

TOWN and AROUND

A woman with long brown hair is shown in profile, leaning over a large bush of white roses. She is holding a single white rose to her nose and inhaling. In the background, there are more roses, some of which are pink. The overall scene is a peaceful garden setting.

NEWS FROM
NW NORFOLK
FREE

ISSUE 188 JUNE 2021

PRICELESS!

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

First word

Hello and welcome to our June edition with 80 pages full of local interest items.

The season of Open Gardens is here (yippee!) June sees gardens open in Thornham on 26th and Ringstead on 27th - details are in the Great Outdoors section that starts on page 12. Old Hunstanton's event is at the end of July.

On page 78 you'll find a competition to win tickets to see Country Superstars Dolly Parton and Friends at The Princess Theatre in July; it's spectacular show and features Sarah Jayne who appeared on Game of Talents on the TV in early May.

Still on the TV theme, BBC 2's Springwatch is coming from Wild Ken Hill in Snettisham this year, turn to page 48 for the story.

After an extremely challenging year businesses are opening up again and are advertising in these pages. Please support them if you can and tell them that you saw their advert here. My thanks as always to our advertisers, contributors and you dear readers.

Enjoy your read and until next month...

Best wishes

Elaine

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Gizz rocks up in Hunstanton for the Sue Ryder Thorpe Hall Hospice

A few years after writing 'The Wheels Of Chance', Hunstanton became the home of H G Wells and Rebecca West and Brig-y-don, a semi-detached house in Victoria Avenue was the birthplace of their son Anthony.

The lead character in the book, Mr Hoopdriver, rides (in his case not very well) a forty-three pound bicycle. The old fashioned bicycle that Gizz Butt chose to ride from Peterborough to Hunstanton is not dissimilar from that of Mr Hoopdriver but the legendary rock guitarist's trip was no holiday, rather a challenging 52 mile charity ride in jeans and leather jacket accompanied by his good friend and fellow musician Simon Wright who was riding a mountain bike pulled from a ditch. "We didn't want to make it easy," said Gizz.

Adapting the sit up and beg bike to accommodate a speaker in the front basket meant that the pair had an impressive playlist to keep themselves going on a day with fierce crosswinds, a puncture at 22 miles and a chain that derailed. The playlist clearly helped as Gizz and Simon reached The Terrace in Hunstanton on time and in good spirits.

Inspired to raise funds for the hospice in a year when fundraising events have been cancelled, and as soon as riding with a friend was allowed Gizz and Simon planned their ride in memory of their friends and family including Steve Kane, Helen Harber-Day, Sarah Basnett, George Waugh, Peter Thompson, Joyce Gillatt and Terry Whyman and Mike Randall who were cared for by the hospice.

Stickers with the names of friends that have passed were displayed on the bikes. Gizz said: "I feel they were with us all the way; they were such a big part of our lives".

Gizz's musical career has spanned four decades playing with The Prodigy, Janus Stark (Every Little Thing Counts), and the English Dogs metal/punk band. This spring Gizz had planned to be touring in Germany promoting the new Janus Stark album, "Everything was lined up then Covid came along; it's a pity because we are in the top ten there and it would have been good to do the promotional tour."

"This bike ride was a bonkers idea, but we knew we were doing it for a very worthy cause and that knowledge helped spur us on." Gizz added.

Sister Maddie and friend Spike plus a small socially distance welcoming committee cheered as Gizz and Simon climbed the final hill up Westgate to The Terrace where owners Vicky and Dan Kirk had the bubbly and food waiting, and Gizz was not too tired to open the first bottle.

The guys smashed their fundraising target of £1000 and today the total stands at £2477 including funds from a raffle and collection bucket at The Terrace— donations can still be made at Just Giving Gizz Butt3.

Gizz's next challenge is to write his autobiography; perhaps like HG Wells it will include a bicycle and a little bit of Hunstanton.



5 things to check before a long car journey

By Abigail Brown

As we're almost completely out of the coronavirus lockdown - hopefully forever - it's no surprise that this year is expected to set a new record for staycations. Roads are already loaded with cars and people trying to escape to a different part of the UK, most travelling for hours on end to get to summer holiday hotspots.

Nothing could put a kink in your travel plans like having your car break down. To avoid this, make time to fully prepare before you set off. If you do nothing else, check these five things:

Fluid levels

Top up your engine oil, brake fluid, and antifreeze if they are looking low.

Lights

Check all your lights are working as they should before a long journey - you may need to ask a family member or friend to help you check your brake or indicator lights.

Tyres

Ensure you conduct a thorough check on your tyres, confirming that the tread depth is above the legal requirement (1.6mm) and that they are pumped up. And, most importantly, make sure the spare tyre is pumped up.

Brakes

If your vehicle has been standing awhile, be aware that your brakes may be partially seized and/or corroded. If you hear grinding sounds, then it may be best to get them checked out.

Air-conditioning

It's often overlooked, but checking your air-con is important, particularly if you are travelling during the peak of summer. Cars can heat up rapidly, which could make for a very uncomfortable journey. Check your air-con by turning it on and noticing whether it blows out cool, or warm air - if you experience the latter, you will need to get it looked at by a professional.

For further peace of mind, book your car in for a service at your local garage. If after checking your car yourself you notice anything unusual, it's crucial that you take your car to a mechanic to fix any problems before you travel.

Call K Brown Auto Repairs at their Hunstanton garage on 01485 53386, or on 01553 763763 for King's Lynn to book your car in for a service. Visit www.kbrownautoskingslynn.co.uk for more information.

Men's Shed has a new home

The Men's Shed new home is in a Nissen Hut at the Glebe House School in Hunstanton. The building is being prepared to make it into a welcoming space mainly as a workshop where men can get together, maintain their health and wellbeing, to converse and create, also making friends, learning, and sharing skills.

The group will be involved with various local community projects whenever possible.

Soon the group will start constructing a shed next to the Nissen Hut; a quieter environment to relax for tea and banter. If you want to take part in helping our project, take shape come and join the group, new members are always welcome. Tuesdays and Thursdays 10.00hrs – 16.00hrs.

The Men's Shed team would like to thank the Glebe House School Headmaster Mr Louis Taylor and Chair of Governors Mr Nicholas Crane, for giving us this opportunity, and they look forward to a long working relationship with the School.



Keith, founder of K Brown Auto Repairs

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come to us with persistent issues that won't go away despite them having tried two or three different garages," says Tamsin Brown. "Cars are very intelligent and highly complex these days, and the easy option usually only fixes the symptoms of the problem - not the cause. And in many cases the easy option is also the most expensive."

Her husband Keith (who founded K Brown Auto Repairs in the spring of 1995) takes a very different approach to car servicing and repairs - insisting that all diagnostics have to be proved before any work is carried out. It's simple to replace an expensive part that appears to be faulty and it may even appear to solve the problem for a week or so.

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any work until the true cause of the problem is identified and proved and the customer has been fully informed.

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Go ahead for White-tailed Eagles to be re-introduced to Ken Hill Snettisham

Natural England have granted a licence to the Roy Dennis Wildlife Foundation and Wild Ken Hill to reintroduce White-tailed Eagles to West Norfolk and the surrounding region.

The go ahead has been given after a detailed feasibility study carried out by the project team and a public consultation which took place in January and February. 91% of participants gave their support for the proposals, including 83% of people who were “strongly supportive”.

63% of farmers also indicated support for the proposals. The complete feasibility study, including results of the consultation can be accessed on the Wild Ken Hill website.

The West Norfolk project will become the next phase of national efforts to restore White-tailed Eagles to England, which began with the release of birds on the Isle of Wight in 2019.

The Natural England license will allow up to 60 juvenile birds will be released at Wild Ken Hill over a ten year period, with the aim of establishing a small breeding population of 6-10 pairs in the region. White-tailed Eagles usually do not breed until they are five years of age, and so it will take some time for the population to become established.

The juvenile birds will be translocated from Poland, where there are over 1,000 pairs of White-tailed Eagles. Current complications with international travel under Covid-19 restrictions mean that the first birds are likely to be released in 2022.

Also known as the sea eagle, the White-tailed Eagle is a native bird of prey, and the UK's largest, with a wingspan of 8ft (2.4m). It was persecuted to extinction in Britain in the early twentieth century. The species has subsequently been successfully reintroduced to Scotland, and more recently, Ireland.

The Roy Dennis Wildlife Foundation is a conservation charity also involved in the ongoing south of England reintroduction project based on the Isle of Wight, which is a partnership with Forestry England. Wild Ken Hill is a conservation and sustainable farming project on the West coast of Norfolk.

