. She is alleged to have asked for a cup of tea on her arrival. Unsurprisingly, as it was the favourite drink of the Portuguese court. However she was offered ale instead. She was a convent educate, shy, pious young woman and she must have struggled to fit in to the English court - loud, boisterous and fun loving. Over time she became a leader of trends at court and before long her taste for tea spread to the royal court, the aristocracy and the rich. She was even honoured in 1663 in a poem by the

politician Edmund Waller:

Venus her myrtle, Phoebus has his bays,
Tea both excels, which she vouchsafed to praise.
The best of Queens, the best of herbs, we owe
To that bold nation which the way did show
To the fair region where the sun doth rise,
Whose rich productions we so justly prize.
The Muse's friend, tea does our fancy aid,
Regress those vapours which the head invade,
And keep the palace of the soul serene,
Fits her birthday to salute the Queen.

Our love for tea parties originated from the genteel social occasions in the 17th century organised by the wives of wealthier households. The cups were tiny, beautifully decorated and very fragile. It is believed that the addition at a later stage of milk first was to cool the liquid and stop these delicate cups cracking. By the 18th century there was a large demand for tea drinking but a relatively small number who could afford it. And that demand was to be met by the smugglers, probably more than tea imported legally. The smugglers' market almost disappeared overnight by 1785 when the government seriously reduced the import duty on tea and the working classes became introduced to the beverage. Many enjoyed free tea from their employers during the working day. The beginning of tea breaks?

Over the centuries the British 'cuppa' has been the subject of many controversies - class

issues, snobbery (the 'milk in first' debate is still with us) religious decrees of abstinence, ill health, a magical cure all, a benefit to the 'fairer sex' and so on. However, by late 19th century, whilst going to the tea shops was a regular and popular pastime, drinking tea for breakfast and at regular intervals during the day was done across all social classes. It featured often in the works of Charles Dickens - a 'jorum of tea' ('Great Expectations').

Tea has been a very important part of British life, so much so that during both the First and Second World Wars the government stepped in with a variety of measures to protect stocks and prices. Rationing was introduced and remained until 1945. It is true to say that tea has kept its place for centuries at the heart of British social life.

'Tea amuses the evenings, solace's the midnights and welcomes the mornings' Dr. Johnson



Peter Leley 1665

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Ballet Theatre UK presents The Snow Queen

Whether you've seen Ballet Theatre UK's dancers before or have yet to experience the thrill of classical ballet, this beautiful re-telling of Hans Christian Andersen's fairytale will have you truly captivated. The Snow Queen is the iconic tale that inspired the smash hit movie Frozen.

Performed to a glorious and magical score, with beautifully hand crafted costumes and a glittering stage set, The Snow Queen can be enjoyed by everyone, young and old. A show not only for those already fans of dance, but also for those experiencing dance for the first time.

Ballet Theatre UK was founded in 2008 by Artistic Director, Christopher Moore and has fast become one of the best-loved touring ballet companies in the UK. Christopher is establishing himself as an innovative choreographer and he is gaining an excellent reputation, the company being listed as the Critic's Choice in the Independent newspaper as one of the best ballet companies touring the UK.

Already performing to sell out audiences across the country don't miss out on this fantastic troupe of international dancers with their production of the great British classic, The Snow Queen.

This spectacular production follows the story of Gerda and her quest to find her friend Kay, whom the Snow Queen has placed under an evil spell. Gerda's fantastic adventure takes her on a journey across the frozen north where she encounters a band of gypsies, enchanted reindeer, and a mysterious and reclusive Lapland woman. Gerda is told by the mysterious woman to continue travelling north, where she will find Kay and the Snow Queen's Palace of Ice. Only Gerda's love for Kay can release him from the spell and break the Snow Queen's curse of eternal winter.

Ballet Theatre UK's renowned company of international dancers, beautiful costumes and glittering stage sets combine to create a magnificent spectacle, all set to a glorious and magical score.

The Princess Theatre Hunstanton
Saturday 30th October 2021 - 18:30



RESCUE : WOODEN : BOATS

Summer Update 2021

Charity Rescue Wooden Boats (ten years old this summer) is delighted to announce that their flagship Lucy Lavers, restored former Wells Lifeboat and Dunkirk Little Ship, is shortly starting exciting new trips and charters afloat from Wells-next-the-Sea after a spring spruce-up at the Stiffkey Boatyard.

