

TOWN and AROUND

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Local News • Events • Great Outdoors • Features

First word



You have just picked up this magazine, you may be a regular reader or perhaps this is your first time. So what will you find in this month's edition?

I aim to include a wide range of information, articles and news and as in previous months there has been a lot to squeeze in, but I hope that there is something for everyone. Why is there a tractor on the cover? Turn to page 50 to find out.

We have astronomy, gardening, sport, politics, entertainment, the arts, schools, youth activities, transport, clubs, finance, legal matters and even two items about poison. Carbon Monoxide on page 30 and Hemlock on page 47.

Dick Melton's final article is on pages 26-27. Dick has been writing for the magazine for many years and we will miss him. Thank you Dick for all your research, memories and reports of characters over the years.

In the centre pages you'll find a calendar of events for July, there is definitely plenty to do during the month and a highlight for me is the Sandringham Flower Show on 26th.

Thank you to all our advertisers and contributors. If you have news or something to say, please get in touch.

With best wishes

Elaine

Elaine Bird, Editor,
Town and Around
The Perches, 18 Tapping Close, Snettisham PE31 7FF
T: 01485 540620 M:07533 088196 E: editor@townandaround.net
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Some good traffic news

Richard Bird

Regular readers of Town and Around magazine will have perhaps read the report about a road collision in the January edition. The incident happened at the junction of Sandringham and Park Roads. Locals will be aware that this is a well-known area for road traffic collisions, and is one of two areas the other being the junction of Austin and Church Streets, an area well known to the writer, who had a family home there for 47 years.

In any event, we at T&A thought it was time to chase up what could be done, and set about making enquiries. Norfolk County Council is the responsible authority for roads and we made a start.

The Councillor with that portfolio at NCC was Martin Wilby, unfortunately he had been taken unwell at the time we made contact and there was a short delay in response until his replacement was installed. His replacement, Graham Plant, who we have worked with successfully in the past over the crossing to the park in Hunstanton, responded very quickly with a comprehensive report as follows:

Dear Richard

Further to our recent email correspondence, the highway network safety team have now provided me with an update for me to share with you.

The safety team reviewed the injury collision data at the locations you have highlighted using the latest data currently available, which is to the end of November 2022 (due to reporting delays). This national dataset is maintained by the police, who record collisions reported/attended by them and which resulted in hospitalisation. This shows that prior to December 2022, there are no personal injury accidents recorded over the past 5 years at Sandringham Road/Park Road and 2 slight injury accidents recorded at Church St/Austin St. We won't receive all of January's data for another couple of months, but based on the information provided in the T&A article this latest incident on 3rd January will likely be included in the dataset in due course, although of course this will be ultimately determined by the police's investigations.

There no doubt will have been other collisions at this location in the past that are not recorded on the national database, in particular damage only incidents that are dealt with locally and don't qualify for inclusion in the national statistics. There is no reliable way of capturing these incidents and sadly there are several sites across the county where, looking at the national injury accident records alone, are in greatest need for intervention from the Local Safety Scheme budget.

Unfortunately this means that neither site you have highlighted can be prioritised for inclusion in the Local Safety Scheme programme however I recognise that there will be a genuine local safety concern so there are a few other possible avenues that are worth exploring further as they may be able to help. Firstly, Cllr Jamieson has a local highway member fund aimed at delivering small local schemes to address local needs and priorities. I would suggest liaising with Cllr Jamieson in the first instance to determine if there is any budget available that could be allocated to address your concerns. If there is, then Cllr Jamieson can liaise with his local highway engineer to explore options. The other option is our highly successful Parish Partnership Scheme, further details can be found on our website that you may wish to discuss with your parish council.

I hope that this is of help to you and ultimately provides a means to address local concerns.

Kind regards, Graham



County Councillor Andrew Jamieson has followed up with:

Dear Richard,

I have now met with highways and safety officers at the junctions of Park and Sandringham and at Church and Austin.

This is what we will do:

Sandringham and Park Road

i) Short term: repaint the road markings and put an additional 'advance Give Way sign' further up Park road for additional warning. This will be larger than the current one (which will be refreshed) and lit. This is on the downhill slope.

ii) Medium term: as part of the new LCWIP for Hunstanton and its environs (that I got commissioned last year), we will seek funding for a pedestrian crossing on Sandringham, roughly where there is currently a dropped curb. By its nature, this will slow people down using that road (although accidents have been mainly caused by people not stopping at the give way signs on Park).

I think these measures will have a significant effect.

Church St/Austin St junction

i) You asked whether it would be better to change the right of way in favour of Church St. The concern there was that realignment would not help as it would be hard to see what was coming creeping out of Church St and it would encourage drivers to zoom down the hill towards the sea, and cause other dangers as a result.

ii) Instead, we will refresh all the white lines; paint a 'Slow' on the road (going downhill). We will enlarge and move the 'give way' sign on the eastern side of Church to make it more visible and lit; replace the other give way sign.

I hope that all makes sense and sorry again that it has taken so long. Best wishes, Andrew.

While these responses may not be to everybody's complete liking and satisfaction, we at T&A hope all will agree that it's a step in the right direction and that the job is in hand. Our thanks go to Graham and Andrew for conducting this enquiry at speed resulting in some action.

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Borough Council News

**Terry Parish, Borough Councillor for Heacham Ward which includes Sedgeford and Fring
Leader of the Borough Council**

There have been some changes which some of you might not be aware of. The Borough Council, for the first time in two decades, has no longer a Conservative administration. It has one run by the Independent Partnership. This is 18 independents, 3 Liberal Democrats and 2 Greens. I am the Leader of that Partnership and so, by default, the Leader of the Borough Council. I have 8 Cabinet Members. 7 of them are Independents, one, Cllr Michael DeWhalley, is Green though he has been in my previous Independent Group for 4 years.

Anyone with a mathematical bent will see that my Group has 23 members. Twenty-eight are needed for a majority so, in order to increase the probability of proposals, motions, changes to get through Council, co-operation with another group is needed. That Group is Labour (11 councillors) and I have an agreement with them. Conservative councillors will not be left out of the picture at all but there is no formal agreement with them.

My Cabinet is a mixed bunch but they are all hard workers with many having a passion for their portfolios which adds energy and drive to their commitment.

Cabinet Members and portfolios are:

Me: Leader; many things including liaising with outside organisations, all staffing matters, and performance.

Cllr Moriarty: Deputy leader; includes planning and development, regeneration.

Cllr Sandra Squire; includes environment and coastal matters, waste and recycling.

Cllr Michael DeWhalley; climate change and biodiversity and including energy strategy, air quality and active travel.

Cllr Alastair Beales; business excluding tourism. Includes Council companies, major funding investments, economic development. Note, food production will be a new focus.

Cllr Morley. Finance; a great many things which strive to balance income against spending whilst working to reduce or remove the black hole looming in 3 or so years.

Cllr Simon Ring; tourism, events and marketing.

Cllr Alexandra Kemp; People and Communities; housing including standards and homelessness. Social inclusion and healthier lives.

Cllr Bal Anota; Property and Corporate Services; includes management of Council owned assets, street cleaning and lighting, parks and open spaces.

All the above are precis of busy portfolios some of which cross boundaries. My Cabinet will work both independently and collegiately to cover all matters. The content of the portfolios will also be reviewed at six-month intervals to see if they can be made more efficient and to include new issues which emerge.

It is the intention of my administration to change the way the Council acts or is perceived to act and create a better place for people to live and work in. Whatever changes are brought about will take time, we are where we are, and will have to closely consider the resources and money that is available.

Press releases became a regular feature of the last administration and they will continue. However, there will be differences. Those who brought the work or activity about will be recognised first. You should not see much Cabinet back slapping. Please tell me if you do.

As a long-term Parish Councillor, I am well aware that Parish Councils often fall under the radar. That will change. Parish Councils, full of volunteers, are the connection between the people and Borough Councillors. If there is a failure in this mutual sharing of information or a conflict then a shortcut will be to contact me.

Local Matters

The principal one must be Wild Ken Hill which was granted planning consent on the 5th June. My 3-month delay did enable NCC Highways to present a completed report on how the Lamsey Lane junction can be improved. Land needed for that work to be carried out has been secured, from WKH, for 10 years. Funding to do the improvement is now being sought and NCC anticipate it should be done well before then and before extra traffic caused by WKH happens.

That is the positive view. It will take lobbying to keep it on track. So, can I remind you all that you have two Borough Councillors. The other, Cllr. Andrew Jamieson is also the Deputy Leader of Norfolk County Council and has his finger on the highways budget. I am sure he will welcome communications from residents of his Ward.

Dominic Buscall, the WKH applicant, is a fair-minded man with the right intentions. It will be of no benefit to him to have highway problems on his doorstep. He is also obliged to persuade his customers not to route through the village when leaving his land. There will also be safe cycle and walking routes established which will have a wider benefit to Heacham and Snettisham residents.

He has said that any new employment opportunities will be offered to local residents. I will be interested to see what emerges.

There was another application on the 5th June which I spoke against but it was accepted almost unanimously which proves being Leader doesn't influence planning applications. However, it was a good example of two things wrong with the system. One is that permitted development rights can trump neighbourhood plans – in this case a small property, needed in Heacham, was allowed to



become a much larger one. And properties can too easily become holiday lets which takes them out of the housing stock and the possibility of affordable renting altogether.

Housing

Going back to my Leader role, I want houses that are built to be principal residences, not second homes (this is already true in Heacham and Sedgeford) and to be restricted, as far as possible, to local people. I want it to be more difficult for all properties to become holiday lets; if they are rented then the priority should be for people to live in.

These aspirations will rely on national as well as local initiatives. I will ask Council to support them at appropriate times.

Back to local. I will have had a meeting in Fring by the time of the next issue. In Sedgeford, the question of new homes on the old school site remains. These will be built by an arm of NCC. I fully support Sedgeford Parish Council's stance that they must be affordable homes for local people.

Sea water quality and water extraction affecting the Heacham River; I have made the two environment portfolio holders aware of the problems and will continue to pursue both issues myself as Borough Councillor.

Niggling matters. I have no idea why traffic cones are still proliferating around Heacham and I understand that the Parish Council is on the case. I have had no more complaints about new mess caused by footpath improvements but would like an apology for what did happen. Apparently, residents' emails to Highways have not been answered.

At the time of writing, water continues to emerge onto Station Road making it necessary to cross over to avoid a drenching. Anglian Water repaired a main but obviously not all of the damage.

I found Boots, Heacham, closed on a Saturday due to no pharmacist being present. As provision vastly improved from the situation a year ago, I hope that such closures are now infrequent.

Best Wishes, Terry Parish

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Dersingham Post Office under threat of closure

A business that has been run by the Lindsay family since 1979 will become unviable if pressure from locals and politicians doesn't make Royal Mail re-think their plans to relocate postal workers to the King's Lynn sorting office.

Dersingham Sub-Postmaster Fraser Lindsey and his wife Maria have been running the business for over twenty years and they have appealed for help from the local community and MP. A petition has been launched that has already reached over a thousand signatures. It can be accessed online or signed at the Post Office.

Royal Mail and the Post Office operate as separate companies and the nation's Postmasters' income is derived from both.

Mr Lindsay said: "I received a letter from Royal Mail telling me that they were going to relocate our postmen into King's Lynn and as a direct result of that I'm going to lose half my salary which will be devastating for us and for the village.

"Lots of people use us for posting and banking and we are a hub for the Foodbank which we've raised thousands of pounds for - and all that will be lost if this plan goes ahead."

"I just want them to leave me alone, I'm not after a pay rise or anything like that; all this is giving me sleepless nights."

The change is due to happen on 26th August and would see three postal workers from Dersingham and one from Ingoldisthorpe driving onto King's Lynn to the sorting office then come back again to do their deliveries Monday to Saturday each week.

"I don't suppose they've even thought about the impact on the environment!" added Mr Lindsay.

Local MP James Wild said: "Post offices play a vital role in rural areas and I know there is strong concern about the future of Dersingham Post Office.

"I recognise the value constituents place on the Dersingham Post Office and while ultimately this is a commercial issue I have asked Royal Mail's Chief Executive to reconsider the plans given the potential threat to the future of the business.

"Separately I have taken this up with the Post Office who have assured me that an Area Manager is supporting the sub-postmaster on options if the plans are implemented."

Sally Partyka, Heacham's Sub-Postmistress, received the same letter advising them that their postal workers were to be located to Hunstanton.



In a statement she said "We are going to try our best to keep Heacham Post Office going, this will however mean we have to make cutbacks.

"We are looking at closing Saturdays which are quiet to reduce overheads, we will be running more often on one member of staff, so waiting times may be longer. Whether we can keep going has yet to be seen.

"Now more than ever we need you to USE US OR LOSE US."

Demolition work starts at QEH Inspire Centre

Signalling the start of the hospital rebuild, the demolition of the Inspire Centre to make way for a new multi-storey car park began on Monday 5th June and will take about four weeks.

The building, that has been used as a social club, a nursery and a vaccination centre over the years, was constructed from the same

reinforced autoclaved aerated concrete as the hospital so had the same limited lifespan.

Photographer Ian Burt was there to capture the demolition work and these are his images.



Have you got news for us?

Town and Around is distributed around West Norfolk including the coast and villages plus the towns of Hunstanton, King's Lynn and Downham Market. If you have news you'd like published in the magazine, please get in touch.

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The new eagerly-awaited QD QualityDiscounts.com store in Hunstanton is now open.

Located on the High Street, the store has not only created 19 new jobs but has also brought to the town QD's unique offering of homewares, gardening, pets, furniture, groceries, car care, DIY, cleaning supplies, toiletries and more – all at discounted prices.

An independent, family-run business, QD opened its first store in Norwich in 1985 and since then has continued to grow as one of the original high street discount retailers. QD offers customers outstanding value through its low price promotions, fast moving stock and meticulous price checks. The QD group now has 30 stores across Norfolk, Suffolk, Essex and beyond.

QD prides itself on offering Value Guaranteed – a promise that is at the heart of everything the retailer does. Hunstanton store manager Shane explains: "Real value and great prices are more important than ever before as homes and families face much bigger bills and outgoings. Here at QD, we want customers to know we're doing everything possible to help them save money on their shopping. We will always do our best to offer great quality products cheaper than the high street, and when we can't be cheaper, we will always offer better quality." The Value Guaranteed promise covers all manner of items across the store including groceries and everyday essentials, products for the home and garden and even your pets – from pillows and fabric softener to solar lights and tomato ketchup. Pop in to find out more and see how much you can save at QD!

With its bright new look and trademark QD red, the Hunstanton store has opened its doors to offer fantastic value, excellent quality and ever-changing spectacular new deals. Customers who visit the store can also sign up for a FREE QD reward card or download the QD rewards card app to receive even more amazing offers including 10% off their next shop, exclusive discounts and VIP shopping events, plus other special deals including treats on their birthday.

QD's well stocked shelves also include Value Our Planet ranges. This initiative was launched by the retailer five years ago to help its customers to make more environmentally friendly choices with their shopping. These green ranges include bamboo crockery, recyclable cards and gift wrap and eco-friendly cleaning products as part of QD's commitment to being a responsible retailer.

The new QD store in Hunstanton officially opened on 21st June. Shane continues: "We have been delighted with the welcome we've received into the Hunstanton community so far – thank you to everyone who has made us feel at home. We're very much looking forward to meeting and serving more local customers over the coming weeks. Do pop in to see us and what QD has to offer."



QD's new store is located at 8-16 High Street, Hunstanton PE36 5AF and is open Monday – Saturday 9am to 5:30pm and Sunday 10am to 4pm. You can also follow them on Facebook, Instagram and TikTok.



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HUNSTANTON EVENTS SHAPING UP

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Borough Council of
**King's Lynn &
West Norfolk**



Following a successful Soap Box Derby in April some valuable planning time has been spent in setting up future activities and events for the town. There is a mix of large and small and hopefully something for everyone in the months ahead. The Borough Council will try to organise a range of activity which caters for residents and visitors, assists the development of local groups, brings lots of people to the town and generally enhances the life and economy of Hunstanton. In doing so, the Borough Council will work in collaboration with local organisations where appropriate.

Attempts will be made to increase the usage of the grass tennis courts at the Recreation Ground. Could we see the development of a tennis club again? To start, Sportslink tennis courses with Smithdon High School and the Glebe House School are taking place. Apologies to the Primary School; it proved impossible to obtain a coach at the right time. But tennis coaching courses are planned for all young people in the school summer holidays. The courts, by the way, are open to all by a simple booking procedure via the LTA website- www.lta.org.uk/play/book-a-tennis-court. At a very reasonable cost too- £10.70 per court. Select your court and pay online and take your code to access the court. And

the grass courts are among the very best in the country! So it would be great to see more people using them.

A free gentle movement class (Nia) is taking place on The Green on Wednesdays at 12.00 noon and a women's only Beginners Running Course will start in July, staged in collaboration with the Hunny Bees Running Club. This presents a marvellous opportunity for women to begin running in a very friendly and welcoming atmosphere and to carry on running with the Honeybees and/or parkrun afterwards.

Heartbreak Productions will bring their exceptional outdoor theatre to The Green in July. Hot on the heels of Bad Dad, staged by the HDFA in June, MacHamLear comes to town on 15th July. This will be a free event for all, and theatre fans will love it! A Shakespearean 'skit' in the form of a reality TV show with Macbeth, Hamlet and King Lear competing for the audience's affection. Bring your blankets and chairs and settle down for an enthralling evening. Children should be at least over 9 please. Starts at 7.00pm and runs to about 9.00pm with an interval. Gates open to the audience at 5.30.

The summer will see the return of children's activity such as Pebble Painting, Adventure Gardeners and Punch and Judy



whilst a family orientated outdoor theatre 'Alice through the Looking Glass' is a highlight provided by the Strange Fascination Theatre. Open Air Cinema will return to the Green in August with a mega weekend of two films on the Green plus a children's film in the Town Hall in collaboration with the Town Council. Watch out for a Sunset Health Walk plus Battle of the Bands and Rock n Roll Sunday! A drive-in cinema, a murder mystery and a stargazing evening are planned later in the year.

Lots will be happening! Go to the Hunstanton Events website: www.west-norfolk.gov.uk/hunstantonevents for all the latest information. We hope to see you in the coming months!

Docking's 12th Festival of Books

Most of us know the joy of browsing through a book store. Time stands still while we pull books of varying topics from the shelves. The back of the book is read, which has a synopsis of the content. The book is browsed and then either returned to the shelf or perhaps carefully placed under the arm to be purchased. Our thoughts move from one interest to another like connecting threads.

Whether it's fiction, autobiography, history, a hardcover cooking book or a gardening guide filled with stunning photographs, the experience is one that takes us out of ourselves. There is a silence and a peace while people browse through books. Even children fall quiet as they peruse hardcover books filled with brightly-coloured illustrations and stories. If people do talk it tends to be in whispers or quiet tones as they instinctively respect their fellow book patrons' need to be undisturbed in their mental interests. This is a place of internal discovery where books of differing topics stir interests in people they didn't even know they had. Something is triggered... an experience

is remembered.... the book is reached for and lingered over.

It is this atmosphere that permeates the Docking Festival of Books with a few wonderful exceptions. The books are a fraction of the cost of a book store and the number of books, categorised under varying topics, fills the entire church in Docking, St Mary's, where the event is held.

The books are all donated and on occasion the festival has received antique books and speciality books that are of great interest and no longer in print.

Entry is free. There are raffles, refreshments and washroom facilities. Held over a weekend, this year Docking's 12th Festival of Books is on July the 22 and 23, from 10 am to 4 pm. So please come and join us. For those of you who want to participate by donating books to the event please leave them in the Church porch.

Or if you need assistance making a donation of books please don't hesitate to call the Rev. Peter Cook 517 157 or Jenny at 534 944. So mark your calendars. We look forward to seeing you.

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2023 HUNSTANTON EVENTS

The Borough Council of King's Lynn & West Norfolk is organising activities and events in Hunstanton in 2023 including:

- Nia on The Green
- Beginner's Running Course for Women
- Open Air Theatre - **MacHamLear**
- Pebble Painting Art Workshops
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Wendy Warner's plant of the month - Alstroemeria

Add a touch of the exotic to your summer garden with the vividly coloured blooms of Peruvian Lilies or Alstroemerias. Originating from South American, these hardy perennials bear clusters of flowers on the top of leafy stems. Their lily-like flowers are often bicoloured and flecked with contrasting colours to give them a look as if they have been hand painted, and they are attractive to bees and pollinating insects. Originally Alstroemerias were grown as cut flowers, but in recent years breeders have introduced more compact varieties that are especially suited to growing in pots.-

Alstroemeria require a sunny position and can be grown in a border amongst other perennials or shrubs. They need a fertile, well-drained soil in a sheltered spot and particularly favour a site at the base of a sunny wall. If growing in pots, use a soil based potting compost and ensure there is good drainage as the fleshy roots can be prone to rotting, but also, they should not be allowed to dry out. During the flowering period, feed them with a high-potash plant food such as tomato food. In the garden, the taller varieties will need support with canes, pea sticks, link-stakes or arcs. Unlike many plants, once flowers have faded, rather than just cutting off the dead head, remove the whole stem by pulling it from the base of the clump which will stimulate new growth. They will die back



to the ground naturally each winter and then reshoot in the spring when any remaining old stems can be removed.

The taller varieties will grow to 60-80cm and would be suitable for middle to back of a border, or an area of the garden set aside for cutting flowers. Of this type, one of the most notable is "Indian Summer" with coppery-orange and golden yellow flowers with burgundy flecks above bronze flushed foliage. Others include "Candy" with bright pink flowers with a yellow throat, "Sindy" with pink-flushed white flowers with flecked yellow inner petals and "Tanya" which is dark red with a yellow throat.

The "Little Miss" series are all much more compact growing to 15-25cm yet still covered in the same exotic looking blooms. "Little Miss Vanessa" has crimson-red flowers with

a yellow centre, "Little Miss Rosalind" is bright pink with a yellow throat. "Little Miss Davina" is pink with a yellow speckled throat and "Little Miss Christina" is cream with pink blush and yellow throat.



Treat yourself to an Alstroemeria (or two!) this summer and you'll be rewarded with months of colour from this low maintenance plant.



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Old Hunstanton Flower Festival

Friday 28 - Sunday 30 July 2023

Celebrating with Fun, Food & Flowers



Now in its 48th year, the Old Hunstanton Flower Festival is an unmissable event in Norfolk's Summer Calendar. We are lucky to once again have the very talented Gary and Sarah Bocking leading and organising the flowers. This year's theme is "Seasons...", so please come along and see how our floral artists have been inspired this year!

As well as the magnificent floral displays, there will be plant sales, refreshments, bric a brac and stalls or you can try your luck with the raffle or tombola.

In addition, there will be a hog roast with music by 2nd Sunset on Saturday evening, a fun dog show on the Sunday afternoon and, to close the festival, Songs of Praise on Sunday evening. Tickets for the Hog Roast are available from the Old Hunstanton Village Shop at a price of £15 for adults and £7 for the under 12s.

The Village Hall will serve food and drinks from 10am - 5pm each day, with lunch from 12pm - 2.30pm so bring your friends and family and enjoy a few hours together.

As usual, we welcome donations from you of previously loved clothes, books, toys and bric a brac, as well as lots of home-made cakes & jams for the various stalls. We also need raffle prizes and tombola prizes.

For more information please contact Mike Tuffs on momtuffs@hotmail.com or 01485 532303.

Letter to the Editor

Your May 2023 edition was sent to me by my sister who still lives in Norfolk. The article about Brancaster Village Hall and School is of particular interest to me, especially the mention of the Rector's visit to the school in 1945 'to tell the pupils that the war had ended.'

My father, the Revd Robert Tomlinson, was Rector of Brancaster from 1945-1956. The details of that school visit are quite dramatic. He was, indeed, a Padre in the Guards Armoured Division. He was appointed to Brancaster while on active service in Belgium. Given special leave, he arrived back in Norfolk on 22 April 1945 and attended a concert in St Mary's organised by Nancy Peacock of Sunderland Farm and given by the then Lord Leicester (who played the violin) and the organist of Old Hunstanton, Frederick Bond.

