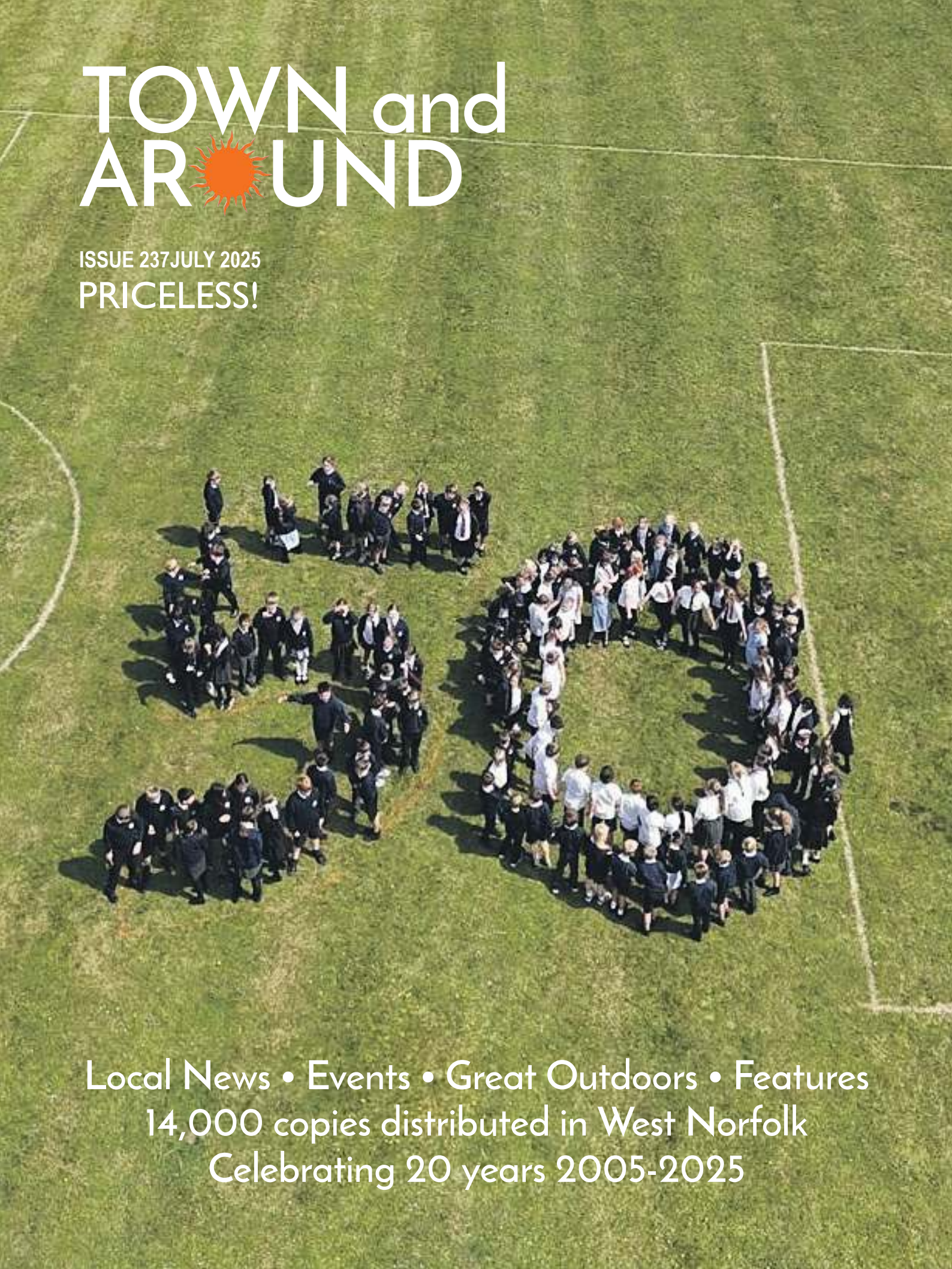


TOWN and AROUND

An aerial photograph of a large group of people, likely school children, standing on a green football pitch. They are arranged in a large, stylized letter 'A'. The group is composed of many individuals, some in dark uniforms and others in lighter clothing. The pitch has white boundary lines visible.

ISSUE 237 JULY 2025
PRICELESS!

Local News • Events • Great Outdoors • Features
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Celebrating 20 years 2005-2025

First word



Anniversaries are to be celebrated, and our cover this month of children and staff at Hunstanton Primary says it all - 50 years of continuous education. You can read about it on page 6.

Also celebrating a 50th anniversary is the Old Hunstanton Flower Festival featured on page 19. Did you know that over a hundred people participate in the organising of this wonderful spectacle?

The 20th Hanse Festival took place in King's Lynn over the weekend of 14/15 June and amongst the crowds who turned out to celebrate the anniversary was T&A's Dani Crawshaw. You can read her article on page 52. Dani has joined us recently as a reporter and features writer. Her photo is on the same page along with her contact email.

On our sports pages you'll find our sports reporter Tim Keogh's photo and contact email - please get in touch with him with your sports news.

There's an upgrade to our website thanks to Glen Piggott; we can now have videos as well as words and photos - so you can read news items with video footage between print editions, and it all remains free of charge.



*Glen Piggott
Website Administrator*



*Richard Bird
Distribution*

As always, thank you to everyone who has contributed articles, information and advertising to this edition.

Until next month,

Elaine

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Erin Elizaa
plays at St Mary's Church, Snettisham
on 9th August
Doors open 6:30pm for a 7pm start
Tickets on the door: £10 (incl. a drink)

East Anglian singer-songwriter Erin Elizaa is an 21 year old acoustic folk pop musician, combining soft toned vocals with sweet sounding acoustic guitar. Finding inspiration in nostalgia, the passing of time and past experiences in relationships, make for an interesting perspective in her lyrics and songwriting.



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Wild in Westminster and West Norfolk

Well, that was tough! I've just finished Beat the Tide at Hunstanton and along with 100 runners was waved off by the RNLI's mascot Stormy Stan before finishing this race muddy and with soaking trainers full of sand.



This is just one of the great events happening along the coast this summer. I'm looking forward to Wild West Norfolk Festival of country music which along with the Sunset Session and the Music Festival are happening in Hunstanton – with Festival Too celebrating 40 years in Lynn.

Open air theatre at Sedgeford and Deepdale, the tennis tournament, Sandringham concerts,

village fetes and so much more along with all the great attractions for local people and visitors alike to choose from. Of course, Town and Around's website has details of all these great events.

We are also fortunate to have protected nature sites along the coast and I recently enjoyed going back to the Plovers in Peril project at RSPB Snettisham to see the success it is having with new chicks and reversing the decline in the number of breeding pairs of Ringed Plovers.

And it is more important than ever to back our local hospitality and leisure businesses. In Parliament, I've been calling on the government to reverse the near doubling in business rate costs for pubs, restaurants, attractions, shops and more. Coming on top of the Jobs Tax and other increases in costs this is putting firms under huge pressure with companies pausing recruitment or even have to let people go.

I've also been speaking up for our farmers and family firms facing hikes in inheritance tax that could see the break-up of these businesses which are stewards of our countryside and contribute so much to the economy – family firms make up 90% of private firms, for example. Sadly, the government gives no sign of listening on these issues but I will continue

to make the case as legislation is brought forward.

However, it has just reversed the winter fuel cuts which caused such hardship locally for vulnerable pensioners. This is a tribute to the campaign backed by thousands of people locally after payments worth up to £300 were cut from 20,000 households in North West Norfolk alone. The fact the government made the change underlines their original claim that this was essential for economic stability was not true. Still, I welcome their belated reversal that will help the many people who contacted me.

One of the issues regularly raised with me is broadband and mobile coverage and speeds. I have conducted a survey of Hunstanton and local villages and just over a half of respondents rated their broadband speed a 6/10 or less – interestingly users of Elon Musk's Starlink satellite service has much higher satisfaction levels. Over half of respondents reported a lack of usable mobile signal within their main living space.

I will be using the results to press both providers and government to deliver improvements through their commercial rollout and Project Gigabit to extend access to fastest broadband speeds and improve mobile coverage.

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Borough Council news

Cllr Terry Parish, Heacham Ward which includes Sedgeford and Fring

For those still bothered, the Cheney Hill development in Heacham did not go to planning committee at the end of June. The latest prediction is 28th July. Same comments remain as last month – a local speaker would be useful.

The Norfolk County Council planning application to build homes on the old primary school site in Sedgeford is now live. Despite plans being discussed with the Parish Council over several years, it was a surprise to see only the 'market houses' box

ticked -ie no affordable homes.

There is a Borough Council requirement for 20% 'affordables' on developments of more than 10 homes. Some developers try and squeeze this requirement as they make less profit on affordable homes (they can't sell them for so much).

Whilst it is expected of developers with a track record of little social conscience, it is not expected of a County Council particularly when they have no land costs – they own the school site. I have called in the

application which means, if things stand as they are, the application will eventually end up at planning committee where their behaviour, and any justification for it, can be made public.

This lack of concern for the wishes of the Parish Council who want some opportunities for younger local people to get a house in Sedgeford, does not bode well for what might happen if the County succeeds in driving through a single unitary model under local government



reorganisation – they obviously put maximum profit before social need.

The gloves are coming off about that reorganisation. The Leader of the County Council took to social media to embark on a tirade of political abuse

about the three unitary model, particularly about the growing support for the western component which, of course, includes West Norfolk. I assume she is getting worried because a county wide, single unitary is seen as a bad deal for people.

I hope government puts people before maximising profit when it makes its decision.

Whether the sale of the new flats in Hunstanton, on Southend Road, will be thrown open to all and sundry may be decided by the time you read this. I called the decision in and a committee will decide how to progress matters. In Nov 2023, an article in the EDP stated, 'More than 30 homes for local people are set to go on sale West Norfolk Council is building 32, one, two and three bed flats in Southend Road'. Did you know? Are you

interested?

I have visited Cambridge twice recently (once by accident as I listened to my satnav). Verges in part of that city are a delight, a mass of wild flowers. Here, people seemingly insist on anything green being mown down. Bring Springwatch to your garden and street.

I haven't seen many swifts or house martins this year. Both need places to nest which are lost when old buildings are tidied too much. If you renovate or rebuild, please make sure you take advice on how nesting places can be created. The Borough is installing swift bricks in its new properties (including at those flats in Hunstanton). This has become a national political issue with Labour removing a rule to ensure all new developments use them and every other party,

including Reform, demanding that the rule stays in. Power to the Swifts!

My new job is Chair of the Regeneration and Development Panel which has consideration of current and emerging projects in its remit. One is the Guildhall in King's Lynn and there will be several meetings, including a special full council, discussing this during July. Watch out for news.

I am an advocate of double council tax on second homes and that all new homes should be for principal residence only. Houses use a lot of resources, have a negative impact on the environment, and their occupants utilise ever reducing services. Nationally there is also, apparently, a housing crisis and the government would have us build twice as many in west

Norfolk as plans have allowed for. Consequently, having a spare house or two is not really on anymore. Having said all that, the Borough has rules on how the second home tax is applied and I recently enabled an assessment to be reversed. So, I am not all bad and will help genuine cases. (PS the doubling of house building is delayed for at least 5 years as we got our Local Plan in intime).

Sandringham have 4 days of pop concerts, 14-17 August. Their last foray into such events was 2 years ago when traffic was brought to a standstill though that was on a Bank Holiday. I hope, this year, lessons have indeed been learnt and locals will be permitted to carry out their normal lives. Please communicate any problems to the Borough Council.

People and Communities

Jo Rust

Being a member of cabinet at the Borough Council of King's Lynn and West Norfolk is a role that I take very seriously and it's a role that I'm privileged to hold. Being the portfolio holder for People and Communities sees me travelling all over the Borough and county and meeting very many people. I also attend events where I hear of the lived experience of residents, many of whom have stories to tell of their lives which move me to tears.

Early June was one of those weeks where I was out and about at a variety of places, Norwich, Hunstanton, King's Lynn, Swaffham and Wisbech. In Wisbech I attended the College of West Anglia Pride event where I heard from people whose lives, without Pride, would have been far less comfortable. Being able to express who you really are is an important, actually a vital, part of our lives. I cannot imagine how it would feel to keep a part of me secret or hidden. Pride month and our local Pride parade allows individuals to be themselves, without shame and with joy. Pride has a rainbow symbol for a reason, rainbows are joyous things to see, we feel lucky when we see them, they're beautiful and they are a symbol of diversity and hope, something we desperately need in today's tumultuous times. King's Lynn will be holding our annual Pride event on Saturday 16th August. I hope to see you there.

The following day I travelled to Norwich, not to see my amazing grandchildren Jemima and Jude, but to go to Carrow Road (On the ball City) to attend a mental health summit. Going to the football ground is always emotive for me. I grew up in Norwich and my dad would take me to some games. Or I'd go shopping with my mum when games were on and football hooliganism was rife. I love that stadium and the memories that come with

it (not the football hooliganism ones of course!). This event was immensely powerful. We heard from people who been through the very worst of things that life can throw at you, but who had come out at the end and survived. We heard from Nick who had set up the 12th Man at Carrow Road; the term being used to refer to the football supporters who are the 12th man and whose support could turn the game around. The 12th man is a positive mental health campaign that promotes daily mental health conversations and early intervention. They work with businesses and communities, providing internationally recognised mental health first aid training so that men can talk about their feelings and thoughts before they get to crisis point. The focus of Nick's talk was to "change the record" and he provided so many examples of songs which were written by men about the crisis they were in - Help me if you can I'm feeling down, Fleetwood Mac's song that included suicidal ideation and the lyrics from The Tears of a Clown (one of my favourite songs ever) compared to Good times Bad Times by Led Zeppelin which referenced feeling ok and sort of, up and down. Which most of us experience in life. But the point was, that men don't talk about how they're feeling early enough. They articulate it when they're at crisis point. Why is this? Toxic masculinity forces men into feelings and situations that really aren't natural. Men have feelings too. Men want to cry. Perhaps, if male crying and openly discussing their sadness and feelings were more accepted, we wouldn't have so many cases of male suicide and male violence.

The following day I went to Hunstanton for the launch of our Borough Council's Marmot Stakeholder event. It was incredible to hear from the people who deliver the essential services which keep our society moving.



Molly, Charlotte, Becky Tiffany and Sally provide services from organisations that include MIND, the QEH, Family Action and the Borough Council.

And then on Friday I attended the launch in King's Lynn of the Anti Poverty Alliance. I have to stop and take a breath here, because as a trade union activist and campaigner, I think I know how life is, but this event showed me how far removed I am from the lives of most people. And that's hard for me to accept or acknowledge. I didn't know that if you don't have a mobile phone, you can't get benefits. Karen, from Tech Skills for Life, had done an emergency visit to a man who is living in his car, to deliver a mobile phone, because his phone had broken and as a result, his benefits had been stopped. You HAVE to have a mobile phone in order to verify that you've been searching for jobs. So, when we hear a complaint about people who need to claim social security payments, that they can afford a mobile phone, please be aware that claimants HAVE to have a mobile phone. I don't mind being called a leftie with a woke agenda. I've been referred to as being "hard left" If hard left is caring about people, I'm ok with that.

50th Birthday Celebration: Hunstanton Primary School Summer Fair Marks 50 Years with Memories, Fun and Community Spirit

Hunstanton Primary School is gearing up for a landmark celebration as it marks its 50th anniversary with a spectacular Summer Fair on Friday 18th July 2025, from 2:00 for invited guests then 3.15pm to 6:00 p.m. on the school grounds for the public. The event promises to be a vibrant mix of nostalgia, fun, and community spirit, open to everyone who has been part of the school's journey over the past five decades.

Originally established in 1975 as Redgate Middle School, the school merged with Hunstanton Infant School in 2015 to form Hunstanton Primary School, now proudly based on the Redgate site on Collingwood Road. This year's Summer Fair will celebrate not only the school's rich history but also its vital place in the heart of the town. The excitement began in May with a drone photograph of the students forming a giant "50" on the school field, beautifully captured by Andrew Waddison and Mike Gould, setting the tone for a season of celebration.

The fair will officially begin with an invite-only presentation at 2:00 p.m., followed by the opening of the main gates to the public at 3:15 p.m., when a full afternoon of entertainment, hosted live by KL Radio, will unfold. Visitors can enjoy a host of classic and exciting attractions, including a pirate ship bouncy castle, a large inflatable assault course, a basketball hoop zone, diddy cars, and a petting zoo (free of charge). There will also be face painting, glitter tattoos, a craft tent, a Beat the Goalie challenge, and stalls with a variety of different wares and treats.

Food and refreshments will be available throughout the afternoon, including a sizzling BBQ, cold drinks, and ice creams. A special raffle will offer fantastic prizes donated by generous local businesses such as Fishers, the Golden Lion, Keelie's, and even a beach hut day experience. Visitors should also watch out for surprise guest appearances – with a hint that they may be from "out of this world"!

Live entertainment will take centre stage, beginning with performances by the talented Hunstanton Primary School Choir led by Your Choir Musical Director, Mike Tandy. A highlight of the afternoon will be the "Through the Decades" dance show, with each year group performing a dance inspired by a different decade – a perfect tribute to 50 years of school history.

All funds raised on the day will support the development of a new outdoor classroom space, providing an inspiring learning environment for future students.

Chair of Governors Jenny McGee Butler shared her excitement for the event, saying, "This year's summer fair is not just a celebration of our school—it's a celebration

of our whole community. We're thrilled to honour that legacy and look forward to welcoming everyone for this very special occasion."

Former pupils, staff, and families are warmly encouraged to attend, reconnect, and contribute to a special Memory Wall that will be unveiled during the event. It is a wonderful opportunity to reflect on shared memories and celebrate the generations who have passed through the school's doors.

Entry is free, and while some activities carry a small fee, there will be plenty for everyone to enjoy. Parking will be available nearby, and visitors are encouraged to bring a

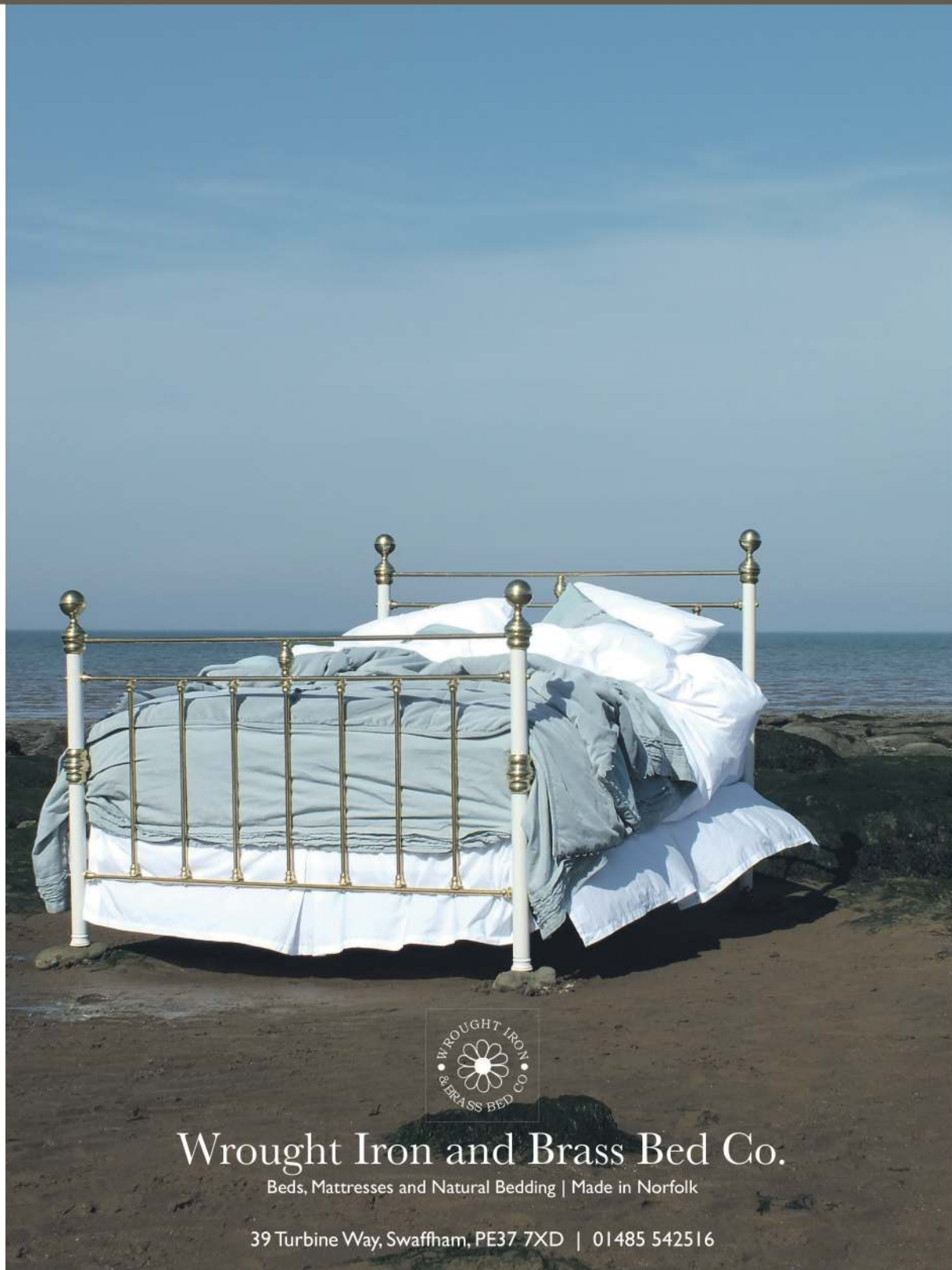
picnic blanket or camping chair and settle in for an afternoon of celebration.

A huge thank you goes to the event sponsors – Hunstanton Round Table, Hunstanton Rotary Club, Hunstanton Town Council, and the Borough Council of King's Lynn and West Norfolk – whose generous support has helped bring this special event to life.

With community, laughter, music, and memories at its heart, the Hunstanton Primary School 50th Birthday Summer Fair promises to be a golden day to remember. So save the date and join the fun – we cannot wait to see you there!



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Hunstanton welcomes the Wild West for one day only this July

Paul Baker

The stage is set as KL1 Radio and its sister station KL Country are bringing live country music to West Norfolk with the first ever Wild West Norfolk Festival.

This one-day country music bonanza will see eleven live bands over two stages leading up to the headliners, Country Chicks on stage at Glebe House School on July 5th.