The newly formed Wells-based Curlew Coastal Charters will be running Lucy Lavers on behalf of Rescue Wooden Boats, led by experienced local skipper Liam Pink. Liam is offering a range of trips and charters. These include 1.5 hours in or near Wells harbour cruises based on the stories of Dunkirk Little Ship Lucy Lavers and on the local RNLI, as well as 4 or 8 hour private charters based on customers' preferences. Options include trips along our coastline, visiting local harbours and areas of outstanding natural beauty, getting in touch with nature, bird watching and much more. These bespoke trips include a locally sourced seafood picnic (vegetarian & vegan options)

Trips can be booked NOW!

Call Liam on 07512 086794 or email admin@curlewcoastalcharters.co.uk

Maritime Heritage Centre re-opens

Lucy Lavers' story and much more of our local maritime heritage – films, photos, displays, artefacts and boats can be seen at Rescue Wooden Boats family-friendly Maritime Heritage Centre in Stiffkey, open again now on Sundays and Bank Holiday Mondays between 11am and 4pm.

The Centre is in the former officers' mess at the old military camp. There is also a corner in the Centre describing the history of the camp. Volunteers will take visitors who are interested across to the working boatyard next door to see work in progress on old wooden fishing boats.

Volunteers

We always welcome more volunteers in all we do – come and join the team! More volunteers at the Stiffkey Heritage Centre would enable us to open on Saturdays too! A few hours is all it needs!



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Bessie needs funds and restoration!



Our next project is another Dunkirk Little Ship, local Wells whelker Bessie. Her story is fascinating and she needs a lot of work and fundraising to help her back afloat. Do become a friend and supporter to help us with this.

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Save the Children

Please join us on FRIDAY JULY 9th

Members of our local branch of Save the Children are planning to walk from Heacham North Beach to Hunstanton Spinney to raise money for children across the world caught up in disasters. This is part of their Walking the World campaign where we can 'bank' the miles we collectively clock up to achieve this. Meeting at 9.30 am we welcome anyone who would like to join us either for the walk or even to join our branch.

For fundraising there is a Just Giving page which you will find by clicking on this link:

<https://www.justgiving.com/fundraising/HunstantonBranchWalk2021> or I can send a sponsorship form.

Hopefully, it will be a dry day in which case we will be easily recognised by our red Save the Children T Shirts. I can be contacted on: 2chrisearshaw@gmail.com or Tel 01485 533367.

Our next fundraising event will be on The Green on Sunday, August 8th, the day of the popular Music Festival where we will have a bric a brac stall in the Lions' gazebo.

In the Autumn we plan to hold a musical soiree and a luncheon at the Golf Club. The Princess Theatre have kindly offered to have a bucket collection for us after one of their popular shows. So, at last we feel we are able to begin fundraising after a gap of 16 months.

WI Resumes Meetings

At the beginning of June, Stanhoe & Barwick WI were able to resume meeting as a whole group, albeit outside. We met on the playing field at Stanhoe and thoroughly enjoyed the opportunity to chat with one another in person for the first time since September.

Our next meeting will be our annual garden party in July. How strange that this used to be a treat, to meet outside, but now we're just longing to get back indoors! By August, we do hope to be back in the hall and welcoming a speaker.

We are also planning trips to Dale Farm and to Norton's Dairy in the coming weeks.

If you would like to join us, please contact Valerie 01485 576261

u3a

HUNSTANTON

Learn, Laugh, Live

Our Zoom meeting will be held at 2.00 pm on Monday 19th July, Speaker Charlotte Paton on Zelia Hoffmam (1867-1929) an American abroad who took Norfolk by storm.

For further details see our website and to request a Zoom link as a visitor contact memsec.u3ah@gmail.com

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Biking memoirs

Pamela Austin

I was interested to read the article featuring a female motorcyclist – it makes a change!

Having had my first two cars written off within two years (one a slow head-on collision by someone deciding to park on my side of the road as I drove home, and one a rear-end despite my being already stationary at a school crossing with pupils and the warden in the road), I decided that I would be less likely to be hit with a narrower mode of transport. My father had been a motorcyclist, although he gave up two wheels when I was born, having ridden a Rudge 'Ulster' during the war years, and the idea had obviously rubbed off – he had ridden a small Francis Barnett 'Falcon' for a while when I was a pre-teen as well, giving me the benefit of pillion riding, as had one of my uncles on occasions.