The following day (St George's Day) was his induction as Rector in the church, followed by tea in the Simms Reeve Institute itself. On Tuesday 24 April he (in uniform), with my mother, visited the school: his first official duty. This was only a few days before the fall of Berlin and VE Day. He told the pupils about the progress of the war. Then there was lunch at the Ship - no doubt laid on by Maud and Clara! After another day of meetings and introductions, he returned to his regiment on 26 April, not returning until August. He then had to be in Germany for almost another year during which my mother helped with parish duties.

It was not until June 1946 that he was demobilised and took up permanent residence in the Rectory (now St Mary's House). He always greatly valued his connection with the school and formed a very constructive friendship with Mr Roome, the Headmaster.

My mother's remarkable diary confirms these events. She was the daughter of Fred Bond and lived - coincidentally - in Holme, right next to the stables of Nancy Wheeler! But that's another story.

Yours sincerely,

Jeremy Tomlinson

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SNETTISHAM GARDENING CLUB

We invite you to our Open Show which we will be holding in the Memorial Hall on Saturday 8th July and will be open to all from 1.30 pm. Cream teas will be available and a raffle, tickets for which can be purchased on entry. If you wish to take part, entries should be made by Wednesday 5th July, details are in the schedules which are available from Stockleys Chemist.

There is NO MEETING AT THE HALL AT THE END OF JULY.

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

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New Hunstanton Women's Institute

The Community Day in the Town Hall was very successful with us welcoming several new members. In May we visited the Heritage Centre, where John, Amanda and Andrew made us very welcome, with time to look around and ask lots of questions.

Four of our members attended the County Annual Meeting held at the Theatre Royal in Norwich, the afternoon Speaker being Esme Young from The Great British Sewing Bee.

We are now preparing for our Tombola Stall on the Green Carnival Sunday, and during July we hope to have a visit to Hunstanton Croquet Club.

Mudpies & Butterflies

Louise Barby, Balanis

"We might think we are nurturing our garden, but of course, it is our garden that is nurturing us" Jenny Uglow.

With the cold of May a distant memory, our next challenge is keeping the garden looking good during a hot, dry late June and July.

Watering – Make your key purchase this month a water butt, if you don't have one already. Plants and vegetables much prefer rain water to tap water and it will save on your water bills. You can now purchase water butt pumps in order to water your garden more easily with a water hose head. It works beautifully. It is never too late to mulch the borders or even the pots with homemade compost or bark. This will allow the soil to retain more moisture.

Gardening in July in the UK brings forth an abundance of opportunities as the summer season is in full swing. With longer daylight hours and warm temperatures, it is an ideal time to enjoy the beauty of the garden.

July is an excellent month for harvesting the fruits of your labour. Many vegetables and fruits are ripe for picking, including tomatoes, cucumbers, beans, and berries. Regularly check your plants for ripe produce and harvest them promptly to ensure they don't become overripe or attract pests.

Deadheading spent flowers is another essential task in July. Removing faded blooms encourages plants to produce more flowers, extending the blooming period and adding colour to your garden. It also prevents plants from redirecting energy into producing seeds.

Keep an eye out for pests and diseases that thrive in the warm

weather. Aphids, slugs, and snails can be particularly problematic during this time. Implement natural pest control methods, such as companion planting or introducing beneficial insects like ladybirds, to keep these pests at bay. Many bugs can simply be washed away with the hose on a gentle setting. Feeding anything under attack with liquid seaweed or similar will provide them with more strength to overcome the attack.

Brighten up your garden with vibrant or subtle annuals, as preferred. Remember to water new plantings regularly to help them establish strong roots.

If you have misshapen, large or woody shrubs and hedges, trim back to maintain their shape and encourage bushier growth. However, be cautious as some flowering plants may still be in bloom, so avoid pruning those until after they have finished flowering.

If you have a vegetable garden, consider sowing seeds for a second batch of crops such as lettuce, radishes, and carrots. This succession planting allows for a continuous harvest throughout the season. Although these are core crops and readily available in the shops, eating them immediately after harvesting will always taste amazing.

Finally, take time to sit back, relax, and enjoy your garden. Create a cosy seating area where you can unwind and admire the fruits of your labour. Relish the tranquillity of nature in your own garden, terrace or balcony.

In conclusion, July is a vibrant and productive month for gardening in the UK. With proper watering, harvesting, pest control, planting, and pruning, you can create a flourishing and colourful garden that provides beauty and enjoyment throughout the summer season. So grab your gardening tools and get ready to make the most of this wonderful time in your garden. If you have planted and nurtured, enjoy the nature around you. You created this haven for them, be proud you took the time to do so.

Walk for Nature

Sunday 10th June saw over 50 people representing more than 8 local nature groups as well as individuals came together to "Walk for Nature" along a scenic riverside route in King's Lynn. The groups, individuals and local councillors showed their solidarity and their support for nature.



Walk along Great Ouse bank. Credit XR

The 2.5 mile nature walk, organised by groups including XR collaborating together, ended with a picnic sharing good food at Harding's Pits where short speeches were made from representatives for the various groups.

The groups involved included: Extinction Rebellion, KLiimate Concern, Friends of the Earth, Norfolk Wildlife Trust, Ryston Rachel's Hedgehog Hotel, Nature Volunteer Network, Save Our Swifts, Swallows Sand martins and House martins, and Hardings Pits Community Association.

Trudy Clark, one of the main organisers and founder of Nature Volunteer Network, said "I



Julia Irving speaking for XR. Credit XR

was blown away by so many people turning up on such a hot day, it goes to show how important nature is to us all. It gives me great hope that five Borough Councillors took part, and a representative of all the major supporter groups gave us a talk during the picnic after the walk. It was a joyous occasion, although we are very much aware that nature needs our help desperately. So many groups coming together like this shows real commitment, and I have no doubt that such commitment will get things done in the very near future."

Many of the speakers echoed similar sentiments about the importance of groups working together in solidarity, which is important because of the scale and urgency of the pressures that our natural world is facing. Speakers shared stories about the plight of birds, hedgehogs, insects, as well as green and natural spaces and the developments which threaten them such as the proposed Wash Barrier.



Walk along Great Ouse bank. Credit XR

Robert Shippey of Extinction Rebellion, a steward on the walk, said "All the groups working together feels like a step-change locally in the ongoing campaign to tackle the climate and biodiversity crises. Everyone is needed, and more people are starting to get involved in various ways."



Walk at Quay. Credit XR

Borough Councillors Michael de Whalley, Jo Rust, Andy Bullen, Rob Colwell and Pallavi Devulapalli attended. Others, including Conservatives, were invited.



by the book

July Events

The ABC Murders - join us for another Murder Mystery Afternoon High Tea at Petals Tearoom, Dersingham, Tuesday 18th July at 2.30pm £23

Mens Monthly Reading Group - Thursday 20th July 7pm at the Golden Lion Hotel Bar, Hunstanton

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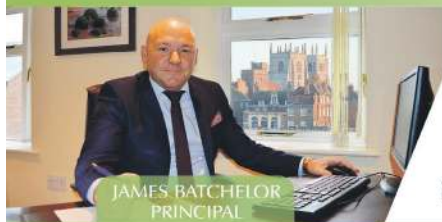
On the beach at Old Hunstanton in front of the RNLI boathouse and shop.

Everyone welcome, especially families with children. The competition lasts for about an hour (weather permitting) and is in three age groups. Prizes will be vouchers for the RNLI shop. Parking available at the Le Strange car park.



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Are prenuptial agreements legally binding?

By Emma George, Family Solicitor, Hayes + Storr

One of the main reasons couples enter into a prenuptial agreement is to protect wealth from outside the marriage, such as a business or property. It also helps obtain certainty regarding the financial position of both parties should a marriage come to an end.

Will the family court uphold my prenuptial agreement?

In England and Wales there is no law specifying that a prenuptial agreement is legally binding. However, after a landmark decision in 2010 the courts decided that they would give weight to prenuptial agreements under certain circumstances when considering the outcome of the financial division of assets between spouses during divorce. Prenuptial agreements, entered into properly, should be upheld provided they meet the needs of the parties.

Is my agreement valid?

There are several factors which could be detrimental to the agreement being upheld, namely:

- If the agreement was entered too close to the wedding day.
- If either you and/or your former spouse allege that you were put under duress to sign the agreement.

- If either you or your spouse did not undertake full and frank disclosure of all assets and liabilities in your names, or that you hold jointly with any other person.

- If the agreement was not in writing and independently witnessed.

- If you and/or your spouse did not obtain independent legal advice.

What if I am no longer happy with my prenuptial agreement?

Sometimes a prenuptial agreement may no longer be an agreement you are content with, or one that allows for changed circumstances.

For example, if one of you:

- had to give up your career to look after your children;
- had to give up work to care for a disabled relative;
- suffered serious ill-health; or
- has started a new business partnership or venture.

Can I renegotiate our prenuptial agreement?

You can renegotiate the terms of your prenuptial agreement during your marriage. To do this, you should both engage with separate legal representatives and make a full and frank disclosure of your assets.

Can I apply to the court to disregard the prenuptial agreement?

When you divorce, you can request that the court considers your finances if you cannot agree on the terms of the settlement.

The court will determine if the prenuptial agreement should be binding. In determining this they will consider the terms of the agreement as well as the surrounding circumstances when it was signed.

If upholding your prenuptial agreement would be unfair due to unforeseen changes from the time it was entered into, then you may be able to challenge the enforceability of the agreement.

If the court is not satisfied that the agreement should be upheld, then it will make the financial orders it deems appropriate after considering your family and financial circumstances.

How we can help

For further information on prenuptial agreements, contact Family Solicitor, Emma George on 01328 863231 or email emma.george@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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T&A investigates Walking and Cycling Routes

Richard Bird

We at T&A magazine have had a varied and interesting relationship with leisure cycling and walking routes for many years. Holidaying abroad walking and cycling has shown us what can be done, as opposed to what can be avoided, by authorities of all nationalities.

In Italy we enjoyed the leisure and tourism of the holiday resort of Riccione which attracts cyclists from across Europe to spend their money on tours with ex-pro riders on roads virtually closed to motorised transport.

On the island of Majorca, the north-east corner is almost exclusively motor transport free with great rides in the sunshine in virtual total safety. Going to Utrecht in Holland the city centre has been converted to a motorised traffic free environment, with bicycles having the right of way throughout. This city was a regular traffic area until they changed the way they wanted to live back in the 60s and 70s. We have toured and observed.

Around our own country we have seen the railways that Beaching closed during the 60s converted to walking and cycling routes. Most counties have done their best to produce safe routes where families including young children can safely expand their skills without the risk of collision with motorised transport, there are occasional spat between riders and walkers but nobody ever dies. The writer was a Norfolk County Councillor for 4 years and sat on the panel for safe riding and walking, unfortunately it was in the period of austerity where money was so tight and although plans were made not much actual work took place. Those works that did happen were, in the main, in the east of the county and a lot had the dubious value of being just signposts or paint on the road and then being called routes. This latest initiative could be better and has the signs of being a good joined up effort.



The Elizabeth Way

Firstly let's look at the ground rules, are these routes for commuting to work, shopping and so forth, or are they for Tourism? Although some could be used for both, they are totally different in their usage. Commuters want the shortest possible time and distance, while tourists would want to take in places of interest and the most picturesque surroundings.

So NCC wants your views on the routes listed on their website: www.norfolk.gov.uk/activetravel Many have been started, and from what I have seen what is being done is of a good standard. The challenge is to make them joined up in a logical fashion. We at T&A want to stay positive and ask you to do the same - negativity will not get money spent in West Norfolk.

Norfolk County Council has launched phase 2 of the Local Cycling and Walking Infrastructure Plan (LCWIP), which focuses on improving active travel in 20 towns across the county.

The purpose of the LCWIP is to enable increased levels of cycling, walking, and wheeling across the county, helping to create a modern, well-connected transport network that gives people more alternatives to travelling by car.



An online survey was launched on (Thursday 18 May), and will be open for eight weeks asking for residents' feedback on the suggested proposals outlined in the plan.

The online surveys will be available for each of the 20 locations outlined in the plan, as well as for improvements to the Norfolk Trails and the National Cycle Network. There will be a final showcasing of the schemes at the Royal Norfolk Show – 28 and 29 June. We attended the consultation exhibition at the Oasis Hunstanton meeting and photographed the two officers there.



The online surveys will be live until Thursday 13 July.



Soul & Motown NIGHT



Saturday 14th October

Enjoy a two course meal followed by an evening of Soul & Motown classics with Roy C Hemmings (understood as the longest serving former member of legendary group The Drifters) is a great showman and dynamic singer.

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Those Lazy-Hazy-Crazy Days of Summer

It's the time of year to embrace the beautiful textures, flattering silhouettes and effortless styling that comes with a perfect summer dress.

The Celina dress in the advert is crafted from a silk-like, light and floaty viscose modal, and comes in a dynamic, contrast stripe print. With a semi fitted top, flowing down to a flared hem, this bold style exudes femininity, style and elegance. The loose silhouette will keep you cool and comfortable as the temperature rises and the style is equally suitable for a day out with the family, or teamed with a pair of heels for a business lunch.

Ladies, let's be honest, who wants to spend time hand washing and ironing when the outdoors is calling - especially on a glorious morning in July? This dress can be machine washed at 30 degrees and the fabric is resistant to wrinkling too, so dry on the line or hanger and avoid the ironing board! Should the worst happen and it gets creased in your suitcase, just hang it in the bathroom while you have a hot shower and the steam will smooth out the wrinkles.

Head down to Allez Chic at Castle Rising for your perfect dress for the lazy, hazy days of summer. Wearing it, as the words of Nat King Cole's famous song say, 'you'll wish that summer could always be here.'

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Hunstanton u3a

We will meet at the Community Centre, Avenue Road Hunstanton at 2.00 pm on Monday 17th July when Hilary Farrell will tell us about her visit and experience of volunteering with some of our u3a members at Saidia Children's Home in Gilgil, Kenya.

We look forward to seeing you then. For further information please see our website hunstantonu3a.org Telephone 07443763679

LOW VISION

What you need to know



There are **1,800,000** people in the UK with some level of sight loss

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Low vision

Is low vision causing you to miss out?

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Low Vision is when an eye disease affects your vision in a way that cannot be solved by spectacles.

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I know my vision isn't great: what can I do to make it easier to see things?

MAKE THINGS BIGGER

The larger something is, the easier it is to see. The RNIB shop has items to help you, such as phones with large buttons, as well as watches with large clear numbers, easy to see kitchen scales and large print games.

MAKE THINGS BOLDER

Bold lines are easier to see than faint ones, so to make it easier at home why not write with black marker pens with a thick nib. This will allow you to write notes more easily and read back what you have written.

If you struggle with navigating your home, a contrast strip on the edge of a stair can make it stand out, and contrasting tape on hard corners can save you from knocking yourself each time you pass.

MAKE THINGS BRIGHTER

If you find something hard to see, better light will always help. Try using powerful light bulbs and add an extra lamp where you find things difficult to see. Make sure you have a lamp shining on the page when reading.



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Hunstanton Eyecare blog

My specialist subject in the optical world is "Low Vision". We class Low Vision as poor eyesight that cannot be corrected by means of spectacles, contact lenses or surgical intervention. This will impact upon daily life and many folks will be registered as Sight Impaired. I have run Low Vision clinics on behalf of the Queen Elizabeth Hospital since 2010 and this role is completely separate from Hunstanton Eyecare, so you might wonder why I'm going on about it, however, this expertise does come in very handy in our day-to-day practice. As a Dispensing Optician I understand eye disease and the pathology that damages eyesight, why specs will not help and why we need to resort to magnifiers and other Low Vision Aids. From the optical knowledge point of view, magnifiers and telescope systems fit in very well with our study of spectacle lenses, so it is an ideal subject for dispensing opticians.

I strongly believe that low vision provision should be part of an optical practice and easily accessible, not something in a hospital environment, but sadly the majority of my peers don't seem to agree! The last Low Vision course for dispensing opticians had to be cancelled due to lack of folks applying which I thought was very sad. Perhaps there is a perception amongst the optical profession that a Low Vision clinic is depressing because you are dealing with those with poor sight? I wish they would come and sit in with me at times so I could prove them wrong and here's a little story:- Last Friday Mrs Cox was booked in, our first meeting was in January 2021, she is a keen needlewoman and enjoys embroidery. That's always a worry as trying to enable someone to see small stitches when they can't even read large print is a challenge. Dear Mrs Cox only had useful vision in one eye and the "better" eye could only see the largest letter on the chart at half the usual distance for us fortunate fully sighted folks, but she was desperate to finish a patchwork quilt. Anyway, in my box of gadgets I have little telescopes which can be fitted into a spectacle frame and worn for hands-free close work. Being a telescope, it gives magnification but also allows a reasonable working distance. This beats the single lens of similar power as the working distance would be far too close and you would probably keep stabbing your nose with the sewing needle. We both hoped it would work. So last Friday Mrs Cox arrived, and out of her bag came the most stunning finished quilt of Peter Rabbit and all his friends! it really is a work of art. I couldn't resist taking a photo of it and Mrs Cox is very happy for me to share it with you. She made my day, as she said she wouldn't have been able to complete it without the Low Vision Aid I had made for her. This kind of occasion makes the low vision work so rewarding and she reminds me not to underestimate what people can achieve despite their impairments.

At Hunstanton Eyecare we do carry a large range of magnifiers and Low Vision Aids. So if you know of anyone who needs specialist help, hopefully we can provide it.

Annette



Mrs Cox with her magnificent quilt

Happy summer holidays!

Sandra Hohol. Norfolk Holiday Homes
01485 534267 info@norfolkholidayhomes.agency
www.norfolkholidayhomes.agency

The sun is out and we now have summer - we hope, as it is sunny at this moment of writing and we are noticing bookings picking up and the trends maybe going back to pre-Covid times.

We are adding properties to our register too which is excellent to keep us all busy in our little office. We are so lucky to have such a diverse selection of properties to offer but we always welcome more. Bungalows are very popular as they suit everyone. Flats above the first floor will limit clientele and large properties are also popular as you can bring extra family – always handy to have babysitters so you can respite from the children!

There are certain other criteria which holiday homes can have to gather more bookings so all boxes are ticked. Plus, other ticked boxes are needed when comes to rules and regulations. Gas, safety, fire and more have to be checked and a property has certain standards to rise to and maintain during it's life being open to the public. I am not going into detail here but we have literature at the office should anyone wish to call us. You would be surprised what is needed but some think it so easy. Even as I am writing this there is another legal requirement coming in to force later in the year.

So, if you think you can let out your property, you may have to think again when you hear about what you have to be responsible for as an owner and the high standards which have to be maintained. However, that is what we are here for so we can manage the guests, paperwork and the owners and with our team of three, we cope very well despite any ups and downs.

I usually give a shout out of thanks at the end of the year to our team of housekeepers and 'owner- cleaners' plus maintenance guys too. No-one sees what goes on in the back ground to get holiday homes ready

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and this applies to holiday parks too! So, a half yearly thank you to you all! We would be lost without you!

Of all my years in this industry I can be honest and say that we have not had any serious damage apart from small repairs and maintenance which need attention until a few weeks ago. Some child must have brought in a ton load of sand and munched a shed load of sweets. Adults had blocked the kitchen pipework took. Not ideal for the housekeeper to find on changeover day. But it could have been much worse.

We take the good with the bad – and thankfully not much bad..... ..however it's only June and we have summer holidays on the horizon..... Happy summer holidays!



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News from the Woottons

Richard Coates

There's always news from The Woottons, sometimes it's predictable news, sometimes quite unpredictable like the recent election results. This month I have to tell you about Wootton news that is very unhappy. I'm referring to the untimely death of Nick Daubney. He'd been ill for some months but I'd been told that he'd had treatment which was designed to give him this summer. Summer came and went for Nick Daubney, all too quickly.



Nick Daubney

I'd known Nick Daubney for many years. He was a tireless worker for the Woottons, King's Lynn and West Norfolk. He'd been a parish councillor, borough councillor and county councillor. He'd been Leader of the Borough Council, Mayor and, most recently, Honorary Alderman. He didn't just hold positions, he was a worker. It was his work that led to the redevelopment of a previously brownfield site in King's Lynn with an innovation centre and new housing leading to new jobs and investment. He was involved in many initiatives bringing business to the town, too many for me to list here but I will mention the international work he did with the New Hanse in which he was the English Commissioner bringing King's Lynn to join the 187 trading partners throughout Northern Europe.

Nick Daubney was a stalwart of the Conservative Party but his work for the local community brought tributes from across party lines in the local press. There were so many that, in the local free newspaper Your Local Paper, they filled one page and flowed on to a second page. Truly a giant of a man and The Woottons is proud that he walked our roads and worked for us. I'm proud that he was a Woottons Borough Councillor for many years and now I am too, but I can't hope to match what he did. Nobody can.

There's a dedicated group of people in The



Geraldine Coates & her dog Sam



Your Choir



The Positive Paws team



Woottons FC coaches (from left) Freddie Burt, Neil Gotsell, Tim Kirby, Daniel Farthing, Craig Wyllie & Logan Gotsell

Woottons who organise an annual summer event in our main park. It's free to attend and it's called, surprise, surprise, PicNic in the Park. The park was designated years ago and the housing has grown up around it with the result that there's easy walking access for large numbers of people at multiple points.



Richard Coates

For this event, for anyone coming by car, the adjoining North Wootton Academy opens up its playing field as a temporary car park. There's free entertainment throughout the day and a small funfair for those that like these things. Even a fun dog show for our four legged friends.



Picnic volunteers



Some of the local charities and voluntary groups have stands that show what they do or seek to raise funds. In all, it provides an excellent time to bring the villagers together but, like any outdoor event, it's very weather



Elizabeth (10)

dependent and, fortunately, the organisers remembered to book good weather. Actually, they must have double booked the weather because we had the hottest, sunniest day of the year so far! Anyone who didn't go this year missed an excellent day out. Anyone from outside The Woottons: we're a welcoming lot; come and see us next year!

Last month I was able to tell you that I had been elected as one of the Borough Councillors for the Woottons Ward. Since then I can reveal that the Council provides an immense amount of training to new Councillors like myself, some of it recommended and some of it compulsory. At the time of writing this column, I've only attended one actual Council meeting - and that was the annual meeting which was more ceremonial than working, it was when the new mayor was installed but I've had countless hours of training, both face to face and online.

One job the new Mayor has already delegated is giving out specially minted Coronation coins to all the primary schoolchildren in the Borough. There's many thousands of them so there's no way the Mayor could hand one to every schoolchild personally. So she asked the Aldermen and local Councillors to deputise for her and here in The Woottons Alderman Clifford Walters and I have agreed to do that for her. He's got a great grandchild at each of the two South Wootton schools that he lives near so he said he'd visit those two schools where there are a total of 416 pupils and I'm going to the North Wootton Academy where there's only 325 but still a fairly weighty duty to perform.

I publish a weekly email of Wootton News and Diary Dates and I also include information such as local planning permissions. I've noticed that compared with, say, a year ago, it seems there are now fewer planning applications being made for the Woottons than there were and I think this is mirrored in the rest of the Borough, suggesting that the building boom is coming to an end. I've noted that the cost of building materials has been increasing sharply in the last year or two and it's been in national news that mortgage rates have been increasing to make them less affordable. So even in the favoured Woottons, we may not see builders' trucks around so much in the future.

If you live in The Woottons and would like to receive a free copy of my weekly email, contact me at richardcoates@inbox.com.

Picnic in the Park images: Ian Burt

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Wild in Westminster and West Norfolk

Finally! Like everyone in North West Norfolk, I am delighted at the fantastic news that QEH is now one of the new hospitals the government is committed to building by 2030. This will mean major investment in a hospital fit for the future for patients and staff and is a real boost for our area.

Securing a new hospital has been my priority since the general election and after three and half years I'm delighted the compelling case I've been making has been accepted. Despite intense frustration at how long it was taking and claims that we had been forgotten or even that the hospital may close, I was confident we would get the right decision. From my first speech in Parliament, through questions, debates, ministerial visits to QEH, and countless meetings with ministers I've made the case to add QEH to the new hospitals programme. Now the Prime Minister and Health Secretary have agreed to do just that.

Getting this great news and has only been possible due to great campaign support from the local community - including 15,000 people signing a petition - QEH, other local MPs, councils, and through local coverage in Town and Around and other publications.