The country music sector has seen a huge renaissance across the world with mainstream acts adopting this genre to sell vast quantities of music product, memorabilia and of course sell out concerts, we also saw Beyoncé win album of the year at the 2025 Grammys with Cowboy Carter and Chappell Roan winning the best new artist gong.

Even the Eurovision song contest this year will see the UK entry performed by country music trio Remember Monday.

The Wild West Norfolk Festival is in association with Hunstanton & District Rotary who will benefit from profits from the event and is being staged by kind permission of Glebe House School in Hunstanton.

Alongside the music performances there will be a line dancing marquee, a trading post selling all things country plus a wide array of food and drink to suit all tastes. Both radio stations will carry live coverage of the event on the day.

Richard Dix, Programme Controller of KL1 Radio and KL Country commented, "heading into our fifth year of bringing truly local radio to West Norfolk along side attending many outdoor events we wanted to create one or two live events of our own that cater for our audience across both radio stations plus working alongside Rotary on this first event means we can help to raise money for the causes supported by them"

Tickets for The Wild West Norfolk Festival are available at www.wildwestnorfolkfestival.co.uk



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Selling a Property with a Short Lease

By Stephanie Connor, Associate Solicitor, Hayes + Storr

If you own a leasehold property, you own the right to occupy it for a fixed number of years - not the property itself. As the lease shortens, it becomes a depreciating asset, which can cause complications when selling.

Why Short Leases Matter

There's no fixed definition of a "short" lease, but generally, issues begin when the lease has 90 years or fewer remaining. Below 80 years, extending the lease becomes significantly more expensive due to the addition of "marriage value" - the increase in property value resulting from the extension. Mortgage lenders may also decline to lend if the lease is under a certain threshold, often between 70 and 85 years. These factors reduce buyer interest and may lower the sale price.

Mortgage Lender Restrictions

Most mainstream mortgage providers require a minimum lease term, making it harder for buyers to secure finance on short leases. This limits your pool of potential buyers and can affect both demand and price. Ensuring your estate agent is aware of the lease term and properly vets buyers can help avoid delays or failed sales.

Extending Your Lease

You may have a legal right to extend your lease - by 50 years for a house or 90 years for

a flat. This can be done at any time after your purchase. The cost depends on ground rent, remaining lease term, and, if below 80 years, marriage value. Independent valuation and advice from an experienced solicitor are essential.

Extending the lease can take 3 to 12 months, depending on whether you pursue the statutory route or negotiate a voluntary extension with your landlord. Voluntary extensions can be quicker but may offer less favourable terms, so legal advice is crucial to ensure your interests are protected.

Other Selling Options

You can sell without extending the lease, but the price may be lower. A professional valuation will help you assess whether this is a viable option. In some cases - particularly with very short leases, auctioning the property may be appropriate.

Recent Legal Changes

The Leasehold and Freehold Reform Act 2024 introduces major improvements for leaseholders, although most of the Act is not in force yet. From 31 January 2025 you no longer need to wait two years to apply for a statutory lease extension. In the future, once other parts of the Act are in force, marriage value is to be abolished - potentially making lease extensions significantly cheaper.



The Act also proposes to significantly increase the standard lease extension terms, raising them from 50 years to 990 years for houses, and from 90 years to 990 years for flats.

Due to the complexity of the reforms, delays, including the extended lease terms, require secondary legislation to come into effect which are expected to come into force late 2025 or early 2026.

If your lease has less than 80 years remaining, it may be worth considering whether to delay your sale until the new law is in effect.

How We Can Help

Our team is experienced in leasehold law and can guide you through the conveyancing process. For tailored advice, please contact Stephanie Connor at Hayes + Storr Solicitors on 01328 863231 or email: stephanie.connor@hayes-storr.com.

This article is for general information only and does not constitute legal advice. The law may have changed since publication.

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In the Legally Blonde musical, 'Take it like a man' is sung by lead characters Elle Woods and Emmett Forrest. The song is an ode to shopping and celebrates finding new outfits and personal style, and speaks about the joy of dressing up and the fun of fashion shopping.

Is there a better time to have fun with fashion than sale time? Sale shopping is so much more than what you buy, it's a treasure hunt to discover something that's perfect for your shape and colouring that will make you feel great – and at a discounted price.

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

Just like Elle Woods in the song: 'First, a deep breath, take it all in', and head down to Allez Chic for some beautiful pieces that will bring you joy for the late summer season.

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Hall's Exhibition Foundation

Eric Langford

The Governors of the Hall's Exhibition Foundation (HEF) are pleased to report their new replacement website has shown itself to be a much-improved method for communicating educational grant information to students and parents alike. Already a number of students have used the new website of hallsfoundation.co.uk to submit their grant application for the 2025/26 academic year.

All 18+ students with current 2024 /25 grant awards are reminded their second part payment is triggered by completion and submission of the HEF "June form". This is the form signed off by their Tutor that they have satisfactorily completed their study year, and returned to HEF Administrator to activate their final grant payment.

Once again, the Governors look forward to the opportunity to meet up with all "first year grant" students and to hear of their chosen academic course and career ambitions. This event is planned for early evening on Tuesday 2nd September at the Royal British Legion Hall, Church Road.

Grants available for 2025/26

11+ students	£350
16+ students	£500 per year
18+ students	£2500 per year

Grants up to £1000 are also available to support students following bespoke "Apprenticeship" style courses linked to the FE sector and local businesses.

Discretionary grants of up to £500 will be considered by the Governors on the basis of one grant per student per academic year and can be applied for via the HEF website.

The governors are pleased to announce the appointment of a new Chair, Mark Howard who takes over the role from Paul Norris who had held the role for a number of years. Governors would like to take this opportunity thank Paul for his leadership and significant contributions to the work of HEF.

Mark Howard is a Norfolk man and has lived in the village some 15 years, being an HEF Governor for the past 10 years. Mark is passionate about education and, as a Director of Change and Head of Enablement with a major national consultancy, brings a wealth of experience to the post.

In this year of change HEF also has a new Administrator, having recently appointed Katie Wood to the post. Katie, who grew up locally and now lives in the village and brings with her a wealth of business management experience.

Katie can be contacted via admin@hallsfoundation.co.uk or, if urgent, by phone at 07379 962965.



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Coffee Morning in aid of Tapping House Hospice at Caley Hall Hotel

Over the past few years, the staff at Caley have raised money for several different charities including Macmillan Cancer Support, the RNLI and The MS Trust. During 2025 / 2026 we'll be raising money for Tapping House. Our first event will be a coffee morning on Thursday 3rd July. Everyone is invited so please join us between 10 am and 12 noon for coffee and cake and a great prize-winning raffle.

Find out more at <https://caleyhallhotel.co.uk/events/>

We'll also be holding a coffee morning on Thursday 18th September and a quiz night on Wednesday 15th October.



Welcome to The West Norfolk Singers

Like many towns and villages, Heacham has a long history of choral singing and there was certainly a Heacham Choral Society in the past.

Evidence exists that there were at least five choirs in the late 1940s and early 1950s and some of those participated in the Hunstanton Festival of Arts in the early 1950s.

Original minutes exist from 1983 for "The Heacham and West Norfolk Singers". However, more recently, this name was changed to "The West Norfolk Singers" to reflect the wider area of membership of the choir.

Rehearsals are held from September to June on Wednesday evenings from 19.15 to 21.15 at Heacham Methodist Church in Station Road under the guidance of our Musical Director—Jean Hornbuckle and.

Concerts are performed at Christmas and also in the Spring, usually in local churches, as these venues are the most suitable. All proceeds are generally split equally between the church and the choir, raising thousands of pounds over the years.

The mix of music sung encompasses both sacred and secular, with some old favourites but frequently introducing something new to challenge both members and audiences alike.

Membership currently stands around 20, with a good balance of male and female voices. Currently we need more Altos and Men!

For more information contact us at chair@westnorfolksingers.org.uk or telephone Anne Davis on 07900 320612
Visit our website : www.westnorfolksingers.org.uk for more information

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All Change at Hunstanton Eyecare

No I'm not retiring, but our wonderful boss, Mr Ian Leach is. After over 50 years of running a most professional practice Ian has decided it is time to sell the business of Eyecare Norfolk Ltd, T/A Hunstanton and Cromer Eyecare. So are now owned by the prestigious Independent Norfolk family firm of Dipple & Conway Ltd. Opticians and Audiologists, however, the name on the door probably won't change until January 2026.

I have known of the Conway family in the dim and distant past of my college days, one of the brothers was in the year above me and one below. Now the next generation has taken over with Matthew and Ben Conway at the helm. They currently have practices in Norwich, Diss and Swaffham.

I feel I can say with confidence that Ian couldn't have left us in safer

hands. Of course there will be changes, but I'm sure it will be for the better and take the company forward to the next stage in its development. The Conway family are dedicated to the highest standards of eyecare, and in time we may see more diagnostic equipment to enhance your eye exam. Frame stock is bound to change with the introduction of more designer brands such as Lindberg, Tom Ford, Prada, Silhouette, Oliver Peoples, Versace, and many more. Fortunately, they use the same number one leader in spectacle lenses as we do, ie. Essilor. What a relief that I don't have to study the lenses of a new supplier! On a personal note, I am hoping to convince my new boss that it is a really good idea to introduce a proper Low Vision service into each of their optical practices, but that might not be the first job on the list.

Dipple & Conway run a Vision Care Plan, the equivalent to our Eyeplan scheme, where a monthly direct debit can give you unlimited super-duper eyecare and 25% off all spectacles. I'm sure we will be adopting that scheme in due course.

So although none of us really relish change, I'm sure that our future in Hunstanton is looking rosy and you will still have a first-class Optical practice you can rely on to give you outstanding eyewear and eyecare.

We look forward to seeing you soon.

Annette



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Hunstanton One-Act Drama Festival, 4th - 6th July

Verity Mitchell, Festival Director 2025

Well folks, it's nearly that time again and our amateur groups, plus a few special 'extras' are on their final rehearsals to bring you a smorgasbord of delights for this year's Drama Festival!

Not only will you be enjoying some wonderful performances from our local theatre groups, all in competition with each other to win the much-coveted silver trophies, but also this year we will be treating you to a couple of special 'showcase' performances over the course of the weekend.

Our first showcase performance will open the Festival on Friday evening, so sit back and enjoy 'The Adjudication' from the very newly-formed Up Themselves Theatre Company, before we get on with the real business of competition with our amateur groups.

This year's Festival promises to be an exciting weekend with a few surprises along the way, the first of which is our very special guest who will be joining us to open the event and say a few encouraging words to our groups. So if you've bought a season ticket (just £20 for ALL performances), make sure you have Friday evening in your diary!

A serious note now....the Hunstanton One-Act Drama Festival is a not-for-profit event and we are all about community and bringing people together. Without the support of the Princess Theatre, you - our enthusiastic audience - and our programme advertisers, we wouldn't be here at all.

So please tell your friends, family and neighbours to come and support the event. Just £7.50 will buy you a matinée or evening of light entertainment and an insight into the world of live theatre, or for a mere £20, you can come to as many of the four sessions as you like as well as the prestigious awards ceremony on Sunday evening.

We look forward to seeing you there!

www.oneactdramafestival.com



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4TH, 5TH & 6TH JULY

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Wendy Warner's plant of the month - Penstemon

As we reach the height of summer, there will be lots of colour in the garden but if you are wanting a family of plants that will give you months more colour, look no further than Penstemon. As well as a long flowering season, they are beneficial to bees and other pollinating insects and their tubular flowers come in a great range of colours. Their upright, bushy habit lends them to being positioned in the middle of a border with most reaching a height of 50-75cm by a spread of 40-60cm and its unlikely they will need supporting like many perennials. They have narrow pointed, green leaves and produce spires of thimble-like flowers in shades of white, pink, red, blue and purple along with bi-colours.

They are hardy and semi-evergreen so will keep some of their foliage during the winter unless it is very cold. This means the plants will continue giving some structure to the border when other herbaceous perennials have died down to the ground.

Penstemons grow best in fertile, moist soils with good drainage and they love full sun. They don't thrive well in wet, heavy soil or a shady position. With regular deadheading and feeding with a high potash liquid feed such as Tomorite, they will continue flowering until the first frosts. An annual mulch with well-rotted farmyard manure or leaf mould is also beneficial. Penstemon can get quite woody and leggy, but it is best to leave the main hard pruning until the spring after the last frosts to help protect them. In autumn, long stems can be trimmed back by



Penstemon Sour Grapes

a third to help prevent any windrock. Windrock in plants is where strong winds will repeatedly rock the plant, causing roots to loosen and break in the soil. If you are concerned you may lose plants during the winter, or just want to increase your numbers, Penstemon are relatively easy to propagate by taking cuttings.

There are numerous colours of Penstemon with 'Blackbird' and 'Raven' having dark purple and burgundy flowers, 'Garnet' with deep red flowers and the great named 'Sour Grapes' with lavender blue flowers. The Pensham series of Penstemon are some of the largest with Penstemon Pensham 'Wedding

Day' with its pure white flowers reaching up to 1 metre in height. Other Penshams have notable white centres to the flower bells; 'Laura' being pink, 'Czar' is mauve and 'Amelia Jane' scarlet. The Cha Cha series, again in a variety of colours are more compact growing to about 60cm.

Add Penstemon to your borders for some vibrant summer-long colour.



Wedding Day



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Downham Market and District Horticultural Society *Affiliated to The Royal Horticultural Society* Group visit to Wretham Lodge, East Wretham

Seven of us travelled into Thetford Forest on Sunday 18 May for a visit to the wonderful Wretham Lodge. We parked in the small carpark belonging to St Ethelbert's Church, crossed over the road, and were greeted by Gordon and Ian, the owners, who live in the beautifully preserved Georgian rectory.

Their rambling 10-acre garden was full of interest and colour at every turn. Due to the warm dry spring, early summer flowers were already in full bloom, including an impressive collection of alliums, in different shades of purple and mauve, and many stately irises.

We enjoyed walking through the old walled garden, with its fruit trees, vegetables, perennials and a colourful collection of both climbing and standard roses. It was fascinating to see the 'Wretham Rose' which was discovered here by Gordon and Ian, and identified as a new strain by Peter Beale. The rose is now for sale commercially through Peter Beales Roses. Many of the tall trees surrounding the garden probably date back to the construction of the rectory in 1810. The most stunning of all was a huge copper beech, as shown in the photograph.

We finished with a very welcome tea, coffee and delicious home-made fruit cake. Such good value at £10 per person, especially as every penny goes to the National Garden Scheme. The whole experience was so peaceful and relaxing, the only sound being birdsong, although the birdsong did include the rather raucous shrieking of the small flock of guinea fowl which roam free in the grounds!

Summer Show

Come and visit our Summer Show on Saturday 12 July in Downham Market Town Hall in Bridge Street. The Town Hall will be open for viewing the entries from 11am. Refreshments will be available and there will be raffle tickets and plants for sale. Prize-giving is at 3pm. Do come along!

Snettisham Gardening Club

Our Annual Village Open Show will be held on Saturday 12 July. Schedules are still available from Stockley chemists. You do not have to be a member of the Gardening Club to enter. However the closing date is Wednesday 9th July latest.

Even if you do not wish to enter the show, you will be most welcome to come along to Snettisham Memorial Hall to see what local residents have produced - the exhibition includes crafts and cookery as well as plants and there will be cream teas available. The show opens at 1.30pm until 4.00pm and a raffle ticket included with admission to be drawn at 3.30 pm.

There is no meeting in the hall at the end of the month in July.

We welcome new members and for any further information please call

Gail on 01485 541279 or Addie on 01485 544754..



Stunning copper beech next to Georgian rectory

If you wish to join our friendly Society, or just find out more, Judith, our membership secretary, would be delighted to hear from you.

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Old Hunstanton Flower Festival

Friday to Sunday 25 - 27 July 2025 10am-4pm

Just a month to go until our 50th Flower Festival! More than thirty flower arrangers are preparing to present their interpretations of the theme "Golden". It's not too late if you would like to join the team - either by making your own arrangement or by helping those who are. Sarah Bocking on bocking554@btinternet.com will be delighted to hear from you.

This is a huge community event involving over 100 people. In addition to the flower arrangers, many people are needed to help set up the site, manage the stalls, serving refreshments, etc. If you would like to be involved please contact Mike Tuffs on momtuffs@hotmail.com.

We are also looking for donations for the stalls themselves: if you have any clothes, handbags or jewellery in good condition, please contact Christine Earnshaw on 2chrisearnshaw@gmail.com. If you have any books please contact Dave Watkins on davewat@hotmail.com. Any items suitable for our tombola please contact Ian Clinton on theclintons@sky.com and any bric a brac, please contact Mike Oldham on mikeoldham1@sky.com.

Jane Rimmer has taken over the organisation of our very popular cake stall. If you would like to make any cakes, buns, jams or marmalades, please contact her on janerimmer58@hotmail.com. These items sell



Old Hunstanton Flower Festival

Friday-Sunday
25-27 July 2025
10am - 4pm

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- Lunches
- Stalls
- Tombola
- Hog Roast with music
- Fun dog show
- Hunstanton Concert Band
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out very quickly so we need a steady supply over the three days of the Festival.

Our commemorative brochure is now on sale - you can buy your copy for £3 from the village shop or by contacting Simon Carter on simoncarter920@btinternet.com.

Tickets for our annual hog roast are also on sale: please contact Mike Tuffs on

momtuffs@hotmail.com. No need to book for our fun dog show 3pm on the Sunday afternoon, just bring along your talented dogs! Finally, all visitors are welcome to "Songs of Praise" at 7pm on Sunday evening with the Hunstanton Cancer Band

Not long now, we look forward to seeing you there!

HUNSTANTON IN BLOOM

Christine Earnshaw

We have been going for 30 years and at last we have our own logo designed for us by Denote Print. Hope you like it.

The Esplanade Gardens have looked wonderful all winter where the polyanthus have thrived better than in previous years but by time you read this the summer bedding will have been completed and the street planters will all look good too.

Following an appeal on Facebook we have four new volunteers to Adopt a Bed who I look forward to meeting very soon. The flower beds look so much better when they have been regularly weeded and deadheaded. If any one else is interested in joining us please contact our Chairman, Adrian for further information. adrianwinnington@gmail.com

One of the highlights for this summer to celebrate '200 years of Railtravel' is the locomotive in the raised bed on the Upper Green expertly made by the Mens' Shed.

Judging Day for Anglia in Bloom is yet to be announced but early July is the most likely date when our wonderful gardeners and volunteers will go the extra mile to ensure the town looks at its best and we can deserve another Gold award. It's not luck, it is dedicated hard work!



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Nature notes with Carrie Carey

Thirty pairs of feet march eagerly down the West Bank Path. Children, hand in hand, giggle with excitement and grasp tightly to each other. The salty breeze ruffles hair and steals sunhats and there is much laughter as children scurry down the path to retrieve them. It's a long trek for little legs and standing on tiptoe they excitedly scan ahead wondering who will be the first to see it. As the first group crosses the dunes, animated chatter fades into silence. For some of these children, it's their first glimpse of the sea, and the sweeping views of the shoreline bring them to a moment of awe-filled pause. But the hush doesn't last long—soon it's swept away by a chorus of laughter as the children dive into a day of discovery. There's something truly magical about the shoreline; it's not just a place, but a point for adventure where every wave, shell, and footprint sparks a new discovery.

There's a unique area along the shoreline where the sea meets the land. Marine critters that live here, in the intertidal zone, are exposed to the air at low tide but submerged under water as the tide returns. Life here is a constant battle and adaptation is the key to survival. As I watched the schoolchildren eagerly examining shells, I noticed they barely spared a glance for the rather plain-looking limpets. But these animals are masters of persistence. Sensing the returning tide, they grind themselves to a rocky substrate to trap water and create a strong seal. This prevents them being swept away by waves. Mussels use strong byssal threads to anchor themselves in a similar way. These guys are extra clever and gather in dense colonies to reduce individual exposure to the harsh environment. As well as surviving the dynamic flow of water, marine life in the intertidal zone has learned to avoid dehydration. Periwinkles close their operculum to retain moisture, Polychaete Worms retract into the damp sand and Sea Anemones fold their tentacles inwards to trap precious drops of water. Have you ever wondered why marine shells and crabs have



developed thick shells? As well as efficiently warding off predators, this external armour prevents overheating when the sun is out and water is scarce.

The intertidal zone is one of my favourite places to explore with its lively and bustling ecosystem, the intertidal zone is one of my favourite places to explore. The exposed shoreline beach transforms into a bustling feeding ground for birds like Oystercatchers and Sandpipers which, who forage for invertebrates hidden in the sand and mud. These birds Shoreline visitors have adapted well to the offerings of the intertidal café. Knot swallow bivalves whole, Oystercatchers skilfully open shells with their beaks, and Redshank even wash their catch before enjoying a meal. If you can draw your eyes away from the waders picking through the shallows, there's a whole other world waiting to be discovered. Crabs scuttle busily across the sand, weaving in and out of seaweed in search of food or a safe hiding spot. Peer into narrow channels left behind by the receding tide, and you might catch a flash of movement as small fish try to escape the gaze of hungry Gulls high overhead. Then, as the tide creeps back in, the landscape begins to change once more and creatures reappear from their hiding places. This constant rhythm of ebb and flow creates a dynamic and ever changing world. And if you can draw your eyes away from the waders, you can spot crabs as they scuttle across the beach searching for food and shelter. Or look in the shallow channels left behind by the receding tide for small fish.

Then as the tide returns, the landscape transforms again and marine life emerges from hiding places to feed. This constant ebb and flow create a rich tapestry of life which is ever changing and so much fun to watch.

Within a short time, the visiting children were scattered along the shoreline mingling laughter with the calls of Black-headed Gulls. Shoes and socks were discarded as tiny toes wriggled into damp sand, and faces pulled as they tasted the salty air for the first time. Teachers joined in, helping to identify shells, make footprints and marvel at the patterns left in the sand by the tide. To those of us who live by the coast, these may be everyday experiences, but to these children it was a day of simple joy as they discovered nature together – barefoot and curious.

Summer Fun at Titchwell Marsh reserve

Planning a family visit this summer? We've got you covered with our fabulous adventure kits! Pond dipping is always a hit with families, and you can hire kits every day from our Welcome Hub. Spaces are limited, so be sure to book early to secure your spot. If a beach adventure is more your style, grab one of our summer backpacks as you head down to the sea. It's packed with everything you need to uncover a treasure trove of fun along the strandline and beach. Don't forget to create some sand art and snap a picture to remember your amazing day!