I went off into Oxford and purchased – the only item I ever bought on Hire Purchase – a 175cc Honda. I quickly passed my test, soon had a motorcycling boyfriend, and then discovered the inconvenience of not being able to keep up on group rides, and of running out of fuel more quickly than the bigger bikes! I wanted a Triumph.... to the horror of my mother and the quiet resignation, I suspect, of my father. Scouring advertisements, I soon found what I wanted; my parents kindly drove me up to the midlands in the car, and my father inspected the bike for me, before following me back home.

Unfortunately, it wasn't a very good buy: there was quite a lot which needed attention, and I experienced several fairly major breakdowns, but between my father and others, managed to have most put right without charge over the years! I loved it! Obviously in those days there were not too many young females riding: I clearly remember being stopped by the police on a couple of occasions – without a reason, or any problem being found – one of whom, as I dismounted and removed my helmet, said with considerable shock "Oh!! You're a woman!"

The longest journey I made on the Triumph was when wanting a holiday after ending a relationship, and going to the Irish Republic. I took the ferry from Fishguard to Rosslare, then, finding B&Bs as I went, made a circular tour over the course of a week. On my return as I left the final guest house, I couldn't start the engine, but fortunately the house was on a steep hill and I was able to bump start: on arrival back at port here, I had the same experience on the exit ramp from the ferry, so made the whole return trip to Banbury non-stop. Unfortunately, the bike never started again but as I had procured a new job which came with a company car, I reluctantly sold the Triumph – albeit at a profit!

It was some years before I rode again, but eventually, two jobs later and being out of work and apparently unemployable as a 43 year old female, I began an assortment of different part time jobs over several years, from interviewing passengers at Heathrow to becoming a driving instructor (cars only!). As I then had some time on my hands,



Phil Frogley



Triumph

I used to drive up to a Honda dealer in Ruislip and hire a bike for the day, loving every minute of my assorted excursions exploring around the south of England. One of my trips was to the beauty of Norfolk – a first, apart from an underwhelming day trip as a pillion passenger to Great Yarmouth, many years before. Close to my Thames Valley home there was a Harley Davidson dealer, and I went in a few times to ask whether they hired bikes by the day, and eventually received the right answer, so I began to hire from there instead, and enjoyed many more outings, including observed runs resulting in my Institute of Advanced Motorists motorcycle membership, achieved in 1995, five years after my car test pass. Sadly, I had to give up riding not long afterwards, but would still love to repeat the experience!

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Copy date for the August edition is
strictly 12th July

The Prudent Pensioner's cake recipe

For me the humble carrot is so versatile, not only for soups, casseroles and vegetable bakes, I often add grated carrot with apple, raisin or dates to a salad and they do make a nice moist cake.

Carrot and Date Cake

Makes 10 generous slices

70g/2 ½ oz. Chopped Dates
170g/6 oz. S.R. Flour
45g/1 ½ oz. butter softened
140g/5oz soft brown sugar
2 large eggs
115g/4oz Grated Carrot
1 teaspoon Vanilla extract (Optional)

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

Put butter, carrots, sugar and dates into a large mixing bowl and mix well. Add eggs and vanilla extract (if using) and mix well. Add flour into mixture and fold in. Put mixture in to prepared loaf tin and cook for approx. 50mins or until done when tested.

I think it improves the flavour if left for 24 hours before eating or freezing.



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

See more recipes on The Prudent Pensioner Facebook page.

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HDFA Live Music Festival 2021



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Hunstanton's Live Music Festival confirmed for Sunday 8th August!

The HDFA's Live Music Festival returns to Hunstanton this August with an exciting line-up of local bands and musicians to entertain and delight residents and visitors alike from midday onwards.

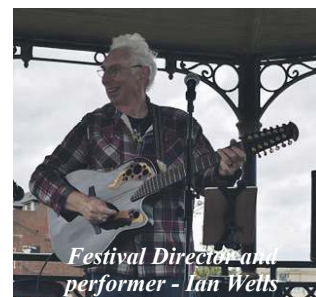
Starting at midday, the free event compered by Music Festival Director - and performer - Ian Wells, features the bands Melodybeats and the Daps as well as returning musicians Martin Day, Estie (Celeste), Neil Reeve & Steve Wingate. Also featured are Band Age, Emily & Jamie and of course Ian Wells himself.

Commenting on the programme, Ian said: "I'm so pleased to see such a great

mixture of musical talent for our Live Music Festival which we're all looking forward to so much.

"It's been a tough year for the entertainment industry and to be able to stage this outdoor event on a proper stage and allow our local musicians to showcase their sets on Hunstanton's iconic green is a joy and a relief. We can't wait!"