This announcement is a huge vote of confidence in West Norfolk and will see hundreds of millions of pounds invested to deliver better care. Having been in the House of Commons to welcome the news when the Health Secretary made the announcement, I was at QEH the day after the decision where there was a real buzz of excitement among staff and patients. Like many people my emotions were relief and immense delight and I know many had a tear in their eye as they watched the announcement - talking to people in Hunstanton and across North West Norfolk

it seems a lot were tuned into Parliament TV to watch it.

A reason for the delay was the impact that adding QEH and other RAAC hospitals to the programme will have on other schemes and the need to work behind the scenes on that detail in finalising a £20 billion investment programme. Now there is a funded plan and our new hospital will be based on a Hospital 2.0 concept using standardised designs for inpatient wards, A&E, operating theatres, and other areas. By using Modern Methods of Construction new hospitals can be built more quickly and at reduced cost - with efficiencies of up to 25 per cent. This is very important given that 9 of the last 10 new hospitals built have been late and over budget. QEH will be tailored to local needs to deliver a hospital making use of the latest technology, digital innovation, and sustainability.

Having gone from not being on the list to being a priority scheme is a huge turnaround. QEH has already taken the first step on the journey to delivering the hospital with the demolition of the Inspire Centre to make way for the new multi-storey car park. I will now work closely with the QEH, the NHS, and the government to progress the plans to deliver a new hospital that patients, staff, and our community deserve with its doors opening by 2030.

James Wild MP
 House of Commons, London, SW1A 0AA
 james.wild.mp@parliament.uk
 Tel: 020 7219 6968



A page from the Sage

The beach and the Wash

I am back again for the month of July. Well now, you will not be surprised if I tell you I am going to talk about the beach and the Wash. Let's start with cockles first; cockling has been going on in the Wash for hundreds of years, when it first started with men going out in a boat and then mooring the boat at low water and hand raking the cockles into a sieve or net then the fishermen would plough the cockles out with the boats propeller but they found that this smashed a lot of the cockles up so this practice was stopped and a machine is used like a large Hoover and the cockles are sucked up a large tube like a fireman's hose.

There were at one time many cockles in the Wash. I could go down Heacham or Hunstanton south beach and gather a bucket of cockles in half an hour, there are many restrictions on gathering them but as long as you gather a bucket full and do not sell them you are okay. There are still cockling boats working out of ports in the Wash like King's Lynn, Boston and the small port of Brancaster and we hope there will be many cockles in the Wash for years to come for all of us to enjoy.

Not too many people might know of this shell fish, it is called a razor clam though some people call them razor fish. They are about six inches long they are called so as they look like the handle of an old cut throat razor, they live in beds in shallow water and are hard to gather as they live down small holes in the sand. The only way to gather them is when you spot a hole you drop a spot of salt water down the hole the clam pops up you have to grab the shell but you need a glove or an old sack round your hand. You cook them just like cockles but they do not taste so good. I was bait digging on Heacham beach once when a kite surfer came out of the sea and cut his heel so bad on one of these clams he had to be taken to King's Lynn hospital so beware of them.

You can also find big clams down Heacham beach but I have never tried them as they never look nice. One shellfish that is plentiful is pink shrimps; fishing boats go out from King's Lynn and Boston, and they taste very good. I used to go shrimping a lot with a push net but you can also get wider nets that you can drag through the water the only thing with shrimps is I find them hard to peel. You can still find a few nice mussels scattered along the beach from Heacham to Hunstanton -one tip when cooking them do not eat them if they do not open. You can buy some good ready cooked mussels from the supermarkets, they are not expensive and I eat them every Saturday for my lunch.

Now we go to the best shell fish of all - the crab. A few could be found under the old pier when there were a lot of rocks there but over the years these rocks have been covered up with tons of sand and of course the dear old pier is there no more. Another place for to go crabbing was at the seaward end of the large



mussel scarp at Old Hunstanton where there was a line of rocks called the Boston rocks because they pointed seawards to Boston. You could nearly always find a nice crab or two and Holme beach was another good place to go crabbing. A lot of commercial crabbing still goes on in boats going out from Wells, Cromer and other small fishing villages around the north Norfolk coast. If you go along the coast on the A149 you will see someone with a sign out selling shell fish in nearly every village en-route. I was talking to a well to do gentleman once and I asked him how he had started out in business. He said: "When I was a teenager I started hawking fresh shrimps in paper bags in a basket up and down the promenade at Hunstanton and when I had made enough money I bought my first property." Some people would go around the west Norfolk villages hawking shellfish from a horse and cart then as time went by they would use a small van.

Now the next delicacy I will tell you about is not a shellfish; it is a kind of seaweed that's right you have guessed it is sanfer, not samphire like them posh chefs on the telly. There are sanfer beds all round the Wash way down the Lincolnshire coast then Sutton Bridge, Terrington Marsh, North Wootton Marsh, Wolferton in the creeks, Snettisham around the old landing stage, Holme, Brancaster, Burnham Norton, Wells, and Stiffkey and maybe even further. The sanfer season only lasts for about two months in the summer and another thing about sanfer is you need plenty of rain for a good season. You do not see many whelks about nowadays, I loved them but I had to give up chewing them when I lost most of my teeth. Keep on eating them shellfish they are very good for you so most people say.

The Wash has some fish in it but not like it was fifty to sixty years ago. Hunstanton had two fishing clubs, one club fished for almost anything that they could catch the other club was the Wash Tope Fishing Club that fished in

the Wash just for tope which is a small type of shark and is quite harmless but good sport to fish for. Also in those days a lot of people would put out nets to catch herring; they would fasten one end to a groyne and the other to a stake or some sort of anchor out to sea. The nets would be anything up to 200 yards long with floats along the top rope. There were also many eels in the Wash that people would fish for off the promenade. When I was a lad and lived at Dersingham my dad used to take me down the beach and we would fish for dabs and butts, they were flat fish like a plaice. My dad would walk up and down with a butt prick which was a six inch nail attached to a broom handle that he would keep sticking it in the water in the creek hoping to stab a fish. When I moved to Hunstanton and lived in a flat at number one Seagate I was about 50 yards from the beach so I got a friend of mine who was a blacksmith to make me a butt drag. This consisted of an old iron bar from a bedstead, holes were drilled in it and cod hooks were attached. A rope was fastened to it and it was dragged through the water at low tide. I am not sure but I think this type of fishing has been banned as it was a bit cruel. I lent my butt drag to a chap to tow behind his boat, the rope broke so there has been a butt drag laying out in the Wash for about the last fifty years. There was another way of catching flat fish and that was to attach about one hundred fishing hooks to a line, put lug worm on the line as bait then anchor the line out in the sea. You would maybe go days without catching any fish then you would be lucky and catch a few. A lot of people would fish off the promenade with rod and line and some still do at the northern end of the prom. When the old pier was still there a lot of people would fish off it with rod and line and some with hand lines especially when the mackerel were in season.

The Popperwell family

Tom Wilson in his letter to the editor in Town and Around mentioned the Popperwell family. I knew them quite well, Mrs Popperwell was the landlady of the Coach and Horses public house in Manor Road Dersingham during the Second World War from 1940 till 1945. She moved to Hunstanton and opened a fish and chip shop at the end of a row of cottages in Beach Terrace, it was called the Brooklands fish and chip shop and restaurant.

In 1960 the Vegas complex was built in South Beach Road and Dawson Popperwell opened a fish and chip shop there. For the first year or two trade was not too good so Dawson closed down in the winter and went to work at the sugar beet factory in King's Lynn. After trade picked up my wife Joy went to work for him and trade got so busy that in the summertime at weekends the shop would stay open to well after midnight. Sadly Dawson has passed away but the Vegas fish and chip shop

is still there.

Lost attractions

Often people ring me up and ask about the many attractions and buildings that have been lost to Sunny Hunny. Of course the main things people remember that have for no real reason like the railway, the Sandringham Hotel, the Blue Lagoon, the boating lake and the pier. None of these will ever come back. At one time over the years there were four roller skating rinks; one on the far end of the pier, one at the Oasis, another one at the back of the Vegas amusement arcade, but the best rink of all was the rink in the south west corner of Rainbow Amusement Park. It got washed away in January 1953 but it was rebuilt and up and running again by the Easter of that same year.

Hunstanton characters

How many of you can remember the lady on the promenade just by the old Kit-Kat? You gave her a shilling then you stepped on her machine and she would measure your height, weight, heart beat and vitality. It would all be printed on a card that came from the machine. Some people would go to her every week. Another very popular person and entertainer in Hunstanton in the 1950s, 60s and early 70s was Bert Bradshaw who entertained at the old Kit-Kat. In the summer season he played the organ, piano and piano accordion. He also sang and told jokes. In those days there was an electric organ on a island made out of stone in the middle of the boating lake and every Sunday afternoon in the summer at three o'clock Bert would be taken out to the island in a small motor boat where he would entertain all the people sitting and standing round the lake. Bert was a right old 20 stone character and on a Sunday lunch time whilst on the stage entertaining at the kit-kat he would look around the room and if he thought that there were not enough people in the room he would pick up his piano accordion and he would go out on the promenade playing it then after about ten minutes he would come back

in with a crowd of people following him back into the Kit-Kat. Bert was a good all-round entertainer, he started up before the Second World War with a Punch and Judy show on Snettisham beach and went on from there. Bert played at the Kit-Kat for about twenty years and was very popular with residents and holiday makers alike. Bert died many years ago; I am pleased to say that Bert Bradshaw was a very good friend of mine.

Meeting Royalty

I am a bit late in writing this but I am afraid it takes me a bit of time. I heard a programme on the wireless asking if any one had ever met the Prince of Wales, now King Charles III, when I worked for the outside catering firm of Brooke and Brooke Ltd of Hunstanton, we worked on a lot of functions attended by royalty including the Royal Norfolk Show, Sandringham Flower Show and the gun dog trials that took place for three days on the Sandringham Estate.

Going out

The only time I have being out over the last two years is for an hour on a Saturday morning when my son takes me to a mate of mine for a chat and when I go to hospital at King's Lynn for treatment. Then a friend of mine took me for a ride around Hunstanton. We went down Beach Road, past the Vegas then we turned right. The Rainbow Park fairground is looking all bright and tidy ready for the summer season. There has been a fairground on this site since 1938 (it was closed down for five years when the army used the site to store their lorries) so there has been a fair on that site for eighty years. We went down Seagate to where the Kit-Kat was and that is where there is a very big lump of white concrete. Who on earth gave planning for this monstrosity? My mate told me that it was a block of flats and it was going to be a lot higher. We went on to the old railway car park where they are building thirty

two flats - that will mean that half the car parking on this site will be lost. Next we went up round by the lighthouse and past the new housing estate along Old Town Way. Finally we went past the area of land opposite the water tower on Redgate Hill where 160 properties are to be constructed.

I was really shocked to see the building on the old Kit-Kat site and it will be a lot higher than it was. It was bad enough when the grain silo was built on the end of the Oasis Leisure Centre. Most of the cottages along Seagate Road were built around the year nineteen hundred and the two pairs of town houses in Seagate were constructed before that. The town is well overcrowded with houses and other buildings. When the Americans were here in the nineteen fifties the town was called Little Brooklyn, if we get any more sky scrapers built in the town I reckon it will be called New York.

My eyesight

Now I come to the worst bit of this write up. I am totally blind in my right eye and sadly I am going blind in my left eye so I am afraid I will have to give up my writing. I have been writing in the Town and Around and Dersingham Village Voice for over twenty years. I started in nineteen seventy when I wrote my first letter to the Lynn News about the state of the beach at Hunstanton. Over the years I have also written to the Eastern Daily Press, Let's Talk, Heacham Newsletter, Swaffham Newsletter, the Shooting Times and many other publications.

So sadly I will have to give up writing my squit, fact, fiction and telling my tales. I would like to thank Richard and Elaine Bird at Town and Around for putting my mistakes right, Geoff Needham for putting me right when I got things wrong, and to all you good people out there. Just you keep on a troshin'.

The Boy Dick, Sunny Hunny

Nature notes with Carrie Carey

It was the summer of '69

My family and I spent the summer of 1969 in a small working fishing village just south of Penzance. Winding narrow roads lined with quaint stone cottages led down to a small harbour teeming with modest fishing boats. This was the gathering place for fishermen to mend crab pots and torn nets while entertaining tourists with their tales of wild seas. Close by strong-armed women washed oily fishing gear and hung it out to dry at the back of the old fish stores. Artisans and craftsmen filled the cobbled streets with paintings, pottery and needlework all reflecting the beauty of the coast. Memories of my time in Mousehole, seem aptly reflected in the lyrics of a Bryan Adams' classic "Oh when I look back now, that summer seemed to last forever. Those were the best days of my life... it was the summer of '69". My short sojourn in Cornwall embodied in me a love of all things marine and it was here that I encountered a new world, one only existing at low tide.

Over those few weeks, in the company of a tanned and tousled haired Cornish boy, I discovered the portal to a magical place. Peering into the watery depths of a rock pool we watched tiny blennies darting in and out of small crevices, gazed in awe at delicate sea urchins and followed the zig zag trails of limpets to where they clung to the recesses of rocks. Branok showed me how to find small crabs burrowed below the sand by looking for bubbling air holes, we carefully scooped sea stars into buckets and marvelled at the waving tentacles of small anemones reaching out for passing prey. We spent hours scrambling over boulders and peeping under mounds of seaweed searching for the weird and wonderful. I cannot remember becoming bored or restless and it was only the returning tide that signalled it was time to release our catch into the sea and head for home.

On some days we scoured the beach for treasures that the sea had left behind. Walking along the strandline, where sea and land meet, we uncovered all manner of items washed ashore by the waves. This patchwork of inorganic and organic matter veiled a myriad of treasures in its folds. We unearthed seashells, egg sacs, driftwood, mermaids' tresses and the remains of creatures long passed. Items stamped with foreign names evoked tales of exotic places we pledged to visit when we were older. Discarded shoes belonged to one-legged sailors who'd had dangerous encounters with sharks, glass bottles were filled with secret messages and cast out to sea and heart shaped shells were shyly shared with each other. Whether kneeling over a rock pool or scavenging along the strandline, there were countless opportunities for imaginary adventures, learning and discovery. I found out that man has been using the gifts of the strandline for centuries; seaweed was used by mariners to forecast weather, ancient Greeks harvested sepia ink from cuttlefish and clusters of whelk eggs were once used as bath sponges. Branok showed me how to scrape a slit in the top of the dried bladder of egg wrack and blow across it to produce a musical note. We listened to the roar of the sea by holding a shell to our ear, made jewellery from sea glass and wrote in the sand using cuttlefish bones.

Rock pooling and beachcombing are activities that I now enjoy with my grandchildren. A small net and bucket are the only equipment required but if you have one, a magnifying glass adds another dimension to the fun enabling children to look at tiny critters, such as sea squirts, up close. Seashells are always a favourite and as well as being a home to many marine creatures, they can be a hideaway for small fish and a base for algae to attach to. Always take great care picking up a seashell and don't take too many as souvenirs, they have an important part to play in the marine ecosystem. Even though we appear to have miles of sandy and shingle beaches in the UK, these natural resources are slowly being depleted by coastal erosion. Beaches are busy nurseries for many species of marine life so taking sand, pebbles and shells can cause a detrimental impact on these populations. While it is imperative to return animals and plants back to the sea once you have had a peek, some finds can be taken home. Sea glass is manmade but still exciting to find. The sharp edges of broken bottles become frosted and smooth over time as they are tumbled around in the sea, and they make a colourful addition to any craft box. Plastic bottles make great periscopes, plant labels can be made from

disposable cutlery and discarded drink cans can be used as candle holders. Sadly, our beaches are drowning in litter on a massive scale so whenever we go the beach, we spend a few minutes collecting rubbish which is popped into a bag and recycled or dropped into a bin. If everyone takes time to make a small difference, we can all make a big difference.

Beaches are more than just sandcastles and paddling. They offer plenty of contact with the natural world and the strandline is an exciting place to start. Bring the family to Titchwell Marsh this summer and find your own adventure. We can even help you get started with a 'beachcombing kit' which you can hire from the Welcome Hub on arrival. Every beach has its own story... what will you find?

For more information, please visit www.rspb.org.uk/titchwellmarsh



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Round the bend with Dean Baker

Eight years ago this month or I'm here every Tuesday

This month I'm going back to where it all began ... my first article for the renowned 'Town and Around' was about Carbon Monoxide poisoning. I remember working on it for days, writing and writing again. Then dashing into the garden with Mrs B to take a photograph. That was July 2015, when I was new to Hunstanton, the Littles were at pre-school and almost everything could be mended with a Peppa Pig ice cream! So much has changed but that first article is just as important now as it was then.



Carbon monoxide gas is colourless and has no smell, its deadly and undetectable. Common household appliances used for heating and cooking can produce carbon monoxide if they are not installed properly, are faulty, or poorly maintained. Appliances that can produce carbon monoxide include – gas boilers, gas cookers and clay ovens, gas or paraffin heaters, wood, gas and coal fires and

portable generators. Keen eyed readers will have stopped reading now to glance at the beautiful summer sunshine! If you've ever used barbeques or camping stoves inside or turned on a motor car or a petrol mower in your garage you could have been exposed to carbon monoxide. You should have your boiler serviced every 12 months to guarantee its safety.

My advice in 2015 remains the same today. Summer is the ideal time to have your boiler serviced. If the service shows that work needs doing

Round the Bend



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then it's highly unlikely you'll miss your central heating for a couple of days. You may have a separate hot water tank or if worse comes to worse you can have a lukewarm bath by boiling the kettle! When the autumn turns to winter you can give yourself a pat on the back knowing that your boiler is running economically and safely.

Please note -

I'm no longer registered as a gas safe plumber so I'm not allowed to service boilers. There are many plumbers advertising in the Town and Around who are gas safe registered. If you can't find anyone, give me a ring – I have a list of numbers and names –

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Lavender Lacemakers news

Lynne Hallifax

We make pieces of lace including bookmarks, keyrings, Christmas decorations etc. to sell and the money we collect over the year goes to our chosen charity. This past year it was Prostate Cancer UK and the cheque for £1684 was proudly handed over to Tracy, one of the representatives of the team.



Tracy (far right) accepts the cheque from the Lavender Lacemakers at Dersingham Village Centre

Making lace takes quite a lot of hours regardless of what you are making, as does any craft, but the rewards at the end are very satisfying.

We would like to say thank-you to everyone who bought an item of lace or gave a donation into our collection boxes.

We are now in the process of committing ourselves to another charity, so the work carries on.



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SUMMER KICKS OFF WITH A BANG AT THE MAGPIE CENTRE

Summer activities at the Magpie Centre, home of West Norfolk Riding for the Disabled Association, got off to a great start in June, just as the warmer weather arrived.

A Craft Fair on June 3 attracted more than 50 stallholders and the Have a Go Dog Agility, run by Vince Ford, saw dogs of all shapes and sizes strutting their stuff on the course, with Vince giving valuable advice to novice owners.

The Rapid Response Team did stalwart work, providing and serving all the hot BBQ food and cold drinks, while members of Hunstanton Rotary served tea, coffee and delicious cakes, many of which they had baked and donated.

The event, organised by Jan Calvert, raised a whopping £3,100, so huge thanks are due to all who helped, visited and donated raffle prizes.

June 10 saw a Bingo evening at Stowbridge Village Hall, organised by Magpie Office Administrator Abbie Stirling, and this raised another £400.

Despite the baking hot weather, lots of riders turned out on June 11 for the Charity Ride around the beautiful Wallington Hall estate. This was organised by Ellie Head of Hoofbeats and proved very popular, although the final tally was not known as we went to press.

Our next big event is an Open Day at Wallington Hall, scheduled for Saturday July 29. Admission £1 per person (under 5s free), free parking, hot and cold refreshments available all day, plus carriage driving and equestrian demonstrations. More details soon on Magpie Centre Facebook page and our website: www.rda-westnorfolk.org.uk

And, of course, we are again on the lookout for volunteers, to lead ponies in lessons, walk alongside riders (sidewalk) to help them maintain balance and to help with stable management duties. Full training will be given and it's a great way to make new friends, so if you have a couple of hours a week to spare, call the Magpie Centre office on 01553 810202 for more info and join our friendly team.

Finally, now's the time to have Tea With a Pony! These sessions run every Wednesday, 2.00 – 3.00 pm from April till October. Enjoy elegantly-served tea and cakes in our wheelchair-friendly Sensory Garden, chat to friends and make new ones, and meet some of our gentle ponies. Booking is essential, £5.00 per person, so call the Magpie Centre office on 01553 810202 to reserve your places.

CROSSWORD SOLUTION

Across: 1. Hallbut, 5. Bad debt, 9. Rumba, 10. Ill at ease, 11. Stock-still, 12. Fist, 14. Headmistress, 18. Translatable, 21. Espy, 22. Squidgish, 25. Dirt cheap, 26. India, 27. Discern, 28. Yielded

Down: 1. Heresy, 2. Lummox, 3. Blank verse, 4. Twist, 5. Balalaika, 6. Data, 7. Examiner, 8. Treatise, 13. Stalagmite, 15. Drag queen, 16. Attended, 17. Carports, 19. Herded, 20. Strand,



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In the Deli we stock over 40 different Cheeses. Many are local including Baron Bigod, Binham Blue, White Lady and Norfolk Dapple, along with Traditional Cheeses. Our Deli staff are only too pleased to help you choose. We also have a selection of Cold Cooked Meats, Salads and Olives.

We have a talented team of cooks who bake daily a variety of Sausage rolls, Quiches, Pasties, Scotch Eggs and Cakes.

You will find our shelves well stocked with a variety of larder products including Breads, Oils, Spices, Cereals, Sauces, Flour, Jams, Chutneys and Sweet Treats. Many are suitable for "free from" diets, we stock an array of local Wines, Beers and Spirits. Seasonal Soft Fruit and Vegetables are in abundance.

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Trust in police is hanging by a thread...

John Maiden

According to Andy Cooke, the Chief Inspector of Constabulary, trust in the police is hanging by a thread. In his annual report he went on to say that time is running out if the police and the government are to restore public trust in policing.

He admitted that police forces were experiencing one of their biggest crises in living memory, because atrocious crimes committed by serving police officers had fuelled distrust, while too few criminals were being caught.

My uncle, William Garner, served as a pilot in the first World War, before going on to reach the rank of Chief Superintendent with Norfolk Constabulary. I was not alone in looking up to him, because when I talked about his leadership of rescue operations at Sea Palling in response to the 1953 floods, policemen who had known him described him as a real copper! It used to be my experience that whatever their rank, most police officers I encountered were trustworthy. When I say they reminded me of "Dixon of Dock Green" readers of a certain age will get my drift!



This illusion was shattered by a growing number of miscarriages of justice, which were invariably caused by very unprofessional police conduct. Take for example the Hillsborough Disaster and the murder of Jean Charles de Menezes, who was shot dead on the London underground after being mistaken by the police for a suicide bomber, in a counter-terrorism operation led by Cressida Dick, who was then assistant commissioner of the Metropolitan Police.

The common thread running through these horrific events, and many similar ones, is the concerted effort by the police to cover up their wrong doing in a pathetic attempt to safeguard all that remains of the image, created by television series such as "Dixon of Dock Green".

Not wishing to disappoint anyone waiting to find out if this has anything to do with Norfolk Police in the twenty-first century, I take no pleasure in reporting that when I asked the Constabulary to investigate possible Acts of Misconduct in Public Office, little interest was shown in sorting through West Norfolk Council's dirty washing. However, to end on a positive note, things can only get better now that West Norfolk Council is under new management!

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Celebrating top certification

People with allergies can breathe a sigh of relief when they choose to eat at The Spontaneous Cuppa in Hunstanton's High Street that has recently received their Coeliac UK GF accreditation with a Grade A rating.

Anne JM Norman, who runs the business with her husband Adrian, said: "Our business is built on a respect for people living with allergies and for those who make lifestyle choices when it comes to what they eat and drink."



Photo credit: Jason Knight, www.nativebrand.com

"We are dedicated to making sure your dining experience with us is safe, so you can relax and enjoy being in our café."

"We are proud to be 100% gluten free, with dishes also being dairy free and most dishes soy free also. We also encourage customers to ask us about any other allergen ingredients we serve in our food."

"Our menu is influenced by our experiences of different countries from around including our beloved around the world including our homelands England, Ireland and our beloved Sweden where we lived for 20 years. We serve teas, coffees and a selection of cakes and savoury wraps all day, and our lunch menu always includes a meat "Dish of the Day" and a Vegetarian/Vegan alternative."