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Visitors inspired by beautiful Ringstead gardens

Dani Crawshaw

Wow. Is what I overhear visitors say on seeing Ben Stocks' garden for the first time. His deep herbaceous borders in full bloom, lawns mowed to perfection, lavender and rosemary in abundance and all smelling incredible. It is a space to envy. But he's not showing it off for the compliments, it's part of Ringstead Open Gardens to raise money for the local St Andrew's Church.



Ben Stocks' garden

Ben says it's the creation he loves about gardening, "The fact that from nothing you can build something that can be really beautiful". And walking around enjoying his hard work are Karen and Andrew Smith from Old Hunstanton, who're taking photos they hope will inspire them. "Karen's been looking forward to this all year" comments Andrew. At the other end of the village is Bridget Crowfoot, who Ben describes as the inspiration behind many of the gardens. "The good stuff, the unusual stuff comes from her".

So off we go to meet the almost 90 year old, on the walk the village is bustling - people holding their guides eager to see what others have achieved in their gardens, perhaps have a nosey (could just be me) and get ideas. We pass a young couple in their 20's from Lincolnshire, Nathaniel and Katrina, who say it's nice to see village spirit here going strong. Then Fiona Haddon from Cumbria, who's visiting Norfolk for the week, and says it's brilliant that she'd come again.



Melanie Hutchinson's garden

A pit stop to meet villager Melanie Hutchinson, who says initially it was nerve wracking opening to the public, but now "It's lovely to share your garden with people who love gardening too and give you so much positive feedback". Melanie also has beautiful views of the fields



Bridget Crowfoot, the inspiration behind many of the gardens beyond, right now a striking red full of poppies.

Then we pass the village hall, where we bump into Ben's wife Sara who's in charge of organising the lunches - a fabulous array of homemade food. It is she says as popular as ever, over a hundred pre bookings and dozens of volunteers needed to help, one of whom says the event brings the whole village to life. Sadly we didn't book for lunch, so I console myself with a tea and brownie, enjoying the live music. There's also a tombola and raffle.

A few more gardens on the way to Bridget's are also getting envious looks. The sun shines, the bees buzz and the butterflies flutter. Idyllic. When we arrive the 89 year old is, quite unsurprisingly, surrounded by people eager to get advice. When I get my turn she is as charming as I had hoped. She laughs as I tell her Ben says she's inspired many of the village gardens. "It's very good for my ego" she jokes. "I think that's the great thing about gardening you can share, I love it. I get very cross when theirs are doing better than mine actually!" Laughing again.

She has been part of the event for more than 30 years - so Bridget has most likely inspired many gardens beyond Ringstead. The advice she wants to pass on is "Keep it simple and keep at it, absolutely keep at it - much better than housework". I can't argue with that. Oh and talk to people she says. "One way of learning is chatting and I've always been a little chatterbox".

Thank you Ringstead for a lovely afternoon. Another successful open gardens, which is approaching almost 50 years. When we get home my mum comments she wants to extend one of her borders and my one year old has a new word - flowers.

All images: Dani Crawshaw - dani.crawshaw@townandaround.net

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Landlords: Don't forget the 60-day Return when you sell!

By Kathryn Gigg Chartered Accountants, Hunstanton

A new report from HMRC published on 20 May seems to confirm the circumstantial evidence that recent legislative and fiscal changes are steadily shrinking the private rented sector.

The report finds that 55% of private landlords only have a single rental property, that the average number of properties owned is three and that almost 2/3rds of landlords have less than £20k of gross rental income, with net income of less than half this figure.

60% of landlords have purchased the property as an investment, the remainder having acquired it through inheritance or as a former main residence. Most owners saw property as being a good long term investment, but there is evidence that this is starting to change: almost a quarter of those surveyed intend to reduce the number of properties that they own within the next twelve months, and a third will look to do so over the next five years. Landlords are being driven to look elsewhere for returns.

The report does not attempt to ascertain why landlords are starting to disinvest in the sector, but the findings seem to tie in with a mood within the sector which identifies tax policies, new landlord and tenant legislation and aggressive action by local authorities as key factors in discouraging new investment and pushing existing investors to withdraw. The report does note that 63% of landlords use professional help in arranging property lettings, and almost half find that they are unable to handle the tax compliance without using an accountant. Taken together it is easy to see why the combination of added costs, lower profits and increased administration, coupled with the disappearance of the fixed term tenancy is steadily encouraging exit from the sector.

The irony of all this, of course is that by encouraging landlords to leave the sector, the number of properties available reduces. According to another Government survey, between 2022 and 2023 the sector shrunk by 6000 properties despite the fact that over 200,000 new

properties were added to the national housing stock. This has led to increased rents, but if one factors in the landlord intentions identified above it seems that despite higher rents a significant proportion of landlords will leave the market in the next few years, creating a vicious circle where tenants compete for a shrinking pool of affordable property.

Whilst there are still some attractions in rental property, the market is changing, and it seems to be that some smaller landlords see themselves as gradually being pushed out by the increasing administration. Leaving the sector carries its own challenges with Capital Gains Tax, particularly since the tax now needs to be declared and paid within 60 days of completion of any sale. Since such calculations are not always straightforward, the 60-day timescale can be difficult to achieve if the computation and resultant liability has not been considered before the sale completes. There are also penalties for late filed returns, so this requirement must not be overlooked.

If you require any advice regarding disposal of your let property and the preparation of your Capital Gains Tax 60-Day Return, please contact either Kate or Nic at Kathryn Gigg Chartered Accountants, Hunstanton on 01485 534800 or kate@kathryngigg.co.uk.

N.B. Article written May 2025

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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.

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Greyfriars pupils bring sunshine to The Walks

Once again Greyfriars Academy pupils, this year from Brancaster class, decided that they would like to add a bit of colour to The Walks by planting a bed of sunflowers, with the added aim of seeing which pupil's sunflower grew the highest.

Having planted the seeds earlier in the year and under the direction of Teaching Assistants Miss Gabriel and Miss Tamulioniene with the active backing of Deputy Head Janice Moyle, the pupils made up their named pots and planted the seeds, tending them each day while watching them grow into healthy young plants until it was time to get out into the park to plant them.

Assisted by members of the Parks staff, who had prepared a dedicated flower bed specifically for the purpose, complete with cane supports, they set about preparing for planting.

The sunny weather in the week proved the perfect opportunity for planting and with the help of the parks staff who were on hand for the watering, a selected group of pupils got down to the task of planting all the seedlings.

The were sponsored in their activities by the Friends of The Walks group who provided the pots, seeds and compost.

Member of the Friends of the Walks group, Gary Walker said "it was lovely to see the youngsters so enthusiastic about planting the sunflowers. The Walks is a fantastic civic amenity and with the park on the school's doorstep, having Greyfriars involved can only be of benefit to both the pupils and the park. We must now wait to see whose sunflower grows the tallest!"



Greyfriars pupils from Brancaster class with their Teaching Assistants Miss Gabriel and Miss Tamulioniene, Gary Walker is pictured far left.



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News from The Barking Bugle!

As the sun shines and paws hit the sand, we've got important updates, wag-worthy events, and a few urgent alerts to help keep all of Norfolk's beachgoers — both furry and non-furry — safe and happy. From nesting bird awareness and microchip scam alerts to dog shows and litter patrol, our four-legged correspondents have been hard at work digging up the latest stories. So grab your lead (and your human), and let's dive in!

Sniffing Out Trouble (and Solutions!) on the Sand

I've recently discovered that there's more happening at the beach than just digging holes and stealing sandwiches. Turns out, some feathered friends are trying to raise their families right under our paws — and sometimes, we make it ruff for them without even realising it.

You see, Norfolk's beaches aren't just for dogs and their humans — they're also nurseries for ground-nesting birds like the ringed plover, oystercatcher and little tern. These clever birds lay their eggs right on the sand, where they blend in like pebbles. Trouble is, when we go galloping along the beach, we might accidentally crush eggs or scare off parents, leaving chicks vulnerable.

Luckily, groups like the Norfolk Wildlife Trust and the RSPB have stepped in to help — I even met one of their lovely wardens last week. They've marked out safe zones, so here's what we dogs (and our humans) can do:

- Stick to the lead where signs ask us to!

- Avoid roped-off areas — they're bird nurseries, not obstacle courses.
- Keep the beach clean — picking up poop helps keep predators away.
- Steer clear of the upper strandline — it's where chicks hang out and hunt for food.

For the latest birdy hotspots and safe zones, check out the The Barking Bugle's Beach Guide.

Fun Dog Show - You're Invited!

We are organising a Fun Dog Show as part of the Old Hunstanton Flower Festival on Sunday 27th July at 2.30pm, at Old Hunstanton Village Hall. Six wag-tastic classes, all pay on the day. Bring your best bark and your sparkliest collar — it's going to be paw-some!

Microchip Scam Alert – Keep Those Tails Safe

Remember our article about dodgy emails from the 'Petchip Network'? They're still at it — but good news: the BBC read our article and are now investigating! So stay sharp, ignore those fake messages, and keep an eye out for our very own Ziggy Bear on TV soon (the howling one with the muddy paws)

A Rubbish Situation... Literally

There's still litter washing up from the container crash earlier this year. Please stay vigilant for nurdles (tiny plastic pellets) and other trash — they're dangerous for all creatures, furry or feathered. These can be toxic if chewed or swallowed, so keep alert and steer clear.



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Pawprints and Goodbyes

That's all for now, friends! Whether you've got two legs or four, thanks for helping protect our coast. Until next time — keep those tails wagging and have fun!

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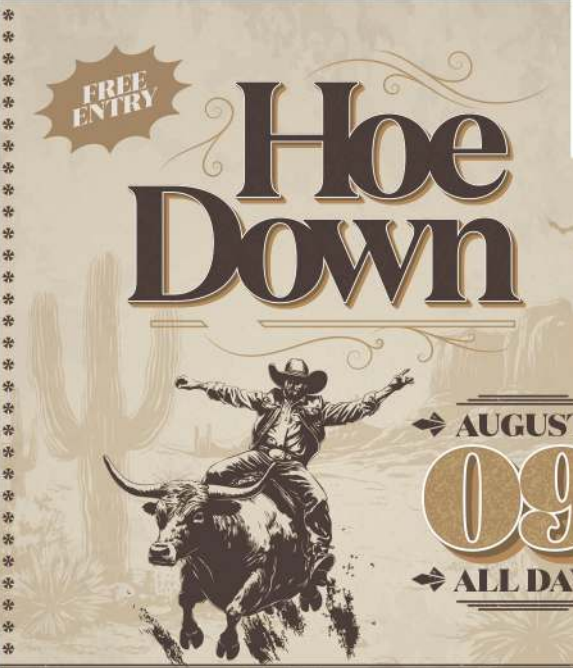
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Hunstanton u3a

We will be pleased to welcome you to our July meeting on Monday 21st at the Community Hall, Avenue Road, Hunstanton at 2.00 pm when Castaway Crew, a ladies shanty group will be singing traditional and modern songs from the sea for us..

We do not hold a meeting in August but will be holding our meeting in September at the same venue.



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Mayor's cadets collect their badges from the new Mayor

The new Mayor's cadets for the next year were recognised during Mayor making at King's Lynn Town Hall on Thursday 15 May 2025.

Representing the Sea, Army, Air, Police and Fire Cadets, these young people will support the Mayor and Deputy Mayor at functions across the year.

Cllr Andy Bullen, Mayor of King's Lynn & West Norfolk, said: "I know that these young people will be excellent ambassadors for me, as well as the organisations they represent, over my Mayoral year. They will play a key part at many functions, and I thank them for the support they plan to give to me and my Deputy."

The Mayor's Cadets for 2025-2026 are:

- Sea Cadets: Amelia Rowley
- Army Cadets: Shai Vasconcelos Williams
- Air Cadets: Charlie Kent
- Police Cadets: Sarah Wright
- Fire Cadets: Joshua Moore

42F's Report by Mike Lister

Mayor's Cadet for 42F (King's Lynn) Squadron of the Royal Air Force Air Cadets this year is 17 year old Cadet Sergeant Charles Kent.



42F's Civilian Welfare Committee Chairman, Mike Lister said, "attending this year's ceremony has been a double privilege, as not only have I seen this year's nominated cadet receive his badge from the newly elected Mayor, but this was done by a Mayor who is also our Squadron's Honorary President."

Andy Bullen had been pleased to accept the role of the Squadron's Honorary President in September 2024 and in doing so had reconnected his family's long association with 42F which stretches back to 1939 when his father Geoff Bullen aged just 16 years became a cadet member.

In the months before the Second World War the first squadrons of the infant Air Defence Cadet Corps were being formed throughout the Country and on 2nd January 1939 King's Lynn 42 (Founder) Squadron was registered.



Geoff Bullen

First in line to join, (as shown by the original register) was 16 year old Geoff. In November 1941 Geoff was called up into the RAF and soon saw himself sent to America where he learnt to fly at a number of US and Canadian air bases. On receipt of his 'Wings' Geoff was one of a few pilots held back to train further pilots.

On return to England he was by 29th May 1944, flying a Sterling bomber with No 1665 Heavy Conversion Unit at RAF Tilstock. Seven days later on 5th June he was towing a Horsa Glider to the River Orne at the commencement of Operation Overlord, the D Day Landings.

On 18th September 1944 he again towed a glider for Operation Market Garden, the unsuccessful attempt to capture the bridge at Arnhem on the Rhine, and followed this with further supply drops on 20th & 21st when his plane was hit by flak. Geoff was attached to 570 Squadron and 196 Squadron and these

attachments saw his Sterling involved in numerous night flying operations supporting SOE and resistance in Holland, Denmark and Norway.

After the war and his return to 'Civvy Street' Geoff returned to where it all began, the Air Cadets, by becoming an instructor with 617 Voluntary Gliding School. On returning to Norfolk in 1973 Geoff renewed his connection with 42F and regularly attended its reunion dinners and took a keen interest in the Squadron's current cadets. He planted a commemorative tree at the Squadron's HQ to mark its 60th anniversary. He donated and presented a cup for aviation studies at the Squadron presentation evenings, the last time being in November 2013. Sadly Geoff passed away in 2014 aged 91 years.

Mike concluded, "So with only a gap of 10 years King's Lynn's Air Cadets have a tangible connection with our historic and proud beginnings, with our hero of World War Two, and now his son Andy, who as Councillor, and now Mayor continues a tradition, as does the Squadron, of service and dedication to the community. And long may this continue."



Mike Lister; Civilian Committee Chair with Mayor Andy Bullen

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Campaigns

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

The Future for Norfolk - Care Homes

This is National Carers Week, when we focus on celebrating the sterling work our carers do, whether it's mums or dads, grandparents, unpaid family members, friends, foster carers. But I have just called in a County Council decision that could see standards of care, for our oldest and most vulnerable residents drop. On 2 June, the County Cabinet voted to put up all Norse Care Homes out to tender to the private Care Sector, when the Council contract with Norse expires next March. There was no consultation with residents or carers and no impact assessment at all.

Norfolk County Council's responsibility to support older residents with dementia or severe physical disabilities involves running 20 Residential Care Homes through the Council's wholly-owned Company Norse. Norse Care Homes Care is rated Good or Above by the Care Quality Commission. But the Private Care Sector in Norfolk struggle to provide the high standard of care and safeguarding that Norse does. Over a third of Norfolk Care Homes have a rating of 'Requires Improvement'.

I called the decision in with the help of my colleague Independent Progressive Group County Councillors and the Green Group. Norse hadn't invested in the Council Care Homes and County Council should bring its Care Homes back in house.

The Best Start in Life for Every Child - Free School Meals

As a Member of the All-Parliamentary Group on School Meals, we recently received

the response from Ofsted, that it doesn't inspect for healthy school meals. We were asked for urgent comment. Mine was that Ofsted should inspect the quality of school food: the research is that healthy school meals enhance concentration, learning and health outcomes for young people.

The Government has just announced Free School Meals for all families on Universal Credit from September next year and a review of the school meals standards. Free School Meals currently only apply if your annual income is less than £7,400. While food in hospitals and prisons aren't means tested, school meals are. Yet means testing means that not all children take up their free School Meal entitlement. In Special Schools this is a quarter of all eligible children. But we live in a cost-of-living crisis where parents to struggle to feed their families. The cost of food had gone up by 30% in 3 years. Malnourishment, child obesity and Type 2 Diabetes in children are on the rise. This is not helped by the ubiquitousness of ultra-processed foods, with high sugar and salt content, leading to avoidable health problems that cost the NHS. A school dinner may be the only nutritious meal a child has. Work I did, with Public Health, in South Lynn about accessibility of healthy food in the local shops, revealed you can't buy wholemeal bread in South Lynn. Not good for health outcomes, as white bread is linked to an increased risk of type 2 diabetes.

Over a decade ago, I drafted an Amendment that was debated in the House of Lords, to the Child Poverty Bill, that would have extended Free School Meals to children in secondary schools on Universal Credit. The evidence



was there. But the political will wasn't.

On Thursday, at the APPG (All Party Parliamentary Group), in Westminster, there was a round of applause that there is change, and that Government has listened.

We heard DEFRA is consulting on increasing the amount of fresh locally produced food in School Meals. The public sector spends £5 billion a year on public food procurement, 60% on School Meals. We heard a report on opportunities for British farmers from scaling up access.

West Norfolk is committed to tackle health inequalities head on. This means expanding access to Free School Meals. The health of our future workforce depends on it.

Would You Like the Mayor of Hunstanton to Attend Your Event?

Are you organising a community fete, charity fundraiser, school celebration, or local festival? Hunstanton Town Council invites residents, local groups, and businesses to request the presence of the Mayor of Hunstanton, Councillor Tony Bishopp, at events that support and celebrate our town's vibrant community spirit.

Mayor Tony Bishopp is proud to represent the people of Hunstanton and is pleased to attend a wide range of local events—including opening fetes, presenting awards, speaking at celebrations, and supporting good causes.

If you would like the Mayor to attend your event, especially to officially open a fete or community gathering, please submit a request to Hunstanton Town Council at least three weeks in advance. Be sure to include all relevant details such as:

- Event name and purpose
- Date, time, and location
- Role you would like the Mayor to play (e.g. opening the event, giving a short speech, presenting certificates)
- Estimated number of attendees

Contact Details: Hunstanton Town Council, Town Hall, The Green, Hunstanton, Norfolk PE36 6BQ

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Hunstanton Society

TALKS

Last month we had Kelly-Ann Willson visiting us to talk about the work of The Wash and Norfolk Marine Partnership. Although not exactly a huge turn out of members and guests, those that did attend enjoyed an informative talk about the various organisations that help manage the Wash, its environment and how a lot of things affect all the creatures that live in and around its waters and shoreline. What a rich and diverse range of life survive in this region!

EVENTS GROUP NEWS

With the sun shining and more visitors to the town, we are looking to the summer. We are linking up with other museums to provide a museum trail for families so watch out for more details to help keep your loved ones amused over the summer months.

After the great success of the VE Day weekend, (thank you again to all those who supported this), we are planning to keep the display in the Heritage Centre until after VJ Day on 15th August which celebrates the 80th anniversary of the end of the war in Japan and remember those who served in the Far East and their contribution and sacrifice to the war effort. We hope to add more to the display relevant to VJ Day and ask that, if you have any memorabilia or stories associated with the forces in the Far East, to get in touch so we can incorporate them into the display. Thank you in advance for your help.

MEET THE COMMITTEE: Stephen Kent

The Committee decided that many of our members probably know nothing about who we have on the Committee of this Society or anything about them. None of the Committee wish to promote themselves at all and are a little reticent in volunteering a short summary of who each of us are but I thought I would start a ball rolling and tell you about me! Here goes –

I am Stephen Kent, and I have been on the Committee far too long having been invited by former Treasurer, John Little, to take on the role of Treasurer so long ago, I cannot remember exactly when but probably about 2010. As is healthy, Phil Thomas took over as Treasurer almost two years ago although I am still a Committee member.

A bit about my background – I was born and spent the first 18 years of my life by the Thames at Molesey near Hampton Court although I spent term-time at boarding school on the south coast in Seaford and at a boarding school in the Surrey Hills.

On leaving school, I spent 3 years at a College in Bedfordshire studying for a degree in Agricultural Engineering. I then started training as an accountant in London and then in Aberdeen before joining an American deep sea diving company in their accounts department. This company then sent me, my wife and 9 month old daughter off to Singapore to take over their accounting operations in the far east.

After just over 2 years they returned me back to Aberdeen to head up the accounts department of a much larger organisation than which I had left the 2 years previously. After about a year I was moved down to a manufacturing facility in Wishaw, Lanarkshire where this arm of the company manufactured large buoys and ship's fenders and subsequently large diameter ropes for tanker mooring systems.

After 11 years with this company, a change was due and I took my growing family down to Tavistock in Devon to join a company that manufactured winches mainly for the front end of Land Rovers.

After about 6 years, I decided I wanted a change in my career and became an independent school Bursar firstly in Loddon, Norfolk, then Hawkhurst in Kent and finally back in Norfolk at Glebe House School here in Hunstanton before retiring in 2012.

AND FINALLY

A big "Thank You" to the Hunstanton Men's Shed. We asked them if they could make a new Buffer (to replace a broken one) down at the Railway bed as In Bloom is concentrating on railways this year. They were very happy to make not only one, but two, and have painted them and put them up. Great job guys.

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Righting this wrong should not be a lost cause

John Maiden

Not long ago someone compared me with a saint, but it was not because I have the patience of a saint. In fact, I was being compared with St Jude - the patron saint of lost causes! My latest cause is to persuade West Norfolk Council to start complying with the restrictive covenant on The Green, which was imposed in 1955 for the benefit of the inhabitants and visitors of Hunstanton, not for the benefit of the imposer, Bernard le Strange or his successors.

It really should be a piece of cake to achieve this, because when it has suited senior members of council staff to quote from the covenant, they have done so without hesitation. Take for example the two occasions this century when attempts were made to register The Green as a Town Green. Members of the Civic Society (now the Hunstanton Society) were informed that there was no need for registration, because the whole of The Green was already protected from the erection of permanent buildings of any description by the 1955 restrictive covenant.

Needless to say, it recently gave me considerable satisfaction to publish in Town & Around, the contents of an internal memo dated April 2004, from the legal department to a planning officer, making it quite clear that the covenant would be breached if the council erected even a small ticket booth on any part of The Green.

The fact that the proposed ticket booth would have been used to sell parking permits to motor cyclists raises other issues, which pale into insignificance when compared to the elephant in the room, which is the kindest way imaginable of bringing the CHS Hangar into focus. The council's version of events is that English Heritage (EH) should have been consulted before planning permission was even considered, but this failed to happen due to a misunderstanding in the council planning department.