Visitors are encouraged to bring their chairs, rugs and picnics and settle in for the afternoon. In addition to the musical entertainment, there will also be stalls on the green manned by local charities and visitors. The event will run from 12 noon to 7pm and is free to attend.



Full line-up:

12.00 Ian Wells
12.30 Steve Wingate
13.10 Neil Reeve
13.50 Emily & Jamie
14.45 Band Age
15.40 Estie (Celeste)
16.20 Melodybeats
17.25 Martin Day
18.05 The Daps



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**For The Attention of The Secretary,
United Services Social Club (Hunstanton) Ltd
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Brancaster School news

Thrift Class have been learning about litter and pollution. They are very concerned about "cleaning up the planet" as Thea put it, and have some messages they would like to share with you:

- Do you want to save the planet or not?
- If you take your litter home, you won't kill plants or animals.
- If you leave little bits of food, mice and rats can spread disease, so I'm sure that you can understand you must take your litter home.
- If you leave litter, it will smell, and it won't be nice for everyone.
- Recycle your litter if you can. If you care about animals, you should reuse things, too.
- When you just throw your rubbish, it is damaging the planet.
- Do you want to live in a plastic mountain? Plastic takes 1000 years to decompose and plastic bags take 20 years. We buried plastic in our garden at school and when we dug it up, other things had decomposed but nothing had happened to the plastic.
- Plastic bags hurt animals. Do you need to use plastic bags? You can use paper bags and you can reuse them. They will not kill the planet.
- Be a good citizen and help save our planet and its animals.

We have also done some practical work to help save the planet and this week we went to the churchyard with Revd Kirsty as part of a special week "Caring for God's Acre". It was really fun and we want to go back again.

Since coming back from half term, Samphire have been quite busy. As well as our normal class work, we've been walking round the field every day, to see how many kilometres we can walk before we break up for summer. Our aim is to walk or run the equivalent distance to Japan (our geography topic) but that's about 10 000km. We aren't sure we will do it, but it will help keep us fit and active.

We also visited the churchyard and worked



with Rev Kirsty to undertake a survey of plants and animals that are alive there. We found loads and all the information will go to inform "caring for God's acre".

Last Friday afternoon was really exciting. We all became Level 10 chocolatologists. We



had a visit from Craig who runs the Ministry of Chocolate. We learnt where chocolate came from and looked at how it was made. We also learnt that to appreciate chocolate you need to use all 5 of your senses. Needless to say, we enjoyed the tasting the best!

TAX CREDIT RENEWAL PACK: CHECK THE DETAILS

By Kathryn Gigg Chartered Accountants, Hunstanton

Over a 6 week span from the end of April to early June HM Revenue & Customs will have sent out 2.5m annual renewal packs to tax credits claimants who will need to check the details and report any change in their circumstances to HMRC by 31 July 2021.

All claimants should have received their packs by 4 June. Many claimants will have been affected by the pandemic and may have earned less than in previous years. It is important therefore to check that the details contained in the annual renewal pack are correct, including income details, ahead of the 31 July deadline.

HMRC has however recently added a 'coronavirus payments' section to the renewal application showing payments relating to coronavirus that must be included in income for tax credit claims and renewals.

Self-employed claimants should make sure they include any SEISS grants (1-3) in their

2020/21 income figures when renewing their tax credits. They can give HMRC a provisional figure by 31 July but can update it up to 31 January 2022, provided they have stated it is provisional.

If there is a change in a claimant's circumstances that could affect their tax credits claims, they must report the changes to HMRC. Circumstances that could affect tax credits payments include changes to:

- Living arrangements;
- Childcare;
- Working hours; or
- Income (increase or decrease).

HMRC warns that criminals can take advantage of tax credits renewals by text, email or phone taxpayers offering 'rebates' or threatening them with arrest if they don't pay bogus tax owed.

If someone contacts you claiming to be from HMRC, asks for bank or other personal details, threatens arrest or demands that they

transfer money, take great care as it might be a scam.

If, having read through the information provided above, you require any advice, please contact either myself or my assistant Susan Fish FMAAT on 01485 534800 or email kate@kathryngigg.co.uk if we can assist in any way.

Mrs K H Gigg FCA

N.B. Article written in May 2021

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

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Providing the Government's 4 conditions are met, there will be no Covid restrictions in place from July 19th.

Track and Trace, and Table service regulations will be in place until 19th July.
The Club will open on Mondays to Saturdays from 10.00 a.m. and on Sundays at 11.00 a.m. See noticeboard in the Club for closing times.