"People particularly living with an allergy or intolerance to gluten can't be spontaneous when eating out - at The Spontaneous Cuppa, we want to change that!"

"We understand how important it is for our customers to enjoy good food that is safe for them to eat, in a place that really cares."

Approximately 10% of the population have Coeliac disease, 15% with Hashimoto's or other Thyroid diseases and 25% of the population have IBS, there is a belief it is an "iceberg" statistic with more people without diagnoses.

"We have many customers who don't have any medical conditions who tell us they are benefiting from a gluten free diet. There are also so many customers who are Coeliacs or have Hashimotos (like me) and even more customers who tell us about living with IBS, in remission from Bowel cancer, enlarged livers, Eczema and others with Neurological disorders who follow a gluten free diet," Anne added.

The café is open Tuesday to Saturday from 9.30am to 4.00pm, and they also open on Bank Holiday Mondays from 10.00am to 4.00pm.

As well as providing seating for up to 24 people who wish to eat in at their high street location they also offer a "food to go" service for people who are in a hurry, or who simply prefer to consume their order at the beach or elsewhere.



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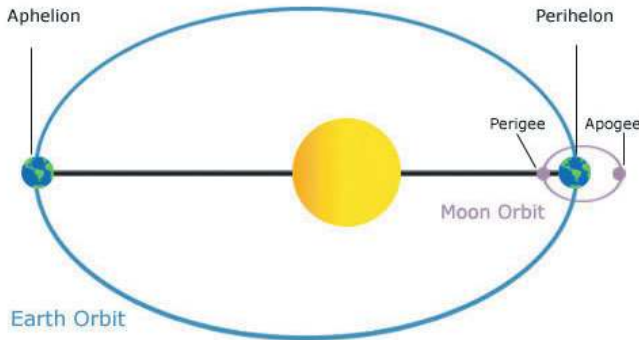
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The Dark Skies of West Norfolk

Terry Parish

July is with us, winter approaches and, at the time of writing, the cold wind has changed to hot sun but, still, no rain. On July 6th, just after 8pm, the Earth is at its furthest point from the Sun, aphelion. Our orbit is almost circular but like all bodies in the Solar System it is elliptical, egg shaped.



An exaggeration. Earth's orbit is nearly circular. Internet

A Supermoon appears on the third. Looks a bit bigger and brighter tis all. It will be 46,000km closer than on the 20th- an elliptical orbit remember. Full moons vary in size and are biggest when their orbit puts them at perihelion with respect to the Earth. A Full Moon close to the horizon also appears bigger due to an optical illusion or even several such 'tricks'. Tides will be a little higher as the Moon will be a tad closer and gravity obeys the inverse square law, (halve the distance, multiply gravitational attraction by 4).



This is the maximum difference there can be. Internet.

There is not a lot of planetary observations possible due to light skies and the times planets rise on the ecliptic. Venus is still very bright with a magnitude of around -4.7 but is now closer to the setting Sun. Look west around 9-10pm in the first week. It becomes difficult after the 11th. The Evening Star is brightest on the 9th.

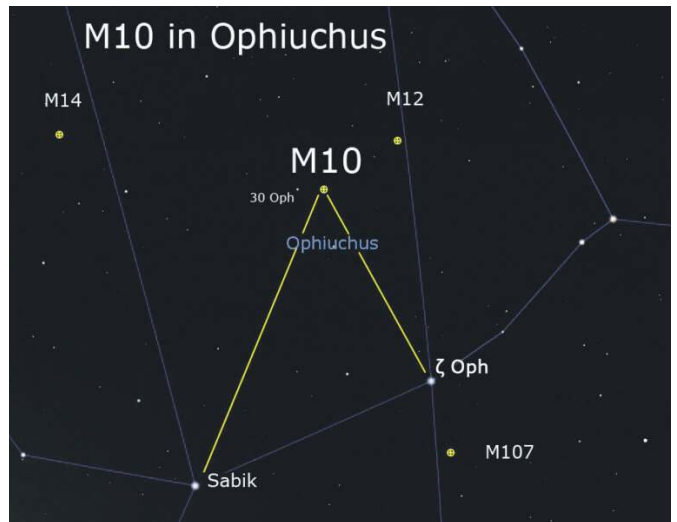
Mars, magnitude 1.6, should be visible low in the west from around 9.45pm when the sky darkens. Scan with binoculars to find an orange/red dot. On the 19th/21st a thin crescent Moon will be either to the right or to the left. Mars is very close and above and to the left of Venus which may help finding it during the first week of the month. Luck, good eyes and binoculars might find the spark of Mercury below the Crescent Moon.

Early in the month, around midnight and low in the SSW, there is another orange dot, Antares, a red giant star. On the 28th, Antares can be found at a more reasonable time, 9.30pm, due south next to the Gibbous Moon.

Antares, the rival of Mars, is the 15th brightest star in the night sky. This is an average figure as it is variable. At its brightest it has a magnitude 0.6, at its dimmest 1.6 (bigger the number, dimmer the star or planet). If you look above, you will see that this compares

favourably with Mars at the moment.

A bright star above Antares and the Moon, on the 28th, is Sabik, a binary system of two almost giant white stars. They are 88 light years distant so, for anyone of that age, their star light set out around the day you were born.



Use Sabik to find several Messier objects. M10 is a globular cluster of stars 14,000 light years distant. M12 is similar; M14 the same but twice the distance; M107 is the last object in Messier's catalogue and is a loose cluster at 20,000 light years. All need a telescope. Internet

If you are up before sunrise, 4am, then Jupiter, magnitude -2.3, will be bright in the west. Uranus is trailing it but will be hard to spot without a telescope.

Saturn, much fainter at magnitude 5.8, is in the SSE at 4am so find Jupiter and then turn around. A yellowish dot close to the Moon on the 7th, binoculars needed but, remember, the sun is rising. (It is dangerous to look through optical instruments towards the rising Sun as you will forget it is about to pop up. Towards a Sun that has set is fine, unless the Earth reverses its rotation you are safe).

If you are heading south on holiday, somewhere like Spain, take binoculars and look south when the sky darkens. The star clouds of Sagittarius in the Milky Way will be present.



The star clouds of Sagittarius through a large telescope. Night skies would be brighter if we lived amongst that lot. Internet

The meteors are coming, the meteors are coming, yes, they are. (Sing and repeat). The Perseid meteor shower, sometimes a delight in August, actually starts on the 17th July. Be the first to spot one. On the 30th, the Capricornids and the Southern Aquarids peak, so your first Perseid might be an interloper. The Capricornids start on the 3rd. There aren't many meteors but there is the odd fireball. The Aquarids are better seen further south than England but can appear on the southern horizon.



A Capricornid fireball. Internet

Short again this month; time and season. Theoretically the late evenings should be warm so take a look into the never-ending sky. A meteor can be a treat at any time and even passing satellites are of interest.

The Barking Bugle

How hot is too hot for walkies?

P hew, it's suddenly got hot out there! It seemed like only yesterday that I still needed to wear a light coat for my walkies and mum was complaining about having the heating on in May.

With temperatures expected to continue to soar in the UK this summer, one question many dog pawrents need to ask is 'How hot is it too hot for walkies?'



We asked the experts and here's what they had to say:-

Temperatures between 12c - 15c. There is no risk of heatstroke so go out and enjoy your walks and have fun.

Temperatures between 16c - 19c. Generally OK to exercise anytime of day but do keep an eye on large and brachycephalic breeds (such as Pugs and Bulldogs), and any dog that is obese or over 8 years of age or younger than 6 months.

The Kennel Club state that temperatures above 20c can cause dogs to become very hot, dehydrated and at risk from heat stroke. The hotter it gets the more risk there is, even if the temperature increases by just 1c. The KC say that any temperature above 25c is a definite NO for all breeds when it comes to walking.

So stick to the rule of walking below 20c to be safe during the summer months. The best time for walks is before 8am and after 8pm when temperatures are cooler and pavements are not hot.

Do remember that dogs are not efficient when it comes to cooling down. We aren't able to sweat excess body heat like humans and we have hairy coats. (If your humans do not understand this then tell them to walk around with a duvet around their body on a hot day). All this makes us much more sensitive to heatstroke.

If it's too hot why not get your pawrents to invest in a parasol, a swimming pool and deckchairs for us doggies. I am pawstive most furry friends would really appreciate that!

Woofs Miss Zsa Zsa - Editor of the Barking Bugle

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David Elsey's cryptic crossword

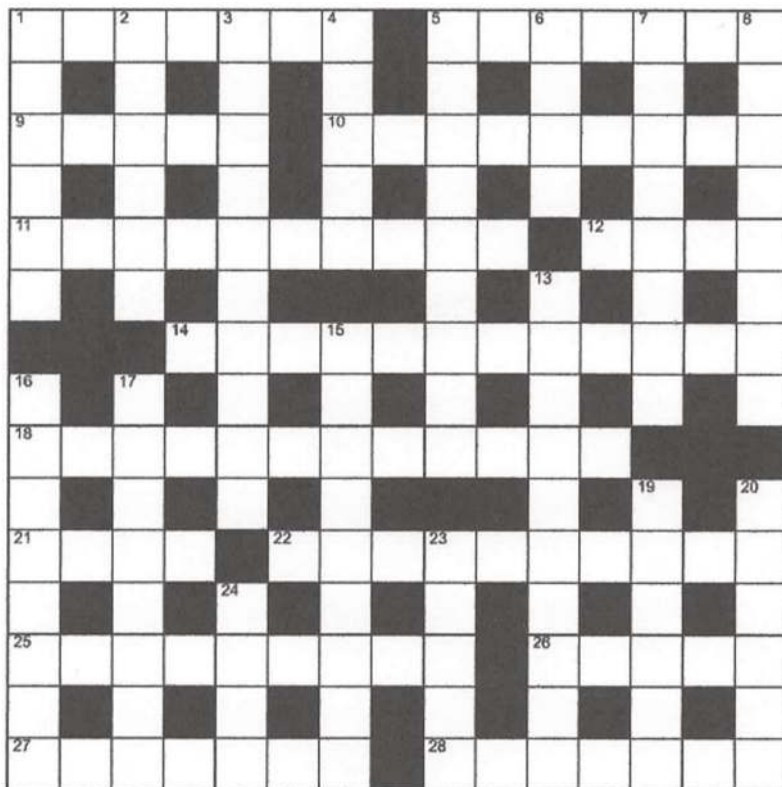
CROSSWORD CLUES

Across

1. In the main it's flat (7)
5. With high score against one might be written off (3,4)
9. Drink at bar, missing last dance (5)
10. Dicky confronts a guy being awkward (3,2,4)
11. Family photo isn't at all moving (5-5)
12. Fine dress – it's made by hand (4)
14. Where forms are concerned she's in total charge (12)
18. Ballet's an art form open to interpretation (12)
21. Observe earth where mole appears (4)
22. Seafood one gets abroad is most gooey (10)
25. Information that's damaging, tasteless and costs very little (4,5)
26. Batting will need help against spin here (5)
27. Put on record bird without tail is the same as 21 (7)
28. Submitted earnings set aside to finish off interior (7)

Down

1. Have this extremely scary unorthodox belief (6)
2. Turn left before, two miles on, running into farm animal – clumsy oaf! (6)
3. Ignore poetry of this type? (5,5)
4. Do a turn (5)
5. Bleat about league - sounds like a player from Russia (9)
6. Volunteers to support a duke in retirement? Dope! (4)
7. One questions letter written to an operative going underground (8)
8. Essay on doctor is excellent (8)
13. Growing up one needs lots of dripping (10)
15. As an entertainer he's something else! (4,5)
16. Went along to accompany journalist (8)
17. Sort out quibble over house extensions (8)
19. Drove together, with care, in middle of carriageway (6)
20. Two ways to introduce a new piece ... (6)
23. ... suggest just skipping start? (5)
24. Bill? That man is a pain! (4)



Crossword solution is on page 31

Have you got news for us?

Town and Around is distributed around West Norfolk including the coast and villages plus the towns of Hunstanton, King's Lynn and Downham Market. If you have news you'd like published in the magazine, please get in touch.

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July 12th Cream Teas from 3.00 p.m. only £3.50

July 31st Coffee/Brandy morning from 10.00 a.m. only £2.00 for Members

Yoga for U3A members on Wednesdays, Thursdays and Fridays.

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

www.hunstantonconservativeclub.co.uk



Could it be you?

Board member sought for King's Lynn Town Deal Board

Businesspeople in King's Lynn with a passion for the town and its future prosperity are being sought to join the King's Lynn Town Deal Board.

The King's Lynn Town Deal Board was established to develop a Town Investment Plan in 2020. The board brings together a diverse range of individuals representing the community, businesses, and statutory agencies such as local authorities. Their collaborative approach and expertise provide stability to secure investment for the long-term vision for the town. A town in which people feel engaged in town developments and have both the skills and opportunities to flourish, enabling our businesses and communities to thrive.

The board is made up of representatives from all tiers of local authority, Members of Parliament, local businesses, the Local Enterprise Partnership, Business Improvement District, Queen Elizabeth Hospital and the College of West Anglia.

The Town Investment Plan has been published and the board has secured £25m through a 'Town Deal' with government, and supported other 'Levelling Up' funding and investment from partners.

The board is now looking for one or two additional members from the local business community to get involved with shaping the economic regeneration of the town.

Graham Purkins, Chief Technical Officer of Merxin and Chair of the King's Lynn Town Deal Board, said: "We are looking for one or two enthusiastic and motivated individuals who are really passionate about the town and want to get involved in securing its long-term, economic future. These are unremunerated positions that offer very real opportunities to make a significant difference in our town."

"Qualities we'll be looking for include being open-minded and collegiate with an entrepreneurial spirit. Ideally potential board members would be able to commit to 12 face-to-face meetings each year, plus meeting preparation and other work. They would bring their business acumen with them along with a range of other skills which might include, experience working in the private sector, strategic thinking, insight into tourism and/or creatives industries, marketing skills, or understanding 'clean' growth."

More information about the King's Lynn Town Deal Board, the Town Investment Plan and this opportunity is available on the visionkingslynn.co.uk website, along with a recruitment pack setting out roles, responsibilities, and a person specification.

Visit visionkingslynn.co.uk or contact the team by emailing placebasedinvestment@west-norfolk.gov.uk. For an informal discussion call Jemma on 07920232999

The closing date for applications is 9 July with interviews taking place mid July.



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Joyful celebrations as Snettisham Scout Hall is officially opened



From left Dudley Scott, Lady Jane Fellowes and Lord Robert Fellowes

On 10th June Lord Robert Fellowes returned to Snettisham Scout Hall to cut the ribbon having cut the first turf in December 2018. He was accompanied by his wife Lady Jane Fellowes who was a Brownie at West Newton as a young girl.

Be prepared is the famous Scouting motto and the Snettisham Scout Group has demonstrated their resilience and fortitude through the ups and downs of the new Hall project at Jimmy's Field.

Snettisham Scouts were formed in 1932 and until the summer of 2018 they met at the Park Lane Hall in the village.

In the early 1930s, Dr. Learoyd purchased a 20-acre plot of land with the intention of turning it into a scout camp site. His main objective was to have a site within close proximity to the sea where they could invite poorer troops from London.

With the help of the Scouts, scores of trees and bushes were planted, a well was dug out and a pump erected, latrines were made, a gate put up, and the field was christened 'Diglea', and hundreds of boys descended upon it during the summer holidays.

After a scout trip to Belgium was cancelled due to war being declared in 1939, the Scouts stayed behind filling sandbags and beginning their messenger service for the war.

Diglea was taken over by the RAF and the American Air Force, and soon became known as 'Tent City': in place of all of their trees and bushes were concrete slabs and heaps of iron and girders. After the war, Dr. Learoyd sold the majority of the land but kept 3 acres and gifted it to the Scouts.

On the subject of naming the field, it was the doctor's wish for them to honour Snettisham scout Jimmy Otway, who lost his life fighting in the war; so Jimmy's Field was born.

For the last 70 years, the field has seen scouts from around the world come down to camp, as scout-owned land is quite a rarity. However, the premises lacked a lot of facilities.



Dudley Scott has been with Snettisham Scouts for forty years and he remembers camp fire chats when plans for a new building would be discussed late into the evening. Addressing the Scouts and visitors at the opening ceremony he said that many people thought the day would never come but now there was a facility of which everyone could be very proud. "This hasn't been one person's achievement,

rather it's everyone's and today I want to say that we are eternally grateful to all the suppliers, contractors and everyone who has donated to the project; thank you all."



October 2019 - Part way through the build (from left) David McGuinness, Chris Seare and Rob Shears with their model of the completed hall.

Work began at the site in early 2019 and by September that year good progress had been made. The scaffolding was still up and they were waiting for the roof to go on and outside cladding fitted. Covid interrupted the building works and the project was delayed however, the beautiful building is now fully operational and is used by Snettisham Scouts, Cubs, Brownies and Guides three nights a week. Additionally, most of this summer it is already booked for visiting groups.



The opening ceremony that included prayers from Rev Dan Tansley was followed by an open day which was open to everyone. Snettisham WI ran a sumptuous buffet in the building while outside in their gazebo Hunstanton and District Rotary filled the air with the smell of cooking bacon for their rolls.



Kirsty Stocks with son Harvey and his friend Finley at the Rotary gazebo with catering team Jean-Marie and Christine Vernon and Roger and Jean Raven. T&A

Scouting is often a family tradition and this is true with the Scotts as Dudley's daughter Nicky, already a Brownie leader for twenty years, has opened the village Cub pack. She said: "I could see a need for a Cub Pack to encourage young children to embrace new challenges, experience new adventures, discover new talents but importantly gain skills for life."



Nicky Scott & Jessica (9)

"Each week over 450,000 young people get the chance to enjoy the scouting programme."

"In Snettisham many children want to join Beavers but are so disappointed to hear that there are not enough adults willing to run it; could you be an extra adult either full or part time? The team are a lovely group and we just need a few extra people – even if it's for 15 minutes taking the register and subs. Please get in touch to find out more: snettisham@nwnscouts.org



Images: Ian Burt



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Diary of events for July - also see <http://www.townandaround.net>

Friday 30th - Sunday 2nd

10 plays – 3 days: The Hunstanton One-Act Drama Festival, Princess Theatre. £7.50 per session or £20 for a weekend season ticket. 01485 532252

Saturday 1st

Festival Too, Tuesday Market Place King's Lynn 6.30pm Free to attend. Featuring: EXAMPLE, LIBERTY X, D:REAM. DJ L.I.A.M., COLLEGE BAND

Fincham Memorial Hall PE33 9EJ There will be a NTL encore performance of 'Best of Enemies'. Doors open 7pm, showing starts 7.45pm. Licensed bar available. Book through EVENTBRITE or pay at the door £5 entry.

United Services Club Hunstanton entertainment: Carolann 60s, 70s 8.30pm

Saturday 1st - Sunday 2nd

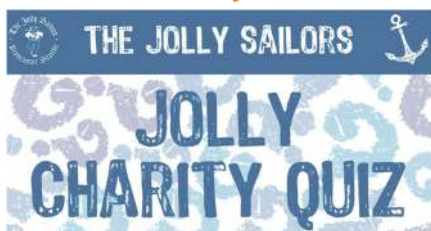
Military Vehicle display on The Green Hunstanton PE36 5AH. Raising money for the Royal Anglian Regiment Benevolent Charity Fund.

Sunday 2nd

Drag your human on a sponsored dog walk for Children with Cancer. 2pm at Hunstanton Lighthouse. Entry £10 per dog. 01485 535095 monipooh@btinternet.com

Stow Hall Gardens, Stow Bardolph PE34 3HU 7pm Outdoor theatre: Macbeth BYO refreshments & seating. Tickets: <https://www.eventbrite.com/cc/macbeth-1612789>

Tuesday 4th



Jolly Charity Quiz at The Jolly Sailors Brancaster Staithe 8pm Teams of 6 £2pp in aid of Big C

Thursday 6th

Hunstanton Croquet Club 'Come and Try' evening. 6pm Hunstanton Recreation Ground. All equipment is provided and refreshments will be available. All welcome - the only requirement is that you wear flat soled shoes or trainers.

Friday 7th

Festival Too, Tuesday Market Place King's Lynn 7pm Free to attend. Featuring: FROM THE JAM SHOWCASE WINNER SLENDER PINS

Friday 7th

Fincham Memorial Hall PE33 9EJ QUIZ NIGHT is at 7.30pm Entry £2 per person. 50/50 Raffle. Bring your own refreshments. Come join the fun - all welcome. Up to 6 in a team, either bring your own team or help make up a team on the night.

United Services Club Hunstanton entertainment: Cecil Farayi Motown 8pm

Saturday 8th

Hunstanton Festival 3 by the Sea Live music festival: 12 noon-8pm. Ten live acts including Wells & Wingate, Songbird & the Crow, The Mayfields, Titan, Celeste (Este), RANE, The Whickers, Rome, 2nd Sunset with Dependant Variables headlining.

Snettisham Gardening Club Open Show. Memorial Hall, Snettisham 1.30pm

Music in the Burnhams: Flutes and Frets (Bethan Stone and Daniel Murphy) 3pm at the beautiful Anglo Saxon All Saints Church Sutton cum Ulph Burnham Market PE318HQ with proceeds from all concerts going to support the church. Tickets £15. www.musicintheburnhams.com Tel : 07989 177079

Festival Too, Tuesday Market Place King's Lynn 6.30pm Free to attend. Featuring: FEEDER, NEWTON FAULKNER, THE EXTONS, SHOWCASE WINNER, THE WALKMANS

Ingoldisthorpe Sports and Social Club: Bingo Eyes down for a full house! Buy your tickets from 7pm. Lots of great prizes & a cash quickly. All welcome as ever!

United Services Club Hunstanton entertainment: A.M.I. (A Musical Interlude) Duo singing hits from every decade 8.30pm

Sunday 9th

North Runcion Open Gardens and Art Exhibition PE33 0RB 11:00am - 4:00pm £5 for two adults, children under 15 free. Eleven gardens plus an exhibition by local artists in All Saints' Church. Refreshments in the Village Meeting Place.

Thursday 13th

Burnham Deepdale Open Air Theatre PE31 8FB: Jane Austen's Emma 7pm. Tickets: <https://dalegatemarket.co.uk/events/1853185050/>

King's Lynn Community Cinema presents LIVING (PG) 7.30pm. St George's Guildhall, King Street, King's Lynn. £5 at the door.

Friday 14th

Comedy Music Night at Snettisham Memorial Hall PE31 7LX Doors 6pm for 7pm start. £10 incl filled rolls. Raffle. All money for the Critical Care Unit at QEH

Friday 14th

Stanhoe Village Screen present LE MANS (12) Village Hall Stanhoe 7.30pm. Stanhoe Reading Room and Village Hall, Cross Lane, PE31 8PS. Tickets £5 (CASH ONLY) on the door to include a complimentary drink. Doors 7pm For further information visit the website: Stanhoe.org (or ring 01485 518191)

United Services Club Hunstanton entertainment: John Carr Hits from across the decades 8pm

Saturday 15th

Anmer Social Club CRAFT FAIR – 1p.m. FUN DOG SHOW – 2.00 p.m. Entry £1 per dog per class Please visit <http://anmerclub.co.uk/> or Facebook for classes. Licensed bar open from midday

Dersingham Choir Summer Concert. St Cecilia's Church Hall PE31 6YE Free entry Doors 2.30pm for 3pm performance.

FREE Open Air Theatre on The Green Hunstanton. Shakespearean skit: MacHamLear 7pm. Gates: 5.30pm. 2 hour show with interval. Min age 9

United Services Club Hunstanton entertainment: Aron Fender 50s, 60s & Rock & Roll 8.30pm

Sunday 16th

RAF Bircham Newton Open Day PE31 6RH 10am-4pm Free.