Dominic Buscall, manager at Wild Ken Hill, said, “We are delighted to have the go ahead to bring back White-tailed Eagles to Eastern England, and overwhelmed by the support we have received from all sectors. We have also carefully been listening to concerns where they have arisen, and we are now committed to delivering this important conservation project and working with all of our stakeholders to ensure its success”

Roy Dennis who has been instrumental in the recovery of the species in the UK, said, “This is the next logical step to restore this magnificent bird to England and compliments efforts across Europe to help the species. We have carefully considered the potential ecological and socio-economic impact of the project and initial results from the Isle of Wight, and evidence from across lowland Europe, shows that this is a bird that can live successfully alongside people and fit into the East Anglian landscape very well.”

Dave Slater, director for wildlife licensing at Natural England, said: “After thorough consideration, we have granted a licence allowing the Roy Dennis Wildlife Foundation to release white-tailed eagles at Wild Ken Hill in Norfolk. Our experts have carefully assessed the project against guidelines for the reintroduction of species, as well as the potential environmental, social and economic impacts. And we are satisfied that there are no significant risks associated with it. We're content that the applicant's experience, as well as our expertise and licensing process, ensures the project will be carried out in a responsible, well-managed way that takes account of concerns and makes a positive contribution to both people and wildlife.”

The project is now running a crowdfunding campaign to raise money for the initial costs.

Roy Dennis said, “The breeding biology of White-tailed Eagles means that although young birds range extensively in their early years, they usually return to their natal area to breed. However, if, in the future, young birds from other populations encounter a small breeding population of White-tailed Eagles in East Anglia, they may be encouraged to stay.”

White-tailed Eagles are opportunistic predators with a preference for fish, waterbirds, and for carrion. No issues with conservation sites or farming systems have been recorded with any of the 13 birds released on the Isle of Wight to date.

Wild Ken Hill was chosen for the next phase of national efforts to



Photo Credit Nick Edwards

bring back the bird because of its coastal location as well as its quiet woodlands, which provide ideal nesting spots.

A viable population on the East coast centred around West Norfolk would help to connect existing White-tailed Eagle populations in Scotland, Ireland – also established through reintroduction projects – with those in the South of England, and mainland Europe, including the Netherlands, Denmark, and Germany.

Indeed, six juvenile birds released on the Isle of Wight have spent periods of time in Norfolk over the last year in addition to others from the continent, demonstrating the suitability of the area for the species. One of the Isle of Wight birds subsequently crossed the English Channel and, at the time of writing, is now in Denmark.



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Marital status and later life decisions

By Emma Langley, Solicitor, Hayes + Storr

The coronavirus pandemic has seen many marriage and civil partnership ceremonies postponed. A survey by the wedding planning website Hitched found that 71 per cent of couples had postponed their weddings rather than proceed with just a handful of guests.

Despite the range of options available nowadays, many couples prefer not to formalise their relationships. Therefore, if you are unmarried, it is important to plan for circumstances which may occur later in life.

Couples who are cohabiting (or those in committed relationships but not living together) may find themselves in a situation where medical and financial decisions are made on their partner's behalf without their involvement.

A lasting power of attorney (LPA) sets out who you want to make financial or healthcare decisions for you, should you lose mental capacity. Loss of mental capacity can be due to illness, accident, or a serious injury. Sadly, it can impact families at all stages in life and is not just an issue that affects the elderly.

Later life, financial management and mental capacity

Regardless of marital status, no one can access your sole financial accounts unless you have granted authority to them under a financial lasting power of attorney.

Despite making a power of attorney being advisable, many people do not put one in place and relatives find themselves caring for a loved one who has lost mental capacity without having any authority to deal with that person's finances.

When this happens, an application to the Court of Protection to be appointed as the person's deputy could be necessary. If you are paying for someone's additional care, bills, groceries, or maintaining the upkeep of their property, in the absence of a power of attorney, an application to the Court of Protection is often the only way to obtain authority to access their funds. It is expensive and time consuming, a lasting power of attorney being quicker and cheaper.

Before making a deputy appointment, the court will require sufficient evidence that you are the most appropriate person. For cohabiting couples, this can be trickier to establish than for those who are in a legally recognised union. Therefore, it is even more important for someone who is cohabiting to take steps to protect themselves in the event of lost capacity by making a lasting power of attorney while they are able to do so.

Next of kin and health decisions

Married couples and civil partners are afforded recognition as next of kin for medical purposes. Even so, this does not give absolute

authority and a separate health and welfare lasting power of attorney enables you to make your express wishes clear. You may also want other family members involved in these decisions.

Unmarried couples are not automatically considered next of kin and can find themselves in a situation where medical decisions are made on their partner's behalf without their consent. It is even more important therefore to have a health lasting power of attorney in place.

For further information, call 01328 863231 or email law@hayes-storr.com.

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Dig into history on a Sedgeford staycation

Always fancied trying your hand at Archaeology? This could be your chance!

Sedgeford Historical & Archaeological Research Project (SHARP) in North West Norfolk is one of the country's largest archaeological sites run entirely by volunteers, and has now been running excavation, research and training courses for 25 years. The site is looking into how people used and settled the land, from the earliest times to the present day, although most of its current work is focusing on the Anglo-Saxon period.

During that time, over 4000 people from all over the world have come to join this unusual community; many of whom have gone on to work as professional Archaeologists. Hundreds of local people and visitors Norfolk come to the site every year to see what's been uncovered, with many coming back to this beautiful part of the world year after year.

This year it could be your chance to join SHARP! After a shut down year in 2020 because of Covid, they now able to re-open this amazing dig site, thanks to a generous Covid recovery grant from Norfolk County Council. This will help them to take a range of extra precautions to make the site Covid-safe, including extra cleaning and hosting a smaller number of people on site than usual to ensure social distancing. It would not have been possible to open this year without this support, and they are enormously grateful to the Council for their help.

This means that SHARP can offer a limited number of places to people with no previous experience on their one week BERT (Basic Excavation & Research Techniques) course in July. You can find out more about the course and book online by visiting their website and clicking on the 'courses' tab: <https://www.sharp.org.uk>

People have come from all over the world to learn about Archaeology on the BERT course, but SHARP is particularly keen to attract local people who'd like to find out more about the history of



their home area. They take people of all ages (Under 16's are welcome with a parent/carer) and you don't need to know one end of a trowel from the other to come and join them!

They also have a small bursary fund which may be able to help out if cost is a problem for you, and instructions on how to apply for this are also on the website. The prices on the website are for camping on site and full board, but talk to SHARP if you would rather travel from home at a reduced cost. If you have health or mobility issues, please talk to them, as they can often make adjustments which mean you could still take part.

But be quick! There are only have a small number of places left on these courses, and it will be first come, first served, so get booking now – and take your first adventure into Archaeology!



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Piles and Tribulations - Notes from a Rural GP

Dr David Ince, The Burnhams Surgery, Burnham Market

In an attempt, readers, to try and prove I am not a one trick Covid-Pony, I have made a decision this month to take a break from the coronavirus. And to distract from the pandemicitis and vaccine fatigue that we are feeling I thought I would try and smother this article in a light hearted non-covid soothing literary balm.

There will be no statistics, mention of vaccinations, deaths or ITU admissions. Nor will there be syndromes starting with the word 'long' (including but not exclusively covid, Corbyn and John Silver).

So what shall we talk about? What did we used to concern ourselves about before Covid? I have had a think about the clinical encounters I have had over the past few weeks - The 80 year old with chest tightness having just had heart bypass surgery, the 3 year old with severe constipation, many itchy rashes, the alcoholic lying on the floor of my consulting room at 10am claiming only to have had one small glass of wine that day, the lady who had suddenly lost vision in one eye, the 25 year old with a severe headache, the wife of a demented man who had become aggressive and had started wandering around the village asking passers-by to arrange his passage back to India (he is originally from Peckham and has never been anywhere more exotic than Bournemouth), a paramedic ringing who was with someone refusing admission, the addict ringing having 'lost' their medication.

The rich tapestry of general practice life is still very much alive.

One patient sticks out in my mind. I was telephoned by a lady who had become increasingly concerned about her acutely confused husband. Normally a sprightly octogenarian who I have known for 15 years and would normally drive himself to the surgery, over the previous few days he had become agitated, confused and drowsy. He wasn't eating or drinking and had taken to his bed. He wasn't complaining of any pain and he denied any problems. So I dusted off the old driving gloves (string-backed), cranked up the practice Bentley, donned some protective clothing (depressing cotton, washable scrubs rather than the traditional Harris Tweed of my medical forefathers) and I popped out to see him at home (yes, readers, a home visit - imagine that).

On arrival, he had managed to get up and was sitting in his conservatory. He recognised me but was slightly 'shifty' (a medical term) and distant - trying to put on a show of normality when clearly he was not. He denied any problems but was confused and unable to answer some simple mental assessment questions (as an aside if your GP ever starts asking you who the Prime Minister is or the dates of the Second World War then you are in trouble, if he asks you to take 7 away from 100 then it is big trouble).