Hot/Cold meals will be available from Mondays to Saturdays from 12.00 noon
'2 course Sunday Lunch' will be served each Sunday at £7.95, from 12.00 noon
Coffees/Teas and snacks will be available from Mondays to Saturdays from 10.00 a.m.

The Snooker Room is open, Poker will take place each Thursday from July 22nd, each Friday lunchtime there will be a Prize Raffle, and Cash Bingo will be held each Friday evening at 7.00pm.



Christian Science Society

Warmth – Don't miss the opportunity to do good!

Giving of ourselves is a blessing for us as for others. It's a way forward for the world, bringing goodness and joy to each of us. This was part of the message shared by Christian Scientists at a virtual Annual Meeting on 7 June, bringing together members from 60 countries worldwide to bring healing and harmony.

Now that we are freer to meet, get out and enjoy greater movement, we can share the good socially and open up our thought to better things. Goodness and joy are natural, we all have it and we can all give it!

Many articles in the Christian Science magazines, free in the box outside the church at 10 Queen's Road, Hunstanton, expand on the love and goodness that God has for us.



It's early days as we start to carefully come out of lockdown but a couple of our prayer meetings have started up again. The Rosary group meet on Mondays at 2pm at St Cecilia's in Dersingham and the Mothers Prayers group meet every second Monday at 2.30pm at Our Lady's in Hunstanton.

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

People are advised not to go to Mass if they have any symptoms, however mild. Please remember to wear a mask when coming to church, keep your distance and use the hand sanitiser provided.

The Sunday Masses are at 9am at Mountbatten Road, Dersingham and 11am at Sandringham Road, Hunstanton but there is still a limit on the amount of people allowed in.

Daily Masses are at 10am at Hunstanton Monday, Tuesday, Thursday, Friday and 10.15am at Dersingham Wednesday. There are a few changes to the way Mass will be celebrated and people should be guided by the stewards. Website: www.hunstantoncatholicparish.org

Email: parish@hunstantoncatholicparish.org T: 01485 534675.

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



Alison Kirby, Snettisham Salvation Army
Email alison.kirby@salvationarmy.org.uk
Mobile 07436425118

A brass player at a loose end at 7 pm on a Tuesday evening? That can't be right. Come and join our Tuesday evenings. We have a small brass band at Snettisham Salvation Army in Alma Road, but we are joined on practice nights by brass players who just come to enjoy playing. The ability range goes from absolute beginner to one guest who qualified through Birmingham Conservatoire. Practice lasts for about an hour and a half.

If you play a brass instrument, or you did once some time ago, maybe when you were at school and have now stopped, we invite you to come and join us. This is the Salvation Army band practice and we already have a number of friends who just come for the pleasure of making music on a practice night. They are not in the Army band, or even in the Army. They don't play with us on a Sunday. We'd love to see you.

It is so good that as restrictions begin to be lifted we are once again able to restart certain activities. We are already open for Sunday worship and it is so good that we are able to once again meet as a band and make music to glorify God. Psalm 150 reminds us to 'Praise the Lord' and goes on to say

'Praise him with the sounding of the trumpet, praise him with the harp and lyre, praise him with tambourine and dancing, praise him with the strings and flute, praise him with the clash of cymbals, praise him with resounding cymbals. Praise the Lord.'

As we are able to restart other activities we will let you know. So watch this space!

UNION CHURCH

Recently I have stayed with a friend and left my slippers there. The friend has a Springer Spaniel called Daisy who obviously missed me, because she picked up one of my slippers and has been carrying it around the house and keeping it close to her when she lies down. It looks like she is keeping it to remind herself of me and waiting for when I come back to visit. This behaviour just shows how dogs miss humans they have got attached to. And because all creatures as well as humankind were created by God, we all show some of the characteristics of Him. In this case it is the characteristic of caring about those we love. In 1 John 4.7 it says: 'Let us love one another, for love comes from God.' Unlike Daisy who can only show her love by carrying my slipper around, God showed his love by sending his Son, Jesus Christ to help us see God's love more clearly by what he said and did when here on earth. Jesus, as God's Son, then showed his love for us, even though we did not know it, by dying on the cross for us, so that we would experience God's perfect love of eternal life. I'm sure Daisy will be overjoyed when I next visit to give me my slipper back, just as God is overjoyed with love for us when we love Him.

With Every Blessing, Janet Brown.