Sunday 16th – Saturday 29th

2023 King's Lynn Festival with classical recitals and concerts, jazz, folk, talks, walks and exhibitions. Full programme details at www.kingslynnfestival.org.uk

Monday 17th

Hunstanton u3a talk 2pm. Speaker: Hilary Farrell. Community Centre, Avenue Road Hunstanton

Tuesday 18th

The ABC Murders: by the book murder mystery afternoon at Petals Tea Room 2.30pm £23. Book at adrian@buyanotherbook.com or 01485 522349

Thursday 20th

Men's Monthly Reading Group with by the book at the golden Lion Bar, Hunstanton 7pm. Info: adrian@buyanotherbook.com or 01485 522349

Friday 21st

Fincham Memorial Hall PE33 9EJ BINGO NIGHT Cash bingo with raffle and other games. Just pay for the games you want to play. Doors open 7.30pm with eyes down 8.00pm. Bring your own nibbles & drink.

os://townandaround.net/whats-on/july

Friday 21st

United Services Club Hunstanton
entertainment: Quiz Night £50 first prize
£4pp including supper 8pm

Saturday 22nd

Heacham Youth Events Day at Heacham Sports Field 1-4pm. Meet and talk to Youth Organisations and Groups to check out what they can offer. Open to all aged 4-18 yrs. All children should be accompanied by a parent/carer.

Ingoldisthorpe Sports and Social Club: from 6.30pm BBQ and Bowls. Test out your skills whilst eating a burger (or 2) and have a practice on our bowling green. Whether you're a competent bowler or just wanting to try it out. All welcome

Nelson's Shantymen live at Anmer Club
7.30pm £2.50 pp pay on the door. Open from 7pm

United Services Club Hunstanton
entertainment: D.N.A. Rock, Blues & Soul
8.30pm

Saturday 22nd - Sunday 23rd

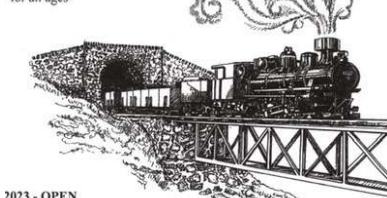
Folk in the Town, Tuesday Market Place, King's Lynn. Two days of traditional folk, Americana, folk rock, bluegrass and everything in between, all live and free.

Docking's 12th Festival of Books. 10am-4pm at Docking Church PE31 8LH. Lots of books to buy, raffle and refreshments.

Norton Hill Light Railway, Church Farm, Old Church Rd, Snettisham. Hunstanton & District Rotary Club charity fundraiser. Entry Adults £1, Children Free. Train rides £2pp. Traditional fete, live entertainment, fun games, stalls and refreshments. 1-5pm

NORTON HILL LIGHT RAILWAY

ENTRY: Adults £1, Children Free.
1 Km STEAM TRAIN RIDE - Fare £2 pp
TRADITIONAL FETE with REFRESHMENTS
LIVE MUSICAL ENTERTAINMENT,
FUN GAMES and STALLS
for all ages



2023 - OPEN

1.0 - 5.0pm on the following days:-

July 22nd/23rd Rotary Club of Hunstanton & District
Aug 5th/6th Kings Lynn Lions Club
Aug 19th/20th Kings Lynn Purfleet Trust
Each weekend supporting different charities

Sunday 23rd

RNLI Kids Stormforce 10.30am at the Lifeboat Station, Sea Lane PE36 6JN. Meet the Crew, get up close to Lifeboat, Hovercraft and Tractor.

Sunday 23rd

King's Lynn Festival Chorus: the best of Gilbert & Sullivan with Trial by Jury. St Nicholas Chapel, King's Lynn 4pm
kingslynncomexchange.co.uk



Tuesday 25th

Dersingham Village Cinema presents What's love got to do with it (PG-13) 7.30pm at Dersingham village Centre. Doors 7pm. £6, under 16s £3. Licensed Bar.

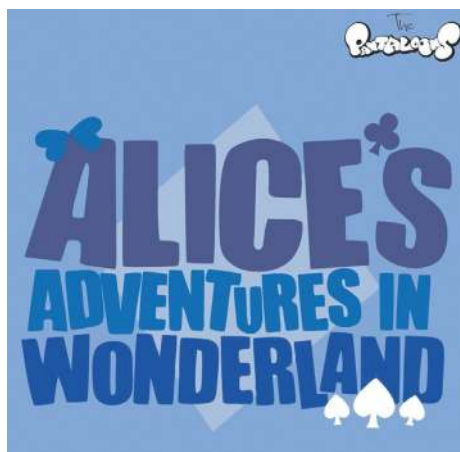
Wednesday 26th

Sandringham Flower Show PE35 6EN
<https://sandringhamflowershow.ticketsrv.co.uk/tickets/>

Thursday 27th

New Hunstanton W.I. Members Meeting.
New members very welcome. Visitors £5.
Methodist Church Hall, 2.15pm.

Burnham Deepdale Open Air Theatre PE31 8FB: Alice's Adventures in Wonderland 7pm
<https://dalegatemarket.co.uk/events/1853185051/>



Friday 28th

Fincham Memorial Hall PE33 9EJ.
FINCHAM FILM FOR showing 'Rocketman'. Doors open 7pm. Licensed bar available. Book through EVENTBRITE or pay at the door £3 entry.

Ingoldisthorpe Sports and Social Club: 8pm
Tommy Philpot live music
Come and join us as Tommy plays some upbeat acoustic covers and originals

United Services Club Hunstanton
entertainment: D.N.A. Rock, Blues & Soul
8.30pm

Friday 28th - Sunday 30th

Old Hunstanton Flower Festival, St Mary's Church PE36 6JS

Saturday 29th

Hunstanton fire Station Open Day 10am-3pm . RTC demonstration, RNLI water safety, Ambulance, Police, Cadets display, Coastguard, Refreshments and more

Hunstanton Festival 3 by the Sea Craft Fair at Hunstanton Town Hall 10am-4pm

RAF Bircham Newton Open Day PE31 6RH
10am-4pm Free.

Fridhem Rest Home's Summer Fete 2-4pm, 79 Station Road, Heacham, PE31 7AB. Everyone Welcome. Raffles, tombola's, games and much more.

Village Screen Cinema Amy Robsart Village Hall, Syderstone: Matilda the Musical (PG) Tickets: £4.00 advance booking, pay on the door. Contact : 01485 578171 Email: syderstonecinema_ARVH@outlook.com

United Services Club Hunstanton
entertainment: Shane Gould 50, 60s Rock & Roll 8.30pm

Sunday 30th

RNLI Kids Stormforce 10.30am at the Lifeboat Station, Sea Lane PE36 6JN. Meet the Crew, get up close to Lifeboat, Hovercraft and Tractor.

Heacham Heritage Exhibition at Heacham Public Hall 11am-4pm Free admission.

Soulful Sunday, Tuesday Market Place, King's Lynn. A day of soulful music hosted by DJ Mark Purdy.

Looking forward to August

Thursday 3rd RNLI Sandcastle Competition
Old Hunstanton Beach registration 1.30pm

For more events please log on to our website's what's on page - link at the top of this page.

YOUTH ACTION EVENTS DAY

Following last year's successful event Heacham Youth & Community Trust Ltd are once again sponsoring this year's YOUTH ACTION EVENTS DAY to be held on Saturday 22nd July 2023, 1pm - 4pm at Heacham Sports Field.

The event is open to all youngsters aged 4 to 18 within the local area, providing an opportunity to meet and talk to Youth Organisations and Groups to check out what they can offer. Many young people are unaware that these groups help to develop their personalities, gain valuable knowledge, have fun and make friendships.

Everyone taking part will have the opportunity to have a free Burger and also an entry into a free raffle (subject to entry terms) with a chance to win £100 (£50 in cash & £50 to be donated to a Charity of the winners choice).

Due to the nature of the event all children should be accompanied by a parent or guardian.

Please note that although the day is aimed at children some of these organisations cater for adults as well, so please be free to enquire, or maybe you can spare a few hours to become a volunteer helper yourself.

Please come along to this free event which hopefully will be an enjoyable and informative day.

Peter Sutton Director/Trustee

HEACHAM YOUTH & COMMUNITY TRUST LTD
07867572189

Is your car's air conditioning bad for you?

Abigail Brown

It's that time of the year again; the sun is coming out of hibernation, the lotion is being dusted for cobwebs and pulled out the back of the cupboard, and you're relying on your car's air con to keep you cool on your travels. But, could you be harming yourself in the process?

As a rule of thumb, you should service your air conditioning every two years. This regular maintenance is important to ensure the system runs smoothly, but also to prevent nasty bacteria from building up. Dust and dirt inside your vehicle and polluted air will eventually mix with the moisture in the system and cause bacteria and fungi. Left this way, you may even notice strange smells coming from your car.

However, there is a more sinister problem to think about. A new study by Kwik Fit and researchers at London Metropolitan University has revealed this bacteria is associated with meningitis, urinary tract infections and septic arthritis. Those with asthma and allergies may notice their symptoms worsening as the fungus builds up, but it could eventually impact even those with a clean bill of health. Senior lecturer Dr Paul Matewale at London Metropolitan University says, "The study highlights that air conditioning systems are suitable breeding grounds for bacteria and therefore underlines the importance of cleaning and replacing filters. I'm sure if car owners knew what they were blowing out of their air conditioning vents they would think twice before switching them on this summer."

Now, we're not suggesting that you shouldn't use your air conditioning; just make sure you look after it. We recommend an air con re-gas every couple of years to service the system as the bare minimum - even if it seems to be working fine. You may also wish to add an antibacterial treatment for further decontamination and peace of mind.

You can find more information about air con services on our website:

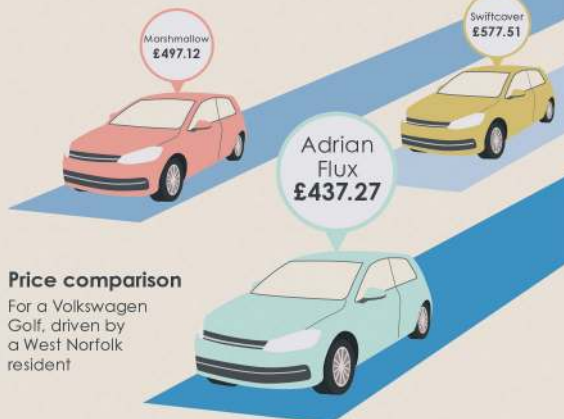
www.kbrownautoskingslynn.co.uk/what-we-do/air-conditioning/

HEACHAM YOUTH EVENTS DAY
Saturday 22nd July 2023
Heacham Football Club
1pm - 4pm
Free to enter
Ages 4-18 (accompanied by an adult/guardian)
Adults are welcome too!

Logos include: WILDLINGS, Heacham Parish Church, Heacham Sports Field, Heacham Football Club, Brownies, Guides, Rainbows, H.T.T.C, cubs, BEAVERS, ARMY CADETS, St John Ambulance, and others.

Sponsored by Heacham Youth and Community Trust Ltd

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INHERITANCE TAX – BACK ON THE POLITICAL AGENDA?

By Kathryn Gigg Chartered Accountants, Hunstanton

Death taxes, in some form, have been with us for a long time. The current Inheritance Tax (IHT) framework can trace its origins back into the Estate Duty which was introduced in 1894 to help break up the landed estates of the time. It then evolved into Capital Transfer Tax in 1975 and finally took its present form in 1986. However, it arguably mirrors the medieval “heriot”, which entitled the Lord of the Manor to seize prized assets of a deceased serf before the tenancy could pass to descendants. In some ways little has changed and from the Treasury’s view it is close to a perfect tax – it is not paid by the individual who triggers it, avoiding it brings considerable inconvenience and involves entrusting assets to (typically) one’s children, and no one can inherit until the tax has been paid.

There is now a strong and growing perception on one side of the political divide that IHT is going far beyond its original purpose. The tax catches both the estate at death and also any gifts made in the previous seven years. Clearly no one knows exactly when they will die, but for the super-rich it is relatively easy to divest oneself of many millions during lifetime, with such lifetime gifts generally being outside the scope of the tax. Conversely, the rise in house prices in recent years (and the freezing of allowances) has brought into charge many who would have regarded themselves as merely “comfortably well off” – so whilst the tax bears quite lightly on the rich and poor, it is much harder to avoid for those in the middle whose main asset is the family home. More recently there has been a sustained campaign to abolish the tax altogether on the basis that it taxes wealth which has already been subjected to Income Tax and /or Capital Gains Tax and, in the words of one broadsheet editorial, is morally wrong, “absurdly complicated, encouraging planning and gifting to limit liability (and) raises a small proportion of total revenue”.

There is a counter argument which was quite vociferously made before the last election: various think tanks (including the Office for Tax Simplification and the All-party parliamentary group on inheritance and intergenerational fairness) more or less agreed that it was no longer fit for purpose and suggested wholesale reform to include tax on lifetime gifts, abolition of most of the current reliefs and a lower flat rate band to be paid on almost all assets. These would effectively bring far more estates into tax but at a much lower rate, whilst making it much more expensive for the wealthiest. Others have called for a simple wealth tax. All these suggestions were quietly ignored after the election, but in an environment where the tax burden will need to rise simply to service the government borrowing which was taken out during the pandemic (let alone future spending promises) it would be naïve to think the pressure for reform will simply go away.

So, in the window of maybe 9-18 months before the next election what planning steps can be undertaken? As outlined above, substantial gifts have a role, particularly if made more than seven years before death. There are also modest annual allowances, and although these have not been increased for decades, they are still worth considering. Business or agricultural property will often escape tax, subject to conditions regarding use and the period of ownership, and there is also a relief for “regular gifts out of income” which needs careful planning but can be very helpful. Gifting assets but retaining the use of them will not be effective for IHT purposes.

Under current rules, a married couple with a house which they pass to direct descendants upon second death will probably be able to leave assets of up to £1m before tax is payable, but the basic exemption is only £325,000 each, so those with total assets above this level would do well to take professional advice sooner rather than later.

Speaking in 1986 Labour politician Roy Jenkins remarked that IHT was “a voluntary levy paid by those who distrust their heirs more than they dislike the Inland Revenue”. In many ways little has changed over the last 37 years, but there is no reason to suppose that will continue for ever.

For advice regarding your potential exposure to Inheritance Tax and planning opportunities please contact either of the partners Kate Gigg



FCA or Nicola Tarry FCA at Kathryn Gigg Chartered Accountants, Hunstanton on 01485 534800 or kate@kathryngigg.co.uk.

N.B. Article written in June 2023

Caution: The information listed above is for general guidance only. You should neither act, nor refrain from action, on the basis of any such information. You should take appropriate professional advice on your particular circumstances because the application of laws and regulations will vary depending on particular circumstances and because laws and regulations undergo frequent change. Whilst we endeavour to ensure that the information contained herein is correct, neither we nor our 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. © Kathryn Gigg Chartered Accountants 2023

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Gigg

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On the turf with Charles Joyce

Another glass ceiling was broken when Arcangelo won the Belmont Stakes at Belmont Park early in June. The Belmont Stakes is the last leg of the American Triple Crown and trainer Jena Antonucci became the first woman to train the winner of a Triple Crown race. Penny Chenery owned the great Secretariat, Marylou Whitney bred Birdstone a winner in 2004 and Julie Krone rode a Triple Crown race winner on Colonial Affair in 2000. But the 47-year-old from South Florida who trained her first winner in 2010 at Tampa Bay Downs is the first woman to train a winner of a Triple Crown race.

Like many people in public life jockeys and trainers get abuse on social media platforms from the very brave keyboard warriors. Trainer Jimmy Moffat whose horse rider Charlotte Jones rode a finish a circuit too early on Moonlight Spirit at Cartmel late in May which saw her receive a 15 day suspension, has complained about the courageous trolls who hide behind their keyboards hurling abuse at the young jockey. The trolls of course have never made a mistake and are perfection personified.

A big difference between cricketers who drop a catch or footballers who miss a penalty and jockeys or trainers whose horse loses through a mistake is the cricketer and footballer are seen as useless, but the jockey and trainer are seen as corrupt.

Back in February Charlotte had the unwanted distinction of being the first rider to have her winning horse disqualified because she used the whip excessively. For that she received a 14 day suspension. It seems Charlotte can not win. She gets suspended for trying to win whether it is on the right circuit or not.

The Betting and Gaming Council have written to Culture Secretary Lucy Frazer urging her to put pressure on social media platforms as part of the Government's drive to tackle problem gambling. The bookmakers want a marketing suspension scheme to stop 300,000 people registered with Gamstop (which means they have self-excluded themselves from betting) receiving directed marketing on social media. I'm not making that up. It has come to a serious state when the bookmakers are complaining to the Government about their own marketing ending up with the wrong people.

What is there to say about Aidan O'Brien after Auguste Rodin beat 2 home in the Newmarket 2,000 Guineas barely a month before he won the Derby. Michael Tabor (one of the Coolmore lads) has said he will head for the Curragh and the Irish Derby before dropping back in distance after that. The dream of a triple crown went astray at Newmarket with the likelihood of Auguste Rodin heading for the Doncaster St Leger now remote. So, while 5/1 would be a generous price, if the former bookmaker says the horse will run elsewhere shrewd punters should take note.

As we head into the second half of the year the big horseracing events are when this year's classic generation take on their elders in the Group 1 contests in middle distance races beginning with the Eclipse at Sandown where Emily Upjohn is the present favourite. Aidan O'Brien is likely to be represented either by Luxembourg or Epsom Derby winner Auguste Rodin. If recovered from the setback which meant he missed Royal Ascot Desert Crown is another potential challenger but if the very impressive French Derby winner the so far unbeaten Ace Impact has his sea legs, he'll be a danger to all following his record breaking emphatic win at Chantilly. Some of the main contenders at Sandown are likely to turn up 3 weeks later at Ascot over an extra 2 furlongs in the King George VI and Queen Elizabeth Stakes.

In Ireland towards the end of July occurs the Galway races. Once the preserve of the master of Rosewall, Dermot Weld, it is Willie Mullins in the last few years who is claiming much of the glory. Better known as a national hunt trainer in the last 7 or so years Willie Mullins is beginning to dominate Galway. Looking at his history since 2016, it seems what you expect you don't get as far as Galway is concerned. The 2 main features are keep to his runners on the flat and over hurdles. He's not so proficient with his chasers. Although other winners do come Willie's way. He does get plenty of bumper winners, but the prices of the winners don't justify the number of losers. Nonetheless,

keep a watchful eye on anything son Patrick rides in flat races (excluding bumpers) and over hurdles. A couple of jockeys to be wary of are nephew Danny Mullins, Sean O'Keefe and Bryan Cooper. All good jockeys in their own right, and things may change, but they don't get as many winners at Galway as you'd like to risk you hard earned cash. Willie also does best on the first 5 days of the meeting. So, Monday to Friday and a rest over the weekend. The ones we really want to be on side with are those that are forecast to start at 20/1 or less. Some will drift and win, but the Racing Post's forecast prices are where we start. Another simple thing is that either had not run previously under rules in the UK or Ireland or had finished in the first 7 home on its last run and had made the first 3 in one of its last 3 runs, preferably had won one of its last 3 races in the UK or Ireland. Take special note of Willie's runners in QR races as there will be a couple during the week. It may sound complicated, but sticking to those simple rules Willie may make Galway races worthwhile for us. There are a few other criteria we could put in such as he has a poor record with colts and fillies, but how long can it be before he begins winning races with 3-year-olds, and avoiding some of the big tracks for their last races such as Cheltenham, Punchestown and Leopardstown, but the numbers are a bit low to be fully confident. Betting on the runners could not be simpler and easily done overnight or early in the morning. Betting on the exchanges should hopefully produce even more rewards. Care does need to be taken as prices will be punished if there is a non-runner in a race. Very few are withdrawn after say 10 o'clock in the morning. Betfair is the best option as you can ask for a silly price and include the Betfair Starting Price option which will not be cancelled if a horse is withdrawn during the day, which does happen with other exchanges. You are then free to do as you wish the rest of the day.

Dermot Weil is not done with at Galway just yet. He's famous for having his 2-year-olds run over 7 furlongs in maidens after one or two races. Last year unraced Tahiyra went against the grain, but she has proven to be exceptional. And it's races where Dermot's boys can run is where we should look to gain from.

At Goodwood I've gone back to 2012 with only 2015 showing a loss. Mark Johnston is handing over the reigns to son Charlie. But Johnston the elder has long targeted Glorious Goodwood with his Class 2 handicappers where the boys could run. We should try to avoid runners that had their last race in Scotland at Hamilton or at Ripon in Yorkshire. We want runners that finished in the first 8 home when they last ran with a forecast price of 20/1 or less, and we'd like a bit of support as he has had too many losers with a starting price of 20/1 or bigger to justify getting involved at those prices. Strange to say American breders are not his forte. So, we need to be wary about them, and avoid if we can runners that are dropping down from group or listed class. Joe Fanning has long been the go to jockey, but others do win.

At a less exalted meeting John Joseph Murphy with his handicappers and handicap hurdlers running in 3-year-old and older or 4 year and older races at Killarney are often well worth a close look. If they have run in the last 3 months but were not beaten between 5.5 and 10 lengths the last time they ran in the UK or Ireland and are running in Classes 2, 3, 5 & 6. Keep a particular keen eye on the 4- and 5-year-olds.

Back in the UK there are the perennial 3-year-olds in handicaps trained by Sir Mark Prescott. It has proven best to concentrate on the Class 3, 4 and 6 handicaps. For some reason Class 5s are not so good. The jockeys to keep a watch on are Luke Morris, Ryan Tate and this year Thore Hammer Hansen. A few tracks are not so good such as Carlisle and Nottingham. Don't expect 100/1 winners and anything above 12/1 has to be treated with caution. The boys fare far better than the fillies, but the girls still do win just not so often.

Hopefully somewhere we will find a winner to help get us through the summer nights.

July also brings the strawberry and cream at the All England tennis club where Iga Swiatek is likely to be the number 1 seed. I took 66/1

about Karolina Muchova back in February. She made the final at Roland Garros which fares well as 19 of the last 22 winners at Wimbledon made the 3rd round in the French Open. It's customary for the winner and loser of a tennis match to shake hands at the end of the match. At Roland Garros Marta Kosytuk was booed off the court when the young woman from Ukraine refused to shake hands with Aryna Sabalenka from Belarus. But Elina Svitolina also from Ukraine was not booed when she didn't shake hands with the Belarussian.

The Lionesses kick off their bid to win the World Cup against Haiti on 22 July. With a million tickets already sold the tournament in Australia and New Zealand is likely to be the most attended standalone women's sporting event in history by the time it finishes on 20 August.

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.

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New Mayor & New Mayor's Cadets

Mike Lister

On the afternoon of Thursday 18th May the Borough of King's Lynn & West Norfolk saw the inauguration of its latest Mayor who will hold the office for the coming twelve months. Outgoing Mayor Councillor Lesley Bambridge handed over the reins to Councillor Margaret Wilkinson during a ceremony in King's Lynn's historic town hall assembly room.

As has become customary in recent years, a member of each of the town's uniformed youth organisations, Air Cadets, Army Cadets, Sea Cadets, together with those of the Police and Fire Services, is appointed as a Mayor's Cadet for the year. This year, 42F (King's Lynn) Squadron RAF Air Cadets, Mayors Cadet is 15 year old Cadet Corporal Oakley Took who was presented with his badge of office by the new Mayor in front of the assembled local dignitaries, councillors and guests. Oakley attends King's Lynn Academy, and his plan is to go to college to study engineering and then join the RAF.

Following the proceedings a reception was held in the adjacent medieval stone hall where Oakley got the opportunity to speak informally with the Mayor.

42F (King's Lynn) Squadron, Air Training Corps (ATC) was born in December 1938



when it was formed as one of the first 50 Squadrons of the fledgling Air Defence Cadet Corps (ADCC) and has played a significant role in the life of the town and wider Borough throughout its 85 year existence.

So much so that in 2014 the Squadron was granted the Freedom of the Borough of King's



Lynn & West Norfolk. Although through the years there have been a number of individuals granted this prestigious accolade there have been only two other organisations bestowed the honour. They are the Royal Anglian Regiment and Royal Air Force Marham.

The King's Lynn Air Cadets have members not only from Lynn but also from many of the local villages and their next intake will be in early September so look out for more information on this in the coming months.



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Be aware – danger in the countryside!

Dr Bernard Devereux

A bonus of the very heavy rain we had in early spring is the fantastic display of flowers we are enjoying along our footpaths, highways and byways. Meadowsweet, Cow Parsley and Alexanders line our banks and hedgerows encouraging us out for walks with the kids and our pets.