Acute Confusional State or Delirium was first described more than 2500 years ago - it is derived from the Latin word *delirare* (deviate from a straight track) - and is an acute, fluctuating syndrome of altered attention, awareness and cognition caused by an underlying condition or event in vulnerable people. The duration is variable and the degree of severity ranges from mild to very severe. The good news is that,

although some patients require hospital admission for both their safety and treatment, it is a treatable condition and once the underlying cause has been treated then full recovery of mental function is the rule. It can be difficult to differentiate between delirium and dementia and some people may have both conditions.

Although delirium is caused by a complex interrelationship of patient vulnerability and exposure to a precipitating factor, in a general practice setting it is normally either advancing age or the pre-existence of mild dementia which makes the patient vulnerable to delirium and then, in 90% of my anecdotal experience, the precipitant is one of infection, dehydration or drugs (including alcohol). By far the commonest cause of an elderly patient becoming acutely confused is an infection, typically urine or chest. It is amazing how mentally unwell a previously normal older patient can become with a urine infection. It is disturbing for the family and upsetting for the patient but, once treated, there is normally complete resolution of symptoms.

Anyway, back to the confused man on the home visit. It wasn't going well. Having removed my string backed gloves and theatrically opened my Gladstone bag I performed a full examination. I could find nothing wrong with him. Normal oxygen levels, clear chest, no temperature, heart ticketyboo, no signs of a stroke. I tested his urine - all clear. He hadn't taken any drugs and the drinks cabinet was locked (worst luck as I was parched by this point). This was testing my technical expertise. I was about to throw in the towel and suggest I arranged the big white taxi with the blue lights to take him to the hospital when he asked if I could get the district nurse to look at a pressure sore on his hip that he had been dressing himself so as not to bother them. A clue I thought - perhaps an infected pressure sore would come to his (and my) rescue.

So I removed the dressing and underneath was a nice, small, uninfected pressure sore - no likelihood of this causing the confusion. It was then that I noticed the dressing he had been using. I asked him where he had got it, 'just out the drawer' was the reply. The dressing was the perfect size for his small sore but on closer inspection it appeared to not be a standard dressing. It looked like a dressing but had some small writing on it which confirmed that rather than having applied a soothing dressing, he had applied one of his wife's out of date strong morphine patches which had sat in the drawer since her hip had been replaced. We had the answer. The patch was removed, an appropriate dressing applied and over the next day he returned to his normal self. I returned to the surgery with the remaining morphine patches which I was tempted to apply to my person and lie down in a darkened consulting room for the rest of the afternoon to recover. But I didn't have time for that as reception rang to say Mrs Friday Afternoon Abdominal-Pain had just rung to say she had developed severe abdominal pain and could I telephone her back urgently. It was only Tuesday.

I wish you good health.



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HUNSTANTON IN BLOOM

Christine Earnshaw

At the time of writing everything certainly is in bloom – a wet April and early May have ensured our gardens are looking really good, such a lovely time of year for the blossom. Sadly the weeds also enjoy this weather and we would welcome anyone who would like to join the Adopt-a-Bedders in taking on one of the flower beds on the Esplanade Gardens. Visitors to the town love to have a chat and show their appreciation for what we do. I think some wish they could help out in their home communities in a similar way. The polyanthus have gone and I can hardly wait to see what the summer bedding will be this year. Have you noticed that every year it is always different? I think the borough gardeners enjoy planning ahead preparing the new planting designs.

No Anglia in Bloom judging day again this year but our town will still look lovely. Every little helps with hanging baskets and planters outside business premises to brighten the place up.

Please note our own home-based Hunstanton in Bloom Summer Competitions, see advertisement on this page. We hope it appeals to young and old, gifted and amateurs. We have linked up with the Festival of Arts, (HDFA) to display your pictures in a new major art exhibition coming to the Town Hall in 2022, probably in May. Works of art submitted can be bought or just admired, that's up to each artist.

Next year will be the Queen's Platinum Jubilee so if anyone has some ideas they would like to share that the In Bloom might be able to deliver then please share with us.

I can be contacted by e mail at:

2chrisearnshaw@gmail.com
T: 01485 533367

HUNSTANTON IN BLOOM ~ SUMMER COMPETITIONS

We have 10 £25 prizes for our favourite entries !!



All entries by September 5th please with your name and contact details to our Mayor,
cllr.winnington@hunstantontowncouncil.gov.uk

TALLEST SUNFLOWER - always popular. Just take a photo of your specimen with a measure beside it. The sunflower must be growing somewhere in Hunstanton.

CALLING ARTISTS

In your chosen medium draw or paint our summer flowers. It could be in the Esplanade Gardens or at your own home. Your picture could be offered a place in a major art exhibition in the Town Hall in 2022. Just simply frame and submit by September 5th with all your details to Christine 533367 or 2chrisearnshaw@gmail.com



FAIRY GARDEN or DINOSAUR GARDEN

– imaginative fun for young and old. Please send photographs of your creation to the Mayor



CALLING PHOTOGRAPHERS to capture the beauty of our summer gardens or wild flowers.

Your photographs should be sent to the Mayor.



Please join in and have fun!

Sponsored by Hunstanton Town Council

U3A HUNSTANTON

Learn, Laugh, Live

Our Zoom meeting will be held at 2.00 pm on Monday 21st June, Speaker Mark Lewis on William Morris Art & Craft Movement For further details see our website and to request a Zoom link as a visitor contact memsec.u3ah@gmail.com

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MORE TEA VICAR?

New 'team' join the preparations for this June's village Open Gardens

With more than 50 years of Open Garden Sundays so much part of their village tradition, Ringstead is looking forward very much to celebrating this year and is back with a blaze of colour, cakes and community spirit as a selection of gardens are open to the public to raise money for St Andrew's Church on **Sunday 27th June 2021**.

When the event last happened in July 2019, St Andrew's Church, one of the eight churches of the Saxon Shore Benefice, was on the hunt for a new full-time Rector and part-time Vicar. Late 2019 saw the very welcome arrival of Reverend Rachael Dines as Team Rector, along with her Parson Jack Russell 'Pippi', joining from The North Walsham Benefice. Rachael remembers when she first heard about the vacancy in West Norfolk and came to explore the area, excited by the prospect of a rural Multi Parish of 8 churches. "I remember on my first visit to St Andrew's, I was so pleased to see the welcoming supplies and note in the Church saying 'Do help yourself to Tea or Coffee'"

Once successfully installed, Rachael's first 'cuppa' with the Community was at the village's Advent Coffee Morning at the end of November 2019 where she sampled the wonderful cakes and savouries made by talented parishioners. Rachael remembers – "It was a lovely relaxed atmosphere and a friendly welcoming warmth behind people's eyes".

But with lockdown restrictions, opportunities to get out and about to get to know her parishioners better and make connections in the Community were restricted, as they were for us all. 2020 meant that a large part of her role – connecting and supporting the community face to face, was just not easy to do. Joined by new Team Vicar, Reverend Kirsty Allen from Wilmslow in January they faced times dominated by sadness and support of families who lost loved ones to Covid.

Now, with summer not far away, lockdowns being lifted and the gardens of Ringstead working up to be at their best, there is a great sense of positivity and excited anticipation throughout the village and 'green fingers', cooks and bakers are hard at work with preparations!

Rachael and Kirsty are looking forward to being part of their first Open Gardens event which raises such valuable funds for St Andrew's Church. They are both talented bakers with a special penchant for shortbread, sponges, bramble jelly and marmalades and will be joining the village in contributing to the stalls and teas.

Rachael has also spent lockdown time creating a basket of knitted 'flowers' as mementoes to give to visitors to the Flower Festival taking place in the Church 26-28th June (from 10am-5pm each day) too. She has even managed to get other willing volunteers involved in the creative floral gifts.



©Antoinette Eugster

The day not only offers a tour of beautiful village gardens but Petanque (boules), Cake and Local Produce stalls, Tombola, Raffle, Live Guitarist and the delicious and ever popular homemade, two course lunches @£12.50 per head. A free Minibus will ferry you round the village too. Nearby, you can walk in Ringstead Downs and Chalk Pit and Courtyard Farm Welcome To Courtyard Farm | Ringstead | Norfolk is hosting a guided walk offering an insight into organic farming – meet for this at 4.30pm at the cowsheds on Burnham Road.

To commemorate their first Open Gardens, Rachael and Kirsty will be cutting a special cake on the Sunday and we feel sure there will be many requests for "More Tea Vicar!"