Hunstanton and The Saxon Shore

As I write the temperature seem to be warmer and it feels as if Summer is here. How wonderful it is to see people out and about enjoying the delights our area has to offer. Little things like the improved weather and the ability to meet with friends seem to lift the spirits don't they? We have perhaps, come to realise how important the 'little things' are over the last year and a bit.

I got in to conversation with one of our ladies at church about using up some excess fabrics and wool, to make little pincushions. We spoke of the joy of one child receiving one of these little cushions with an image of a particular sheep, that she loves, on the front. The enjoyment that making that little gift and the delight of the recipient was lovely to hear of. Then spoke of my own enjoyment at being part of a world wide group of women who are part of a 'pincushion swap' group on social media.

I seemed to stumble upon this group whose main aim and sense of fun is gained from making pincushions for people we don't know, but get to know over time. Each month we are paired up with another maker and we make each other one of these little beauties and post it off, usually with a few extra 'goodies' of a sewing nature. I have such a great time connecting with women from different places as we share our stories and photos from our home towns and villages. There seems to be an openness and generosity in this group that is more than about receiving a package in the post from Canada, America or Norway. This is not about extravagance in gifts but it is about generosity in small things. We each try to bless another person in a small but personal way. I have also received from people in this Benefice wool and buttons. If you go to one of our floral events in the Benefice you may be able to pick up a little knitted floral gift too!

This kindness in small things is a wonderful way to bless others we may not know. You don't have to belong to a very niche group like my pincushion ladies to show love and generosity to others. As those who live in our area or pass through on holiday, we can all be generous to strangers in the little things. When we give to charity perhaps with money, time or items to sell we are more often than not being generous to strangers. I am always very moved by those who run marathons for charities and any sort of giving whilst being generous can also be costly at times. As a Christian I believe that the greatest gift I have received is the gift of forgiveness because of Jesus' work on the cross. That gift was costly but life changing and is offered to all...not because in some kind of 'cosmic swap' we give back to God. No. The gift of life is given purely because of love. We are loved by God. That is better than anything anyone could send in the post!

May you all be blessed during your times in the sunshine and rain this Summer and may you offer and receive little kindnesses. You are always welcome to one of our services so do check out our website.

Rachael

Rev Rachael Dines



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The Sociable Solo Traveller

Lizzy Goode

Q. What is the Sociable Solo Traveller?

It is a companionship tour for solo travellers set in Wells-next-the-Sea (but not defined by it), for women in particular, with the emphasis on companionship.

Q. How did the idea for the Sociable Solo Traveller come about?

Over the last five years I have always booked holidays alone; all my friends are married or in relationships and I realised that if I did not take the plunge and book trips as a solo that I wouldn't be going anywhere. I overcame the fear and took the plunge; however, what I really missed on my many trips to North Norfolk and a couple to Greece was occasional companionship. Not all the time, but just occasionally.

Nevertheless, having taken the plunge and feeling great for having done so, solo travel can really bring it home that you are alone and as a woman it is not always easy to approach strangers without feeling intrusive or awkward or being concerned about one's approach may be construed. You do have to put yourself out there, it is not always easy, and primarily the Sociable Solo Traveller aims to fill the loneliness gap for a few hours. In effect, the Sociable Solo Traveller is what I would have wanted when I travelled.

The secondary reason is that during my trips to North Norfolk, I wanted to know more about the area. I wanted to know things that the locals know and take for granted, for example that you CAN walk on the sand-flats at Wells-next-the-Sea, that there is a preserved 'royal' railway station at Wolferton and what it's like to live here, to be part of the community. These may be obvious to some but even with my extensive pre-holiday research, it took several trips before I discovered these things. Moreover, I wanted to ask someone who I felt could provide an answer. Thus, the second purpose of the Sociable Solo Traveller is to share insights and local knowledge in a friendly and

open manner.

Q. How does the Sociable Solo Traveller work?

Let's be clear, this is not a tour with facts and figures. It is about companionship first, with a sharing of knowledge and experiences. So if you want the former this is not for you. I'm 58 in a few weeks' time and my memory is not that of a professional tour guide!