Unfortunately, one plant which seems to be having an exceptional year due to the wet spring and summer heat is Conium Maculatum - more widely known as Hemlock. This is the UK's most poisonous plant and all parts of it are lethal if eaten. Touching it is also associated with skin rashes and dermatitis in susceptible people. A member of the Apiaceae (carrot/parsley) Family - eating just a few leaves is considered to be a lethal dose.

Hemlock often grows amidst Alexanders, Meadowsweet and Cow Parsley and at a casual glance can look very similar.

Deaths from Hemlock poisoning have most commonly occurred through mistaking it for other edible hedgerow plants and eating the leaves and seeds. It seems that some dogs are particularly attracted to the roots of the plant and are equally at risk. The most famous victim of Hemlock poisoning is Socrates who was executed in 399 BC by being forced to drink an infusion of the plant as punishment for corrupting the youth of Athens and blaspheming the Gods by his teachings!

Symptoms of poisoning usually appear within thirty minutes to three hours of ingestion. They include dizziness, trembling, fainting, convulsions and irregular heart rate. The poison attacks the central nervous system and usually causes death by respiratory failure. There is no antidote and treatment usually involves placing the patient on a mechanical ventilator and trying to flush the poison out of the system. If you think somebody has ingested Hemlock or is starting to show these symptoms get them to an emergency hospital as soon as possible.

Fortunately, the plant is fairly easy to recognise. It is a biennial producing a low rosette of leaves in its first year which



typically grows to five or six feet in its second year. The images show mature plants have smooth, olive-green stems with characteristic purple blotches becoming more frequent closer to the ground. The leaves are finely cut and have an almost fern-like appearance. Flowers are white and very similar to Cow Parsley. Large specimens are usually easy to recognise from the stems but first year plants often lack the purple blotches on the stems so identification relies on the leaves. It has a musty, foetid smell when disturbed.

Of course, the plant has been around for thousands of years and the best way to avoid any problems with it is to recognise it and leave it well alone - making sure to keep yourself and any children or pets away from it. This way you can enjoy relaxed walks

along our stunning country footpaths and be sure you will avoid any unpleasant problems.

If climate change causes the weather patterns we have seen recently to become more frequent then it is likely that Hemlock will become increasingly common in our hedgerows and even in our gardens where they border open countryside.

Watch this space for more information about this weed as it becomes available!

Bernard is an Environmental Scientist who is a Life Fellow of Hughes Hall in the University of Cambridge and Fellow and Director of The Institution of Environmental Sciences

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Talks and tour of a mysterious, unique and ancient church set in the middle of fields

Mentioned in the Domesday Book and set in a rural corner of North Norfolk, the medieval village of Waterden was a thriving community in the Middle Ages. Now it is a small hamlet. But its tiny church survives and in 2019 was restored with help from the National Heritage Lottery Fund and local charities.



On Bank Holiday Monday, 28 August, the Friends of All Saints Waterden will hold an Open Day to showcase this ancient and mysterious church, which is grade II* listed and is celebrated by writers, artists and worshippers including the playwright Alan Bennett and the illustrator Osbert Lancaster. It is located in deep countryside between Fakenham and Wells.

There will be a talk by Philip Venning, former chief executive of the Society for the Protection of Ancient Buildings, who will be speaking on "William Morris and the fight to save historic churches". Michael Prest, Chair

of the Friends of All Saints Waterden, will give a tour of the church and churchyard and there will be free wine, soft drinks, nibbles, sandwiches and cake.

The church has had a troubled history. In fact, it is amazing that it has survived. The village of Waterden disappeared in the late Middle Ages for reasons unknown. The church has been added to and subtracted from over the centuries and is a hodgepodge of architectural styles from Norman to early English and Tudor, possibly with Anglo-Saxon elements. A storm in the early 17th century caused part of the nave to collapse and in 1895 it was closed for five years after a tree fell on it in a gale. But the church kept going.



Three surprise findings were made during the 2019 restoration. The most interesting was a metre-

square previously unknown wall painting thought to be 17th century, which excited conservators because not many murals survive from that era.



Another discovery is part of a large arch found on the south side of the nave, again inside the church. This appears to match existing traces of an arch towards the west end. Both are thought to be part of a lost south aisle.

In addition, exterior work uncovered a short stretch of wall reaching out into the churchyard from near the south door. The wall is evidence that there was a south aisle, which is thought to be 14th century and to have collapsed by the 17th century.

The restoration made the roof and porch watertight and gave it some much-needed guttering as well as improved drainage to deal



with damp. Rotten timber was cut out and new wood inserted to strengthen beams, roof trusses and braces in the nave. Buttresses and parts of walls were also repaired, as was stonework and brickwork around the whole building. Ivy was stripped off and lime mortar replaced.

The Friends of All Saints Waterden (FoASW), established to help to care for the church and its maintenance, have been holding events to stimulate interest in the church, raise money for it and to share its beauty. Its simple charm will remain unchanged. The church has no electricity or water and that is how it will remain.

The Open Day is on 28/8/23 from 2-5pm. Talk and Tour. Free food, soft drinks and wine.

The address for All Saints Waterden is Waterden Lane, Waterden, Walsingham NR22 6AT

The church is among trees 100 yards off Waterden Lane down a grass track.

It is signposted from the B1105 Fakenham – Wells road and the B1355 Fakenham – Burnham Market road.

The grass track from the car park is quite rough and may not be suitable for wheelchair users or people with disabilities.

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Ready, set, read!



The Summer Reading Challenge 2023 will be launching in Norfolk Libraries on Saturday 8th July.

It's free, it's fun, it builds confidence and supports children reading for pleasure. Children's reading can 'dip' during the long summer break making it harder for them returning to school. In addition, reading for pleasure has so many proven benefits including developing empathy by identifying with characters and improving mental wellbeing.

This year the theme is Ready, Set Read! It has been produced by the Reading Agency in partnership with the Youth Sport Trust. It will be delivered by Norfolk Library and Information Service and there will be lots of exciting activities in your local libraries.

Over 700,000 children sign up to the challenge every year. To join the challenge children will need to be a library member. This is free of charge and children will receive their own library card for which there are no overdue fees.

Children will be given a pack; they can set their own reading challenge (we recommend six books over the six-week period). Children choose their own books which can include e-books from our virtual library. The children will collect stickers along the way and on completion of the challenge they will receive a medal and certificate of achievement. There is a digital platform too, so the fun can carry on at home! Children can take part in the Challenge at summerreadingchallenge.org

Next round of CIL applications opens

Community Infrastructure Levy (CIL) applications opens on 1 July and community groups will have until 1 August to apply.

CIL funding is drawn from a levy on development in the borough and can be used for a variety of projects that improve community assets.

Cllr Jim Moriarty, cabinet member for development and regeneration, said: "Now is the time to get thinking about how CIL funding could work for your project."

"With people getting outside as the weather warms up, perhaps you would like to think about outdoor assets your community could enjoy. You might be thinking further ahead to facilities or services that people will benefit from in colder months. Either way, if you have an idea for a scheme that could be funded by CIL, we would love to hear from you."

For community projects, sums of £2,000-£30,000 may be applied for. They should be in one of the following areas:

- education – local initiatives
- health
- economic development
- community facilities
- green infrastructure
- open space and leisure
- community transport

Larger, infrastructure projects can also be funded for more than in

the areas of 18+ adult education, green infrastructure and leisure time activities.

For more information please visit this link: <https://www.west-norfolk.gov.uk/cil-applications>. Please note that you cannot apply until 1 July.

The Annual Burnham Market Craft Fair

Burnham Market Craft Fair (which is now its 49th year) will be held on Saturday 19th August.

This popular event is entirely run by local volunteers, with stallholders contributing 10 per cent or more of their takings to local good causes.

This year's stall holders have been selected from nearly 200 applications and have been hand-picked for locality, quality and saleability at the craft fair. Traditional, local and regional crafts will be displayed alongside items by local artists, designers and artisans on 105 stalls in the centre of the village, on the greens, from 9am to 5.00pm.

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

There will be a traditional Hog Roast, ice cream vendors and a Punch and Judy Show will entertain children throughout the day. Tea and cakes will be available at St Mary's Church, Westgate and of course, the permanent good eateries and specialist shops that make up this charming and attractive village.

Ample parking is available in the new North Street car park and event parking on the Playing Field, just off Creak Road or why not come into the village on the Coastliner 36 bus?

For more information visit www.theburnhammarketcraftfair.co.uk

Cover story

Full steam ahead as Grimston tractor run raises money for local church

A Tractor Run and Country Fayre organised by the Friends of St Botolph's to raise funds for the maintenance of the fabric of the church has become a popular summer tradition attracting over fifty participating tractors dating from the 1940s and hundreds of spectators.

From their base at Manor Farm Grimston, the tractors made their way around the Norfolk lanes from 10.30 with a stop in Massingham for a picnic lunch before returning to the farm via Sandringham for a static display for 2.30pm.



Organiser Peter Coe said: "It was a wonderful day for everyone, we had live music all afternoon from the Pheasant Pluckers, a barbecue, stalls and bar all to raise money to maintain the church."

"In the afternoon we had a miniature and full size steam engine on display and a working threshing machine was driven by the engine."

Image above and cover photo: Ian Burt

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£12,000 donated to bereavement charity

Mintlyn Crematorium, which is owned and managed by the borough council, has raised £12,000 to donate to bereavement charity Widowed and Young (WAY).

Widowed and Young is a charity that provides support and friendship to men and women under the age of fifty one when their partner dies.

The charity offers those who are struggling to come to terms with the trauma of losing a loved one at a young age the opportunity to attend peer to peer support groups run by a network of volunteers, many of whom have been bereaved themselves.

The money has been raised through a charitable scheme, operated by the Institute of Cemetery and Crematorium Management (ICCM), of which Mintlyn is a member. Under the scheme metal from medical implants is recycled after cremation, with the consent of the family of the deceased. Twice a year the institute asks its scheme members to nominate local charities, which help to support people to cope with the death of loved ones, to receive a donation.

Cllr Bal Anota, Cabinet member for Property and Corporate Services, at the Borough Council of King's Lynn & West Norfolk, said: "It's good that we can support the important work of the charity Widowed and Young who help people aged 50 and under adjust to life after the death of their partner.

"Mintlyn Crematorium has now donated more than £150,000 to support bereavement charities through this charitable scheme and I hope people who are bereaved take comfort from that."

To qualify for donations from the scheme, charities are selected on the basis they have to assist the bereaved or those who are terminally ill.



Widowed & Young Chief Exec Stephanie Patrick holding cheque with Cllr Bal Anota. They are pictured with Crematorium staff Peter Childerley & Chris Black

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Hunstanton and District Inner Wheel

Sue Trewin, Club correspondent



Bressingham Steam and gardens was the venue for the District outing recently. Unfortunately I was unable to go but do remember enjoying the visit a few years ago with Inner Wheel. It is located west of Diss and there are six gardens totalling over 17 acres, and a selection of narrow gauge passenger trains. Our President Coral Campbell could not resist a ride on the carousel and for those who prefer their feet on Terra Firma, a walk round the beautiful gardens instead.



The Hunstanton carnival has been and gone. Hunstanton and District Inner Wheel organised an animal tombola. Before you get excited or in touch with the RSPCA, the animals were stuffed, came from good homes but had to be rehoused. Among them were several teddy bears, named after President Theodore Roosevelt. Morris Michtom a Brooklyn candy shop owner and his wife Rosa created a stuffed toy bear and dedicated it to the president who refused to shoot a bear. He called it 'Teddy's Bear'. I include a photo of my bear which is 130 years old. As you can see, he has seen better days and spends most of his time in a good position for people watching.



Let me explain about the bleed control kit which will be the recipient of money raised from our tombola. Lynne Baird MBE was a speaker at the recent Blackpool conference. She founded the Daniel Baird Foundation after her son Daniel who was fatally stabbed on 8th July 2017. She learnt that a simple piece of medical equipment could have saved her son's life in the form of a bleed control kit and has relentlessly campaigned for this equipment to be widely available. Hunstanton and District Inner Wheel are delighted to support this campaign.

Four years ago I became Hunstanton and District Inner Wheel club's correspondent. It is now time for me to hand the job over to someone else. This is my last article and from now on we have a team of members who will share the role. I have enjoyed my role and hope that you have enjoyed my articles. Watch out for the new team of writers.

Rotary Club's bra day supports the QEH Breast Care Unit



Elaine Rudd Specialist Breast Care Nurse (seated left) accepts the iPad Pro for the team

On Monday the 5th June, 6 members of Hunstanton & District Rotary went to present Elaine Rudd Specialist Breast Care Nurse and her team, with an iPad Pro at the Breast Care Unit in the Queen Elizabeth Hospital in Kings Lynn. The IPAD will be used for patients who have or are thinking about reconstruction. Pictures are taken along their journey to show them before and after and also to help other ladies who are considering reconstruction, get an idea what can be achieved. They also use the IPAD to assess or monitor progress.



The money was collected last year, through two events in the High Street and the Ski Cafe in Hunstanton with buntings made with ladies bras. Those bras were then sent to Africa.

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A recipe from the Prudent Pensioner

I came across a recipe in a magazine for Bean Burgers and as I have friends and relatives who are eating less meat, I thought I would give it a try. I didn't have all the ingredients in stock so I made a few substitutions. This is how I made them and they were well received. We have enjoyed them in a bread roll and shaped like a steak with salad.

Bean burgers - makes 2 very generous portions

120g cooked red Kidney beans
1 onion chopped finely
40g Rolled oats
30g Salted peanuts
1 tbsp. Fresh Coriander chopped
1 med. egg beaten
Salt & Pepper
½ Teaspoon Garlic granules.
Cooking oil

Whizz oats in food processor until like course breadcrumbs.

Whizz nuts into small pieces.

Place beans in a bowl and mash with a fork. Add onion, oats & nuts, coriander, egg and seasoning and mix together.

Leave to chill for 15 minutes then shape as required.

Heat oil in a pan and cook burgers for 3-4 minutes on each side until golden.

These are nice served with a salad and sauces of your choice.

My updated book "Less Waste more Soup" 45 easy, budget friendly recipes for nourishing soup is available from Ridouts Bakery in Heacham, Docking Farmers Market, By The Book in Hunstanton and Hunstanton indoor market and Robert & Christine home shopping. It is available from Amazon. A search for Doreen Reed will find it (together with my books of light hearted poems & tales) Copies are available to borrow from Heacham Library & Hinckley Library.

See lots more recipes on The Prudent Pensioner Facebook page

Email: pruden.pensioner@btinternet.com

SWAG: a treasure to experience in Snettisham



With the successful launch of SWAG (Snettisham Wednesday Afternoon Get-together) event in April and the very positive feedback from the May SWAG event, at the Snettisham Royal British Legion Hall, the "fourth Wednesday of the month" is fast becoming a date not to be missed as a regular monthly event in Snettisham.

With some 30 attendees enjoying the social and chatty atmosphere, as well as opportunities to play card games, dominoes, cribbage, scrabble, shove halfpenny or floor games such as of Skittles and Hoopla, or in fact just to sit with old and new friends enjoying a cuppa and a chat, the general view was everyone was happy, had a wonderful time and looked forward to the next SWAG...with feedback of "more of the same please".

Ann Kirk thought it a great event to catch up on things with friends while her husband John confessed SWAG had been a fair exchange for working in his garden. Roy Collins, and his wife Maureen, liked the opportunity to mix with different friends in different activities whilst still enjoying being together at the event.

Eric Langford, SWAG joint organiser, said it was an absolute delight to attend SWAG, as he recalled watching a demure lady playing Hoopla and "fisting the air in triumph" when scoring two "25 points" in a row. The overall positive vibe in the Hall was infectious and helped promote an air of happiness all round all SWAG participants. Still very popular are the "part finished" jigsaw challenges for individuals / couples to complete as well as "word search" puzzles.

Entry is free so please come along and enjoy biscuits and a "cuppa", as well as the opportunity for a nice social chat amongst good company.

The next SWAG events will take place at 2pm – 4pm on Wednesday, 28th June, and on Wednesday 26th July, at the Royal British Legion Hall, Church Road, Snettisham.

Thereafter on each fourth Wednesday of the month.

Please contact joint organisers:

Eric 01485 541515 or June Barrett 07783 318621 for more details.



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NEWS FROM BRANCASTER VILLAGE HALL (BVH)

Geoff Wingrove

DARTS

Although the weather for May and early June has been a bit dull and chilly, there has been plenty going on at the Village Hall. The Fakenham Darts league has agreed to admit a team from BVH into its summer league, and it is also hoped to field two teams for the winter league. Anyone interested in joining the team is invited to come along on any Friday evening and speak to Martin (Head of Selectors). As part of the darts initiative, BVH will be hosting a Norfolk-wide competition on 8th July from 10.00am to 10.00pm; spectators are very welcome, and the bar and food outlets will be available.

SUMMER PARTY

A summer party will be held on 29th July from 4.00pm until late, with live music, food, the bar and a picnic tent. Come along and enjoy the fun!

Other events for the summer will be announced soon.

REGULAR GROUPS

Yoga Monday evenings
Baby and Toddler Group Tuesday mornings
Coffee Morning Wednesday mornings
Fitness Fusion Wednesday evenings
Beginners' Pilates Thursday lunchtimes
Mobile Library Van 29th June 1.55pm to 2.25pm

For details of all future events at BVH and our regular activities, please visit our website: www.brancastrvillagehall.co.uk and for enquiries: brancastrvillagehallcommunitybookings.co.uk

FROM THE BRANCASTER VILLAGE HALL ARCHIVE: CHARITIES IN BRANCASTER FROM THE LONG-DISTANT PAST THAT REMAIN OPERATIONAL TODAY

The Robert Smith Trust (established 16th century)

Robert and Elizabeth Smith, brother and sister, lived in Brancaster in the second half of the sixteenth century. In the late 1590s Robert provided funds via his will to enable the building of four almshouses for poor parishioners and also a free school for poor children of Brancaster, Titchwell, Thornham and Burnham Deepdale. The annual funds provided came from the purchase of 71 acres of agricultural land.

Using this money, the Trustees built the almshouses and a schoolhouse, and also provided for the occupants of the almshouses to receive a ton of coal and 20 shillings annually. Unfortunately Robert never lived to see the results of his generosity and his sister had to assume the responsibility for the endowment and the setting up of the Trust in 1593. It will surprise many to know that the

Robert Smith Trust is still active today and helping people, and helping the educational needs of the schoolchildren.



The original school was built directly opposite the church and still exists today, although not as a school. It accommodated 22 boys, who were also given 2 yards of blanket cloth each year at the feast of All Saints. The pupils were taught reading, writing and arithmetic and were required to attend the school for five years, to attend regularly and also go to church services. Parents had to pay one shilling annually and also provide books. In the 1860s a school for girls was built on the site in the centre of the village where it still exists. The boys' school closed in the late 1930s and the girls' school became coeducational. The Robert Smith Trust continued to take a strong interest and to support the school throughout this period.

The almshouses were built at the end of London Road and subsequently, with modifications, reduced to three. A further two almshouses were built by the Trust in 1918 to make five in total; these are available to local people who meet the Trust's criteria.

The Trust continues to manage and maintain the almshouses and farm. Its policy is not of fundraising or advertising. Funds have been provided for pupils to attend school residential trips, courses and musical events. An annual meeting on site at the farm with the school, the tenant and the Trustees gives the children an awareness of the rural environment.

The Bell's Charity (established 18th century)

The Reverend Francis Bell was the Rector of St. Mary's Church, Brancaster, in the early 18th century. In 1716 he left £50 in his will to purchase land, "the annual rent thereof to be distributed to the poorest persons in Brancaster". The proviso was that his gravestone should be kept in sufficient repair out of the rents of his bequest. The money the Reverend Bell left purchased 10 acres in Ringstead, which were let to a local farmer on an annual rental basis. The rental was used to

support poor people in Brancaster, usually with supplies of coal. The Charity still exists today and continues to afford help to local Brancaster people in need.

This picture shows the inscription on the Reverend Bell's gravestone.



The Simms Reeve Institute Trust (established 20th century)

The Simms Reeve Institute (the SRI building) was commissioned in 1904 and opened in 1905 following an extremely generous donation from the Simms Reeve family who lived at Brancaster Hall and were effectively the village squires. The family had a clear vision as to how the village people should have opportunities for entertainment, education and amusement, and as a result provided the means for a building to house these needs.



The Simms Reeve Institute building is considered by many to be a small architectural gem from the Edwardian age along the North Norfolk coast. Its uniqueness in terms of design and architecture are often overlooked, although the building mirrors other developments in Brancaster village from its opening in 1905 through to the present day. The Institute is quite striking, being constructed from high quality red brick and carstone, as opposed to the flint used in most local buildings. The use of red brick was enabled by the railway from King's Lynn

which ran to the south of Brancaster, with stations at Docking and Burnham Market.

In funding the project the Simms Reeves approached the prestigious firm of Edward Boardman and Sons to design and construct the building, the company having earned a reputation with its work on Norwich Hospital and Norwich Castle at the end of the 19th century.

Since the original building opened in 1905 it has undergone a number of major renovations and improvements, including a substantial extension in 1971, financed by the local people to provide a community centre, offering an enhanced range of activities and a social club. In 2020 a further major refurbishment and extension took place,

which included the provision of a village shop and Post Office, as well as a significant enlargement of the community centre to provide for a further range of social and entertainment opportunities. The architect cleverly ensured that the new building was constructed in a way sympathetic to the existing Simms Reeve Institute style of building.

The original SRI hall was used as a reading room and men's social club with women's groups, billiards and football regularly organised. It was also used in the 1930s as a village cinema and provided a base for a mother and baby clinic.

Surviving accounts from the early 1920s for the SRI show an interesting pattern of

activities. Readers may be interested to note that the caretaker's annual salary (presumably part time) was £13 10s 0d; another expense was the purchase of new billiards tables at £21 15s 5d. The principal income was from whist drives and dances at £30 15s 2d and members subscriptions of £24 7s 0d. By 1937 the newly installed cinema proved very popular and as a consequence the SRI showed a profit of £29 5s 6d. Staffing costs had risen to £27 17s 6d annually, and the newly installed electricity had resulted in a bill of £20 13s 11d. The cinema, billiards, ladies' groups and other social events seem to have been the main activities.



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Hunstanton Lifeboat Station news

We've welcomed supporters who raise vital funds for the 'outstanding work' of the RNLI to the station this month - along with some of the charity that saves lives at sea's top brass.

Coastal businesses L&J Leisure which owns the Lodge Hotel at Old Hunstanton and the Briarfields Hotel at Titchwell, along with JJ Wilson Ltd, which owns the village shop in Old Hunstanton, handed over a cheque for £5,000.



Brittany Taberner presents the cheque to Rigil Kent and the crew; credit Chris Bishop/Hunstanton RNLI

It was presented to Lifeboat Operations Manager Rigil Kent by Brittany Taberner, Manager of the Lodge Hotel.

Mrs Taberner said: "The money was raised through carrier bag sales at the village shop and charity money within the hotels.

"We feel it is important to help the RNLI any way we can to continue the outstanding work they do along our coastlines and for the local community."

Hunstanton RNLI chair Charles le Strange Meakin said: "The Hunstanton RNLI crew do a very important job preserving the lives of beach users on the Norfolk coast.

"It's great for the crew's work to be recognised and supported by such a generous and substantial donation from a local business. We are very grateful for that support."



Babs Dale presents the money she raised by walking a mile a day in May to Paul Stewart and the crew; credit Chris Bishop/Hunstanton RNLI

Pensioner Babs Dale, 69, from Milton Keynes, set herself the challenge of walking a mile a day in May for the RNLI.

She hoped she'd hit a target of £200 and ended up more than tripling it by raising £700.

"You're all worth it," she told our crew as she presented the proceeds to Deputy Launch Authority Paul Stewart.

"Every time someone donated, I said every contribution could help to save a life."



Mark Dowie (sixth from left) and Vice Admiral Sir Timothy Laurence (seventh from right...) with crew at the station; credit Chris Bishop/Hunstanton RNLI

While the crew have attended a number of 'shouts' as the weather warmed up this month, they were all resolved safely. We're there 24/7, 365 days a year when people need us.

Earlier Mark Dowie, Chief Executive of the RNLI and Vice Admiral Sir Timothy Laurence, its Vice President, toured the boathouse on Sea Lane.

They met some of the men and women who respond to emergencies on our inshore lifeboat, Spirit of West Norfolk and our hovercraft, the Hunstanton Flyer.