According to EH, now known as Historic England, their representatives are on record as failing to understand how national planning policies came to be ignored by the council's own senior planning officers when granting planning permission for the Hangar.



Even after planning permission had been obtained for the type of building we see today, but including a short pier/balcony on the seaward side, the council as landlord could have refused permission to build, because the 999-year lease is for Hunstanton Pier, not a three-storey amusement arcade occupying more land than shown on the plan attached to the pier lease.

Over the past two decades several council spokesmen have misled the public by stating that the lease is for land, not a pier. When asked by me and others at public meetings to explain the inclusion of a repairing covenant in the pier lease, they decline to answer. Perhaps someone from the council will come up with an honest answer before we celebrate the 70th anniversary of Bernard le Strange's restrictive covenant on The Green in July. Having the patience of St Jude might help in these situations, but I am certainly not going to write-off this campaign as a lost cause just yet.



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Docking's 14th Festival of Books

Kate Jennison

With so much distressing news in the world it is perhaps even more important for us all to find ways to retreat and relax mentally. Often this means we will need to get away from the screens in our lives... the smart phone screen, the laptop, the oversized immersive TV.

We will need to remind ourselves of all the other joys in our lives and explore new interests and quiet ways to engage with ourselves using our imaginations. Perhaps we will do this by trying untried recipes in a new cookbook, or by losing ourselves in a

compelling novel. Maybe we will contemplate a beautiful garden book filled with photos and proven advice.



Docking Festival of Books 2022 Credit T&A



by the book

July Events

Local Fantasy author, Rohan Davies, will be here signing his new book "The Giant and the Witch" on Saturday 12th July from 2pm

International best selling author Gillian Harvey is back with her new novel: "Village Café in the Loire" on Saturday 19th July from 11am

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10am – 4pm

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Raffle & Refreshments

However we decide to relax, reading a book will always give us a different experience from our screens because books give us the opportunity to engage in content without the distraction of notifications and emails pinging and calls and texts buzzing on our smart phones.... We can walk away from the screens, a book in hand, sit in a sunny part of the garden and just lose ourselves.

So, with that in mind the village of Docking would like to invite you all to its 14th Festival of Books at St Mary's parish church on Saturday July 26th and Sunday July 27th between 10 am and 4pm. Entry is free, and there is a raffle. There are also refreshments to strengthen you as you explore a church filled with books.

There are children's books, art books, travel books, gardening books, recipe books. There are beautiful books on wildlife and nature, biographies and autobiographies. There are Dictionaries, great works of literature, the occasional rare book and award-winning modern works of literature, there are pews and pews of fiction paperbacks. There is also an arts and crafts section where you can find books on knitting and crocheting with patterns and design ideas and any other passion you might have, be it wood working, flower arranging, interior design or furniture restoration. Many of the books at the Festival are just a joy to glance through. Big well cared for hard backs full of inspiring photos. The prices are so good too, that many people who come to the book fair find themselves leaving with bags and arms full of books.

And for those of you who have books to donate to this year's book festival and are unable to deliver them to St Mary's Church porch. Please feel free to contact Tid Morton at 07979746590 or Peter at 01485517157. So, here's hoping we see you all there.

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South Wootton Junior School news

Georgie Earl, Executive Headteacher

On Tuesday 6th May, the Mayor, Cllr Paul Bland*, visited South Wootton Junior School to open our new climbing wall and ActivAll Boards, which were bought for the school using CIL (Community Infrastructure Levy payment) money from the new housing development.

Huge thanks go to Anita Howard, who researched the equipment, made applications to the Borough and Parish Councils and liaised with contractors to get the equipment installed. The children have really enjoyed playing on the new equipment and are very grateful for all the hard work that went into acquiring it for us. Similar equipment has also been provided to North Wootton Academy.

The Mayor was met on the day by members of our school council and after the grand opening, spent time talking to the Year 6 children who had lots of questions for him. We were delighted that the Mayor could spend time with us.

*Cllr Bland's 2024-25 term of office ended on 15th May and he was succeeded by Cllr Andy Bullen.

Photographs from the day - Mayor with school council, Mayor with Head Boy and Head Girl and Anita Howard, Mayor in front of ActivAll Boards with some of school council. Credit: Ian Burt



News from Flitcham Primary school

Nichola Keir

Sandringham Federation have been celebrating all things number to mark National Numeracy Day! Both schools invited children to wear clothes that reflected numbers in some way and parents came along in the morning to see how we solve number problems.

In early years they were counting in 2s using socks and hunting for clues to find the combination for a lock and further up the school there was more maths riddles and even some number coded jokes.

The parents were unanimous in their praise at how well children work together to find solutions and there was a few mentions of 'that's not how we did it in my day'!

As the day progressed, the children could join in an inter-school times tables challenge and then there was an opportunity to create a poster that outlines how they will use numbers in their future.

At Flitcham we had a range of football jerseys with players numbers and some excellent homemade times table t-shirts.



Sandringham and West Newton had some number block characters and even some 'Pi'!



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Saturday 26th July
10am - 12pm

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Payment is required at the time of booking.



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West Norfolk pupils on a high



The pupils at Heacham Junior School spent a day testing their mettle on a climbing wall, where they were also joined by an intrepid member of staff.



"The event was an end-of-half-term enrichment experience for our pupils," explained Emma Hunt, Executive Deputy

Headteacher at the school, which is a member of the West Norfolk Academies Trust.

"All pupils took part. The climbing wall was with us all day, so each year group had an hour-and-a-quarter slot, which gave them plenty of time to enjoy it."



The wall was supplied by Climb Higher Ltd, whose instructors were on hand to coach and support the children as they donned safety

harnesses to practise their climbing skills.

"The climbing wall was primarily aimed at providing pupils with an enjoyable end-of-half-term experience that invariably helped improve confidence and social skills, as well as building self-esteem."



It wasn't just the children that took on the challenge of the wall, as one staff member was also inspired to reach for the heights.

"Our Assistant Headteacher, Ashley Kirwan, joined the challenge, and climbed to the top to ring the bell," added Executive Headteacher Louise Jackson.

"It was really inspiring for the staff to see the pupils be brave and determined – some also reached the top to ring the bell, while others were happy to cheer on friends."

Photos by Ian Burt


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GLEBE HOUSE SCHOOL & NURSERY UPDATE

Thea our Therapy Pup

There was a lot of excitement before Easter when Mrs Hancock announced her new Golden Retriever puppy would be joining her at school and being trained as our new therapy dog. Our pupils were invited to name her and the winning name was 'Thea', suggested by brothers James and Jack. The four letters of Thea's name appear in the word "Therapy" and in Greek Culture Thea means 'divine gift', which they thought was apt for a puppy so adorable.



Thea started school straight after Easter and has enjoyed getting to know the children. She

has also been excellent in her co-curricular clubs including 'Chill Art' and 'Read and Draw with Thea'. Welcome to the Glebe House family Thea!

Inter House Music & Informal Concert



There has been lots of music coming from the School Hall these past few weeks, with this term's Informal Concert, rehearsals for the upcoming Summer Spectacular and this year's Inter House Music Competition.

We are so proud of our children challenging themselves musically across a breadth of instruments and genres. This year there's been piano, drums, violin, harp, clarinet and flute to name a few. There have also been some strong vocal performances from Year 3 right through to Year 8. Watching the children's talent and confidence grow over the year is always an

incredibly uplifting experience for everyone.



We are also hugely thankful for the support from our excellent team of peripatetics, the leadership from our very own Mrs Hipwell and the expert judging of our competition by Mrs Missin, Head of Music at Wisbech Grammar School.

Public Speaking Competition Finals



Our annual Public Speaking Finals delivered a wonderful morning of speeches ranging from 'My Favourite Thing' to 'An Amazing Place' to 'A Persuasive Speech'. Well done to all our pupils from Year 3 - Year 8 for taking part in the competition and a huge congratulations to this year's finalists and the ultimate winners.



Each year this event sees our Prep pupils challenge themselves, pushing themselves to try something new, and in doing so building their confidence and character. It's also a fabulous event where we get to listen and learn from our pupils.

Thank you to Mrs Durrant and Mrs Bygraves for organising and to Jean-Marie Vernon and Christine Earnshaw from Hunstanton & District Rotary for judging.

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Co-curricular on the Coast

We have really made the most of the sunny weather this past half term and our co-curricular clubs have really thrived!!



From 'Discover Feel Create' in our Forest School area, to 'Blooming Lovely' using the stunning natural beauty surrounding us, to 'Local Explorers' learning more about the coastline on our doorstep.



Here at Glebe House we feel truly grateful for our incredible location and the amazing opportunities this gives the pupils and staff. It's no wonder our children are happy and so engaged with their learning!

Pool Party & BBQ Friday Night Social

This term our Friday Night Social for our older pupils was a fantastic after-school pool party and BBQ. Day pupils and boarders had great fun diving, swimming, doing underwater handstands and playing with a variety of pool toys. Afterwards everyone enjoyed delicious burgers from Chef Stewart (our Head!!). The evening was a real hit!

Sporting Update Cricket

What a cricket season we are having! From Years 3 - 8, all our teams have worked very hard at improving their game and have put so much effort into representing Glebe House at all their fixtures this half term! We

still have some fixtures remaining, and we wish all our pupils the best of luck as they take to the field.

On the subject of cricket, this month we held our Inter House Cricket competition! Our Prep children enjoyed an afternoon of competitively charged cricket, competing on behalf of their Houses. Despite the cold afternoon, not setting the perfect scene for cricket, the children filled the afternoon with effort and team spirit.

**Inter House Triathlon**

Just before Half Term all our children from Years 3 - 8 competed in this exciting new addition to our Inter House sports competition. Starting in the pool, moving onto the bike and finishing with the running leg, all our Prep children took part, whether it was competing in all three legs themselves or in teams.



There were some great performances and a massive amount of effort put in by everyone - including the staff who organised the event, and the parents and Pre Prep children who



supported the event.

A special thanks goes to Mr Hawkins for organising such an excellent event which displayed such character, commitment and



achievement across the board.

Out & About Year 5 Residential to Derbyshire

Year 5 pupils from Glebe House enjoyed an action-packed residential trip to Derbyshire. Highlights of the trip included visits to Chatsworth House, Haddon Hall and Eyam village, bringing their Humanities studies to life. A morning of climbing and abseiling at Burbage Edge offered physical and mental challenges, while art and STEAM installations inspired future projects. Thank you to everyone who made this such an enjoyable trip!

Year 6 WW2 Trip to Gressenhall

Our Year 6 pupils marked the 80th anniversary of VE Day with a hands-on trip to Gressenhall. Immersed in their Home Front studies, they stepped into the shoes of wartime evacuees, meeting characters such as a Land Army worker and an Air Raid Warden. Activities included clearing stones, practising air raid drills and tasting wartime treats, offering powerful insight into the challenges faced by children during World War Two. All the children had such a fantastic day of experiential learning!

Year 4 History Trip to Norwich Castle

Our Year 4 class enjoyed a trip

to Norwich Castle Museum & Art Gallery as part of this term's History topic on Icenis and Romans. It was a very hands-on and immersive day, reinforcing their classroom learning. As well as meeting a Roman soldier, the children got the opportunity to handle both real and replica Roman objects, explore the galleries and work with an archaeologist to make their own torcs, which they proudly took home with them.

**Come and see us!**

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

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Brancaster School news

We have so much news to share this month!

We have got our "living eggs" in Thrift Class. We have been watching them hatch and it is so exciting and the chicks are so cute. Thank you to the PFA who have paid for them.



We are caring for our vegetables and have even planted some more. Everything is growing well and our lettuces look ready for eating next week - although we are not sure we like lettuce!



We are doing sewing in art. It is quite fun but quite hard but Stanley's Mum and Kya's Nanny are helping. Thank you because it must be hard for you too.



Miss Winterbourn, our TA, has passed her apprenticeship and got her certificate. We told the people who came to watch her, how good she is and they agreed!

We have all now done our SATs and just have to wait for results. We don't think they went too badly, so fingers crossed.

Our play equipment has been repaired, thanks to the Parish Council and the PFA. We LOVE being able to play on it again.

We had our reward trips to the park and enjoyed playing on the equipment and



having an ice cream (thank you PFA). This half term we have got a trip to Brancaster Oysters and two trips to Deepdale farm and a whole school trip to Hunstanton to the Sea Life Centre and the beach. Year 6s have got lots of things planned and they will also go to their new schools. And, of course, we have Sports Day coming up.

We have just had our first Forest School session at Docking and even though it was rainy it was as good as last year, which was brilliant!



Finally, today, we have had the long awaited decision on our future. Very sadly, the news is that the proposed merger will go ahead. We are still processing the news and what it means for us - but, more importantly, please don't forget our "Big Tea Party" on Friday 18th July 2-4pm to celebrate 163 years of our wonderful school and to say goodbye. Please let us know if you will be joining us, so we can cater appropriately.

Term finishes on July 22nd, with our Leavers' Service at 2pm in Brancaster Church. This will be a bittersweet occasion. Our Year 6s have so much to celebrate and to look forward to as they move on - but it will also be the final goodbye to everyone. We plan to make it as special as possible, despite the circumstances.



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- Your property could become unmortgageable.

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- **Devalued Property:**
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- **Higher Costs:**
A second removal job can be expensive if not done right the first time.

Recent reports indicate a significant increase in issues related to cavity wall insulation (CWI). Investigations have revealed that tens of thousands of homeowners who utilized government-backed schemes to insulate their homes now face risks of damp and mould due to poor-quality installations. These issues have led to structural damage and, in severe cases, rendered properties unmortgageable.



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SCAN
ME!



Pitch Perfect : Girlguiding & Scouts take on Snettfest 2025!

Ruby Goold - Inclusion and belonging lead volunteer

Jimmy's Field in Snettisham was buzzing with laughter and energy as Snettfest 2025, the joint camping festival for Snettisham's Girlguiding and Scout units, returned for its sensational second year! And what a weekend it was – blessed with glorious sunshine from start to finish, ensuring an unforgettable time for everyone.



From the moment tents were pitched, the fun was non-stop! Budding performers flocked to try their hand at circus skills and games. Meanwhile, the Arts n Craft Barn was a hub of creativity of flag making, windmills, flower festival headbands to tie-die bags.



Highlights of the festival were the much-anticipated visit from some very special guests: miniature donkeys! These adorable, furry therapists brought endless smiles, offering both comfort and pure joy. Campers of all ages delighted in feeding them apples, carrots, and even ginger nut biscuits – a truly heartwarming experience that had everyone giggling.



For those with boundless energy, Inflate-a-bubbles delivered the ultimate thrill with their giant Circus assault course and a fantastic array of circus games. Kids (and a fair few adults!) tumbled, bounced, and raced their way through the inflatable wonders, leaving everyone exhilarated.



Snettfest wasn't just about fun and games; it also embraced community spirit. We were delighted to welcome Rev. Dan from St Mary's Church Snettisham, who joined in the festivities and shared some thoughtful moments with the campers including a much-needed ice cream!



As evening drew in, the aroma of a delicious BBQ, expertly cooked by the wonderful Fellowship, filled the air, providing the perfect fuel after a day of adventures. Once darkness fell, NSL Audio transformed the Snettfest into a glowing wonderland with

an incredible UV disco! The dance floor was alive with neon colours, glowing white teeth lighting up happy faces, proving that Snettfest knows how to throw a party!



After all that excitement (and a sleepless night) Sunday morning arrived with the much-anticipated festival fry-up, a hearty and delicious way to start the day and reflect on the amazing memories made.

What truly shone through at Snettfest 2025 was the incredible atmosphere of togetherness. Seeing different ages mixing and having so much fun was a testament to the magic of this festival. Older Scouts helped younger Brownies, Guides cheered on

Beavers, and everyone shared in the joy of the weekend.

A massive thank you goes out to everyone who attended Snettfest 2025 – your enthusiasm and spirit made it truly special. But a colossal, heartfelt thank you must be extended to the incredible adult volunteers! Your tireless hard work, dedication, and passion are what truly make Snettfest possible. You created not just a camping trip, but the second year of an amazing festival, and for that, we are eternally grateful.

Here's to Snettfest 2026 – we can't wait to see you there!

Rainbows (Age 4-7) Brownies (Age 7-10) Guides (Age 10-14) Rangers (Age 14-18)

For those interested in joining Girlguiding as a young member or adult volunteer, registration is open at <https://www.girlguiding.org.uk/>

Volunteers are always welcome. Whether you're a parent, a former member, or someone new to Girlguiding. There are so many ways to get involved!

For more information on how to get involved or to find your local group, please contact:

northwestdivision@girlguidingnorfolk.org.uk



South Wootton Infants in Hanse parade

Families, staff and a few pirates from South Wootton Infant School paraded through King's Lynn Town Centre on Sunday to celebrate the 20-year anniversary of membership of the new Hanse.

Rebecca Burt, Head of School, said, 'It was lovely to spend time with our families outside of school and give the children an opportunity to learn about the history of where they live. We are proud that our school is part of such an interesting town and wanted to show it off to others.'

The school now hopes to make this a yearly event in their school calendar.

Pictured here with The Mayor of King's Lynn and West Norfolk Cllr Andy Bullen, Head of School Rebecca Burt (third from right back row) with staff, parents and children from the school. Photo credit: Ian Burt



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Sisters step in time

New Performing Arts School opens in Ingoldisthorpe

Daisy and Lily Frammingham opened Elevate Performing Arts on 14th June with fully-booked private lessons ahead of a timetable of dance classes that begin on 21st June at Ingoldisthorpe Church Hall.

First in line was Amelia King who said: "I'd never danced before but always wanted to, so I was very excited to start and my first lesson was fabulous - I'll be back next week!"

Daisy (20) and Lily (18) completed their teaching qualifications at the Norfolk Institute of Performing Arts and they are offering lessons in tap, ballet, modern, street, theatre craft, contemporary, lyrical, jazz, musical theatre, acro and fitness.

Daisy said: We want to create a family atmosphere where everyone is welcome and they can share our love of dance, and as well as offering group classes for anyone aged 2+ in all the dance disciplines, private lessons can be booked and we also offer one-to-one sessions for special needs children.

"We follow the IDTA examination syllabus, so students can complete their grades which are recognised by the Office of the Qualifications and Examinations Regulator (Ofqual)."

For mature students, adult and senior classes for men and women are available.

Lily added: "Competitions are very good for students, they help with confidence and help them build on their performance skills; we both started competing at an early age and we'll be encouraging our students to participate."

To find out more about the fully-insured and licenced dance school at 36 Hill Road Ingoldisthorpe PE31 6NZ, go to the Facebook page Elevate Performing Arts or Instagram @elevate_performing_arts_uk

Photos by Ian Burt.

Right top: Daisy (l) and Lily. Right bottom: Amelia King's first lesson.



Westgate Hair Lounge opens in Hunstanton

Hair stylists Emma Rafferty and Gemma Lough opened their new salon, Westgate Hair Lounge, in Hunstanton on 20th May.

Having worked together for ten years at Salon 63 just across the road, they decided to upscale and design a new salon when their lease came up for renewal.

"Our previous landlords, Ruth and Giles Neilson, were so kind too, allowing us to stay on at the old salon while we were completing the building works and decoration."

The refurbishments were completed by local tradespeople and Gemma said: "We'd like to say special thanks to Dave and Fallon Atterbury and their team and of course my husband Paul and Emma's partner Paddy all of whom have gone above and beyond with their expertise and support."

Leah Rutherford completes the team as the salon's welcoming assistant and co-ordinator. Call on 01485 532873.



The comfortable and welcoming salon is a bright and modern space with six hair stations and state-of-the-art furniture and equipment, including one front-wash perfect for people in wheelchairs.

Emma said: "We've had the building completely renovated including new walls, electrics and plumbing with a lot of help from friends and family."



Standing: Gemma (L) and Emma, seated Leah
Images: Ian Burt

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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.

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NEWS FROM BRANCASTER VILLAGE HALL (BVH)

Geoff Wingrove

Dates for your diary

Brancaster Summer Party: Saturday 26th July 3.00pm to 11.00pm. Come and enjoy an afternoon of fun at BVH, with music by The King and I from 4.00pm to 8.00pm, pizza by the excellent Bordolis from 3.00pm to 8.00pm, and a raffle with a host of fabulous prizes.

80th Commemoration of VJ Day: Saturday 16th August 2.30pm to 4.00pm. Brigadier (Ret'd) David Wakefield will give a talk entitled "The End of the War in the Pacific". Tea and cakes will be served from 2.30pm to 3.00pm: admission and refreshments free.

Bank Holiday Party: Monday 25th August early-ish to late-ish. Dainty's Kitchen will provide their delicious burgers, and the ever-popular Sidewalk the music. Further details to follow.

Regular groups

Yoga, Coffee Morning, Fitness Fusion, Beginners' Pilates and the mobile library van continue. (Times and details online).

The Baby and Toddler Group had a brilliant Easter and is going from strength to strength, so bring your little one along for a really fun time: Tuesdays 9.30am to 11.00am.

Don't forget to visit the Artists in Residence, where you will see some great art works and be sure of a warm welcome.

Bar 71

Continues its Skittles and Quiz Nights. Also enjoy the guest beer while playing darts or snooker.

Brancaster Stores and Post Office

Come along and sample local Norfolk Dann's Ice Cream, which includes vegan and doggy varieties. You will be warmly welcomed by our staff, including new joiners Michelle and Matt.

Further information about these and other activities can be found on our website at www.brancastervillagehall.communitybooking.s.co.uk or on Facebook and Instagram. For enquiries, please contact us at bvhsetup@gmail.com

FROM THE BRANCASTER PARISH ARCHIVE: A BRIEF HISTORY OF TITCHWELL MARSH

Titchwell Marsh is an English nature reserve owned and managed by the Royal Society for the Protection of Birds (RSPB). It is 420 acres in size and includes reed beds, salt marshes, a freshwater lagoon, a small woodland and a sandy beach. It is part of the North Norfolk Coast Site of Special Scientific interest and, as such, a protected area.

The reserve provides a home to some scarce breeding birds such as avocets, curlews, ringed plovers, marsh harriers, bitterns and bearded reedlings (commonly known as bearded tits), as well as many kinds of duck and geese; it is also home to the water vole, which is a threatened species. A number of hides allow the

close study of the birdlife, and the reserve attracts tens of thousands of visitors each year, as well as having an important educational and conservation role. In recent years a seal colony has become established at the eastern end of the beach, where common and grey seals can be seen all year round.