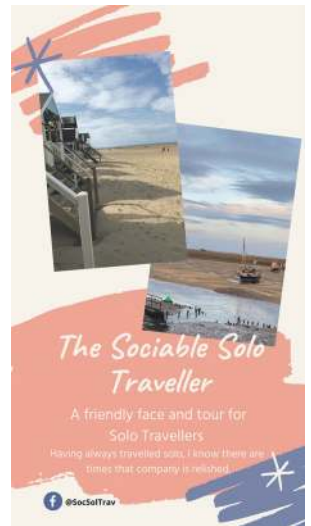
'Sociable' is based in Wells-next-the-Sea. I realised early on that I needed a backdrop that would be buzzing and lively whatever the time of year. Wells-next-the-Sea has a variety of things to see and do to bolster a fledgling discussion between the solo traveller and myself and it's a great place to visit irrespective of where one might be staying.

The 'session' will take a minimum of two hours, up to a maximum of three depending on how well we are getting on and how open the traveller is to sharing their experiences of Norfolk and solo travel and what they want to know!

Whilst there is a broad outline of route and sights to take in, it is relaxed, so we can stop for a coffee, browse in the shops, paddle in the sea or simply walk.

Q. Where can I find out more?

You can look up my Facebook page @SocSolTrav, here you can see my occasional posts of things that spike my interest. Alternatively drop me a line via SocSolTrav@gmail.com with a contact number and times and we can have a chat and see if this is for you.



Hunstanton Lifeboat Station news

Geoff Needham, LPO

Bank Holiday Fine weather brings a spate of incidents for Hunstanton Lifeboat crews. Sunday 30th Hunstanton Lifeboat out on exercise was diverted to go to the aid of a vessel on fire at Brancaster. On arrival the 15ft Fletcher power boat was ablaze, the five persons on board had managed to evacuate and were on the marsh beside the creek. Lifeboat crew assisted the fire brigade in getting equipment and personnel to the scene, all persons were Ok and landed at the harbour in Brancaster Staithe.

Monday 31st May at 1.15 p.m. UK Coastguard requested launch of Hunstanton RNLI Lifeboat to go to the aid of two persons aboard a 34 ft vessel with engine failure 5 miles West of Hunstanton. Hunstanton volunteer lifeboat crew launched and proceeded to the area. The casualty vessel was located. Due to the tide ebbing it was not possible to tow to Kings Lynn, arrangements were made to anchor vessel by number one Buoy in Lynn channel, and a vessel from Lynn to tow it into Lynn on the rising tide. Lifeboat returned to station at 7 p.m. At 9 p.m. Humber Coastguard requested Launch of Lifeboat to go to the aid of an angling boat broken down, near the mouth of the river Nene, two persons on board. Hunstanton lifeboat relaunched with a change of crew and are assisting vessel back to Sutton Bridge. H.W.11.31 p.m. Wind E3. Weather Clear Sky Vis. good Sea state Slight. While this was going on reports of missing children were reported to the station, some were brought to the station and were all reunited with their parents. Thursday 3rd June at 1.15 p.m. UK Coastguard requested Hunstanton Lifeboat to assist in the search for three teenagers reported overdue who were on a paddle board at Brancaster, as boat approached Brancaster it was reported that they had been assisted ashore by others, and were all ok, lifeboat was released to return to station. Saturday 5th June at 8.45 a.m. UK Coastguard requested launch of Hunstanton RNLI Hovercraft to report



of Yacht aground off Gibraltar Point. Hunstanton Hovercraft crew located the vessel aground up a creek inlet one person on board, crew helped to anchor it and took the person on board H-003 and transferred him into the care of the local coastguard. He was Ok and was going to make arrangements to recover yacht on the next tide. H-003 returned to station at 12.20 p.m. H.W. 5.35 a.m. Wind W. 1 Sea State slight Vis. Good.

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More letters...

Loss of 100 parking spaces gain 32 homes?

Monday 31st May 2021 @ 17.06 Southend car park.

100 x £6 per day £600 x 7 = £4200 (Lost of spaces and possible income per week)

It said there is a covenant on the 32 new units (Main dwelling only)? Why has the 47 at the Bus Station, not been issued with a similar covenant?

Tony Gray

A149 speed cameras

Dear T & A, having read Richard's reports of extensive efforts to get definitive answers to questions on the settings and future plans for the average speed cameras on the local A149, I am left wondering just what is it the KLWNBC are trying to hide from the public, and why they seem to just kick the issue around and be so evasive?

I understood that there was meant to be a 50mph limit between / after, the stretches where the safety cameras were installed, e.g. through the Sandringham forest stretch at Wolferton, and accident black spots such as Snettisham Village, and the Lamsey Lane junction, yet my own experience is that often the vehicles in front, actually speed up as they leave the monitored section!