They also spoke to members of the shore team who assist with launches, some of the many volunteers who work behind the scenes at the station and staff from the station shop which helps raise vital funds towards the work of the RNLI.

Rigil Kent, Lifeboat Operations Manager, said: "They were here to look at the kit we've got, how we use it here and how we think it could be improved.

"It was a very positive visit. They even brought some good weather with them."

Adam Makinson, who's been a staunch crew member on both the lifeboat and hovercraft since 2019, is leaving the fold as a career move takes him to Milton Keynes.

"I joined the crew because I wanted to be a part of the community and do my bit to help, said Adam, 33.



Adam Makinson (centre) with crew-mates Lewis Cleland (left) and Ryan Darby (right) after returning from his final training session on the lifeboat; credit Chris Bishop/Hunstanton RNLI

"I hope to return to the RNLI in the future as I've learned some amazing skills and worked with a fantastic group of people.

"The crew at Hunstanton are all remarkable and it has been an honour to work with them."

Stay safe and respect the sea,
Your Crew

KIDS! STORM FORCE



Sundays in July and August

July 23rd, 30th

August 6th, 13th, 20th, 27th

10.30am

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Lifeboats

LOOK FOR **SANDI STARFISH** AT THE BEACH THIS SUMMER



- Kids and Vulnerable people may get lost on our beautiful beaches
- Look for the Sandi Starfish Zone number at your beach entry point
- Take a picture of your child at the beginning of the day

Zone Number	Zone
Zone 1 (Red)	Snettisham Sea Defence - Heacham South Beach Cafe
Zone 2 (Blue)	Heacham South Beach Café – Heacham North Beach Ramp
Zone 3 (Orange)	Heacham North Beach Ramp – Groyne 37
Zone 4 (Pink)	Groyne 37-Groyne 21
Zone 5 (Yellow)	Groyne 21 – Groyne 13 (Beach Patrol @ Oasis)
Zone 6 (Green)	Groyne 13 (Beach patrol @ Oasis) – Groyne 4 (Esplanade Gdns)
Zone 7 (Red)	Groyne 4 (Esplanade Gdns) – Hunstanton Lighthouse
Zone 8 (Blue)	Hunstanton Lighthouse – RNLI / Le Strange Hotel
Zone 9 (Orange)	RNLI / Le Strange Hotel – Old Hunstanton Golf Club house
Zone 10 (Pink)	Old Hunstanton Golf Club House – Beach Rd, Holme Next the sea

- Call 999 – a missing child is an emergency.
- Remain Calm – stay in the spot where the child last saw you.
- Stay on the phone to emergency services until police arrive.

Lifeboats

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Fire Service Update

Chris Guy

The crew have had a fairly busy couple of months attending just over 30 call outs between April and the end of May. On top of this we have been busy training, keeping our skills up to date whilst also preparing 2 new recruits to start their 2 week induction course at the Bowthorpe training centre week starting 5th June. On passing this intensive 2 week course they will come back on to station with the basic skills to start their fire service careers. They will then undertake an approximately 2 year development programme within which they will be supported by the station and through additional courses to develop their firefighting skills further and will have to pass a 12 month and 24 month fire ground assessment along with a folder of evidence to finally become a competent Firefighter. They are both extremely keen and we are sure they will be fitting in to the team well on their return from the course.

With the summer months now starting we are hoping for a slightly quieter year than last year, so far the temperatures have been lower but we have not seen much rain recently so the risks are fairly high should the temperatures begin to increase. So please enjoy being outside this summer safely by following some simple steps below to help reduce the risk of fires.

- Don't have BBQs on open grass or areas of dry vegetation.
- Make sure disposable BBQs are not placed in bins and hot coals are not disposed of near anything flammable.
- Don't stub cigarettes out on the floor.
- Don't leave glass on dry ground as it can start a fire.

Finally the team will be taking part in the Hunstanton Carnival on the 25th June, come along and say hello and find out more about what we do. We will also be holding the Station Open Day on Saturday 29th July 10am-3pm with lots to see and do for the whole family including an RTC demonstration, several Fire Appliances as well as the Coastguard, RNLI, Ambulance and Police. All money raised on the day will be donated to The Firefighters Charity who support current and former firefighters in times of need. Last year was a great success and we are confident this year will be even better. Please follow the Friends of Hunstanton Fire Station Facebook page for further details of the event.

We still have vacancies within the crew, for anyone interested in joining you can contact Watch Manager Rigil Kent on 07452940635 or drop by the station on a Monday evening between 1830 and 2130 or come and speak to us at the Carnival or our Station Open Day.

Spandau Prison and Rudolph Hess

Ian Smith is an ex Scottish International Rugby Union player and a well-travelled dentist who served in the Army. He has already written one book about his sporting exploits and is due to release a second, "Have Teeth, Will Travel", about his dentistry career. He lives in Snettisham and continues to give Town & Around's Tim Keogh monthly insights into his fascinating life.

My childhood memories of Berlin were very much centred around the bravery of the RAF Bomber aircrew and the fixed idea that General Montgomery had won the war and signed the German surrender on Lunenburg Heath. I didn't realise for many years that the Russians had reached Berlin first, and that it had somehow or other become a four-power city, a long way inside what had become East Germany.

I therefore understood, during conversation with my daughter some ten years ago, why she expressed total disbelief when I said that I had served in the British Army as a dental officer in Berlin. "You can't have", she said, "Berlin is in Germany!" Of course, and perfectly logically, she had no memory of British troops being in Berlin because they, in fact, left in 1994, the same year that she was born.

I spent nearly a year as a dental officer working in the British Military Hospital in Berlin, very close to the Olympic Stadium, with a Colonel who 'could' be responsible for the dental health of the one remaining inmate in Spandau Prison, one Rudolph Hess, former deputy to Adolf Hitler. It should be noted that Spandau prison was in West Berlin and it was always thought that, if Hess died when it was the Russians turn to look after him, they would not leave.

The word 'could' is due to the fact that, as a four power city, the four countries - France, the United States, Russia and Great Britain - took it in turns to be responsible for the prison. If Hess had toothache when it was our turn,



then my boss or myself would have had to carry out any treatment, which apparently was tricky because he insisted on remaining standing normally against a wall!

I should also add that, whilst Berlin was split into four sectors, and technically there was freedom of movement for military personnel and their families between the four sectors, it certainly wasn't that simple. There was of course something called the Berlin Wall which dominated the border and, whilst there were three checkpoints altogether, it was only the famous Checkpoint Charlie where access to East Berlin was possible for Allied personnel, and we had to be in uniform.

Every month there was a medical officer's conference followed by lunch for the commanding officers of the medical teams of the four powers. I was fortunate enough to be invited as a guest by the commanding officer of the British Military Hospital in Berlin. It



took place at Spandau Prison, where it was Russia's turn to look after Hess at that time.

I had been warned to be careful about things I said because the Russians would have people there who were carrying listening devices. I remember laughing and was told in no uncertain terms that when I went into the ante-room before lunch there would be a large man in a corner in earnest conversation with his back to the room, and that his entire jacket was a listening device!

Sure enough when I walked through the door, there was this huge man, probably six feet six inches tall, about six feet wide and weighing at least 18 stones, in a grey suit facing the wall. Just incredible, exactly as I had been told. Then lunch was delayed because that morning Hess had tried to kill himself! (In fact, he succeeded some years later).

To further complicate matters, when we eventually sat down to lunch, the blond haired Slavic looking Russian officer sitting opposite me introduced himself and said, in almost perfect English with a knowledgeable smile, "And how are your parents Bill and Jean Smith at 65 Nile Grove Edinburgh Scotland?". Wow! To think that even as a lowly dental officer the Russians knew that much about me, that was and still is a scary memory. It ruined a perfectly good lunch, although having French Medical Officers on either side who didn't speak a word of English didn't exactly help either.

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6. Fishers, Hunstanton, Norfolk

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



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Hunstanton Primary School

Welcome to the July edition of Hunstanton Primary School's newsletter. How have we almost reached the end of another academic year? We have many fun activities planned for the last few weeks of term for the whole school and we prepare to say goodbye to our current Year 6 as we send them on their way to their new High Schools.

The Year 6 class held a fundraising Cake Sale at the beginning of June to raise funds for yearbooks. They are pleased to announce that they raised exactly the amount that they needed and will receive their books on the last day of term. A wonderful memento of their journey throughout the school. We wish them well with their future journeys and we look forward to an exciting last month filled with lots of fun activities such as an inflatable family fun day, BBQ, the annual Year 6 musical, which this year is Rock Bottom Rocks and their Leavers' Award Assembly.

We have been very lucky with the beautiful weather lately and as a school, we have taken full advantage of our local surroundings. Our Reception class had a visit to Farm Park in Snettisham and they enjoyed a picnic on the beach with some fun and games. Year 2 also had a trip to the beach for a morning where they studied the shells and rocks that they had been learning about in their lessons.

June brought us a very exciting trip for the Year 3 & 5 classes to the National Space Centre in Leicester. With six interactive galleries, the UK's largest planetarium, and the iconic 42m high Rocket Tower. The award-winning National Space Centre was quite literally an out of this world experience for everyone.

This half term has been filled with more sporting, dancing and musical events. Year 2 participated once again in the WNSSP Dance Festival at the Corn Exchange with another fabulous routine choreographed by Mrs Corby. Congratulations to all of you once again - you were little stars. Premier Education have been into school orchestrating our after school clubs with multi-skills and basketball. We have our annual Sports Days scheduled where the support and encouragement from all pupils is always so lovely to see. Classical Music Rocks have visited us on two separate occasions, Johan Lofving treated the children to a mini workshop about his guitar and theorbo and a piano recital by Siobhan O'Higgins. We also hosted 'Hunstanton Rocks' - the concert was performed by the pupils who take piano, drums or guitar lessons at the school with our peripatetic teachers Dan Ashby and Gail



Carnell. Thank you to Mr Simpkins who organised the concert and for helping the students within their lunchtimes and all that were involved on the night. Well done to our Rock Stars!

Following on from last month's article when we spoke about how the PTA had commenced the revamp of our Secret Garden, we are pleased to say that it is now being utilised. Mrs Tisshaw (Reception TA) has now launched her Gardening Club with some specially invited children within the school. We owe a HUGE thank you to Wards Nurseries in Ringstead and Moulam and Horn in Heacham who donated and supplied the club with compost, seeds and other bit and pieces to enable the club to get started. We very much appreciate your contributions.

We had the privilege of having our Head Boy (Harry) and Head Girl (Cherry) asked to be the Hunstanton Carnival King and Queen from the Town Council. They were escorted in the parade in a handmade carriage made by the Men's Shed and some of the pupils followed along in the procession around the

town dressed in anything red, white and blue or any royal clothing. A fun afternoon was had by all. Thank you to the PTA once again for their tombola stall at the carnival helping to raise funds for the school.

Talking of raising funds for the school, we are waiting to find out the results from the Community Grants within Tesco's so thank you to those of you who put many blue coins in our pot. This will help us with our library fund and to update our books. If you run an organisation or know anyone that would like to donate and help the school to update our resources, please do get in touch with us.

We are delighted to inform you that we have a Facebook page where you can follow all of our school's activities and highlights. Follow us @HunstantonPrimary.

If you are new to the area or considering transferring your child to our school, we invite you to book a tour to see what we have to offer. Contact us on 01485 533373 or email office@hunstanton.norfolk.sch.uk to schedule your visit.

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Last half term the PFA held a Dance-a-thon in order to raise funds for our school. We also had some extra help from parents who kindly did some fundraising in their own time, with requests on social media and also running a stall selling children's books and toys. Over £400 has been raised so far, and money is still coming in. We would like to say a massive THANK YOU to all those who organised the events and to everyone who sponsored children or were good enough to donate time or money to help us. We really do appreciate it - as a small school, funds to pay for things like coaches or educational workshops are very limited so your additional support means a huge amount and allows us to give our children opportunities and experiences which we would otherwise not be able to offer. Coming up, there is a summer PFA event at the Jolly Sailors on Saturday 17th



June - we hope to see you there.

We simply cannot believe how quickly time has passed - we are now in the final half term of the school year. Although SATS are over, Years 3 - 5 still have tests to do, including the multiplication check for Y4s and Y1s are about to do their phonics screening. But we also have some exciting things to look forward to in the next few weeks. The Norfolk Owl Trust are bringing some magnificent owls into school for us, and we will also be looking at some owl pellets - it's amazing what you can tell from poo! The mayor will be coming in one morning to give out Coronation coins to all the children to commemorate the coronation of King Charles III, we have our annual Smith Trust picnic up at School Farm, and Sports Day is coming up soon. We also have some transition days where we will "move up" to our new classes for part of the day, so we get to know what the teachers and classrooms are like in readiness for September. On these days, our new Reception children will be visiting and we look forward to welcoming them.

Music is a big part of our learning this half term. As well as regular sessions learning ukulele in KS2, we are also learning some songs from The Magic Flute with the aim of putting on a performance at the end of the year. Brancaster Primary Academy is in fine voice at the moment, which is just as well because we have been given the most amazing opportunity to perform at the Royal Norfolk Show. Our school has been selected to take part in The Grand Sing along with other children from around the county, and we will be performing in the Grand Ring for the event, which will be led by Gareth Malone. One of the songs we are learning is extra special, as it has been written and composed by the young people of Norfolk themselves and this will be its premiere. This is a massive honour and we are determined to show everyone how amazing our small school is. Let's hope it doesn't rain!

Term finishes on 21st July and reopens for the children on 6th September.

Armchair Sports Trivia sponsored by Berni Beans of Hunstanton



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QUESTION: Which sport was formerly known as sphairistikè?

ANSWERS TO: editor@townandaround.net or by post to:
The Editor, Town and Around
18 Tapping Close, Snettisham PE31 7FF
Closing date: 15th July 2023.

Hazel Denslow was the lucky winner of June's trivia question: Who are the only team to have won the FA Cup final and be relegated in the same season? Correctly identifying Wigan Athletic. Congratulations Hazel.



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Glebe House School & Nursery update

We may have experienced a less than impressive month where the weather was concerned, but May most certainly delivered some positively memorable moments for Glebe House School and Nursery. Please read on to see what we got up to last month!

King's Coronation



The historic event was marked by a vast range of activities across the School and Nursery. The Parents' Committee organised a hugely successful Bake Sale, raising over £250, courtesy of the amazing bakes donating by children across the school. They also presented a stunning commemorative pin badge or wristband to every child as a memento of the occasion. In Wellness Afternoon, Pre-Prep had the opportunity to make nature crowns, to role play a royal tea party or to build an orb, sceptre and crown from Lego.



Nursery enjoyed an afternoon of coronation themed activities in their garden, when family members were invited to join for an afternoon



of crown making, cake decorating and pin-the-crown on the King! We also enjoyed reliving the story of when the then Prince Charles opened our Pre-Prep building, with our current pupils trying to spot family members who were at school then and in the newspaper photo.

Swimming



There was great excitement at the start of the month when swimming returned to the timetable! A number of technical difficulties limited the swimming provision at school last year, but we're now back operating at full service and all our classes, from Reception through to Division VIII, have been loving their weekly onsite swimming lessons.

Prep School Trips

The educational trips for the Prep School have continued this month, with Division VII first enjoying a trip to the Fitzwilliam Museum in Cambridge. They travelled by train and had a whistle stop tour of some of the great paintings by famous artists from 1500 to the present day. The pupils had great fun and enjoyed having the chance to sketch their favourites.



Later in the month, Division V enjoyed a fantastic residential trip to Derbyshire. They visited Chatsworth House & Gardens, went to Burbage Edge for climbing, abseiling and weaseling, spent time in Eyam village to learn about The Plague, and stepped back in time to the medieval and tudor periods at Haddon Hall. The children reinforced a lot of their recent history and geography learning, as well as really challenging themselves with outdoor activities.

Art, Design & Photography

We're very proud of our Art Room and the experiences our children enjoy throughout their art lessons. Division II this month had the opportunity of displaying their cardboard animal creations. Made from large cardboard boxes, children created a breadth of animals from giraffes to turtles and elephants to camels! Our passion for art and design was supported by the recent 'Interiors' Art and Photography Competition. Judged by local artist Harry Cory Wright, there were some truly outstanding entries which were proudly displayed at our end-of-term Art Exhibition. Harry Cory Wright was extremely impressed by the variety and creativity of the work. Well done to all our winners, who each won one of the amazing prizes for each age group.



Pictured above the Interiors Art and Photography competition winners



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Junior Prep Performance

A highlight of the month was undoubtedly the Junior Prep musical performance of Roald Dahl's Cinderella. The costumes, the characters, the music and the humour all made for a fabulous hour of entertainment. There were two performances and the children were incredible in both! Listening to the round of applause at the end of the final show, there was certainly a thirst for the performance to continue. Well done to everyone involved!



European Languages Day

Our children enjoyed a European Languages Day to celebrate the diversity and richness of the many languages spoken on our continent. The children came to school dressed up as foreign characters or in the colours of their chosen country. During the weeks leading up to this, the children were taught about the importance of learning other languages which can promote a better understanding and respect for different cultures.

Instead of following their usual timetable,



the children took part in a number of cross-curricular activities, each with a foreign theme in mind. This included playing some French card and board games, learning how to play Boules, choosing their own language to study with Duolingo and learning German with our former Headmaster, John Crofts.

Everyone enjoyed hot chocolate and croissants at first break, and then at lunch time the children were intrigued by the menus for the day which were translated into French, German, Italian and Spanish.

During the day, the Big Wheel, a touring foreign language theatre group kept the children thoroughly entertained by performing 'Voulez-Vous', an immersive and very interactive French workshop. The pupils were involved in the action the whole time and the two actors were very skilled at making contact with every child to create a fun and safe atmosphere for participation. The children were immersed in the language and some were surprised at how much French they actually knew and how much more they

understood. It was really good fun!

Later in the day for those staying on at school the children watched a French film with English subtitles called 'Les Vacances du Petit Nicolas' about the hilarious events that ensue during a family holiday to the seaside. It was a hugely enjoyable day just ahead of breaking for half-term.

Women's FA Cup Final

A group of pupils and parents from Glebe had the exciting opportunity to travel down to Wembley Stadium to watch the Women's FA Cup Final between Man Utd and Chelsea. It was a fantastic day out and we were thrilled to be part of a world record breaking crowd of almost 80,000 fans in the stadium! The atmosphere was electric and the game was a fabulous advert for women's sport. We're already looking forward to going again next year!

Come and see us!

If you would like to find out more about life at Glebe House School & Nursery, please don't hesitate to contact us. Why not enquire about one of our taster mornings and a personal tour? Did you know we offer wraparound care from 7.30am to 6pm? And that we offer means-tested bursaries? We are still registering for Reception 2023 with final spaces remaining, so please do contact Tamzine Fraulo on 01485 532809 or email tjf@glebehouseschool.co.uk to register your interest!



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Sporting corner with Tim Keogh

Norfolk Superhero Event raises funds for Nourishing Norfolk

The Norfolk Superhero is a charity quadrathlon event held each year at Burnham Overy Staithe. Whilst a serious challenge involving teams of two undertaking four disciplines - a 1 mile swim, 4 mile kayak, 45 mile cycle and 8 mile run - the spirit of Superhero is to take part in a quirky challenge, teamwork, friendly competition and fund raising for a local charity.

This year's event involved over 200 competitors coming together on the rather hot morning of Saturday, 10th June.

With over £160k having been raised since Superhero began, this year's chosen charity was Nourishing Norfolk, whose aim is to

ensure no one in Norfolk goes hungry. Organiser, Sophie "Riddy" Ellis, was delighted with this year's turn out, "we have raised over £167k to date now which is just amazing, and a big shout out to our volunteers, the pink ladies, without whom we could not manage the event".

Chris Beck and Toby Morrell won the Men's Lord Nelson Trophy, whilst Honor de Winton and Annabel Roe won the Ladies Lady Hamilton Trophy. Sophia Hodges and Mark Beck won the Mixed Dame Edna Trophy.

To register, sponsor or volunteer for the 2024 event, please visit www.norfolksuperhero.co.uk.



Cath Edgington and Rachel Hunter in pink at the water taps

Heacham Table Tennis Club

The HTTC 2022/23 season reached a conclusion on Monday, 22nd May. Over 30 players have participated in the league, that started way back in September, throughout the season.

The final evening involved the traditional hard bat competition followed by a buffet and presentation of all the season's award winners presented by organisers Jim Race and Stephen Jackson. Founder of HTTC, Malcom Diggins, was also on hand to present the Special Merit Award, the winner of which is seen to epitomise the ethos that table tennis can be enjoyed by all ages and abilities in a fun yet competitive environment with a smile on their face.

Hard bat winners - Charlie Hammond and Janice Howell

League Winners - Heacham Knights (Mick Forth, Kevin Saunders, Ollie Loades and Debbie Knight)

Open Singles Champion - Mick Forth

Handicap Singles Champion - Kevin Saunders

Special Merit Award - Jim Duncan

Organisers, Jim Race and Stephen Jackson, thanked all players, supporters and volunteers involved in the club for another successful season. Practice sessions will continue from 6pm on Monday nights before the new season starts again in September. Anyone wishing to take up or reignite their table tennis career can contact Jim Race at jimrace@jayars.co.uk. Jim said, "it is a relaxed environment and we cater for all ages and abilities, so feel free to come down for a knock if you fancy taking up table tennis".

Far right: Open Singles Champion
Mick Forth

Right: League Winners - Heacham
Knights



Back row (from left) Jim Race, Charlie Hammond, Mick Minns on behalf of Jim Duncan, Tom Norman, Alfie Yarrow, Rob Yarrow and Stephen Jackson.
Front row (from left) Janice Howell, Lewis Boldock, Kevin Saunders, Ollie Loades, Debbie Knight and Mick Forth. Credit Ian Burt.



Sporting corner with Tim Keogh

7th Hanseatic Festival of Water Sports In the Spotlight



The 7th Hanseatic Festival of Water Sports came to the King's Lynn quayside on the weekend of 27th and 28th May.

Slightly windy but, generally, good weather conditions meant the spectators were treated to a feast of water sports action across the glistening yet choppy River Great Ouse waters.

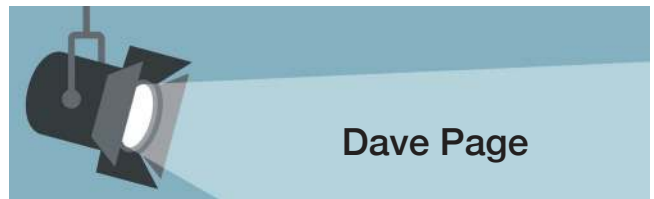


There was an array of water sports on offer, including Formula 1, 2 & 3 water ski racing, jet ski racing and Offshore Circuit Racing Drivers Association (OCRDA) powerboat racing. Various demonstrations, stunt displays and flypasts added to the action packed weekend. On day one, Kirk Brookes took a nasty tumble on one of the water skiing jumps. Bruised but, otherwise unharmed, he will be back to fight another day. The last event of the day saw the entertaining Under 8s water ski behind jet skis. The venue also replicated the Diamond Race which is a world renowned water ski race in Belgium, close to the Hanseatic port city of Antwerp. There was certainly a high octane feel with racing reaching speeds close to 100 mph. The throttle control of the drivers is crucial, as they listen to instructions via an intercom fitted into their helmets.

There were some popular racers on hand to delight the crowds. F2 Skier, Jake Frame, is a former Silver Medallist at the World Championships, whilst Sam Hopkins looks to be a great talent for the future. The biggest cheer, however, came for local farmer, James Allen, a keen water sports enthusiast who donned his skis on day two. Several competitors travelled across from Belgium, France, Holland and the US to compete. Popular water ski racer, Steven van Gaeversen, was well supported by his family and friends who cheered him on whilst enjoying canopies on the quayside. He said, "Glad to be at this event in the wonderful town of King's Lynn".

Various eateries and pop up bars were on hand to keep the thousands of onlookers refreshed. Saturday evening saw the fireworks display light up the night sky over Kings Lynn while live music, including local band Redemption, played late into the evening.

Organisers, Tom and Michelle Lumley were delighted with the turnout and thanked the many backers, including main sponsors Adrian Flux and Carter Haulage, as well as all the volunteers and the Borough Council of King's Lynn and West Norfolk, that all combine to make the event possible. Plans are already under way for the 2024 festival.