To Pre-book lunches please call 01485 525223. Gardens open 11am-5pm Sunday 27th June, lunches served from 12-2pm, Teas from 2 – 5pm. See updates on Facebook & Instagram @ringsteadopengardens



From left: Kirsty Allen, Rachael Dines and Pippi
Image © Antoinette Eugster)

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A Page from the Sage

Here we are again with the Town and Around for the month of June from the Boy Dick (The Sage) from Sunny Hunny.

Waterside and Promenade

I was reading an article about the Waterside bar and the Promenade, it says that the Waterside overlooks the South Promenade; we have three sections of promenade at Hunstanton, the North Prom stretch is from the cliffs to Johnson's Slipway, the next stretch goes from Johnson's Slipway to the southern end of the fairground and this is the Central Promenade. The stretch from the southern end of the fair as far as the Heacham boundary (the hump) is called the Southern Prom. The Northern Prom and the Central Prom are looked after by the King's Lynn and West Norfolk Borough Council, whereas the Southern Prom is looked after by the Environment Agency.

The article also says that the Waterside was the waiting room for the station that was right opposite, this is not correct, on this site to start with was the Mikado concert hall, cinema, fish and chip shop and Oriental Bazaar; all of these buildings were destroyed by fire in 1924 then this site lay empty until the railway company built the railway Refreshment Rooms on this site around about 1935 and this had a full beer and spirit licence.

On the area of land that is now a car park was a tennis court with a 30 feet high netting fence on the sea side to stop the balls going into the sea. In 1960 the Refreshment Rooms were sold by the railway company and they were bought by Brooke and Brooke Caterers Ltd who owned the Kit-Kat and the Katina restaurant in Le-Strange terrace, this was a cake shop and 90 seater restaurant, the name of the building was then changed from the Refreshment Rooms to the Three in One as it had three bars, it was also at one time called the Top Twenty due to the fact that they had a juke box in the biggest bar and every Monday evening that week's top ten records would be on there.

For many years there was no promenade or sea wall to the car park that is next to the Waterside so when the tide came in it came right up to Beach Terrace Road so the fishermen that lived down Seagate Road kept their fishing boats there in what was like a small harbour. When the sea wall and the promenade were extended, the fishermen had to move their boats so they kept them on a small area of land between the Kit-Kat and the promenade and they launched their boats down the Seagate Slipway. In the great flood of 1953 the slipway was damaged and with the tide hitting it twice a day it got very dangerous so in 1974 it was broken up and taken away, the council said they would

by
Dick Melton
01485 535658

replace it but they never did. Not only was it a good and safe way of getting on the beach it also acted as a breakwater, this was proved in 1978 when some of the promenade outside the boating lake got washed away; if that slipway had still been there this would have never happened.

Trading on the Prom

Whilst talking about the promenade I began thinking about the people who traded from kiosks along the promenade in the nineteen fifties, sixties and seventies, there must be about 20 kiosks along there now. In those days there was no more than ten if that, the first ones I can remember were Eldorado Ice Cream Company and my mother worked for them from 1947 till 1953. Basil Johnson had a kiosk before he opened up his shop that is still there. His kiosk got washed off the prom by a high tide at one time, he sold cigarettes from this kiosk as well as other things and packets of them were scattered all over the beach, so John Thorpe a local character who lived rough gathered them up and laid them out on the prom wall to dry so he could sell them but I don't think he done too well! Then there was Alfie Haines who had a fancy goods stall and sold cans of Hunstanton fresh air.

Who can remember the weight lady who had a machine which was a cross between a weighing machine and grandfather clock? She had a pitch on the prom near the Kit-Kat and with this machine she could tell you your weight, height, heartbeat and vitality all stamped out on a card for the price of a tanner (sixpence). Bert Wells had two shellfish stalls one near Johnson's Slipway and one on the prom near the Kit-Kat. When Bert retired Don Atkinson took one of them over near the Kit-Kat and the other one was taken away. Eric Merton had a newspaper stand that was taken over by Peggy Williamson. There were two deckchair stands; one outside the boating lake on the prom and another on the prom outside the Waterside, a chap called Henry Hollamby looked after the one near the Waterside. He



would use a cardboard box, a stick and a length of string to trap the pigeons feeding in the car park, most of these were racing pigeons so he would take them home to Dersingham, take the ring off their leg, find the number of their owner then get in touch to get a reward.

HTC in 1951

This is a bit more about what Hunstanton Town Council did in 1951.

Tenders for the sewage scheme for Old Hunstanton will be accepted up until the last day of the year and the work it is hoped will start before 1952 is out, (F.W. Shanks got the work) they also laid the sewage works for the town of Brandon in Suffolk. The council plan for a sea-wall to close the 300 yard gap between the fairground and the power boat slipway has been submitted to the Ministry and this scheme is likely to come into being during the coming year. In fact it was not completed until after the great flood of 1953.

Private builders have also been busy during the past year, six new houses were completed on the Cliff Estate and with some of the controls on private building lifted recently by the Government this number looks like being substantially increased in 1952. The past year has also seen work started on the new modern secondary school (Smithdon) it will continue steadily during the next 12 months but it will be 1954 before it is completed.

An increasing number of Americans have moved into the town from the near-by Air Force Base at Sculthorpe; this has increased the pressure on housing. Several private houses have been turned into flats to accommodate them, the influx of Americans has seen a large number of high-powered cars parked about the streets and some shopkeepers are making the best of this American invasion; one bar has installed a juke box.

An advancement in the cultural side of town life was in July when the Norfolk County library opened a permanent branch at the old Sandringham Hotel. This library has proved very popular in the community, it's 1,800 readers included a Baron of sixty and babes of six. Out of its stock of 8,500 books 6,000 were borrowed in November. The holiday season was about average, some blame the Festival of Britain Exhibitions others say it was money was tighter, the council sea front undertakings were more successful than originally anticipated, but it could not be called a good season.

Three large houses

People often ask me about the large houses that are in Seagate. They were built by John Beeton and his brothers in the late eighteen sixties. I lived in the one next to the railway, it was in two flats and there was plenty of

room - we had five bedrooms. John Beeton named the houses after his daughters: Maudetta, Stellata, Katavia and Olive. The first three houses were in a row, Olive House was right next to the promenade and for many years the Pier Master lived there as he had a good view of the pier from his front windows. The fifth house was called Non V as John Beeton never had any more daughters. In the nineteen thirties Mr Horace Brooks bought Non V and named it Seagate House. He then bought Olive House and knocked it down and then built a large extension on to Seagate house and named it the Kit-Kat.

Lynn Well Lightship

I expect a lot of you can remember the light ship out in the mouth of the Wash half way between Hunstanton and Skegness with its powerful light going round and round and also its very loud fog horn that some people who lived on the Clifftop Estate used to complain about as it kept them awake.

The lightship named the Lynn Well was put on station in 1922 when the Hunstanton Lighthouse was made redundant and its light taken out. The lightship had a crew of seven, six ratings and a master they worked one month on and one month off, it was anchored to the sea bed by a single point mooring with a 4 ton anchor and a three ton sinker. There were many of these light ships around the coast with about five off Norfolk; the lightship was taken off station in 1973 and replaced by a Lanby (large automatic navigational buoy) the Lynn Well lightship was then towed around the coast to Great Yarmouth and then towed up the river to Norwich, it was bought by a Norwich potato merchant he gave it to the Norwich Sea Cadets to use as their headquarters. Just one more thing about the Lynn Well, after the

Second World War the late Geoffrey Searle would, just before Christmas, take a Christmas tree, a turkey and bottles of drink in his boat for the men on the light ship, in the late fifties or early sixties the Lynn News and Advertiser ran a competition to get a television for the lightship and this was done and taken out to them.

Fairground

I see that we now have a larger slip (penny on the mat, helter skelter) on the Rainbow Park (fairground) there is also a nice looking Ferris Wheel (big wheel) on there too, it must be over fifty years since Charlie Phillip's and his family had one on there. We have always had a nice tidy and up to date fair ground in Hunstanton, it is a credit to the owners. I worked on Hunstanton fairground for Reg Gale in the early nineteen sixties looking after his striker on a Sunday, 10am till 10pm, I got ten bob and a free lunch. Things down the fair have changed a lot since then days, Reg also ran the skating rink - happy days.

Railways and Buses

There was a write up in the April issue of Town and Around by a Mr Howard Johnston and he mentions some of the people that are supporting the Hunstanton to King's Lynn railway line. He does not mention Sandringham Estate whose land it will have to go through for at least two miles, he also says that the track will go from Hunstanton to King's Lynn by way of Heacham and Dersingham, what about Snettisham, Wolferton and North Wooton, will the track take a detour around them?