Titchwell Marsh had a very long history before becoming an RSPB reserve: it is known that humans were present up to 100,000 years ago. Exact archaeological evidence is hard to find, as the erosion of the coast has left many sites under water. However, flint tools from the Palaeolithic to the Neolithic eras and the remains of submerged forests can still be detected at low tide. Marshy conditions began to form following the establishment of peat layers between 13,000 and 4000 years ago. Possible timber platforms were identified at Titchwell, indicating a Bronze Age habitation, and pottery, both medieval and later, has been found alongside signs of early second millennium ploughing.

The draining of these marshes began in the 17th and 18th centuries, and sea defences were erected to allow the production of arable crops and the pasturing of livestock.

Thornham Marsh, to the west of Thornham village, was used between 1914 and 1918 by the Royal Flying Corps as a bombing range, and some brickwork at Titchwell is the remains of a military hospital used during the First World War. Another building on the west bank was let as holiday accommodation throughout the 1920s and 30s.

During the Second World War Titchwell Marsh was effectively taken over by the military, partly because of the dangers earlier on of an invasion, but also as a training ground for the army and air force. Farming was stopped and marshland reflooded; pillboxes and trenches were built. A firing range for armoured vehicles was established; some of the target islands and concrete tracks for vehicles still exist. Offshore ships were used for target practice by the air force, and the SS Vina, one such target, also still exists, having broken its moorings and gone aground at Scolt Head Island.

After the war the Air Force continued to use the area as a bombing range, and the remains of two tanks can still be seen at low tide, along with a concrete structure used as part of the control tower. However, the marshes were drained again, and the area was returned to farmland until the sea breached the defences in the great flood of 1953, and the area reverted to salt marsh.

In 1970 a pair of Montagu's harriers – Britain's rarest breeding birds of prey – nested in the marshes for two consecutive years, prompting the RSPB's interest, and resulting in the purchase of the area for £53,000 in 1973 to create an RSPB reserve. Although these harriers did not reappear, marsh harriers did, and the RSPB set about improving the wildlife

habitats and the visitor facilities of the reserve; a visitor centre and restaurant were built, and hides constructed. Major changes to the sea defences were undertaken, along with changes to the lagoons.

Today the reserve caters for about 100,000 visitors a year and is run by wardens and volunteers; it continues to encourage and provide a home for a very wide range of waders and water birds. The reserve attracts reed-dwellers too, such as bearded reedlings and warblers, including reed, sedge and Cetti's; it is also home to a rich variety of flora and fauna. Obviously, in an area that runs alongside a very unsettled and occasionally storm-wracked coast, constant vigilance is required to maintain the sea defences, along with ongoing work to ensure the reserve continues to provide a safe environment for all the wildlife and plants that flourish there or visit and breed during the summer or winter months.

The reserve has become a magnet for photographers, as it offers magnificent opportunities to capture pictures of birds and other wildlife; local photographer Gary Roberts has been taking pictures at the reserve over a number of years and will feature in the forthcoming second article about the Marsh. The centre is also an important education facility, providing information on birds, animals and conservation to a wide variety of people, primarily to local children and schools. Titchwell Marsh has become a significant part of the local economy, as many visitors stay at the three nearby hotels and use other local facilities.



The pictures show the remains of the control tower on the beach, and a sunset over Titchwell Reserve (the latter courtesy of Gary Roberts).



NATIONAL COASTWATCH INSTITUTION (NCI) BRANCASTER

The Coastwatch station at Brancaster has now changed over to summer hours, 10.00am to 6.00pm, so that the increased public use of the beach and coastal waters is as secure as possible.

In May, station Watchkeepers attended the Hunstanton Community Volunteer event at Hunstanton Town Hall. In the same month the station had its annual audit, called a Declared Facility Status (DFS) assessment. This is an important step, as becoming a DFS station means formal recognition as a Search and Rescue asset, the same status as RNLI lifeboats and SAR helicopters managed by HM Coastguard. We are delighted to say that the assessment went well, and thanks go to Kim and Matthew, who were on duty that day.

The Brancaster Staithe Sea Shanty Festival will be held on Saturday 13th and 14th September at Brancaster Staithe village hall: further details will follow in future updates.

The pictures show Watchkeepers Simon T and John H on duty on a rainy, windswept afternoon and the view along the beach to Scolt Island. If you would like more information on NCI Brancaster, or to find out more about becoming a volunteer, please contact Richard Burrows, Deputy Station Manager and Watchkeeper on 07535 612777.



You can also find us on Facebook, if you search NCI Brancaster.

East Anglian Air Ambulance (EAAA)

Trevor Dane, EAAA Volunteer. EAAA King's Lynn Fundraising Group (KLFG)

The group started in 2023 to raise awareness of EAAA in the area which covers King's Lynn, West and North Norfolk by way of finding and attending local events to represent and fundraise in aid of the charity.

The group consists of a small number of volunteers, including myself. KLFG attended their first fundraising event in May 2024 and in May 2025, completed a full year of fundraising. Thank you to everyone who has supported EAAA through KLFG. I will update as to how much was raised in the next issue.

have been fundraising for EAAA for several years, by way of car display events and monthly meetings. We support them at local level by attending their car displays events and, cheque presentations. KLFG and EAAA would like to thank Morris Minors Owners Club West Norfolk Branch for their continued kind support.



EAAA, Anglia Two, helicopter based at Cambridge which has just achieved 10 years service.

Our community

Raising awareness of EAAA in the community is very much at the heart of what KLFG does as well as providing a local connection for local EAAA supporter groups and to the wider charity. We also deliver talks to local groups and manage EAAA collection boxes in the community.

The Morris Minors Owners Club West Norfolk Branch is a local group we support, and, on June 1, we attended their recent car display fundraising event at Baytree Garden Centre Hilgay near Downham Market. They



May event update

25 KLFG members attended Sandringham Motor Pageant raising £330.33. Thank you to everyone that supported EAAA on the day.

Where you will find KLFG this July:

1st Hunstanton Town Hall Indoor Market 10.00am to 4.00pm

22nd- Hunstanton Town Hall Indoor Market 10am to 4.00pm

KLFG can be contacted by emailing either myself or my colleague Terri :

trevordane104@gmail.com,

tfaye.100@gmail.com

EAAA enquiries 03450 669 999.

Website: www.eaaa.org.uk



The Traffic Cones visiting the EAAA gazebo at the Sandringham Motor Pageant (EAAA KLFG volunteers, Nigel, Jane and Terri pictured).



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Special events this month:

Sat 5th July

NEW SATURDAY NIGHT SPECIAL BINGO

Saturday 26th July MUSIC NIGHT

MICHAEL JACKSON TRIBUTE

Regular Events

Yoga for U3A members on Wednesdays, Thursdays and Fridays.

Mondays : Strength and Balance Class 4.30pm.

Tuesdays: Cash Bingo starts at 7.30pm

Wednesdays : Scrabble 10am, Whist Drive 7pm.

Fridays : NIA at 12.30. Prize Raffle 1pm. Cash Bingo at 7.30pm.

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

www.hunstantonconservativeclub.co.uk

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Hunstanton Lifeboat Station

The lengths people go to in supporting our station and the charity that saves lives at sea never fail to leave us humbled.

One of them is Johnathon Jarvis, an eight-year-old boy from Upwell, near Downham Market, who's been an avid fundraiser for the RNLI since the age of six.

He did a stint on the till at Tesco in town, supporting some of our volunteers who were raising funds at the store back in May.



On the till in Tesco with Julie Bushby

Then he set off on a 60-mile sponsored walk from Happisburgh lifeboat station to our base on Sea Lane at Old Town, taking four days to complete the trek accompanied by his mum and dad Kayleigh and Lee, along with family, friends and supporters.



"The last mile was the best," Johnathon admitted after he was welcomed by cheers and applause from the crew and large crowd who'd gathered to greet him.



Johnathon's Journey - as it became known on social media - raised more than £4,000, beating the £3,000 he raised last year by



walking the 40-odd miles from his home to our station.



We hope mum Kayleigh's forgiven him for the blisters.

Pip the Patterdale terrier's also been pounding the streets with crew member Lou Kyle, after signing up for the RNLI's Mayday Mile challenge.

Whilst raising the pounds, racking up more than £250 online and with donations on the day, he's also been shedding a few with all extra exercise.



From left, Jackie, Lou and Kay with Pip

Supporter Kay Childs-Scott, who joined Team Pip in the sunshine raised almost £400

by running a mile a day throughout May for the RNLI

Thanks to all those who raise money for the RNLI, organise events or donate to our charity - including the 100 or so runners who took to their toes for the recent Beat The Tide event, which is covered elsewhere in this month's T&A on page 56.

Our lifesaving work and that of more than 230 lifeboat stations around the coast of the UK and Ireland would not be possible without your help.

We've been busy training to keep on doing just that, with recent exercises including drills with our colleagues from Wells RNLI and HM Coastguard, who sent a helicopter off to join us for a sortie off Brancaster Beach.

Our volunteers practised having a crew member from the aircraft descend on a rope onto our trio of lifeboats before being winched back up again - something which takes considerable skill on the part of our helms and those in the air to get right, especially on what was a windy day with a lumpy sea to contend with.

The next time we do it, it could well be for real with a casualty needing to be airlifted to safety.

Meanwhile, our hovercraft crew also practised landing a casualty to be extracted and brought ashore by volunteers from the Hunstanton Coastguard team.

If you'd like to find out more about what we do and how you could join us, either pop down to the station on a Sunday morning when we train or e-mail hunstanton@rnli.org.uk.

Stay Safe, Respect the Sea, Hunstanton RNLI

All images RNLI/Chris Bishop

Pedal with purpose:

Tapping House launches 'Tour De Tapping'

Liz Brewer

Summer fundraiser challenge

Get ready to dust off your bikes and join a community on the move - Tapping House is thrilled to announce the launch of its brand new summer fundraising event: Tour De Tapping!

Running from late June until 31st August 2025, this cycling campaign is designed for everyone, whether you're a casual cruiser, a family of weekend peddlers, or a serious cyclist looking for your next challenge.

"Tour De Tapping is all about fun, fitness, and fundraising," says Clara Smith, Community Fundraiser. "It's a brilliant way to get outdoors (or hop on the static bike indoors), set a personal goal, and support the essential care we provide at the Hospice."



How 'Tour De Tapping' works

Choose from three specially designed distances to match your pace:

🚲 The Tulip Trail – 16 miles

A gentle route, perfect for little legs or relaxed riders.

🏡 Journey of Joy – 58 miles

A moderate challenge for those wanting to go the extra mile.

🏡 Legacy Loop – 116 miles

A mighty ride for those ready to go the distance - inspired by the route connecting all nine Tapping House charity shops.

This event idea was inspired by a group of local cyclists - who are taking on the challenge of cycling a route that links all nine Tapping House shops.

"We wanted to do something meaningful for a cause close to our hearts," says Phil Davies. "Cycling shop-to-shop felt like the perfect way to honour the support the Hospice provides while exploring our amazing local



area."

You can follow their tyre tracks! The full route is available on our website, ready to download and ride at your convenience. Shop with Purpose

Every pedal counts - and so does every purchase.

Tapping House proudly operates nine charity shops across West Norfolk. Every item donated, every bargain bought, and every visit you make helps fund specialist rest-of-life care for those who need it most.

Shop with us at: Fakenham | Downham Market | Swaffham | St Nicholas, King's Lynn | Burnham Market | Snettisham | Broad Street, King's Lynn | Hunstanton

Next time you're out and about, pop in, shop, or drop off a donation - you'll be making a real difference to local lives.

Coming soon... Dragonfly Meadow at The Sandringham Gardens

This summer, Tapping House, presents the Dragonfly Meadow - a breathtaking commemorative installation of 4,000 handcrafted steel dragonflies in the beautiful gardens at Sandringham.

Each dragonfly will represent a life, a memory, a story - offering a powerful way for our community to celebrate or pay tribute to loved ones no longer with us. Installed between 21st August and 14th September 2025, the display forms part of our 40th anniversary celebrations, honouring four



decades of care, compassion, and support for families across Norfolk and North Cambridgeshire.

To be part of the installation you can reserve your dragonfly on our website.

For more information about 'Tour De Tapping', how to sign up, or to reserve your dragonfly, visit:

www.tappinghouse.org.uk/events

Let's ride together, remember together and make every mile, and memory, matter.



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Lavender Lacemakers

Lynn Hallifax

On 10th May at the community Centre in Hunstanton the Lavender Lacemakers had their annual craft day; anyone could come and join us regardless of the craft they did, knitting, crochet, cross stitch and of course, lacemaking.



The day started at 10am. We had a few traders selling different items, tea and biscuits were on the go throughout the morning, have as much as you like!

The chosen charity for the past year was The Hunstanton Coastal support and Carers Group. Throughout the year we make lace to sell, that money goes to our charity.

Veronica from the Stroke Group came along to the centre to receive the cheque which I proudly presented to her for the amount of £1849. This money will help them carry on with their social meetings and any activities they have throughout the year.



The afternoon carried on with a raffle and lucky ticket number, followed by tea, coffee and cake. Then it was time to start packing up as it was nearing 4pm.

I would like to thank all who put money into the collection box or brought an item of lace from us throughout the year and supporting our charity, thank you.

If anyone would like to come and join the group, we are based at Dersingham Village Centre. To find out more about us we are on Facebook.

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Hanse Festival in King's Lynn

Celebrating the town's rich Hanseatic heritage

Dani Crawshaw

6 year old Carolina, dressed up as a pirate, is dancing along to shanties being sung in King's Staithe Square. She says it's 'cool' being a pirate "I made my outfit up" she tells me, "I've got normal clothes and then I've used some accessories - belt, necklace, a hat and an eye patch". And a parrot puppet I remind her, which is hanging off the belt.



And along with her sister and family they're making the most of this year's Hanse festival. On stage are an all female shanty group based in Snettisham - Sirens at the Helm. It's the first time they've performed at the event and founding member Rachel Parker says they feel honoured to be invited and are absolutely loving the atmosphere.



Sirens at the Helm

As their set comes to an end we can hear the flag parade, making its way from the town centre. At the front musicians play medieval music and one of them, Lizzie Gutteridge, says it's brilliant fun to be leading the parade.



The musicians leading the parade (The new Cambridge Waits) - Lizzie is second from the left

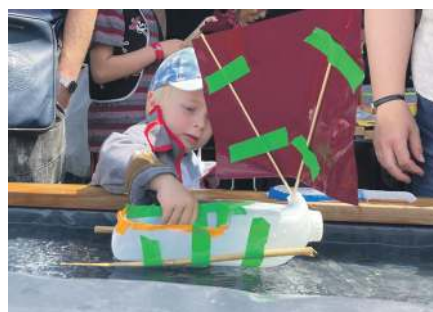


The parade enters the square

She adds "The high street is great to play in because the sound bounces off the buildings and you surprise people who didn't know they were going to see a parade. And it's taking music to people rather than them being stuck in a concert hall, which we love".



My one year old sees there're some children's activities - pirate boat making so we're off. We meet 2 year old Aiden who successfully launches his into a water trough. Lizzie Grimwood is standing watching with her 5 week old "It's really nice that there's lots to see and do and that it's all free as well, we're really fortunate, every year we come".



Aiden launching his boat

The Square is now full of people and there are costumes everywhere you turn - Carolina has some competition. I spot Tim FitzHigham, Cultural Officer for Kings Lynn and West Norfolk, who's in a shakespearean style outfit (woollen trousers, which he says will be fun as the day gets hotter). "It's brilliant isn't it to see so many people, lots of young people as well, and the different nationalities represented in the parade."

This event is to celebrate the town's membership in the Hanseatic League dating back to the 13th century, a powerful trading network stretching from the east of England



Dani Crawshaw

dani.crawshaw@townandaround.net

to the Baltic and North Sea. And as we leave the Square Lithuanian dancers have taken to the stage. On our way across the historic



quayside to Hanse House Courtyard we bump into Sir Thomas, a knight from a medieval reenactment society in Lincolnshire. "I heard a few kids on the parade saying 'wow' which was nice".



Sir Thomas and The knights of Skirbeck - medieval reenactment society

I think for a moment how it might feel to get that reaction, but then he tells me how warm it is inside the armour - 10 degrees hotter - so decide I'm better in shorts and a t-shirt.

When we arrive at the courtyard there's more music and more outfits to marvel at. Over the weekend the town has been full of celebrations, the festival going strong in its 20th year. There have been exhibitions, markets, plays and even a children's pirate outfit competition, which sadly we missed but I had my fingers crossed for Carolina.

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Hunstanton Croquet Club

Zena Penty, Press Officer



The first round of the new internal league (designed to encourage more friendly but competitive play within the club) has been completed with many closely contested games and round 2 drawn. Playing a game through to completion rather than the 30 minute timed session on a club afternoon has been really helpful for players hoping to start to compete in tournaments.

The excellent lawns and club facilities have already hosted a number of internal and external competitions including the Hunstanton Golf Croquet Championship (7th-8th June) which included a large proportion of international standard players. The winner Mark Avery therefore qualifies to take part in the national tournament 'The Ascot Cup'. We wish him good luck.



A huge thank you as always to everyone in the club who regularly set out the lawns, help with refreshments and maintenance tasks and those who continue to give their time and expertise to help and support new members and longstanding members.

HUNSTANTON BOWLS CLUB

Janet Kendal

The season is now well underway with County and club competitions and league matches taking place.

We welcome new members, whether you are an experienced player or new to the game of bowls. We hold social evenings on Fridays so why not come along and meet us, at the Clubhouse on the recreation ground, Cromer Road.

Enquiries: 01485 533551

Dersingham man to wear England vest

Tim Keogh

Local Runner and Postman Digby Frammingham Selected for England Masters Team at Great North 10k Run.

Digby Frammingham, a 62-year-old local runner and postman who lives in Dersingham, has earned the prestigious opportunity to represent England Masters Athletics in the over-60 category at the Great North 10k Run in Newcastle on July 6th - an event that coincidentally falls on his birthday and attracts over 6,000 participants.

To qualify for this honour, Digby had to finish in the top 3 for his age group (60 to 65) at one of the 5 qualifying races around the country and also achieve the qualifying time for his age group (41 minutes 30 seconds). He achieved this at the Keith Hall Memorial 10k at Thorney in March competing against runners from all over England.

In addition to his impressive qualification, Digby ran a time of 39 minutes and 41 seconds to finish in the top 100 among all age groups at the Gear 10k race in King's Lynn in May, competing against over 2,500 runners. This accomplishment underscores the significance of donning an England vest, a milestone that represents a major achievement for any athlete.

The England team will face off against competitors from Wales, Northern Ireland, and an Armed Forces team, making this a highly competitive event.

Digby has been passionate about sports since his youth, having played football for Heacham and Old Hunstanton. He has always been a keen runner but over the past decade, he has shifted his focus to 5km and 10km racing and is an active member of the West Norfolk Athletics Club.

Not to be outdone, Digby's son, Charlie, 17, is also an accomplished runner having represented Norfolk at many races. He has matched his father's best 10k time of 34 minutes and aspires to compete at the highest levels of the sport.

Unfortunately, Digby is currently dealing with a calf strain injury, which has affected his pre-race training schedule. He remains optimistic about his participation in July, stating, "It is such a great event and a great honour to represent England, so I am desperate to run".



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Sporting corner with Tim Keogh

Beat The Tide Run beats the tide!



What a wonderful performance by all the runners in difficult conditions. In fact Beating the tide proved to be very much the order of the day as it delayed the start and created very tough conditions in which to run.

Nearly 100 hardy runners turned out to attempt either the 5k course or the 10k course on a blustery Sunday morning on the 8th June. A soggy terrain certainly made for a light footed strategy, if you were able to apply it that was.

KL1 Radio were in attendance to create a festive vibrant atmosphere, as they kindly compered the event, whilst the RNLI's very own Stormy Stan was on hand to gee everyone up in the mass pre-race warm up run by Carolyn Flowerdew from Alive Oasis.



It proved to be a fantastic commitment from all the participants as the extreme weather elements added to a very testing challenge indeed this year. But they all set off, undeterred, knowing they were raising money for a very good cause, Hunstanton RNLI.

Of course, it is the taking part and fundraising which is the main drive but there is that little competitive edge when it comes to racing that makes you think, hold on, you just never know, I might just win this. Why not.

Local MP, James Wild and wife, Baroness Natalie Evans, added to the nostalgia of the event. In fact, going by the warm up, many onlookers looked at Wild as a dark horse to win this.



James and Natalie. Credit Ian Burt

As it turned out, the 5k event went to form with last year's winners successfully defending their titles. King's Lynn man, Andy Williamson (32) won the Men's event whilst Heacham based, Beth Willox (24), won the Ladies event, with both now eyeing up a treble next year.



Beth Willox and Andy Williamson.
Credit Ian Burt

Two Snettisham youngsters, however, stole the show as fleet-footed sisters Jessica (13) and Lauren (9) Lawrence came in an



Jessica and Lauren
Credit Ian Burt



Tim Keogh

tim@townandaround.net

impressive 2nd and 3rd place respectively in the female category. Watch out for these two in the future.



Steve Claxton and Olivia Bramley.
Credit RNLI/Chris Bishop

In the 10k event, old Hunstantonian, Steve Claxton (49), won the men's race. Now living in Dorset he said, "I really enjoyed returning to my home town to take part, it was a hard challenge but what better location, there is none". Olivia Bramley (26) from Leicester won the Ladies 10k event. She actually plays football for Durham Women FC who play in the second tier of the Women's National League. Good training running on the beach, Sir Stanley Matthews used it and he didn't do too bad.

Organiser, Jess Pearce, of the Borough Council of King's Lynn & West Norfolk, said, "a massive appreciation to everyone, from the runners and spectators, the help from KL1 Radio, all the fundraisers and support staff, and Hunstanton Alive Oasis, who all made it such a special day raising money for such a good cause. Thank you all so much".





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Sporting corner with Tim Keogh

Hunstanton's Cliff Parade Bowls Club hosts charity match

The English Fire Service Bowls Team came to Hunstanton on Sunday, 25th May to play Cliff Parade Bowls Club in a charity match with players travelling from afar afield as Oxfordshire and Derbyshire.

It is just one of many games the club play around the country each year raising funds for the Fire Fighters Charity, which provides invaluable support to all the UK's fire services members and families.

It was a particularly emotional affair as it was the first time the club had played since the terrible tragedy where two fire fighters and a member of the public lost their lives near Oxford recently.

The team are travelling to Northern Ireland in September where they will face their Welsh, Scottish and Northern Irish counterparts in a four nations tournament and, whilst the result wasn't important today, they will take heart from their 115-58 win.