Dave Page is a Trustee of the Heacham Youth & Community shop and Chairman of Heacham Football Club. He has overseen the club's rise from bottom of the North West Norfolk League Division One right up to the Thurlow Nunn Eastern Counties Premier Division. Whilst Dave is quick to praise the new club as a whole in achieving this feat with eight consecutive promotions, he is also as proud of the developing youth set up within the club which will support Heacham FC for generations to come. Dave played for "The Magpies" in the 1960s alongside Colin Garwood who went on to play football professionally.

Name: Dave Page

Age: 79

Star Sign: Libra

Where Born: Kings Lynn

Occupation: Retired now, previously an HGV Driver. I am also a proud trustee of the Heacham Youth and Community shop, which takes up my time nowadays outside of football.

Family: Wife Lydia, daughter Tracy, grandsons Joshua and Joseph (Joshua presently plays for Dereham who are now in the same division as Heacham)

A Cats or dogs person: We have a 17 year old cat called Spirit

Hobbies: Dabbled with bowls and golf, but it's always been football really.

Team Support: Arsenal

Biggest achievement: Being honoured by the FA for 25 years services to HFC. Playing wise it was reaching three Norfolk County Cup finals.

Funniest memory: A few of the players were running late for a game at Houghton, but we managed to start the game with seven players. By the time the other four players arrived and ran onto the pitch, I was walking off as I had been sent off! I also remember Les Chilvers giving the team a lift to a game in his Sherpa van - unfortunately it broke down on the way back and, as there were no mobile phones in those days, we had to walk four miles to the nearest red phone box to call for help.

Proudest memory: John Motson turning up to open the new 3G pitch and Gary Lineker attending one of our end of season presentation dinners. It's also good to see BBC's Chris White and Colin Garwood down at games.

Famous Idol: Dennis Bergkamp

Favourite meal: Liver and bacon

Favourite drink: Bacardi and coke nowadays.

Favourite holiday destination: Scotland, the scenery!

Three items for a desert island: Bacardi, Deckchair and it has to be a football.

Favourite band/singer: The Beatles and Celine Dion.

Worst habit: Being argumentative.

Pet hate in others: If they support Spurs!

Best advice ever given: Graft and you will reap.

What would you change in the world: Climate change.

Like to live forever: No



Sporting corner with Tim Keogh

Hunstanton Lawn Tennis Tournament Sunday 20th - Saturday 26th August 2023

Hunstanton Lawn Tennis Tournament started in 1920 and quickly became a popular event attracting entrants from Norfolk and beyond. Today it remains the UK's largest tennis tournament and, arguably, the most popular grass tennis tournament in the world.

This year's tournament takes place from Sunday, 20th August to Saturday, 26th August across 38 grass courts on the Recreation Ground. It is an open tournament catering for the most experienced players down to enthusiastic beginners. It covers all ages from the senior veterans down to junior, with 'round robin' competitions for the youngest.

A dedicated committee of passionate tennis players/fans run the event each year and it is supported by a range of sponsors and trade exhibitors. There will be refreshments available on site with a licensed bar added to the range of refreshments.

The trade stands offer a wide variety of products and services including specialist foods, artisan jewellery, health and massage, handicrafts and a wide range of clothing to suit all tastes. There are also a host of local attractions including bird reserves, galleries, Sandringham House and Norfolk's lovely coastline for down time when not competing or spectating.

Looking back through some of the old records with dates and names on trophies, the earliest date a winner can be pinpointed with accuracy is 1920 when the Ladies Open Singles Trophy was presented for the first time. One famous name on that trophy is Ann Haydon - nee Jones - who went on to be the Wimbledon Ladies singles Champion in 1969. It appears that, although there was a small tennis club in Hunstanton, it was a local group of dignitaries in the town and surrounding area who thought it would be good for the town to have their own little "Wimbledon". So the Tournament began. Genteel days with low entries and a lot of socialising and much drinking of G & T's and not a lot of tennis. In 1928, a Mr N Orfolk controversially retired whilst competing in a doubles final. Legend has it, he or his partner could not win as it would have disqualified them from another tournament. His true identity remains a mystery to this day.

Organiser, Chris Holt's connection with the Tournament commenced in 1975, a year after starting teaching at the Hunstanton Secondary Modern School, several of whose staff were already involved on the Tournament Committee. The President at the time was local solicitor Ken Bush and the Referee was a renowned man called Reg Mynard. Chris recounted, "Reg worked in a partitioned part of a Scout marquee. Nobody could go and disturb him...not even the Committee!"

At the time the income from the 250 entries was very low and to make sure the Tournament kept in the black, the ladies of the Committee members would prepare and sell

light refreshments and salad lunches, the profit of which, though small, kept the Tournament going. In future years numbers started to increase, sponsorship was sort and the use of a few extra courts on the cricket outfield appeared. This was achieved each year by Chris hiring a 7.5 ton lorry, driving to Slazenger's in Croydon and collecting all the court hardware and then returning it the Tuesday after the Tournament, back to London.

The introduction of the famed Under 10 and Under 12 tournaments and the growing popularity of tennis in schools soon saw numbers rise to a peak of over 1200 individual competitors in the early part of this decade. With it came the problem of time and logistics and, of course, the manpower to run the Tournament efficiently.

In 1979 the services of Peter Mornard - an up-and-coming young Referee from Ipswich - were sourced and he took over the mantle when Reg Mynard retired. Peter, at the time, was involved in the Wimbledon back room staff. Peter stayed until his retirement in 2013 and was one of the major forces behind the tournament's recent success. Sadly, Peter passed away peacefully in November 2017. Chris said, "we still miss the shouts of 'Come on Ipswich' on Finals afternoon".

Computerisation and the dawn of the World Wide Web saw drastic changes in the way the tournament was run. Gone were the long hours filling envelopes with entry forms, sticking on stamps and replying to all entries by post. Everything is now done via the internet, with John Avant and Malcolm Diggins providing bespoke Tournament software.

The tournament continues to be a very popular event on the UK Tennis calendar, with Sponsors and trade stalls along with extra toilet facilities, on site catering and a licensed bar raising the profile of the tournament.

2018 Council cutbacks meant less time and money being spent on maintaining the courts, especially the cricket outfield. The net effect of this was the Committee purchasing their own sit on three bladed mower, at some expense, to overcome this problem. In conjunction with Glebe House School - who share the mower and house it undercover, this machine ensures the courts are of a premium standard. Grants from the LTA have also helped to subsidise the purchase of seed, weed and feed and general maintenance.

In recent times, only once has the weather intervened and caused the Tournament to cancel all events and close early. This was in 2007, when continuous heavy rain on the first three days turned the grass into a swamp and the car park into a mud bath, and then dangerous gale force winds made the possibility of any play impossible on the grounds of safety. Other years have experienced the odd wet, windy or cold day but, generally, it has lived up to its name of a



Chris Holt

tournament in "Sunny Hunny".

2020 turned out to be a year of highs and lows. This was to be the Centenary Year but, due to the Coronavirus, resulted in the cancellation of the Tournament for the first time in its history before a ball was even served. Having only just been awarded the Norfolk Competition of the Year by the by Norfolk LTA, they were also in the running for the Eastern Regional Award.

In the Summer of 2020, they were the proud winners of the national "Tournament of the Year" at the annual LTA presentations. A great tribute to the hard-working committee and all the players, and supporters, that made this possible.

2022 saw the return of tournament competition after a two-year shut down. One of the driest summers in recent times meant that, although the top courts were kept up to scratch, the green outfield turned from green to brown. Rain, however, did come to the rescue two weeks before the start and green shoots started to return. It still meant that erecting the courts on rock hard ground proved very difficult but, as always, the efforts of the Committee and volunteers meant the tournament made a popular and smooth return.

Chris welcomes any local support, particularly during the weeks leading up to the tournament, who can come and give a hand. He can be contacted at mail@chrisholtphotography.co.uk.

Birketts LLP is delighted to be sponsoring this year's Hunstanton Lawn Tennis Tournament. Birketts is a full service, UK Top 50 law firm with a heritage spanning 160 years. Based in Cambridge, Chelmsford, Ipswich, London, Norwich and Sevenoaks, Birketts advises businesses, government and public sector organisations and individuals in the UK and internationally.

Redgate Rangers Football Club



What a season for Redgate Rangers Under 12s! They wrapped up the Norfolk Combined Football League Championship Division with a game spare to become Champions.

It's been a great season for all involved at the club, commitment to travel all over the county on Sunday mornings by the parents with most weeks having a full squad available.

They also made it to the Norfolk U12 County Cup Semi-finals unfortunately losing out on penalties.

Overall, it's been a fantastic season and they will now move into the Premier Division of the NCYFL next season at 11v11.

If anyone is interested in joining next season please get in touch with Danny Lincoln 07411235024 or email redgaterangers@hotmail.co.uk

News from Hunstanton Croquet Club

Big news for this month- we heard that some people wanted to 'Come and Try' but could not make it to our Saturday date in April so we are putting on another session.

This time it will be a held on a weekday and in the early evening. Date for your diary - Thursday 6th July from 6pm. As usual, all equipment is provided and refreshments will be available. All welcome - the only requirement is that you wear flat soled shoes or trainers.

Last month we hosted a major two day GC tournament. The winner of the Hampson Memorial Trophy was Alain Giraud, the Plate was won by Mike Bilton and our very own Jayne Stevens won the Shield.



The home qualifying round for the national GC Grass Roots competition also took place and was won by Noelene Wood-Davies (pictured above right). Noelene qualifies to compete in the National finals in September against all the regional winners and guess what? This year Hunstanton has the great honour of hosting the event!

Our new members continue to improve in leaps and bounds - or rather in hoops and blocks! It is a pleasure seeing so many new faces in the clubhouse and the lawns full of players on a sunny club afternoon.

Hunstantoncroquetclub.co.uk

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A TREASURE TROVE

Lesley Nadel

On Monday 10th July 2023 Mark Cottle, an accredited Arts Society lecturer will be giving an illustrated talk on "A Mound of Treasure from Far Countries was Fetched Aboard Her: The Story of the Sutton Hoo Ship Burial", at Sedgeford Village Hall at 2pm. In the early 7th century, a great ship was dragged ashore from the River Deben in Suffolk to become the burial place of a powerful Anglo-Saxon warlord, along with an amazing mound of treasure. Weaponry, gold coins, and exquisitely crafted jewellery from all over the known world. We will be able to appreciate the finds in turn as Mark explores the insights they may offer and what questions they pose about their world.

What is it about jewellery that has held us captive since Palaeolithic Middle East man, when sea snail shells were used to make beads to be worn by people, as early as 135,000 years ago? Women and men have worn it for thousands of years in almost every culture in the world. 25,000 years ago, a simple necklace made of fishbones was found in a cave in Monaco and with it came the questions that only our imaginations may be able to answer. Who and what was it for? A princess perhaps, a village chieftain, a witch doctor? A gift or something to give a sense of identity or self-esteem? A symbol fulfilling the need to belong? Feathers, teeth, claws, and bones were used as adornments for the hunters, their

talismans of good luck and a sign of someone of courage to be respected. Shells and coloured pebbles, which were beautiful gemstones and were often made up into jewelled adornments, have survived from prehistoric times.

The myths of long ago saw the beginning of jewellery made into symbols, not only to indicate status and rank, but also to be worn for magical powers, such as good fortune luck, as well as protection against bad luck and illness. About 3000 BCE ancient Egyptians had begun crafting gold and silver jewellery. The very wealthy wore the most, believing the gods would find them more attractive and pay them more attention. Identity bracelets were commonly worn by slaves to show who was the master. There was a spiritual and mystical association which extended to entombing the dead with jewellery in the belief that it would take them to the afterlife.

Jewellery has developed through the ages to provide people with a form of beautification and means of communication. It is an artform that can be used to convey a symbolic message of power, wealth, piety, influence or even a romantic message – available or unavailable. Henry VIII is believed to have owned an extensive collection of jewellery, including 234 rings, 324 brooches, and diamond and pearl-studded necklets. Pearls were the obsession of his daughter Elizabeth I, who is believed to have had 2,000 dresses heavily adorned with them and precious gemstones.

Early medieval craftsmen made such beautiful, bejewelled masterpieces in gold with

intricate decorations designed to make the wearer majestic, that modern day jewellers may struggle to recreate them. The Sutton Hoo Ship Burial revealed such treasures of 'breath-taking artistry' and if you would like to explore this fascinating subject and more, we invite you to come along and join us at Mark Cottle's illustrated talk on Monday 10th July at 2pm in Sedgeford Village Hall. See details on our website www.theartsocietynorthwestnorfolk.org.uk



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The Story of the
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Burial

Lecturer:
Mark Cottle

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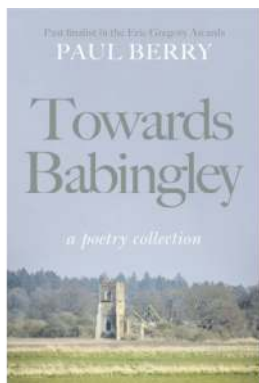
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Local scenes inspire new book



A new collection by a West Norfolk poet, who was born in Hunstanton, has just been published.

Towards Babingley is the seventh collection from Paul Berry and includes a number of poems inspired by the area beyond North Wootton and north of the disused, former coast road at Castle Rising.

Paul describes himself as a 'Burleigh babe', born in the Sandringham Road nursing home of that name in the 1950s, when NHS maternity provision was limited and Hunstanton was closest provider to his parent's home in Fakenham.

He now lives near King's Lynn, where he was a junior reporter on the Lynn News & Advertiser, working closely with the late and legendary Ken Arnott, the paper's Hunstanton correspondent. He went on to work for Norfolk Social Services and, later, an NHS substance misuse team. He has run Centre Poets literature group, which draws members from across West Norfolk and South Lincolnshire, since 1976.

A former finalist in the prestigious Gregory Awards, his poetry reflects a fascination with landscapes and the lives of people who live in or pass through them. In addition to settings on his doorstep, Paul explores locations in East Anglia, the East Midlands and Northern England which also feature in the book.

After his last collection was published in 2019, a reputation emerged as a chronicler of love, loss and longing and the new volume includes several lyrical poems charting relationships and their legacies.

Towards Babingley is published under the Matador imprint, at £7.99 and is on sale at By the Book on Hunstanton's High Street, or via the publisher's website www.troubador.co.uk

KING'S LYNN FESTIVAL EARLY MUSIC DAY

St Nicholas Chapel will once again be the setting for King's Lynn Festival's annual Early Music Day on Saturday 22 July, exploring the rich repertoire of the Baroque period. The day features a lunchtime organ recital with David Flood, a concert with the Orchestra of the Age of Enlightenment and a late-night recital with Ibrahim Aziz (viola da gamba) and Masumi Yamamoto (harpsichord).

The 2023 Early Music Day begins with an hour-long recital by former organist at Canterbury Cathedral, David Flood. He will play the Henry Willis organ, the last instrument on which Father Willis worked on before his death.

The Orchestra of the Age of Enlightenment is renowned around the world for its dynamic music-making. Their programme of Bach, Vivaldi, Handel, Telemann and Corelli highlights their collective virtuosity and their mastery of the Baroque era in creating the closest possible experience to what the composers imagined and the first audiences heard.

The late-night concert as part of the 2023 Early Music Day marks the death of the great Elizabethan composer, William Byrd in 1623 and the birth in 1723 of the last great viola da gamba virtuoso of the 18th century, C F Abel.

Festival artistic director Ambrose Miller said: "Our annual Early Music Day continues to shine a light on the inspiring and enlightening music of the Baroque period. King's Lynn is continuing to develop a reputation for presenting high quality period instrument performances alongside drawing attention to its historic associations."

Other Early Music performances during the Festival include:

- A performance by Galliarda on Friday 21 July which explores music by 17th century female composers, alongside their male counterparts (pre-ceded by a talk exploring the work of the composers featured in the concert). They will also host a free 30-minute informal pop-up recital at King's Lynn Library at 2.30pm on the same day.
- The first period string quartet to be selected as BBC New Generation Artist, the Consone Quartet, who perform an afternoon concert at Westacre Theatre on Sunday 23 July and a coffee concert at King's Lynn Town Hall on Monday 24 July.
- Ibrahim Aziz (viola da gamba) will delight visitors to the Duke's Head hotel in a short pop-up concert on Saturday 22 July.

The King's Lynn Festival takes place from Sunday 16 July until Saturday 29 July 2023. For full details of all events during the Festival visit www.kingslynnfestival.org.uk. Tickets available via the website or on 01553 764864



We are hosting a come and sing evening on Monday 25th September 2023, 7.00 pm The Way, Christian Fellowship Hall, Downs Close, Hunstanton.

Here are a few comments from our members on why they sing:-

"Singing makes makes you feel good."

"Singing brightens even the sunniest day."

"Singing is your passport to a short break from everyday stress."

"Singing has added a new dimension to my life."

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Come and try us out, and see if you like it, you never know how much you may enjoy the experience!

For more information contact: lesley.trebick@btinternet.com 07802 879976.

King's Lynn Festival Chorus

The Best of Gilbert and Sullivan

Sunday 23 July 2023, 4pm St Nicholas' Chapel

Join King's Lynn Festival Chorus and conductor Ben Horden as they present an entertaining programme of Gilbert and Sullivan favourites, including a complete performance of the one-act comic opera *Trial by Jury*. The work is a delicious spoof of a breach of promise trial, a now-forgotten procedure where a man could be sued by a woman for withdrawing a proposal of marriage. The programme also showcases popular favourites from *The Gondoliers*, *Yeomen of the Guard*, *Princess Ida*, *Iolanthe*, *'Mikado* and *H.M.S. Pinafore*.

The Chorus is once again joined by a stellar array of soloists and musicians, including star of the Gilbert and Sullivan stage, Simon Butteriss, and internationally renowned operatic soprano, Sarah Fox. Also appearing are Richard Pinkstone and Felix Kemp, both already forging glittering careers as operatic artists. The British Sinfonietta make a very welcome return to King's Lynn after appearing with the Chorus for Duruflé's *Requiem* in 2022.

Tickets £20, under 16s free.

Box Office 01553 764864 kingslynncornexchange.co.uk

This concert is in association with the King's Lynn Festival.

Burnham Market nursery is Good

Elisa Bray, Manager

In April we had our Ofsted inspection, in which we maintained our Good rating.

We have also welcomed in a team of volunteers from Holkham estate who revamped our garden. It has been turned into a much more sustainable environment with our own bees and butterfly area and a new bug hotel! We are also very lucky to have a new vegetable patch with potatoes, peas, carrots and strawberries. When they grow we will have them for snack!



Last month we ran a competition with Alderman Peel High School. Pupils designed a logo to celebrate our 50th birthday. The winning entry by Izzy R will now be used on any of our correspondence for the rest of the year. (see photo above far right).

Continuing our 50th celebrations we have been receiving cards from our community, including current and past children and their families, another local setting, high school, dogs, friends and family. The children have loved receiving so much post!



*Neil Roughton from Thurlow Nunn Standen
with Elisa Bray*

We were also very fortunate to receive two ride on tractors from Thurlow Nunn Standen as a gift for our milestone anniversary!

Next month we will continue celebrating by joining in at the Burnham's Flower Show parade. There we will also start displaying photos that we have received from people who have been involved with the nursery over the last 50 years.

On September 16th we are also planning a garden party to display more of the photos that have been gathered over the last few months, we would gladly welcome more, if anybody is happy to share them via our email or facebook page.

So, all in all, we are looking forward to our Summer break, before we start all over again!



A visit from West Norfolk Police



The Team



Some images from years gone by..



Behind the scenes

Hello everyone. Welcome back to your July edition of Behind The Scenes. We are now well and truly into the summer months as the town continues to buzz with people enjoying the many seasonal activities, including a trip to the Princess Theatre. In this edition we will catch up on some previous fun we have had at the Theatre, alongside a look at what to expect during the month of July.

Towards the end of May, the Theatre held a fantastic night of entertainment with a visit from Francis Rossi. Many started their evening off with a Meet and Greet ticket to shake hands with the legend himself, and this excitement continued throughout the main performance. The Box Office staff noted how loud the cheers were, and with nearly every single seat filled, it is safe to say all had a brilliant time.

The much-anticipated *Haunting of Blaine Manor* performed on the 3rd of June. Another performance that was loved, audiences gathered to watch this horror unfold in the form of a live play. Director Joe O'Byrne thanked the audience for being so welcoming, and for rocking the show, with this being his show's first visit to Norfolk. He also gave thanks to the staff at the Princess, and even said a hello to Lily, the Theatre's resident ghost, I'm sure she enjoyed the show too!

Towards the start of June, we were also able to announce that Marti Pellow has rebooked at the Princess with his show *Pellow Talk, The Lost Chapter*, which will be performed on September 20th. The tickets are now on sale and Meet and Greet spaces are available for those who wish to meet Marti.

Heading into July, the month starts with an explosion of Soul and Motown, as the *American Four Tops* return to the stage. Watch as their upbeat choreography matches their energetic vocals. Performing all the hits from the Four Tops, alongside tribute to other artists such as the Temptations, the Drifters, the Stylistics, Ben E King, Stevie Wonder and more; this is a true celebration of Motown music, here July 8th.

Reaching July 18th, we will be screening the Live Theatre Production of *Oklahoma!* recorded from the 1998 run in London. This is an Olivier Award-Winning production which stars Hugh Jackman as Curly and is directed by Trevor Nunn. One of our team members, Anna, who you may see within our Box Office, notes that she was the Front of House assistant for the show at the Lyceum Theatre. Anna explains she was at drama school in London Mountview Academy of performing arts and that this position was her part time job. She continues that she used to work both in the bar area and Front of House and would watch the performance when she could!



Gemma - Author

incredibly excited for this performance to revisit theatres, distributed by Trafalgar Releasing. This allows both new and familiar audiences to experience the screening of the show. Whether that be guests who are looking forward to rewatching the 1998 screening and remembering an experience that they treasured, or guests who will be seeing this amazing rendition for the first time. Let's celebrate this fantastic show which first came to Broadway in 1943, "oh, what a beautiful day"!

Sticking to the theme of musicals, looking to later July, we present *The All Or Nothing Experience*. The show links to *All Or Nothing: The Mod Musical*, both written by Carol Harrison, which experienced some great success and began its run on the West End in 2018. It follows the journey of Small Faces and embodies all that is MOD. *The All Or Nothing Experience* captures the energy of this musical, alongside paying tribute to the hit music from not only Small Faces but more. Reviews state that this is "a rocking night out", so join us on the 21st of July to experience this brilliant performance.



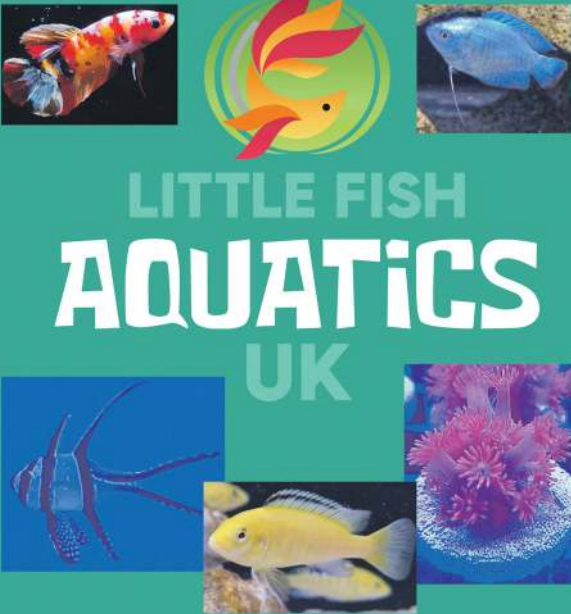
'Oklahoma! Photo Credit: Rodgers & Hammerstein: a Concord Company.'

As a theatre production that broke records with its 1998 run, we are



'The All Or Nothing Experience'

Well, that's all from me this month, thank you for reading. Don't forget, more information can be found on our website. We look forward to seeing you soon! All of us at the Princess hope you enjoy the summer fun, but until next time, break a leg!

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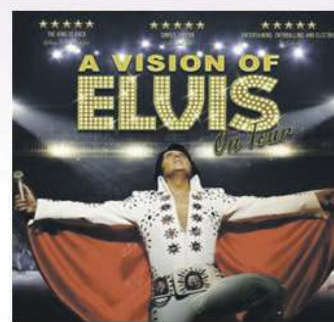
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