It would be nice to know how many people who are backing this idea for this new track have walked from Hunstanton to King's Lynn

by way of the marshes or the old track bed (what's left) since 1969, maybe they are thinking about putting this new track alongside the old sea protection (flood) bank that was built in 1865 to protect the old track from the sea.

There was then a letter in the same issue from Mike Reynolds saying that it would be much better to spend money on a new up to date bus service and new buses between Hunstanton and King's Lynn, I think that Mike Reynolds has a much cheaper and better idea.

Marine Bar

A gentleman asked me the other day the original name of the Marine Bar in Saint Edmund's Terrace, well, it was Saint Edmund's school for many years then from 1890 it was an Dominican Convent. After that it was made into a hotel which was called The Buckingham Palace Private Hotel. It had a large sign right across the front saying this, then I am not sure when it was sold and ever since it has been known as the Marine Bar and Hotel. A lot of the older people in the town will remember before the Joke Shop was built a tall building with a set of dummy sails stood on this site, on the ground floor was a cafe called the Windmill and the 1st and 2nd floor were flats, then there was an area of grass before you got to a large restaurant called Tamworth House, this area has changed a bit over the years.

By the time you read this there should be some good cockles and sanfar about, the mussels have been good this year. That's about all for now, just keep safe and well and don't forget just keep on a troshin'.

All the best

Dick, Sunny Hunny

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Round the bend with Dean Baker

Look after the pennies or aren't all shampoos the same?

Mrs B has been to the hairdressers, for the first time since December. I offered her a lift, but she went into Lynn on the bus.

"I just prefer to go under my own steam" she says.

She returns home shining, bouffant, but a little downcast.

"Your hair looks great", I tell her and it does.

She looks from left to right and moves her head close to my ear and mouths "It was V E R Y expensive!"

"What, the bus?"

"Everything, the café, the shops, the special shampoo that you can only get from the hairdresser"

"Do you have to buy the special shampoo?"

"Yes - of course you do!"

We sit in silence for a few minutes. The phone rings loudly - its Granny Mac. Mrs B recounts the hairdresser saga. From what I can make out Mrs B's mum has found that her life has got much



more expensive too...

So, here is a quick round up of how you can save money around the house -

Watch your water usage. Check for dripping taps. Make sure you only run the washing machine and the dishwasher when they're full. Have your boiler serviced, if there's a problem then you can have it fixed while the weather is warm and you won't have to resort to expensive heaters. Check your thermostat, even in

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the summer months the nights can be chilly. Turn it down to 15c so that your heating doesn't come on while you are out or on holiday.

And lastly, but most importantly - check your energy bills and your energy supplier. You shouldn't owe your current supplier money at this time of year. So, sit down with a cup of

tea and check out your options. You should review your bills and probably switch every 12 months. If you don't have access to the internet phone your supplier and ask if you are getting their best deal.

Its flaming June - lets just enjoy it !!

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More than 2.5 million steps walked in memory of Captain Sir Tom Moore and to raise money for the Covid-19 Support Fund at QEH King's Lynn

An amazing group of family members and friends (Amanda Bosworth, Carol Bower, Cathryn Nash, David and Deborah Hartridge, Eric and Penny Rhodes, John Bridger, Julie Ford, Joy Kelly, Julia Smith and Nicola Goodson), as well as two Radio Norfolk presenters (Kayleigh Poacher and Kirsteen Thorne), boosted my recently completed 700,000 steps walking challenge by taking the total number of steps to **MORE THAN 2.5 MILLION!!**

The extra 1.8 million steps (and more) were taken in Hunstanton and local areas, Stratford-upon-Avon, East Sussex, Leicestershire, West Midlands, Pontypridd and Norwich between April 7th and April 26th.

The total number of steps walked by all of those mentioned above was 2,674,747!!!!

This was a colossal, collective joint achievement. We are all happy and proud to have been part of this endeavour. The last 15 months have been isolating times for so many people, and on so many levels - and it has therefore been even more rewarding to have re-captured and re-kindled the spirit and essence of a shared sense of purpose together.

I am, and will always remain, hugely indebted to the kindness of the many, many donors who found it in their hearts to contribute to the cause and to honour the memory of Captain Sir Tom Moore in such a worthwhile way.

I am more than happy to share with you that the grand total of money raised by your generous donations was £3,133.98p. With Gift Aid at 25%, this will convert to £3,917.47p.

As the whole idea was to do something (other than eat cake!) for my 70th birthday, it's good to have two 7s in the final amount!

These funds will help QEH to fund essential equipment for patients, train staff and launch new services for staff to support them with the ongoing effects of both Covid-19 and long Covid.

The cheque for monies raised was sent to QEH on Friday April 30th, the day on which Captain Sir Tom would have celebrated his 101st birthday, had he still been alive. It was also the date on which the 4 days 'Captain Sir Tom 100' challenge was launched.

As part of the 'Captain Sir Tom 100' challenge, a North Runcton resident, Lilian Fisher, aged 81, is walking 100 laps of North Runcton cricket field over the coming weeks - whilst at the same time raising money for the Covid-19 Support Fund at the QEH. I contacted her through the Lynn News and this afternoon, Amanda Bosworth, John Bridger and myself had the very special pleasure of walking a few laps of the cricket field with Lilian. Lilian is no stranger to fund-raising - she hit the headlines two years ago when she did a tandem skydive with the Red Devils to raise money for the Royal British Legion.



Amanda, Lilian and Yvonne

Thank you Captain Sir Tom for your very own hugely inspirational walking and fund-raising for NHS charities in the 100th year of your life. There really are no words to describe what you achieved and the manner in which you achieved it.

With the hopefully ongoing easing of restrictions in May/June, for anyone who happens to be in the Lichfield area, you will find a 'Captain Sir Tom Moore Way' has been landscaped into the gardens of the National Memorial Arboretum - just one of the many fitting tributes to a truly heroic gentleman who smiled, walked, walked some more and was quite simply heroic!

RIP Captain Sir Tom. Your life and your legacy will never, ever be forgotten.



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Sew on and Sew Forth

From the Ground up: an Acre per Village

Hanneke Robson

When my husband Derek and I closed the door of our London home for the last time and stepped into the motor-home listing heavily to port by the kerbside, little did we know that we would spend the next ten years travelling over hill and dale into the nooks and crannies of Britain. We were also unaware of how the countryside would captivate us; fill us with joy, with passion and with increasing alarm.

We were swapping bricks and mortar and the monthly avalanche of bills for the open road. We would follow our noses, camp on farms and immerse ourselves in rusticity. It was a wonderful existence. But as the years passed, we mourned the disappearing field margins and common land which in our youth used to froth with insects. We were sleepwalking our bugs into oblivion and our flora was not far behind.

As we absorbed the country through the boots of our wellies, an idea popped into my head and refused leave. Now, as residents of the village of Ringstead, I should like to add this idea to the 'rally round of the countryside' bugle to help our declining pollinators. It is a simple idea and it is doable - we just need to do it.

And it is this: there are approximately 30,000 villages in England. Just imagine if each village adopted an acre of land to remove from cultivation. Funds would be raised to pay the farmer for loss of crop; which in this area is about £300 per annum. There are many government stewardships schemes of course, but governments change, rules change, farmers have to earn and we have to eat - in ever increasing numbers. Moneys raised by villagers for the church roof is an acceptable part of village life, so why not for an acre of land?

I was keen to put this idea to the test. In spring 2020 we formed a small group and asked our local farmer if he could spare us an acre of land. He said yes, but the landowner was not sure. We settled on renting ½ an acre along Peddars Way South to be merged with ½ acre the farmer had already rewilded and optimistically called it Peddars Meadow.

When the land was ours to investigate, we found one half smothered with bind-weed, the other half stony and barren through repeated use. What to do? The landowner wanted the land 'managed' and not frolic out of control; so in our case, the word rewild is not appropriate, but to 'de-cultivate' is. We needed a battalion of volunteers to set things right, which alas we did not have.

Our farmer inspects the ground during cultivation



We sought advice from various sources and accepted - extremely reluctantly - that we needed to clear the ground with systemic herbicide and begin again: from the ground up. When this was done, the land was tilled by our supportive farmer. Two months later we investigated the result and stood agape before a carpet of bugloss and fumitory, the latter so beloved by turtle doves. Seeds which had lain dormant for decades had sprung to life. At very low cost, we had revitalized the ground - for the time being. We still needed to create a suitable habitat



A shiny blanket of bugloss and fumitory - from seeds that had lain dormant for 40 years

for our pollinators and bring back flora once abundant here. This meant we needed to plough, till, and if necessary seed in September, actions for which we were totally dependent on our farmer.

But the weather decided otherwise. An impossibly wet autumn followed by a long winter and a spring drought delayed everything. Farmers were having a tough time and we would have to wait.