England team spokesperson, Angela Kenny, said, "there aren't many better locations than Cliff Parade to play bowls and we were keen to use the match to remember our colleagues who sadly passed away recently".

Hunstanton Fire and Rescue Service were also in attendance to support the event.

Stefan Rider, who is Head of People for the



Fire Service based in Norwich, led a minute's silence before the game, saying, "thanks to our bowls team who raise invaluable funds for the Fire Fighters Charity. Today is particularly poignant as it is the first time they have played since we sadly lost two colleagues recently

and allows us to honour and respect them, their colleagues, friends and relatives".

To donate to this very worthwhile cause, please go to www.firefighterscharity.org.uk

All photos credit: Ian Burt



A rear-view mirror take on the local bowls scene by Kev Johnson

They call the wind Maria!

What's in a name? Certainly, calling someone by the wrong name again and again is something to be avoided, but bowls, surely not? Not so. In the past woods were just that, Lignum Vitae, the only wood that sinks, apparently. Now they are composite, with formulas guarded by the big-hitters of the trade, being baked until hard and then finished accordingly. Gone are the days of the 'cannonballs' crushing the green before swinging into the head. By-the-way, as a non-floating wood, it was probably a mistake for a player to fire through the fence at Massingham, which is on a rise, and onto the road leading to the pond: cue a mad dash after it, and a sinking feeling. Now it is wrong to call a bowl a wood, although not illegal as someone once claimed...

Anyhow, the aim of all bowlers is the little ball called, officially, the jack. Across the country this has more aliases than a bank-robber, such as Kitty, Mary, Tot, but here in Norfolk (County Motto: 'Do Different') it is known as the Cott. Why, you may ask. Post-War Norwich bowlers wanted to help the Jenny Lind Children's Hospital replace items destroyed in air-raids. Rather than making a collection, they decided that the traditional extra end at the end of a game and played for a penny each, the closest taking the pot, would be collected across the league and used to pay for a new cott - hence, 'A penny for the Cott (sic).'

Soap Box Derby



At the event launch: Cllr Sue Lintern, Cabinet member for Events and Culture and Jessica Pearce

Hunstanton's very own whacky races will return this September for the 2025 Hunstanton Soap Box Derby.

The popular event attracts racers each year in an array of outrageous outfits and karts, with over 6,000 spectators expected to line the streets to cheer them on. There are always thrills and spills, particularly at the half way point, where the drivers have to decide whether to negotiate a tight chicane or risk the hazardous jump, much to the delight of the onlookers.



Charles le Strange Meakin, whose team, Birkin's Boys, won the race two years ago, said: "When we won it was a complete fluke, so proves it appeals to all levels of abilities and ages. It really is all about the fun though so I encourage people to get building their karts and entering". Meakin will be again entering this year's event, noting, "We also have a Birkin's girls team, so watch out!"

This year's extravaganza will take place on Sunday, 21st September 11am-5pm and there is an event limit of 65 places in total; the closing date for entries is 25th July.



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QUESTION: In which sport did Richard Bird once achieve recognition in the Guinness Book of World Records?

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

The Editor, Town & Around, 18 Tapping Close, Snettisham PE31 7FF
Please note we do not accept entries by any social media channels or text message. CLOSING DATE 15.07.2025.

The answer to last month's question: Erica Roe, Michael O'Brien and Mark Roberts are all famous for doing what at sports venues? was they were all streakers. Val Winn from King's Lynn was the lucky winner from a host of correct entries.

Annual Campaign Care 94 Golf Day Raises Over £1,400

On Monday, 16th May the annual Campaign Care 94 Charity Golf Day took place at Heacham Manor Golf Club.



The event attracted over 40 players and raised over £1,400 for the Bob Champion Cancer Trust and the Norfolk Hospice Tapping House.

A number of challenges aligned the way with nearest the pin, longest drive and a putting competition. The main event, however, was won by a very modest yet popular team this year, with Dave Curtis, Michael Minns, Fred Kellythorn and Warren Mitchell (pictured with Janet Race

and Bob Champion) taking the title.

Bob Champion, said, “without these donations a lot of people wouldn’t be here. Every family has been affected by cancer in some way or form and I thank everyone for their donations”. Organiser, Jim Race, once again thanked everyone for participating and contributing with the popular event now firmly established as an annual fixture on the local calendar.

John Steele, who participated, winning the “Shot of the Day” award with a rather majestic second “chip” onto the 11th hole over water, made an emotional speech after his wife, Beryl (75), sadly passed away recently. He said, “the service the Tapping House and the Community Service nurses provided was truly heart warming, without who I could simply not have done it. Beryl still had her wits about her right to the end and wanted to reach her 75th birthday, which she did. All I can say is the support they all provided was outstanding. Thank you”.

£400 was raised from Beryl’s funeral for The Tapping House which she would have been truly proud of.



Local touring car racer fulfils dream



First run in 1958, the Kwik Fit British Touring Car Racing Championship (BTCC) is a highly popular and prestigious racing series in the UK, featuring saloon cars and hatchbacks. The ten event series take place at famous tracks such as Silverstone, Donington Park and Brand’s Hatch, with the iconic Snetterton Circuit near Norwich also on the calendar. Whilst based on everyday road vehicles, BTCC cars are transformed into high performance racing machines for the series, most with 2.0 litre turbocharged direct injection engines that create over 350 Brake Horsepower, often reaching speeds in excess of 160mph. Jake Hill, racing a BMW 330e, won the 2024 series.

King’s Lynn racer, Ryan Benslev, made his

debut at the BTCC at Snetterton on the 25th May. Racing for Team VERTU, the 40 year old said it was the realisation of a dream with the three races on Sunday the highest profile of his career to date. Despite being his debut, Ryan quickly got up to speed with his competitors, with all his results and stats impressively within the mid group range.

Team VERTU owner, Justina Williams, said, “we were delighted to welcome Ryan into the team, especially as it is his home circuit, and are looking forward to supporting him to achieve his goals on the track. He has shown what he can do in other championships and, whilst we are fully aware that joining the BTCC grid is a big step up, there is no pressure in terms of results”. Ryan said, “given it was my debut I was really pleased



with my pace time to be in the mix so quickly, it is just a matter of getting more seat time now”. Ryan will be back racing at Snetterton throughout the Summer.

Creating opportunities for girls and women in sport

A passion for sport and a drive to close the gender gap is at the heart of Ruby Circle Coaching, a local sports coaching company dedicated to promoting cricket and netball for women and girls across West Norfolk.



Based in King's Lynn, Ruby Circle Coaching's netball sessions are spearheaded by 35-year-old Jade Ring, a former youth county-level netball player and current England Netball Level 2 qualified coach. Her mission is simple - create more opportunities for females of all ages and abilities to play and enjoy sport in a supportive, inclusive environment.

"We all know that there's a real gap when it comes to sporting opportunities offered to girls and women, compared to that of boys and men", said Jade. "Our aim is to close that gap in a fun and enjoyable setting."

Ruby Circle offers regular netball sessions for girls aged 9-16 every Tuesday from 5.45pm to 6.45pm at the KES Academy in King's Lynn on the Multi Use Games Area. Women's sessions are becoming more frequent with ad-hoc dates being advertised throughout July and August in both King's Lynn and Hunstanton.

To widen access and reduce barriers to participation, Jade is determined to open satellite sessions across the region. These

sessions bring sport closer to communities and make it easier for parents and players alike. A recent netball session on Hunstanton's newly refurbished court at the Recreation Ground drew such a strong turnout that a follow-up event is already scheduled for July 7.

"By taking sport into local communities, we're not just giving girls and women a chance to play more - we're hoping to open the door to competitive pathways and county-level opportunities," said Jade.

Jade is also looking ahead and plans to hold netball day camps. Plans are in place for the 5th and 19th August in King's Lynn, with two further dates planned to be released for Hunstanton.

"Eventually, I hope to be able to run local netball festivals across the year, get netball played more in schools and set up competitive matches with neighbouring youth teams", says Jade. "There is already a very well-established competitive ladies' netball league (West Norfolk Netball League) which is played at Lynnsport on a Tuesday evening, but this doesn't offer anything for our juniors."

"COVID disrupted local leagues, but we're seeing a real resurgence now with more teams coming forward to take part," Jade added. "With growing TV coverage and a renewed energy around women's sport, it's the perfect time to get involved."

Cricket sessions also form a major part of Ruby Circle's programme which are managed by Jamie and Joshy Ring.

Their partnership with North Runcton Cricket Club ensures girls and women have equal opportunity to participate in the sport. Held on Wednesdays at North Runcton Cricket Club, between 5.45pm and 8.15pm and Friday nights from 6pm-7.30pm.

This includes both softball and hardball formats. The North Runcton women's hardball cricket team currently competes in the Shell UK Norfolk Cricket Women's League with the softball team competing in the Norfolk Cricket Foundation Softball Hundred League.

In addition, she is encouraging anyone interested in becoming a coach to get in touch, with training and development options available.

For more information about sessions or



coaching opportunities, contact Jade Ring via email at info@rubycircle.co.uk or by phone at 07787 404139.

And don't forget, Snettisham also provide junior and senior Cricket and groovy Netball (Snettball!) opportunities locally on Tuesdays and Wednesday evenings from 6pm, with the junior sessions on Wednesdays proving particularly popular. For more information, please contact Michelle Knott directly by email at michelleknott1973@gmail.com or you can call her on 07837 778119.

Norfolk's market towns invited to apply for grants to attract more visitors

Projects that are aimed at increasing sales and footfall in market towns will be able to apply for grants of between £1,000 and £5,000 through an initiative being rolled out across the whole of Norfolk.

Organisations and businesses are being invited to apply for the Love Your Market Town fund's Pride of Place grants to fund ideas designed to encourage people to visit and shop in their local towns more frequently. The scheme is supported by Norfolk County Council and the district councils and applicants have until 31 August to submit their ideas.

A diverse range of projects have already been supported through the pilot version of the fund.

Once ideas have been submitted, they will be reviewed by an independent panel and applicants notified of the outcome by Tuesday 30 September.

Applications are welcome from any local groups or business, but any activity must be a new idea and should support multiple areas or services within a Norfolk market town. There is no limit to the kind of activities that can be funded but the idea must have a link to creating interest or increasing footfall in town centres.

For more information, and to express interest in bidding for a grant, please visit:

<https://www.newangliagrowthhub.co.uk/love-your-market-town-pride-of-place-funding/>

Local Cricket Update

Tim Keogh

The cricket season is very much in full flow now, with only one weekend hampered by the weather so far.

All senior local teams have aspirations for promotion this season and early indications show (at the time of going to print) that they will all be very much in the mix come the end of August.

In Division Two of the Norfolk Cricket Alliance League, Bircham were heartbreakingly denied promotion last year by a controversial post-season decision to dock them points. Although they started this season slowly, four wins on the trot have elevated them into the promotion places.

In the same division, newly promoted Sandringham & Dersingham have also begun the season strongly sitting in the top half of the table.

In Division Four, Snettisham narrowly missed out on promotion last season and have already made their intentions clear with a solid start. The performances of run machine, Ryan Twiddy, are likely to once again prove pivotal in their push for promotion.

In Division Five, debutees to the Norfolk Cricket Alliance, Thornham CC, were expected to be challenging for the title this season. In fact, they led the table early on but have since faltered, although they remain very much in contention. Progress on their new clubhouse continues, which is expected to be completed for the 2026 season.

For the 2nd XI's, Snettisham have been the stand-out performers thus far, presently sitting

second in Division One of the Norfolk Cricket League.

In the Shell UK Norfolk Women's League, Snettisham have a new coach in the form of former senior level cricketer, Julie Fielder. It has already reaped dividends, as the side presently sit top of the table. Having finished second last year, Julie is keen to take the club one step further. It would be a major achievement to win the league for what is still a relatively new and young side.



Thornham Clubhouse progress

TABLE		LAST 10 RESULTS	NEXT 10 FIXTURES	TOP 10
POS	TEAM	P	Pts	
1	Norwich CC - 2nd XI	6	150	>
2	Fakenham CC - 2nd XI	6	132	>
3	Beccles Town CC - 1st XI	6	108	>
4	Bircham CC - 1st XI	6	97	>
5	Sandringham & Dersingham CC - 1st XI	6	93	>
6	Garboldisham CC, Norfolk - 2nd XI	6	93	>
7	Mattishall CC - 1st XI	6	75	>
8	Great Witchingham CC - 2nd XI	6	67	>
9	Bradenham CC, Norfolk - 1st XI	6	50	>
10	Martham CC - 1st XI	6	12	>

Snettisham Sailors Soar

Turner duo battled it out at Draycote Water Sailing Club last weekend at the Midlands Area Championships.

Toby achieved no lower than 2nd place in all 8 races to sail himself to victory and claim the sought after title. The conditions were top end on Saturday, dropping more on Sunday but Toby showed his skills across the variety of conditions and wind shifts. "There are some big names on the trophy and I am proud to add mine to it". Toby is sponsored by Rooster and is one of their Rooster Riders.

Faith hit some race starts herself against her brother to finish 4th overall and winning Top Female sailor. "My wins were the best I have ever done and I held two race leads against the strong fleet. It was tough competition out there and two very long tiring days."

Snettisham Beach Sailing Club are hosting the Eastern Area Championships 21/22 June. SBSC is an RYA Pathway club and welcomes new members of all ages and abilities.





Amanda Knight In the spotlight

The Barking Bugle, which has a monthly feature in Town & Around, was set up in 2013 by Amanda Knight and canine editor, Miss Zsa Zsa.

The online publication offers regular news for owners and their dogs living in Norfolk or on holiday.

It includes information about the best beaches to visit, walks to take, topical subjects and dog shows taking place locally.

Amanda has appeared on national TV, including on Country File on a feature about ways of reducing the risk of pet theft.

The website also includes important information about pet ownership, simple things from the impact of plastic toys on the environment, how pet diets impact directly on increased meat production to microchip scams presently doing the rounds. More recently, it has highlighted the dangers of toxic nurdles (plastic pellets) washed up on beaches along the Norfolk coast from the North Sea tanker collision in March, not just to dogs but to fish, birds and wildlife.

For more information, you can visit www.thebarkingbugle.co.uk.

Full Name: Amanda Knight - Dog pawrent and The Human with the Treats.

Age: Young enough to chase my tail, old enough to know better.

Star Sign: Virgo: Clean freak by nature, lives with mud-loving dogs. Irony = 100%.

Where born: In a hospital, not in a kennel, surprisingly.

Where live: In a house run by dogs with no sense of personal space.

Occupation: Emotional support human for very spoiled canines.

Family: Mostly human. Some dog-like. All weird.

A Cats or Dogs person: Dogs. Cats would sell me for a tuna sandwich and not look back.

Sports Team Support: The Underdogs – because hope is important.

Worst injury: Tried to jump a fence to save the dog's frisbee. Fence 1, Me 0.



Biggest Break: Landed a spot in my dog's Instagram story.

Funniest memory: Taking my dog to a fancy pet spa and realising she had a better day than I've had in years.

Hero: Lassie, obviously.

Hobbies/interests: Colour-coding my dog's wardrobe.

Best memory: Catching my mother calling the dog her "grandaughter".

Favourite international meal/cuisine: Anything that hasn't got dog hair on the plate.

Favourite drink: "Pawspresso" — because mornings are ruff without it.

Favourite band/singer: Elvis Pawsley — rock 'n' roll and tail wags all day.

Favourite film: Jurassic Bark - Okay, not real...but imagine dinosaurs and dogs.

Favourite holiday destination: Anywhere with dog-friendly beaches.

Three items for a desert island: A tennis ball, a hammock, and an endless supply of dog treats (for the both of us).

An interesting fact about yourself nobody knows: I once sneezed so loudly, a dog three streets away barked.

Worst habit: Talking to dogs in a baby voice in public... loudly.

Pet hate in others: People who say "It's just a dog".

Biggest achievement in life: Getting my dog to sit still long enough for a pawfect Instagram photo.

Best advice ever given: "Always let sleeping dogs lie... especially if they're on your bed".

Like to live forever: Only if I get reincarnated as my dog.

Colleen joins Worship Team at St Mary's Church

St Mary's Church in Snettisham is delighted to share the news that Colleen Walters has joined the worship team.

Colleen said: "I am really excited to be part of the Worship Team at St Mary's Church and to work alongside such wonderful people. Rev Dan and the church wardens are all extremely supportive and that also extends to the congregation who are one big church family!"

"We're really thrilled that Colleen has taken up this vital ministry. She is a gifted teacher with a loving heart and has the trust and affection of all who know her. God is doing great things through her!" Rev Dan Tansey.

Photo: T&A



Hunstanton Lions



Photo: Robert Croft, Jeffery Herring, Tim Bartlett and Jerry Desroches and Paul Southerton presenting the trophy



Hunstanton Lions would like to thank Heacham Manor and the staff for their kind hospitality for our annual golf day earlier this month. The picture shows "Sparkies Elite" receiving the winners trophy. Just over £1,000 was raised for local good causes and arrangements are already in hand for next years tournament.



If you are interested in serving your community, making new friends, working with new groups, sharing and learning new skills and having a great time doing it THEN JOIN THE LIONS.

Contact Lion Secretary Paul on 07890 370887 for more information.

Hunstanton & District Inner Wheel

Coral Campbell, President

The 30th of June sees the end of the Inner Wheel Year. This means it is time for the Annual General Meetings. Our Club's AGM was on the 4th June. We had full attendance at the meeting. Sadly, prior to the meeting I received resignations from 5 of our members. We are a small Club of only 8 members and with 5 leaving this made us non-viable. We had our District Chairman Heather in attendance at the meeting to oversee the ballot we had to have. The result of the ballot was unfortunately to close the Club. It is therefore with great regret that I as President have to confirm that The Inner Wheel Club of Hunstanton and District will close on the 30th June. The Club has been in existence for 48 years and I would like to take this opportunity to thank all past



Last photo of members

members who have contributed and supported us during the life of the Club.

It is the end of an era.

Three of us attended the District AGM on 10th June. Members of the District were shocked when it was announced that Hunstanton and District was closing.



District AGM

At the end of our District AGM it was time to hand over the District Collar to the new District Chairman Angela. We all thanked the outgoing DC Heather for all she had done for the District during her very successful year in office and wished Angela all the best for her year.

Rotary Club of King's Lynn donations



Presentation of a cheque for £300 to Food bank Manager, Helen Gilbert, by Rotary President Paul Kunes.

"We are really grateful to the Rotary Club of King's Lynn, without donations like it we wouldn't be able to support thousands of local families" says the town's Food Bank manager

Helen Gilbert. Last year it provided almost 60 thousand meals to those in need. It's one of 8 local charities who've recently benefitted from a total of almost five thousand pounds.



Paul, Abbie, Buddy, Natalie and Suzanne

Another is the Magpie Centre at Runcton Holme, which offers activities such as riding horses to those with disabilities and 'Tea with a Pony' for those living with dementia. The Rotary Club has supported the charity for more than 30 years now, donating around 100 thousand pounds.



Rotarians & guests at the presentation

£1300 has been given to Dr Prabir Mitra and his wife Sanjukta who have begun a 25 thousand km overland trip to India to raise awareness of diabetes. They'll travel through 20 different countries and will follow, where possible, the historic Silk Road. In Kolkata the donations will be used to hold seminars to raise funds for local medical equipment.

And the Purfleet Trust in King's Lynn has bought a new mini bus with the latest donation of 800 pounds. It's been working to rebuild the lives of those who're homeless for over 30 years in a variety of ways. From providing food and clothing at affordable prices to offering counselling and workshops. Part of the donation has also funded a garden where people can relax and reflect.



Presentation of £1300 by Rotary President, Paul Kunes, To Prabir and Sanjukta Mitra



The photograph shows a cheque being presented by Rotary Past President, Pip Rippengill, to the Trust's Chairman, Ken Johnson and the CEO, Paula Hall.

The Rivals

An al fresco Farce for all the Family

When fashionable 18th century London society comes to take the waters in the spa-town of Bath, comic confusion, daring duels and romantic entanglements abound. At the centre of it all is heiress Lydia Languish, who is determined to elope with the penniless Ensign Beverly rather than marry the eligible Jack Absolute. The Rivals by Richard Sheridan, was first performed in 1775. It is though still relevant today as a close-up look at the intrigues of the in-crowd which formed the backbone of 18th century London society.



A tale of dark deeds and duels, romantic entanglements and comedy from start to finish. The Gloucester-based Rain or Shine theatre company is back again after kicking off our first outdoor theatre last year with a performance of Oscar Wilde's, The Importance of Being Earnest. Breaking box office records with an audience of nearly 180 people who enjoyed picnics and wine under a fabulous Norfolk sunset. Why not come and meet Mrs Malaprop, she of the mangled, inappropriate words...

Come and sample the sparkling wit and whirlwind plot of The Rivals, under the stars at Sedgeford. This Restoration Comedy has delighted audiences for over 250 years with its collection of comic characters, including the formidable Mrs Malaprop, a creation so famous for her misuse of the English language, that her name is now immortalised in the dictionary. This brand new adaptation combines Richard Brinsley Sheridan's masterpiece with Rain or Shine's fast and furious comic flair.

Reserve your places by booking online...£16.00 adult, £8.00 children. Please use the dedicated account and add a reference of: 'The Rivals and your name' - Barclays account name, (Sedgeford Village) Acc. no: 40519138 - Sort code: 20/46/65

Alternatively tickets can be purchased from our website: www.sedgefordvillagehall.co.uk

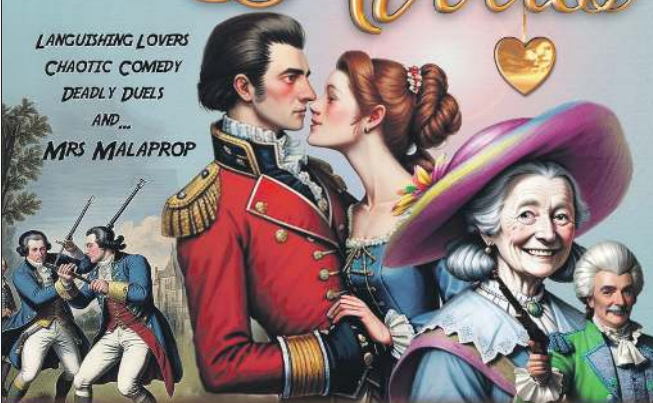
Gates open at 6.00pm. Bordoli Pizzas will be serving until 7.30pm and also during the 20 minute midway interval. The play's running time is 2 hours

Please bring outdoor chairs and perhaps a jumper for when the sun goes down. Parking is free and plentiful.