For my part, I exchanged several emails with a local councillor, [who had promised me an answer from the authorities], as to whether the speed cameras could actually work in darkness hours, mist, or fog, - given that they are positioned on unlit roads. I had only asked this after being tail-gated by 'white van types' or overtaken by speeding motorbikes, whilst doing the legal 60mph on this stretch.

To date I still have no answer to this question, and have given up asking - makes me wonder, just what it is, that they don't want us to know?

Name and address supplied

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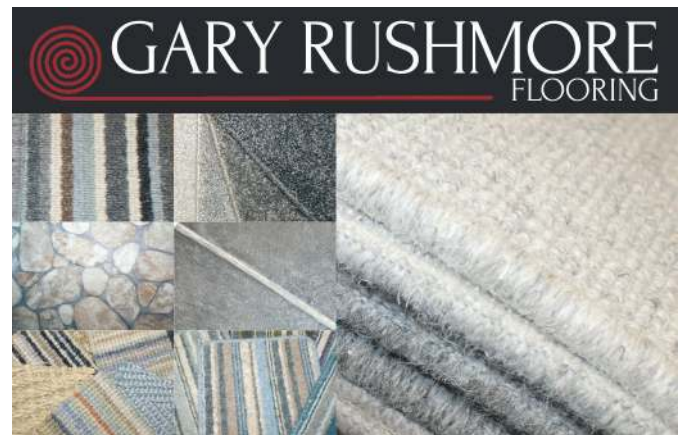
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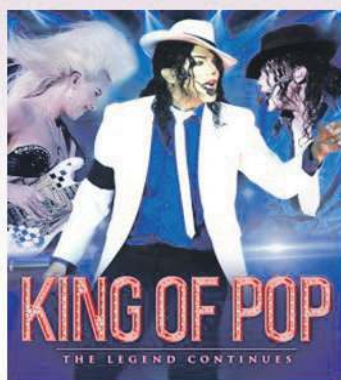
t: 01485 572202 email: rushmoreflooring@btconnect.com

www.garyrushmoreflooring.co.uk

What's on SUMMER SEASON

The Box Office is now operational 7 days a week 10am — 5pm. Bookings are still encouraged to be made online and your tickets will be emailed to you. We have lots of shows coming up throughout 2021 & 2022 so please keep an eye on the website as new shows keep being added. Such as our annual Summer Season show every Thursday in August The Great British Seaside Special Viva Variety which is ON SALE NOW!!

The Sunset Wine Bar is open for inside and outside table service only
OPEN TUESDAY TO SUNDAY 10AM UNTIL SUNSET



Weds 4th August



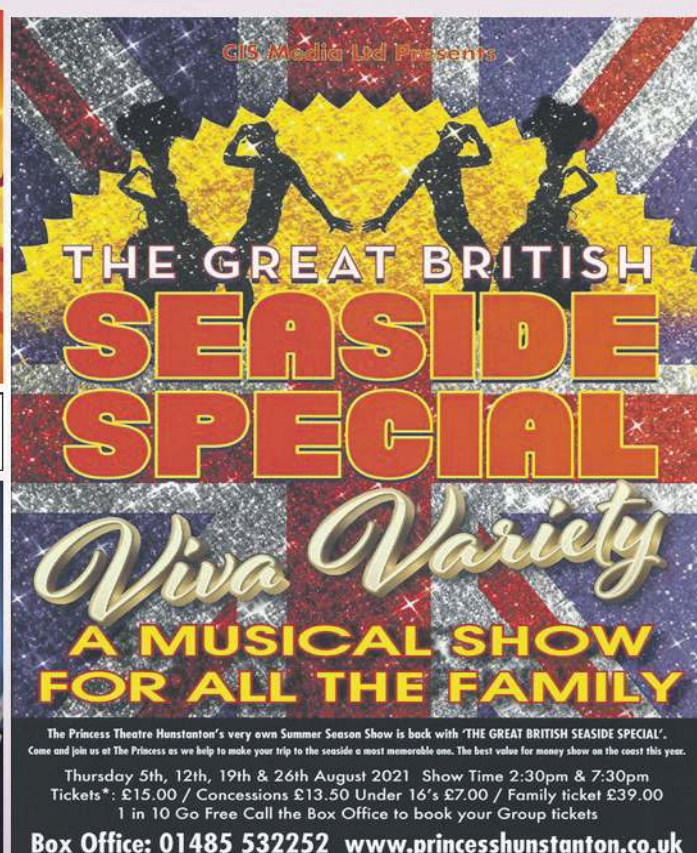
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Weds in August



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