Now, the land lays bare again, with just a sprinkle of bugloss, clover and clumps of red grasses. Just as we fixed a date to plough, we received a phone call from the Norfolk Wildlife Trust: they were interested in our 'Acre per Village Initiative.' Three experts were coming to see us. This was the best of news. Now Peddars Meadow will flourish.

As we await their visit, the question is... could your village twin with us? We are keen to spread this idea throughout Norfolk and beyond. If we can do it, it can be done! We could involve schools; borrow a horse and plough - count worms! Make this fun!



What we strive for. Field edging showing Marjoram Wild carrot Yarrow, Clover etc

Concurrent with our Peddars project we have created an art gallery in the garage of our home to pay for this venture and are presently showing the work of 18 respected Norfolk artists. Do come and see us, their work is wonderful! Thank you.

Hanneke Robson
The Garage Studio, Ringstead. PE36 5LA
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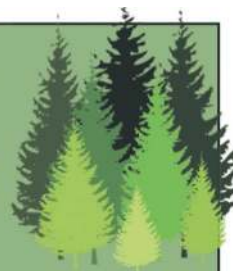
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LOCAL MAN ~ LOCAL RATES

On the turf with Charles Joyce

The O'Brien family missed out on the 2,000 Guineas with 3 of the last 4 home, but Ireland still took the glory with Jim Bolger's Poetic Flare winning and Jessie Harrington's Lucky Vega a close third. Jim Bolger trains in Carlow, and has been the pupil master of probably two of the greatest members of horse racing's champions still alive. Aidan O'Brien rode for Jim as an amateur and Sir AP McCoy was an apprentice at Jim's stables. Their exploits are the stuff of legends. Tony McCoy was champion national hunt jockey every year he rode. Aidan O'Brien has won 44% of the English classics since 2010, including 6 Derby winners and 5 Oaks winners since 2012. Jim Bolger's son in law Kevin Manning who is fifty four years old rode the winner. The following day Aidan O'Brien was back among the classic winners as Mother Earth won the 1,000 Guineas with fifty year old Frankie Dettori riding. Following on from Cheltenham Willie Mullins ruled at the big national hunt festival in Ireland run at Punchestown. The Closutton trainer does not do cross country races of which there are four at the Punchestown festival. In the other thirty six races his horses won nineteen with ten different jockeys riding. To win more than fifty percent of the races you have a runner is a fantastic achievement.

Two of the biggest races in the world have had doubt cast on them. Medina Spirit trained by the great Bob Baffert tested positive for an illegal substance after winning the "Run for the Roses". Bob Baffert who has won the race which is run at Churchill Downs the first Saturday in May (last year Covid-19 set it back to September) seven times since 1997, suspects that betamethasone could have come from ointment used for dermatitis on the Kentucky Derby winner. The drug is used to therapeutically help a horse's joints. The amount revealed was twice the permitted level allowed on race day at Churchill Downs. Another great race that stops a nation, the Melbourne Cup, is under pressure from animal rights groups. Such is the extent of the fall from grace that once saw Jean Shrimpton wear the first mini skirt in Australia to the race meeting, to claims made that Taylor Swift pulled out of a concert in 2019 due to animal rights activists campaign. When they heard that the singer was pulling out the Protection for Racehorses said they were "absolutely delighted with the news". Spokeswoman Kirsten Leigh said "The pressure on Taylor Swift to cancel her performance was significant. Her fans did not see her supporting animal abuse." Promoters Mushroom Events had a slightly different story commenting in a statement. "Changes to (Taylor Swift's) Asian promo schedule have made it impossible for her to be here." for the Melbourne Cup. The issue causing concern is the loss of horses on the track which was brought to a head by the loss of 2019 Epsom Derby winner, Anthony Van Dyck. Among possible new rules are limits on the number of foreign horses to be allowed to go into quarantine at Werribee, Australia, along with more pre and post travel veterinary checks. The vets must be designated by Racing Victoria with private vets basically banned from carrying out the checks, and allowing foreign horses, who travel via Werribee, no more than one race in Australia prior to the Melbourne Cup. Australian owners are likely to be able to circumvent the new rules by taking European based horses back to be trained in Australia. It does seem that the Australians are following their American counterparts in trying to reduce the exodus of their top prizes. A few years ago the Breeders Cup was run at Santa Anita on a pro-ride surface. Following a glut of European based winners at the Breeders Cup the pro-ride track was torn up and a dirt track relayed. The dirt surface has seen four times the number of fatal injuries to horses of pro-ride and according to the Los Angeles Times racing had to be abandoned in 2019 following a high number of deaths at the track either racing or training. In Dubai Meydan's Tapeta track was torn up and replaced by a dirt track. It may have been coincidence but very few American trained horses won on the Meydan tapeta track. While the Melbourne Cup is run on grass, it is claimed in racing circles that both pro-ride and tapeta surfaces are kinder than dirt, to horses.

The other big sports news is that Spurs fan Tracey Crouch MP has been asked to sort out the mess made by the Premier League's biggest clubs and the European Super League. Most of the fans anger was tar-

geted at the owners of the twelve clubs involved. This overlooks Barcelona's members who number around 140,000. Barcelona is a registered association which means unlike a limited company there are no shares to be bought, only membership. The socios as the members are called form an assembly of delegates which is the highest governing body of the club. Spanish clubs are limited to 3 players who are non EU citizens. Due to the Kolpak Ruling in the European Court of Justice in 2003 players from countries that have signed the European Union Association Agreements also have freedom of movement and are not counted as non EU, along with players from the African, Caribbean and Pacific Group of states that have signed the Cotonou Agreement which was agreed in 2000. Something not universally known is before Barcelona went to the Nou Camp they played in a stadium in the Les Corts region of Barcelona. Because the stadium was too small many fans would sit on top of the wall surrounding the stadium. Anyone walking outside could see a specific part of the fans anatomy hanging over the wall. Hence Barcelona fans are still called "arses".

As old as time itself almost and vying with the oldest profession in its longevity the battle between punter and bookmaker continues with the odds usually stacked in the bookmaker's favour. Beating the odds is what the successful punter tries to do with every bet. Technology has made the punter's task more difficult at the same time as making the bookmaker's edge even more pronounced than it ever was. It often seems as if the General Data Protection Regulations do not always apply to online bookmakers. The GDPR was hailed as a great consumer protector. No one could know your own personal information without you authorising them to know your personal data. Councillors for example are required to get a disclaimer signed by a constituent before raising that individual's concern with the council officials for the officials to respond. Aimed at protecting consumers from the worst practices of big business the GDPR is not always what it seems. Bookmakers know enormous amounts of information about people who bet on their websites. The bookmakers know how often you bet, what you bet on, when you bet, how much you bet and the most important thing as far as the bookmaker is concerned is if you win or lose. The algorithm is then used to sieve any and all potential winners, leaving a number of losers. The data analysis is so good that bookmakers now seldom ban punters. Rather they restrict accounts on certain bet types and events relaxing the restrictions where they know the risk of the bookmaker losing is much less. It has long since passed when a bookie would take on a punter by supporting his own opinion in a race or event. Covid-19 has only accelerated the process of the exchanges pricing up horses or events for the online bookmaker. The online bookmaker is now virtually unbeatable. The theory is that ultimately the goose laying the golden egg will become the Christmas lunch, because as more and more punters come to learn they can't win what would possess them to continue betting. Yet more and more online bookmakers are trying to cash in. It may be that for some there is an addictive nature to betting as strong as there is for cigarettes, narcotics and alcohol. As far as horse racing is concerned in the UK the reliance on these bookmakers to finance the sport through sponsorship and TV rights is rapidly becoming dangerous. The success of racing is linked precariously to the success of the online bookmakers who in turn rely on the punters losing money. It's not easy to see such a financial model being one another successful enterprise will promote.

June brings the Derby and Oaks along with Royal Ascot. Whatever, Ballydoyle runs in the Derby has to be respected. Their present favourite Bolshoi Ballet was hugely successful when winning the Derristown Stud Trial at Leopardstown in Ireland. It was a route taken by Irish trainers at the turn of the century. The Lingfield, Chester trials and the Dante meeting at York were other routes along with a placed horse in the Newmarket 2,000 Guineas. Between them they have found 21 of the last 24 Derby winners with 2 other winners, including last year's 25/1 winner, running at the Curragh in Ireland. This year the usual trials produced several upsets which does not bode well when looking for finding the Derby winner. One possible alternative to the favourite is Godolphin's so far unbeaten Hurrican Lane who won the Dante at York. Since 2012, Aidan O'Brien has won six of the nine Derbys with winners @ 25/1 and 40/1 he shows a profit if a punter had

bet all his 43 runners win only. He has also had several placed runners, including two seconds @ 7/2 and 5/1 and four 3rds @ 13/2; 14/1; 20/1; 66/1: Whatever Aidan O'Brien runs on the day will be worth a second look if you are not interested in his favourite. The Oaks is even more difficult to fathom with Santa Barbara the favourite. She has a big reputation at home which is saying something when she is trained by Aidan O'Brien, but the price reflects her reputation than her track record. She was fourth to her stablemate Mother Earth in the Newmarket 1,000 Guineas. The winner comes from a very good family but most were successful at a mile rather than the extra half mile of the Oaks. Any one of the first three home in the Musidora Stakes at York could win. If I had to go for one at this stage I'd plump for Saffron Beach who ran second in the 1,000 Guineas and is a working man's price at 14/1. Come the day I'll avoid stall 1 in both the Derby and the Oaks, and will want a good reason to go with stall 2.