The Rivals

LANGUISHING LOVERS
CHAOTIC COMEDY
DEADLY DUELS
AND...
MRS MALAPROP



Open Air Comedy Theatre

Sedgeford Village Hall

Hunstanton, Norfolk. PE36 5NG What 3 Words - ///closed.examiner.tightrope

Saturday 19th July at 7:30pm

Tickets: £16 adults, £8 children (under 15)

Bookings: 03306 600541 - www.bit.ly/Rivals-Sedgeford

For Tickets and Information - 01485 570097 / 07968 596949

* Grounds open 6:30pm for picnics * Please bring your own seating * www.rainorshine.co.uk *



TICKET SOURCE



Music in Country Churches Concert Series 2025

Music at Wiveton, Norfolk, 22 July at 6.30pm
St Mary the Virgin, Blakeney Road, Wiveton
what3words: ///dimension.logo.calm

Last year, La Serenissima – one of the country's most energetic and leading ensembles that specialises in music of the Italian Baroque – gave their first concert for MICC. This year they return and will play for us in Wiveton in a concert to celebrate Mirabel Cecil (1944–2024). Mirabel and Sebastian Walker, her brother, had helped set up MICC with Lady Ruth Fermoy. She took a keen interest in the Charity and served as a trustee for many years.

Tickets for this concert will include a pre-concert drinks reception for all concertgoers.
laserenissima.co.uk

Music at Burnham Thorpe, Norfolk 23 July
All Saints', Church Lane Burnham Thorpe
what3words: ///bicker.arming.dignitary

A scratch, come-and-sing choir made up of MICC Friends, supporters, and anyone who would like to join will be directed in a performance of Josef Haydn's 'Nelson' Mass. All Saints' is known as Nelson's church as it was where Horatio Lord Nelson was baptised and his father was Vicar. Nigel Short will direct an afternoon rehearsal and workshop, and then conduct an orchestra made up of local professional musicians who will join the chorus. The solo parts will be sung by members of Tenebrae's Associate Artists, a scheme of fellowships that provides young professional singers with an opportunity to develop their musicianship. There will be an afternoon workshop, followed by a performance with an orchestra and soloists conducted by Nigel Short.
tenebrae-choir.com

For further information, please contact the Charity Director on email
info@musicincountrychurches.org.uk

Hunstanton & District Festival of Arts

The new brochure for the summer programme for the Hunstanton & District Festival of Arts is now available in shops and Tourist information Centres throughout the area.

Featured are all the Craft Fairs held throughout the summer at Hunstanton Town Hall starting with Saturday July 26th Here you will find handmade gifts, creams and potions to delight the senses.

The Main event this year is the free Hunstanton Music Festival of live bands held down on the lower green seafront on August 2nd and 3rd.

The Hunstanton Music Festival has become a major event for the town and is in its 7th year. Organised by the HDFA, it is a free event attracting 2000 music lovers for the 2-day festival. This year it will be held on the weekend of 2nd and 3rd of August, starting at midday and closing at 7pm.

Bands from all over East Anglia come to perform and have said, "This is a major festival where we can highlight our music."

Headliners this year are 2nd Sunset on Saturday and Vic Burns & the Flirtettes on Sunday. The Festival also supports new talents and opening each day will be school bands from Kings Lynn and Hunstanton. This Festival will appeal to all tastes with a mix of music from rock, country, pop and punk.

It first started in the back room of a local pub and has grown over the years due to public demand. There is a full stage and PA system so everyone can hear the incredible talents on stage. Sadly, this could be the last one as new sponsors are needed as the HDFA's funding has now been withdrawn despite the popularity of this Festival. So, bring seating and a picnic as it may be your last chance!

Ian Wells with support from Kyra Cruise says, "I hope that it can continue and look forward to

hearing from any business or individuals who are interested in supporting this wonderful event."

You can contact Ian via the HDFA website
www.festival3bythesea.org.

The King's Lynn Literature Festival Friday 26 - Sunday 28 September 2025 The Small Festival with a Big Heart



The annual King's Lynn Literature Festival opens its welcoming doors at 7.00pm on Friday 26 September 2025 in the historic medieval centre of this important former Hanseatic League Norfolk town.

King's Lynn Town Hall, across the square from the 12th century Minster and only a short stroll from the banks of the River Ouse, will be the venue for a friendly literary weekend, gathering together seventeen well-known writers and poets. Under the Georgian Assembly Room's chandeliers and amidst oil portraits of Kings, Queens and famous local figures including Sir Robert Walpole and Admiral Lord Nelson, the audience will hear and can take part in spirited and thought-provoking discussions.

Speakers will include Sir David Spiegelhalter, Sir Anthony Seldon, Simon Lewis, Patricia Fara, Helen Pilcher, Sarah Day, Martin Figura, Lachlan Mackinnon, Sophie Hannah, Sarah Perry, Rachel Hore, Kate Macdonald, D J Taylor and Camilla Balshaw as well as the writing family Lisa St Aubin de Teran, son Alex Macbeth and daughter Iseult Teran.

Topics will range from 'The Good, the Bad and the Ugly: 300 Years of British Prime Ministers' to 'Poets and Poetry', from 'Living in an Age of Uncertainty' to 'World War II and Literary Culture'; and from 'Unusual Storytelling' to 'Different Approaches to a Life' plus the fascination of being part of 'A Family of Writers'.

In the Grade 1 listed Stone Hall, the convivial atmosphere will continue as visitors and contributors will have the opportunity to meet for refreshments and browse among the books which will be on sale.

Festival chairman, Sherie Naidoo, comments: "We are delighted, thanks to the generous sponsorship of King's Lynn solicitors Hawkins Ryan, to be celebrating the 40th year of the King's Lynn Literature Festivals. We have an outstanding programme of wonderful writers, from as far afield as Tasmania and as nearby as Norwich. We promise you a warm welcome to a lively, sociable weekend."

Good value season tickets (6 sessions) go on sale at £60 on 1 July 2025, available locally from the Alive Corn Exchange in King's Lynn or from www.kingslynncornexchange.co.uk Tel: 01553 764864 Individual tickets for each session will be available in the same way from 1 August at £16.50 each. A link is available for more information on kllitfests.com or contact Sherie Naidoo on lynnlitfests@gmail.com



The King's Lynn Community Cinema Club summer season continues with the showing of Vermiglio on Thursday 10th July at 7.30pm in screen 2 at the Majestic cinema.

Set in 1944 in a remote Italian mountain village in Vermiglio, where the war is a distant but omnipresent, a soldier named Pietro escaping the war arrives. He disrupts the dynamics of the local schoolmaster's large family, as love between Pietro and Lucia, the eldest daughter, leads to their marriage and an unexpected destiny. The British Film institute refers to the film as a 'slow-burn family saga of immense subtlety and quiet observation'.

Are you over 18 and interested in joining KLCCC? There are 2 seasons a year with 8 scheduled films screened per season at the Majestic, along with newsletters, communications, community and members events. Membership is £20 per season and the scheduled films are free to enter, if you join more than half way through a season it is £12 including entry to all the remaining screenings of the season. Membership can be arranged by emailing communitycinemaclub@googlemail.com. Alternatively, you can just come along to any film as a day member for £6 cash on the door. Full details of all the club's films and events can be found on the club website www.klccc.uk and Facebook page.

Stunning New Art Gallery Opens in King's Lynn



Chequer House opened a stunning new art gallery on Saturday 31st May. The Home of the Independent Artist currently features high-end works by 50 artists, in all styles and mediums. The gallery has been a huge success since the Open Day which saw over 150 visitors.

Gallery Coordinator, Jackie Kitch, said, "We are over the moon with the turnout for our open day. It was fantastic to see so many people enjoying the artwork and appreciating the quality, we've received so many positive comments about the future of the gallery and we are excited for the year ahead!"



The art space also features a gift shop with beautiful artisan pieces including ceramics, prints, cards, and woodturning. With more artists signing up to exhibit, and more art being added, the gallery expects to be constantly changing.

There will also be exhibitions held in the gallery including a special exhibition for King's Lynn Festival called 'Revelation' from 10th July to 27th July. Chequer House Gallery, 10 – 12 King Street, King's Lynn will remain open permanently, weekly, from Wednesday to Sunday, 11:00 – 17:00.

For more information and regular updates, follow Chequer House Gallery on Facebook, Instagram and TikTok!



Right: Reading area



CHEQUER HOUSE
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NORFOLK. PE30 1ES.

WWW.CHEQUERHOUSEGALLERY.CO.UK



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To be or not to be or meant to be .. ?

At the beginning of April I looked at the former Ridouts Bakery premises at 21 High Street, Heacham. I was convinced that it wouldn't be big enough for my studio and classes - plus the estate agent informed me that two other parties were interested in renting it - so that was that. I walked away.

I carried on with my classes at various locations throughout Heacham and Hunstanton hoping that something suitable would soon turn up. It didn't. But then I discovered that the bakery was still available. Everyone I asked encouraged me to take another look. And a light bulb moment happened! I contacted the estate agent and everything very quickly fell into place.

On 6 June I signed on the dotted line. With the help of friends, SJ, Mo, Annie, Sue, Gloria, John and many others, we have been transforming the space into an art studio. Wallpaper stripping, making good, painting and don't forget the cleaning (!) has been the order of the day - well for quite a few days actually.

Meanwhile I have also been working like a maniac to complete my sculptures for Wighton 25 and Cromer Artspace. At the time of writing this the deadlines are fast approaching and I'm spinning like a top. However you will be able to see my sculptures at Wighton 25 from 3 July to 3 August (<https://nnepcontemporaryart.com/>) and Cromer Artspace from 28 June to 16 July (<https://cromer-artspace.uk/events/event/sculpturethegrove>).

In the meantime myself and all of the Save The Old Dairy team are still moving forward with our fundraising. Yes we do still want to save The Old Dairy. Come and visit us in the studio to find out more.

We also have a stall at Heacham Carnival on Sunday 3 August.

We look forward to meeting you.

Esther Boehm

On behalf of the Save The Old Dairy Project team.

Encouraging Individuality Acceptance and Understanding

Five Churches Festival is back for its 3rd year!

Once again, all five churches in the Glaven Valley on the North Norfolk coast, each with their own unique architecture and atmosphere, will play host to an exciting and varied programme of music from 9th- 13th July. Featuring musicians of international acclaim alongside established professionals from across Norfolk, the Festival provides five days of high-level concerts with something for everyone. Chamber music, jazz, brass, and an idyllic finale of English music for strings.

The Festival Launch in Wiveton Church on Wednesday July 9th, welcomes the sensational duo of international mezzo-soprano Lotte Betts-Dean and guitarist Dimitris Soukaras.

Thursday 10th will feature Norfolk Young Musician 2025, violinist Tristan McCardel in Cley Church followed by 'Glaven Rhapsody' in Glandford Church- a specially composed multimedia performance by



Decorating in progress



Work in progress, Wighton



The new studio at 21 High St, Heacham

Ivan McCready (cello) and Rachel Stacy (viola) including live music, film, spoken word and pre-recorded soundscape. The day ends in style with Jazz@Bayfield – outside in the beautiful grounds of Bayfield Hall featuring the legendary jazz singer Barbar Gough with the Chris Cooper Trio.

Blakeney Church on Friday 11th sees festival artistic directors Brenda Blewett and Chaos Collective in collaboration with renowned international cellist, Robert Cohen.

Award winning London Central Brass Quintet will bring their amazing sound and energy to Letheringsett Church on Saturday 12th and then Cley Church hosts the Festival Finale

'An English Idyll' on Sunday 13th - music for string ensemble conducted by Stephen Threlfall.

Alongside favourites by Elgar, Britten and Holst, the Festival Finale features BBC Young Musician 2020 woodwind finalist Ewan Millar in Vaughan Williams Oboe Concerto.

Full details, online booking and how to become a Festival Friend can be found at fivechurchesfestival.com.

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July events - see also <https://townandaround.net/whats-on/july>

Tuesday 1st

Anmer Social Club PE31 6RN
Norfolk and Waveney MIND
Group meeting 11am-6.30pm. T:
0300 330 5488 or email:
nikki.nourse@norfolkandwaveneymind.org.uk

Wednesday 2nd

SWAG: QUIZ event 1st
Wednesday of each month at the
Queen Victoria Inn, Snettisham
starting 2-30pm - 4pm £1 incl
hot drink and biscuits.

Thursday 3rd

Coffee morning in aid of
Tapping House at Caley Hall
Hotel, PE36 6HH 10am-12
noon. 01485 533486

Thur 3rd- 3rd Aug

Cohen's Creatures. New
temporary exhibition at the
Alfred Cohen Museum. The
School House, Wighton NR23
1AL. Info: 07956 278662

Friday 4th

Fincham Memorial Hall Quiz
night - £2 per person, max 6
persons per team. 50/50 cash
raffle. BYO refreshments and
nibbles. Starts at 7.30pm
Pete on 0778 2335165

United Services Club
Hunstanton Micheal Glayser
Tribute To Elvis Presley 8pm
01485 533360

Fri 4th - Sun 6th

One Act Drama Festival at the
Princess Theatre 01485 532252
see page 15.

Saturday 5th

Sandringham parkrun
Sandringham Royal Park at 8:40
for a 9:00 am start. First Timers
Briefing 8:45 am. Start and
finish on the vista near
children's play area. Car parking
for parkrun is free until 11:00
am. To volunteer or for further
information contact:
sandringham@parkrun.com
07913 439222

Hunstanton Promenade parkrun
9am. starting outside the Salad
Bowl Cafe running towards the
lighthouse. Volunteers 8.30am.
Info: 07804 927764

Wild West Norfolk Festival at
Glebe House School PE36 6HW
from Midday. 01553 886999.
See page 9.

United Services Club
Hunstanton After Party Duo.
8.30pm non-members £5pp
01485 533360

Sunday 6th

United Services Club
Hunstanton Find the Joker.
Tickets £1 Each Drawn At 2pm.
Live Music with Glen Cooper.
2.30pm 01485 533360

Monday 7th

Anmer Social Club PE31 6RN
Coffee morning 10am-noon
farmboy24@sky.com or
telephone, text or WhatsApp
07899 872351

Tuesday 8th

Anmer Social Club PE31 6RN
Norfolk and Waveney MIND
see Tues 1st

Wed 9th - Sun 13th

Five Churches Festival in the
Glaven Valley. See p68

Saturday 12th

Sandringham parkrun
See Sat 5th

Hunstanton Promenade parkrun
See Sat 5th

Snettisham Village Annual Open
Show, Snettisham Memorial
Hall 1.30-4pm. see p 17

The Burnhams Flower show,
Fete and Carnival at Burnham
Market Playing Field. Carnival
parade starts 1.40pm from the
village green. 01328 730778

By the book Hunstanton Fantasy
author, Rohan Davies, book
signing "The Giant and the
Witch" 2pm at Write around the
corner. 01485 522349 email
adrian@buyanotherbook.com

United Services Club
Hunstanton KCR Duo. 8.30pm
01485 533360

Sunday 13th

RAF Bircham Newton Open
Day PE31 6RH 10am-4pm
Entry and parking are free, and
access to disabled toilets is
available. Info 07807 098348

Marriot's Warehouse Trust
Talks: From the Tech to CWA.
The development of King's Lynn
Tech presented by Kerry
Heathcote, Deputy CEO / Vice
Principal Curriculum & Quality
at the CWA / University Centre
West Anglia. Marriot's
Warehouse, South Quay PE30
5DT. 2.30pm. 07582 037301

United Services Club
Hunstanton. Find the Joker.
Tickets £1 Each Drawn At 2pm.
Live Music in the lounge with
Travis, songs from all decades
2.30pm
01485 533360

Monday 14th

Arts Society Talk - 'Around the
World in 60 minutes' by John
Scott at Sedgeford Village Hall
2pm see page 72

Tuesday 15th

Old Hunstanton Village Hall
Knit and natter. 10am-12noon.
£3 includes cake and coffee.
Enquiries: 07763466325

Anmer Social Club PE31 6RN
Norfolk and Waveney MIND
See Tues 1st

Friday 18th

50th Anniversary of Hunstanton
Primary School. Summer Fair
on the school field. See page 6.

Massingham Historical Society
talk 'Drovers Tales' by Jeff
Hoyle 7.30pm at the Village
Hall. Guests £3 Info 01485
520455

Fincham Memorial Hall Cash
Bingo & Games Evening - £6
per book of 5 plus flyer, optional
cash games. Doors open
7.30pm, Eyes Down 8pm. BYO
refreshments and nibbles. for
more information contact Pete
on 0778 2335165

United Services Club
Hunstanton Quiz Night First
Prize £50. Teams Up To 4
Persons. £3pp. 8pm 01485
533360

Saturday 19th

Sandringham parkrun
Sandringham parkrun
See Sat 5th

Hunstanton Promenade parkrun
See Sat 5th

By the book Hunstanton Book
signing with Gillian Harvey:
"Village Café in the Loire" from
11am at Write around the corner.
Info 01485 522349 email
adrian@buyanotherbook.com

Tai Chi fundraiser for the RNLI
on Hunstanton Green from 10 to
12 noon. Suitable for all.
10 to 11 am standing Tai Chi
and Chi Kung. 11 to 12 noon
seated Tai Chi and Chi Kung
Free with optional donations to
our local RNLI. Please contact
Allan or Maggi for information
on Mob. 07960 229 726

Fincham Memorial Hall
Annual Village Fete 11am -
4pm, VW classic cars, Kings
Lynn Classic Cars, Marham
Military Wives Choir, lots of
food, refreshments and licensed
bar. All welcome including
dogs, free entry. Car parking
available. Info: 07931 534625



Events are
added to our
website during
the month.
Scan here for
up to date info

Outdoor Theatre at Sedgeford
Village Hall 'The Rivals'
7.30pm 01485 570097 / 07968
596949 see page 65

United Services Club
Hunstanton Tom Baxter.
Personality Vocalist. All eras
2.30pm non-member entrance
fee £5pp 01485 533360

Sunday 20th

Hunstanton Voices and Coastal
Vocals Summer Concert and Art
Exhibition at St Edmund's
church Hunstanton. 7.30pm
Bookings & info: Noelene
07709 986046

King's Lynn Festival Chorus
present Carl Orff's Carmina
Burana at St Nicholas' Chapel.
Tickets £20 from King's Lynn
Corn Exchange 01553 764864

United Services Club
Hunstanton Find the Joker. Big
cash prizes. Tickets £1 Each
Drawn At 2pm. Live Music in
the lounge with Bethanie. Songs
from all decades 2.30pm 01485
533360

Monday 21st

Anmer Social Club PE31 6RN
Coffee morning 10:00 a.m. to
Midday Coffee; tea; cakes &
biscuits available to purchase.
For information please email:
farmboy24@sky.com or
telephone, text or WhatsApp
07899 872351

Hunstanton u3a at the
Community Centre 2pm,
Castaway Crew - ladies shanty
group. Addie: 01485 544754

Tuesday 22nd

Anmer Social Club PE31 6RN
Norfolk and Waveney MIND
Group meeting 11am-6.30pm. T:
0300 330 5488 or email:
nikki.nourse@norfolkandwaveneymind.org.uk

July events - see also <https://townandaround.net/whats-on/july>

Wednesday 23rd

SWAG: ACTIVITIES event 4th Wednesday of the month at the Royal British Legion Hall, Church Rd, Snettisham. Starting 1-30 to 4-30pm. Free entry and complimentary hot drinks and biscuits.

Come for a chat and see what we are about. For more detail contact Eric 01485 541515

Friday 25th

Anmer Social Club PE31 6RN QUIZ NIGHT – Club opens 7.00 p.m. Quiz starts 7.30 p.m. Entry £3 per person. Fully Licensed Bar Raffle. For information email: anmer.club@outlook.com or telephone; text or WhatsApp 07899872351

Ingoldisthorpe Sports & Social Club Open Mic night sharing your talent whatever it maybe, singing playing a musical instrument poetry, comedy etc: we would love to see you. Or just be there to support in the audience. Relax & enjoy a drink at extremely competitive prices. All welcome! This event starts at .pm. Please call Diane on 07901924223 for details & directions

Fincham Memorial Hall Film Night - 'Bridget Jones Mad About the Boy'. Doors open 6.45pm, Film starts 7.15pm. Admission £3, licensed bar available for more information contact Pete on 0778 2335165

United Services Club
Hunstanton Friday Night Special with Cecil Farayi. Motown & Soul Man 8.30pm non-member entrance fee £5pp 01485 533360

Fri 25th – Sat 26th

Hunstanton Methodist Church
Flower Festival 10am-4pm
both days

Fri 25th – Sun 27th

Old Hunstanton's 50th Flower Festival. See pages 19 & 24.

Saturday 26th

5K Your Wy – Move Charity. Last Saturday of every month. Sandringham Royal Park 8:40 for a 9:00 am start. For anyone affected by cancer, friends and healthcare professionals to come and walk, talk, run or simply have coffee and cake and be part of the lovely parkrun community. For further information email: sandringhamgroup@5kyourway.org 07913 439222

Hunstanton Promenade parkrun
See Sat 5th

Hunstanton Craft Fair,
Hunstanton Town Hall 10am-4pm Info 07729952297

Hunstanton Sailing and Watersports Club Open Day. Open to non-members. Come along and speak to current members about what is on offer at the club. Weather depending, we can offer trial sessions or demonstrations on paddleboarding, sailing, windsurfing and kitesurfing. From 1pm weather dependant. For more information email events@hunstantonsailingclub.co.uk or text 07816888945

Syderstone Cinema presents A Complete Unknown (15) This is the true story of the rise of Bob Dylan, one of the most iconic singer-songwriters in history. Amy Robsart Village Hall . £4 on the door 7pm Film 7.30pm Hearing loop and ice creams available. Bookings can be made by email to: syderstonecinema_arvh@outlook.com Enquiries 07817 803221

United Services Club
Hunstanton John Carr. Excellent
Vocalist & Guitarist 8.30pm
non-member entrance fee £5pp
01485 533360

Sat 26th-Sun 27th

Docking Festival of Books at Docking Church 10am-4pm Raffle and refreshments. Event not to be missed. Tid Morton at 07979746590 or Peter at 01485517157

Sunday 27th

RAF Bircham Newton Open Day PE31 6RH 10am-4pm
Entry and parking are free, and access to disabled toilets is available. Info 07807 098348

United Services Club
Hunstanton Find the Joker. Big cash prizes. Tickets £1 Each Drawn At 2pm. Live Music and dancing in the lounge with Brian Mann 2.30pm 01485 533360

Tuesday 29th

Anmer Social Club PE31 6RN
Norfolk and Waveney MIND
Group meeting 11am-6.30pm. T: 0300 330 5488 or email: nikki.nourse@norfolkandwaveneymind.org.uk

Dersingham Village Cinema presents 'Swede Caroline' (15) at Dersingham Village Centre 7.30pm £6 under 16s £3. Tel: 07790 349896

Looking forward to August

Friday 1st

Ingoldisthorpe Sports & Social Club Bike Night Monthly very popular event to enjoy a drink (at very competitive prices) & good conversation. What better way to spend a summer evening. Club open 4.30pm till late. All welcome. Please call Diane on 07901924223 for details & directions



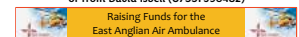
Events are added to our website during the month. Scan here for up to date info

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The Arts Society North West Norfolk

The Tea Service

Lesley Nadel

Let's have a nice cuppa. How many times have we heard that said? We seem to have an almost genetic love of tea, downing approximately 100 million cups each day. It has become an integral part of British everyday life. It has fuelled centuries of imperial expansion, industrialisation and exploitation. Art and advertisements have depicted tea such that it has become part of our identity and history. Hard to imagine that at one time it was a luxury, exotic, expensive product that only the rich could afford.

Tea was first cultivated in China (first millennium BC) and became popular as a beverage during the Tang dynasty (618-907). As global trade expanded it soon became a 'taxable matter'. Commercial trading by the East India Company began and caused devastating social and economic effects in China. This huge, controlling company also started its aggressive commercial and military controlling activities in India. Their trade in tea accounted at one time for 60% of company trade, and tea duties for 10% of the British government's revenue, as well as the company's huge influence on economic and political policy. Their tea taxation policy resulted in the Boston Tea Party (1773) and the start of the American War of Independence.

It would take several hundred years to be established as the British national drink with health enhancing properties. And who was the unlikely early 1660s tea 'influencer'? None other than Catherine de Braganza, the Portuguese Queen-Consort of Charles II. Part of her dowry were the seven islands of Bombay (Mumbai). Our love for tea

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

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

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

If you would like to know more about the arts generally, come and join us, The Arts Society North West Norfolk, at Sedgeford Village Hall, PE36 5NG. Our next monthly talk on Monday 14th July 2025 at 2 pm, is *Around the World in Sixty Minutes*. Our accredited Arts Society lecturer will be John Scott.

Details on our website www.theartsocietynwnorfolk.org.uk
Annual membership £45. Large free car park. Our aim is more art for more people, with enjoyment and friendship.



Have you always wanted to learn more about the arts?

Then start now with our next talk at Sedgeford Village Hall at 2:00pm on Monday 14th July



Around the World in Sixty Minutes
Lecturer: John Scott

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- * A varied programme of art talks
- * Trips and tours in the UK and abroad
- * In depth Special Interest Days
- * Regular newsletters and magazines
- * A social event with a warm welcome

For more information and how to join, visit
www.theartsocietynwnorfolk.org.uk

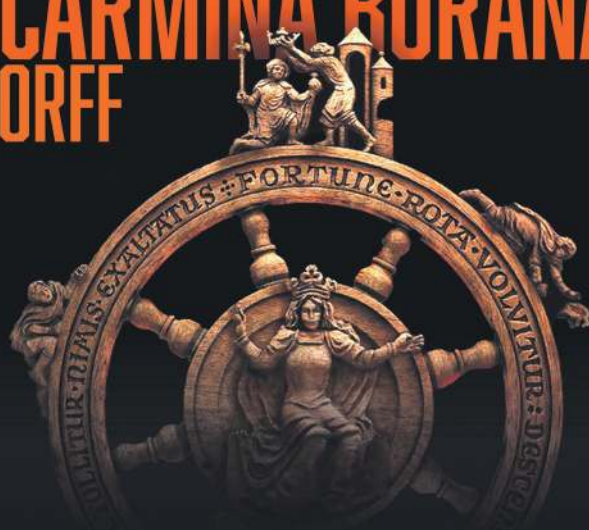
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Tennessee Twin to perform in Snettisham



A stand-out singer-songwriter duo in the UK Country and Americana world, the fabulous Tennessee Twin, will perform at St Mary's Church Snettisham on 18th September.

Join us for the very first Country Night at St Mary's - an acoustic evening filled with heartfelt songs and warm harmonies, all set in the stunning surroundings of this historic Norfolk Church.

The duos recent performances include : C2C (Country To Country Festival at London's O2 Arena); The British Country Music Festival; Cambridge Folk Festival; Gibson Garage London; Green Note, Camden; Buckle & Boots Festival; The West Country Music Festival; London's Buck & Bull Saloon. They've also appeared overseas, including dates in Nashville, Denver, and Amsterdam.

Booking opens the weekend of 5/6th July and there are only 220 tickets available.

Photo credit: Elena Lockyer

Unitary local government, what it could mean to us all

Will it happen?

Yes, this will be happening next year, the first changes for half a century. The government wants to replace existing county and district councils in England with fewer, unitary councils - which deliver all services in their area. It has asked councils to submit options. Proposals will have to be costed and submitted by September, or ministers will impose a model if widespread agreement is not reached.

On 9th June the County Council published a report that said one council for Norfolk would be best for residents and services.

However, responding to the County report, leaders from six districts: West Norfolk, North Norfolk, Broadland, Breckland, Norwich, Great Yarmouth are unanimous in their view that a three-unitary model is the best way forward.

What will it cost?

Initial costs will depend on which option is chosen.

Norfolk County council says that one council would not only save £36.2m a year it will also repay start-up costs within a year.

The joint statement about the three-unitary model favoured by the six districts dated 10th June says:

"Naturally, we need some time to fully review the figures and assumptions made in today's report and we are committed to working collaboratively with Government, local partners, and communities to shape a model that is both ambitious and achievable.

"We do not agree that a single unitary approach is best for Norfolk as, by contrast, our 'three' model would enable a tailored approach to local economies and housing, recognising the distinct characteristics and needs of each area. We believe it is important to maintain the strength of local democracy by ensuring decision-making is made by elected officials closely connected to their communities, celebrate the unique strengths of different areas and provide services which best meet those local needs, and ensure the organisations providing services are sustainable and adaptable to the emerging needs of tomorrow.

"Our proposal puts Norfolk people and places at the heart of local services while also being financially strong."

Andrew Jamieson from Norfolk County Council has written to T&A as follows:

'It (a single unitary) enables us to preserve county-wide economies of

scale in critical services such as adult and children's social care, highways, education, and waste—services that are both complex and increasingly expensive to run.

Alternative models, involving two or three separate authorities, may appear attractive on the surface—but the financial reality is stark. Dividing Norfolk would come at a heavy cost: higher transition expenses, loss of efficiency, and the duplication of leadership, systems, and statutory functions. It would, in short, result in more cost for less service.

It also has clear public support, with 'getting value for money from efficient services' ranked as residents' highest priority, at 67%.

The key financial risk facing Norfolk in the case of two or more unitary authorities is that there would be a mismatch between funding and the need to spend. Nowhere is this more evident than in the case of the west of the county, which under any split model is projected to face a multi-million-pound annual funding deficit. This is not hypothetical; it is a projected structural gap under some scenarios between unavoidable spending and available income of £21m p.a.

Without exceptional and permanent support from central government, such an authority would risk being financially unsustainable from day one. Moreover, residents in the west of the county would potentially face a tax burden as there would be no alternative other than to increase council tax to cover this funding deficit. Significant tax increases simply to maintain basic services. That is not reform; it is regression.

A single unitary, by contrast, offers simplicity, strength, and certainty. It allows Norfolk to speak with one voice, pool resources, and plan for the future with confidence. It would deliver significant financial benefits and provide a more resilient platform for tackling the serious long-term challenges we face—from demographic pressures to infrastructure investment.

I have always believed in practical solutions—ones that serve the people and respect the taxpayer. The findings of this report are unambiguous: a single unitary is the only option that offers both value and viability. Anything else risks fragmentation, inefficiency, and financial instability.

We must not be distracted by short-term politics or parochialism. We owe it to the people of Norfolk to make a decision grounded in evidence and shaped by principle. This report provides that evidence—and points decisively in one direction.'

NEW QEH Hospital update

At the first of a series of presentations, the new QEH designs were revealed in Hunstanton on Tuesday 10th June.

About a hundred people filled the Town Hall eager to view the display boards and listen to a presentation by the team in charge of the project.



Paul Brooks, the Director of Estates and Facilities is the senior officer responsible for the build and he began by updating the gathering on the progress so far.

He explained that 79% of the existing QEH is built from RAAC and the building needs to last until 2032 when the new hospital opens its doors, so continuing with safety works is vital. Mott MacDonald have been charged with the job to see if anything else needs to be done before the new hospital is built.

He went on to say that staff need to transition to new service levels. "The work we are doing now will be to a standard we'll be using in the future, creating modern care provision.

"Due to open this summer is a modular unit which cleans and decontaminates medical equipment."

Hospital 2.0 is a standardised blueprint design for all new facilities, developed in consultation with hundreds of clinicians, healthcare staff and patients across the country.

BDP (Building Design Partnership) are designing the new hospital using national guidance from the New Hospital Programme.



Programme Director Peter Cox leads the team that will build the new QEH and he said: "The new QEH will be built to a new standard, it will be safer, greener and better

for everyone."

The plan is for all single en-suite rooms in the eight storey building which will also have 'separation of flows' (separate routes for supplies, patients, staff and visitors around the building).

The helipad is going to be moved and the multi storey car park built before construction of the new hospital on the current car park can begin.



The Associate Director of Nursing Toni Platts explained the single rooms are better for patients as they can spend less time in hospital provide privacy and are much better for families visiting their loved ones. The efficient designs also reduce the time staff spend on non-patient care. "We start with the patient," she said.

She said the new QEH will be a smart hospital, and they are planning for now and into the future. The ambition is for it to be a healing environment with good light and views, be comfortable, quiet and with fresh air.

With regard to the workforce she added that: "The new hospital will create lots of new job opportunities and should attract top talent and support our educational programmes."

The audience asked lots of questions including some about the School of Nursing, training and apprenticeships, catering and dietary requirements and specialised

treatments that were answered with open and frank responses by the team.

Information sessions will be taking place at the following locations, doors open at 5.45pm with presentations starting at 6pm:

16 July Marshland St James Village Hall

21 July Downham Market Town Hall

To register to attend book online at

www.newqeh.org.uk,

email newhospital@qehkl.nhs.uk or call 01553 613051.



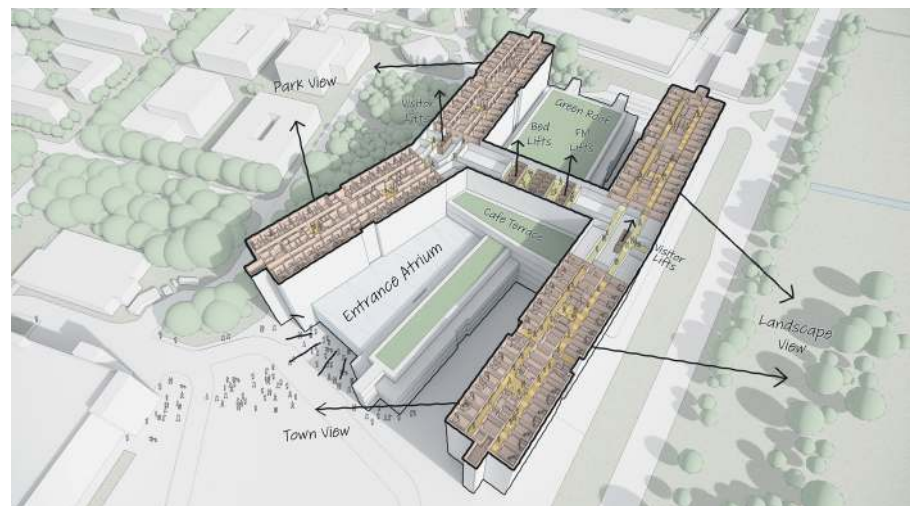
James Wild MP has sought confirmation in Parliament on whether the government's funding for the new Queen Elizabeth Hospital (QEH) in King's Lynn remains in place following the recent Spending Review.

James asked the Health Minister whether the funding envelope set out in her April letter to the QEH was still available, which she was able to confirm remains unchanged.

This assurance gives certainty to the hospital and local community, allowing design work to continue ahead of construction, expected to begin in 2027 - 28.

James Wild MP said: "Will the Minister confirm that the funding envelope that she set out in a letter to the Queen Elizabeth hospital in King's Lynn in April stands unchanged after this spending review?"

In response, the Health Minister, Karin Smyth MP, said: "Yes."

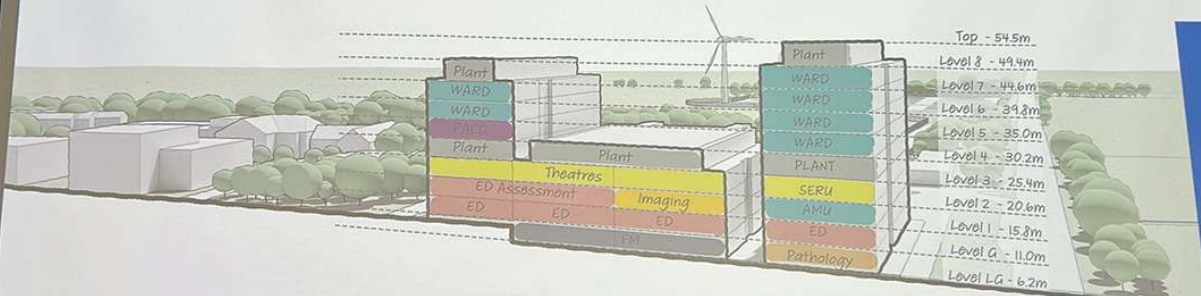


The new QEH will be all single en-suite rooms

Designing for the future

NEW QEH
BUILDING OUR FUTURE TOGETHER

- **Design phase** for our single-phase new build on our existing hospital site
- **Specialist design team** lead by architects BDP, market leaders in healthcare design
- **Design using national Hospital 2.0 guidance** – blueprint for all new hospitals developed with hundreds of clinicians, healthcare staff and patients



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In the Limelight

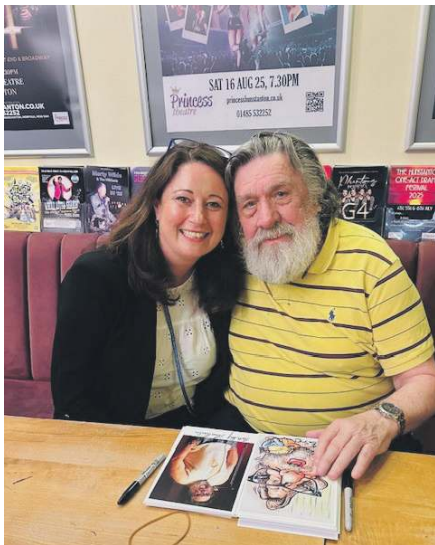
Welcome to July! We are excited to share with you a summer season of live music on our beautiful terrace.

DJ Zola – Soul at Sunset Wednesdays 6pm, 11th June – 4th September. Please note: Wednesday 18th June has been rescheduled to Tuesday 17th June. Join us at the Sunset Wine Bar Terrace for midweek soul sessions with DJ Zola. Unwind with a glass of wine, a cold beer, or your favourite summer spritzer as you enjoy smooth, soulful grooves and stunning seaside views. Perfect for relaxing with friends or dancing as the sun goes down.

Tunes by the Sea Tuesdays 12pm – 3pm, 15th July – 9th September. Settle into the early afternoon with live music on the terrace, where ocean breezes meet Sunny Hunny vibes. Saxophonist David Young will be bringing laid-back, feel-good tunes to soundtrack your seaside escape.

Sunday Sessions Sundays 2pm – 5pm, 13th July – 31st July. Round off your weekend with live music on the Sunset Wine Bar Terrace. Take in the views and enjoy the sounds of summer with a relaxed Sunday vibe.

Looking back on June we enjoyed “Irish Annie’s” starring - Ricky Tomlinson. Who knew he had such a past? Well worth reading up on his career – it wasn’t all spent in an armchair, wearing a string vest in the Royale Family. There was a mini-interview within the show. Followed by a upbeat, relaxed production, with a warm and inviting story. Asa Murphy led the band “Shenanigans” and in true Irish charm audience participation was encouraged throughout. Audience members had the opportunity grab a picture with Ricky – even I snuck in for one at the end – couldn’t resist!



Anna with Ricky Tomlinson

Shows were well attended in June, some even sold out. From the outspoken Katie Hopkins, G4 with their show *Phantoms of the Popera*. Coldplace wowed the venue with their tribute to Coldplay. The Venue looked stunning with the lasers, confetti, video screen and the Xyloband LED wristbands!

As part of National Volunteers Week, we

raised a heartfelt toast to our incredible volunteers – the beating heart of the Princess Theatre. Without their time, energy and commitment, we simply couldn’t run our beloved venue here in Hunstanton. Their dedication truly brings our community together.

We also want to shout out our amazing staff, who keep things running smoothly day in and day out.

A special thank you to our fabulous Box Office duo, Andy and Carol, who’ve embraced our new booking system with such positivity, always taking your calls with a smile and helping you find the best seats in the house.

Cheers to our ever-growing team of bar staff – always on hand to serve up the perfect drink and friendly atmosphere. To Jess and her crew, thank you for the care you show to every band and performer who steps through our doors – it’s no wonder they love coming back!

Bevin keeps the theatre sparkling, and John is our ever-reliable all-rounder – always ready to lend a hand (and quick to spot anyone misbehaving with their phone during a show!).

Behind the scenes, there’s a huge amount of admin handled with care by The Hallards – and we were delighted to see Brian recently honoured with a surprise recognition award from outgoing Mayor Michael Ruston for his outstanding dedication to the performing arts in Hunstanton.

And finally – if you’re on Facebook, you might’ve spotted we’ve been extra busy sharing updates, photos and behind-the-scenes moments. Give us a like and a share – it really helps spread the word and grow our wonderful theatre community.

Thank you, one and all. Here’s to the team behind the magic!

The Princess Theatre Film Club – Summer Update

We’re winding down for summer but still have two great films lined up! Tuesday 1st July – *Wicked*. This magical musical tells the story of an aspiring sorcerer navigating friendship, prejudice, and power at a school of magic.

A must-watch adaptation of the beloved stage show!



Tuesday 8th July – *Mr Burton*. Based on real events, this touching drama follows an inspiring teacher who helps a pupil rise above his circumstances to become a celebrated Welsh actor.

Thank you to all our wonderful film club supporters!

Back by popular demand for 2025 – it’s the return of Hunstanton’s One-Act Drama Festival! A beloved summer tradition, showcasing the very best of local amateur

theatre. From Friday 4th July to Sunday 6th July. Get ready for a whirlwind of drama, comedy, and creativity as theatre groups from across the region bring the stage to life with a fresh lineup of one-act gems.

The rest of July is packed with an incredible line-up of live music, tribute acts, and unforgettable entertainment. Whether you’re a rock aficionado, soul music lover, or a fan of powerhouse vocals, there’s something special in store for everyone...

Friday 5th July – *Logicaltramp!* The ultimate Supertramp tribute returns with all the hits – *The Logical Song*, *Breakfast in America*, *Goodbye Stranger* and more. Known for their pitch-perfect performances and infectious energy, this talented London-based band brings Supertramp’s timeless sound to life.

Formed in 2004, Logicaltramp even shared the stage with Supertramp’s sax legend John Helliwell in Paris last year – and now they’re back to celebrate 45 years of the iconic Paris live album. Expect nostalgia, passion, and a truly authentic Supertramp experience!

Then, on Thursday 18th July – it’s *Soul Kinda Wonderful*. Get ready to relive the golden era of Soul and Motown! Voted the UK’s No.1 award-winning tribute to The Drifters, The Four Tops and The Temptations, *Soul Kinda Wonderful* brings the magic of the genre to life.

Friday 26th July – Jim Davidson returns to the stage. A household name and enduring force in British comedy. Whether you’ve followed him for years or you’re coming to see what all the fuss is about, expect an evening of no-holds-barred comedy and classic storytelling.

And finally, on Saturday 27th July – the legendary Albert Lee! We round out the month with a visit from a true music legend. Grammy-winning guitarist Albert Lee returns to the stage, bringing his signature blend of country-rock brilliance.



Tickets are now on sale for this summer’s must-see variety show! “The Great British Seaside Summer Special”! Join us every Wednesday in August for an unforgettable, family-friendly lineup. Enjoy Bobby Dazzler’s unstoppable comedy, Guinness World Record daredevil Chris Marley’s jaw-dropping stunts, mind-blowing illusions by Michael Diamond, a one-of-a-kind UV puppet experience with Ultra-Vibrancy, and future stars from Rollason Dance School. Shows will be held on August 6th, 13th, and 20th at 3pm, with an additional show on August 27th at 3pm & 7pm. Don’t miss the fun!

Good News! A new Theatre Programme has

been produced and will be available to collect from the Princess Theatre Box Office. This season is packed and 2026 is already starting to fill up with some wonderful entertainment and new shows.

Whatever you are up to this month, make sure you enjoy a little bit or more of what the Theatre has to offer. Be our Guests – we are here to entertain and welcome you.

Anna



Hunstanton Lifeboat Sandcastle Competition Tuesday 12th August 2025

Start 2pm, registration from 1.30pm. Entry £3 only.
On the beach at Old Hunstanton in front of the RNLI lifthouse 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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Which bathing solution is right for you?

WALK IN BATHS



WET ROOMS



Walk-In Shower Solutions

- Fits in the same place as your old bath
- Low-level, slip-resistant shower trays
- Fold-flat, comfortable shower seat
- Secure shower grab handle rail
- Modern designs, tailored to you



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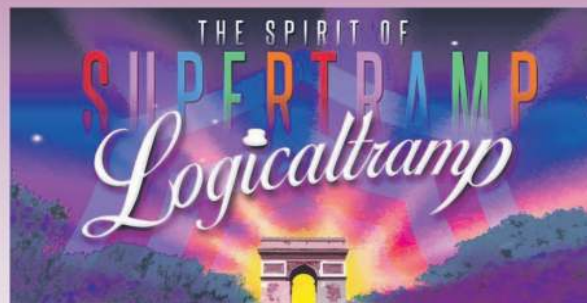
4th, 5th, 6th July



18th July



27th July



11th July



26th July



1st August