At Royal Ascot the Aidan O'Brien runners in Group 1s (he's had a Group 1 winner every year since 2006 which won at 10/1 or less) are worth a look. In the other races, I'd look for a Ballydoyle runner ridden by either Seamus Heffernan or Ryan Moore especially in races where colts can run, and if they finished in the first six home the last time they ran. A trainer who has few runners at the festival is Clive Cox, keep an eye out for when Adam Kirby rides in a non-handicap race with a horse that finished in the first 5 home in the horse's last race. There will not be many and some years none. We should not forget the ever faithful, Jamie Spencer riding in a handicap on the straight track, but not on a four or six year old. I can't explain why he does poorly on four and six year olds, but he does, and this goes for any time of the year with the possible exception of October.

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

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Nature Notes with Roger

A taste of the Mediterranean not quite!

As I write this I have just said goodbye to April, which turned out to be one of the driest and coldest on record for the East Anglia region. With a total rainfall of around 3 mm, just 7% of the monthly average, it was the second driest since records began in 1862; and one of the coldest on record too, having the lowest minimum average temperature since 1922. As a consequence the trees and hedges are taking much longer than normal to come into leaf and blossom. Last year the hawthorn hedges were almost in full flower by the end of April, but so far this year into the first week of May, there are no small white flowers showing on the bushes near to where I live. The beech trees too are just beginning to put on their spring garment of small, fresh green leaves.

The butterflies also are very slow to put in an appearance; those that hibernate as adults are clearly reluctant to leave their winter hiding places, which may well have an effect on numbers later in the year as they may not be able to manage the normal number of broods. The white butterflies, which are usually the first to appear, have been absent on most of my walks, although in the last few days I have spotted a few Small Whites, three Orange Tips and a Brimstone.

I have seen far more hares this year, and in larger groups as well. Over the last two months I have come across quite a number chasing each other across the bare, brown furrows, while in a field of autumn sown crop there were at least 17 hares spread across its two or three acres. More recently, in many of the fields with spring sown crops, I have spotted varying numbers of between five and twelve animals; difficult to count, as when hunkered down with flattened ears they can appear as clods of earth. Maybe there has been less disturbance this year and the hares have become bolder, or possibly, during all the periods of lockdown last year, there was greater opportunity for the hares to breed more successfully.

Along the same hedge-line where I have been spotting the Yellowhammers, a pair of Whitethroats have now taken up residence. These small warblers are summer visitors to this country, flying all the way from the southern edge of the Sahara and northern tropical Africa, and can be heard and seen around the end of April and into May before they settle down to breed in their chosen patch of bramble bush. The song is a rather discordant jumble of scratchy notes often delivered from the top of a bush and sometimes accompanied with a short upward display flight.

I enjoy watching the gulls following the tractors as they move steadily along ploughing the soil. At a distance they can seem like a real life glass ball snow scene with the white flakes swirling around. While observing one of these scenes I heard the characteristic call of a Mediterranean Gull, and after a while was able to locate it among all the others. Scanning through the flock I found six of them in all. These



birds are similar to the familiar Black-headed Gulls (which actually have a chocolate brown head) but are a bit bulkier and stand a bit taller. Mediterranean Gulls, however, do have a real black head, the colour extending a bit further down the neck, and a distinctive white eye-ring, and larger blood red bill. At a distance these can be fairly marginal distinctions and it can be difficult to pick them out among a swirling mass of gulls. The main difference in the adults is that they have pure white wings with no black tips, and in flight with the sun lighting from behind, the pure silver-white of the wings can be clearly seen. The birds also have a very distinctive and far-reaching call: "yeow" "yeow" which is a little like the sound your cat makes when you accidentally tread on its tail. As its name suggests the bird originates from more southerly latitudes, and its main breeding areas are at the eastern end of the Mediterranean and around the Black Sea. During the second half of the 20th century however, it started to expand its range, and after spreading across western Europe it was first recorded breeding in this country in Hampshire in 1968. The first Norfolk record was actually back in 1896, but numbers started to build in the 1950's and 60's with a small group establishing itself on Yarmouth seafront during the 1980's. When I was living in Norwich at that time I can well remember taking frequent trips there to see this then quite rare bird. The first successful breeding in the county was in 1994 with a pair on Blakeney Point, but over the last 25 years numbers have increased to almost 100 breeding pairs at various coastal gull colonies. These are very handsome birds, so next time you see a large gathering of gulls listen out for the distinctive call, and then see if you can spot one of these southern strangers. What with the weather and the coronavirus restrictions it may well be the nearest you get to a taste of the Mediterranean this summer!

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Here we hoe again

Old Muck

I bumped into to Slightly Smaller Peter From Up The End's wife in Sainsbury's the other day.

"Where's the old man," I asked Mrs SSPFUTE. "Up the allotment..?" "Oh no, not today," she said. "He's got a motorbike now you know, he's doing that up."

A neighbour once did up motorbikes. Well, he had a number of dismantled classics which spent brief periods of time in one piece, during which they were revved up amid thunderous noise and clouds of smoke, before he took them apart to do them up again.

"I've got a 350cc Honda," said SSPFUTE when I bump into him up the allotments a day or two later.

He was on his other bike, as in the one with pedals and a bevvy of spuds strapped to the rear carrier.

"I'm fixing the engine up at the moment," he explains. "The needle was the wrong size in the carburettor, but you can't just go down to a Honda dealer and get one. You have to send off to America for one now."

I picture SSPFUTE flying down the lanes on his Honda, engine purring with the right-sized needle in its carburettor, paintwork glinting

in the sun.

But before that lies a summer of tinkering, taking it to bits and putting it back together again.

Tinkering isn't just a blokey thing. It's just blokes tinker differently than the fairer sex if the allotments are anything to go by.

Chaps tinker one step at a time. We have to finish digging one hole before we start on the next one.

Women can multi-tinker, or rather oversee their other half's tinkering whilst carrying out their own.

Mary can keep tabs on Tallest Of The Peters' handiwork and barrow woodchip, whilst keeping a hawk-like watch for any weeds.

When she spots a stray dock or dandelion she sends it off to the compost heap with a deft stab of her trowel, without breaking her stride.

SSPFUTE's long-gone, poring over his carburettor. TOTP's got the kettle on. Mary pauses to nail another interloper, before continuing her wheelbarrow run.

We've been tinkering for millions of years before we started fixing motorbikes or weeding allotments. I guess that's evolution for you.

Mudpies & Butterflies

with Louise Barby, Balanis Garden Design

A garden is a grand teacher. It teaches patience and careful watchfulness; it teaches industry and thrift; above all it teaches entire trust. — Gertrude Jekyll

June is when the National Garden Scheme really ramps up. A time when we can visit others gardens for a wealth of inspiration and support. NGS research has shown visiting gardens is both good for your mental and physical health. Reconnecting with nature, creating time for yourself to relax and reflect, enjoying a sense of community with like minded people, have all been proven to improve our general health. The scheme has donated £60 million to nursing and health charities. Core beneficiaries include Macmillan Cancer support, Marie Curie, Hospice UK and The Queens Nursing Institute. Feeling uninspired?, look no further, the Open Gardens scheme is well under way. Go to www.opengardens.co.uk, www.ngs.org.uk or www.rhs.org.uk/gardens. Visits to open gardens can provide inspiration and valuable local advice and knowledge. We have so many open gardens on our door step, simply pop in a village, area or postcode and a list will be provided.

* Flowers

Fill gaps in borders with annual bedding or ornamental grasses that will develop seed heads mid summer. There are lots to choose from, from blowsy and vibrant to subtle and flowing. It is not too late to direct sow a few fast growing, late-flowering hardy annuals such as Cleome and calendula.

Tubs can be planted up with summer bedding. Pick a colour palette or theme in order to create a really designed, but flowing look to your borders.

Cutting back, pruning and dividing:

* Feed pots and baskets regularly, fish, blood and bone or a basic liquid seaweed feed.

* If bedding plants become tatty, trim them back after flowering to encourage fresh growth.

Cut back dead bulb foliage. Trim clumps of spring-flowering perennials to encourage a fresh flush of foliage.

* Remove euphorbia flowers, cut the stems back to ground level.

* Divide hostas now. Divide wild primrose after flowering. Lift and divide overcrowded clumps of bulbs too. If there is excess, pop them outside your gate and share the bounty with passers by!.

* General maintenance

Hoe to prevent weeds from spreading. Stake tall perennials and climbers to prevent wind damage.



Bugs

If pests are caught early, damage can be prevented. Wash off bugs with your hose, treat with warm soapy water or a chemical spray.



Vegetables and fruit

Keep sowing cut and come again crops. Pinch out tomato plant side shoots. Invest in a few small plants from a local nursery if you haven't grown any from seed. Many can be grown in pots/sacks and even old sinks, if space is limited. Regular watering rather than panic drenching is best. Get in to a routine and stick to it.



Lawn & Project

Do not cut too short during dry periods. Strengthen thin patches with additional grass seed if necessary.

Why not leave a small area of lawn to grow for a while. Clover, daisies and long grass are great for birds and bees and can be excellent cover for beasts too. It can be cut in the early Autumn, once you have checked that there are no nesting creatures. It really doesn't need to be a large area. You will be amazed that such small areas can house some many living creatures.

However stressful your day may have been, your garden can bring solace. Make time and space for fresh air and just a little gardening. You don't need science to prove it, gardening is great for mind, body and spirit, enjoy!.



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Thaxters Plant of the Month Hostas

Wendy Warner

When thinking of beautiful plants, most of us would choose those with stunning, bright flowers but Hostas have the most wonderful foliage. The first signs of the hosta will appear as the weather warms, usually March or early April, although many only began to emerge in late April this year with the cold Spring. They will give a great show throughout the summer, but with the first frosts the leaves will turn to mush and they will disappear completely for the winter.

Most Hostas have heart shaped leaves but they can vary enormously from those with tiny leaves such as Hosta "Blue Mouse Ears" to the massive "Empress Wu" or "Sum and Substance" which can grow to 1 metre or more. Some have plain green leaves, others a more glaucous blue such as "Halcyon". Some are smooth, others quite ribbed. Personally, I like those with variegations; Hosta "June" with two tone yellow/green, a rich gold centre and irregular glaucous-blue margins and "Fire and Ice" with dark green margins around a pure white centre, are my favourites. Although primarily foliage plants, many varieties have attractive, often scented, summer flowers in shades of white, lavender or purple.

Hostas thrive in light or medium shade and prefer a moist position. They also grow well in pots, so can be moved into a prime position when they are at their peak. They combine well with ferns which enjoy the same shady conditions but also work well in areas with Spring-flowering bulbs where the leaves emerge as the bulbs are fading and their foliage will cover the bulb leaves as they are naturally dying down. They will also make a great backdrop to other summer flowering perennials and to bedding plants.

Unfortunately, hostas can be prone to damage from hungry slugs and snails. As you see the pointed shoots break through the soil this is the time to protect them. For natural, safe prevention you can create a

barrier between the slug and the plant using crushed eggshells or seashells or even coarse sand or grit. They don't like the rough feel of these, but you must make sure you have a full circle around the plant otherwise they will creep in. Copper in the form of a ring around a plant in the border or adhesive tape stuck to form a circle around a pot can also be used, as slugs detest coming into contact with it. "Slug Gone" wool pellets, manufactured from the fleece of sheep are another great natural prevention and sprinkled around the plant will create a barrier mat as they become damp which will also help retain moisture in the soil. Obviously, natural predators such as birds, ducks, hedgehogs or frogs will help too. There are also chemicals such as slug pellets that can be used to kill the slugs or snails. Also try to prevent the leaves of your hostas touching other plants, walls or pots as slugs will move onto them from there.

If you don't have any, why not add a Hosta into your garden this summer, and if you're already a fan, invest in another, different and exciting variety!



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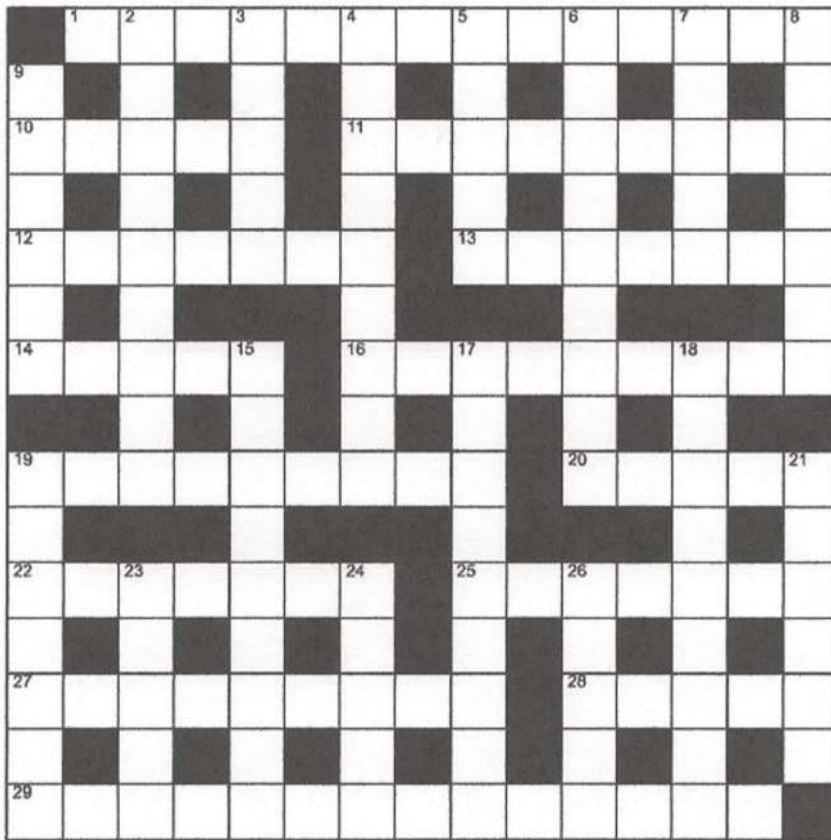


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David Elsey's Cryptic Crossword



Crossword solution on page 30

Crossword Clues Across

1. Applying in all cases where pawns are used (6,3,5)
10. IT has an interest in Zoom phasing (5)
11. Auxiliary aid worker (9)
12. After a couple of pints confined soldiers go to front line to fight (7)
13. Make it easier to accept small gun being worn (7)
14. Drive out of E6 and around town (5)
16. Accept one finds certain people tiring (9)
19. Offer put before first claimant (9)
20. 24 has right to expel fanatic (5)
22. It's advisable that the civil actions of government are curtailed (7)
25. One might suppose visitors will have no time to meet the queen (7)
27. Thief is clear to operate in backstreet (9)
28. High jinks ultimately lead to rows (5)
29. Swing band developed facilities for broadcasting music (6,3,5)

Crossword Clues Down

2. A crumpled map reveals nothing in church belfry (9)
3. Remaining dog slips lead (5)
4. Fell for flyer with extended wings (9)
5. Catches bears – softly-softly to begin with (5)
6. Sculpture that calls for a degree of Southern Comfort? (3-6)
7. Cut off a corner when climbing (5)
8. A lessening of tension made tent easier to get into (7)
9. Question uniform adopted by some converted at place of worship (6)
15. During cup game passed most of the way down the field (9)
17. A sibling kept back at school is withdrawn (9)
18. Beacon is seen off last frigate's bow (9)
19. University in East London area is all the rage (7)
21. Endure loss of first two singles – both sides are under pressure (6)
23. In station Royals meet a happy man (5)
24. Where tea is fashionable when bagged? (5)
26. Subscribe to 'new norm'? Only now and then (5)

Ray Butchers Su Doku

Easy first...

...then the more challenging

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

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The birth of a petrol head!

Chris Barney

It is said that destiny is sometimes pre mapped in life. To be born as a true petrol head means that the sound and smell of a living - breathing engine is as natural as breathing oxygen to survive.

My mother moved to Norfolk with my father to live in a small hamlet called Eastmoor, basically a single track road with a scattering of houses.

Tucked in the Norfolk countryside between Oxborough, Barton Bendish, Beechamwell and Stoke Ferry, my early days were spent with farm workers tending live stock or arable crops.



Stoke Ferry, Mum

To live in such a rural location, having your own transport to be independent was a necessity. The story is told that my mother's final pre-natal appointment with the family doctor in Stoke Ferry went something like this:

Doctor: How did you get here today?

Mother: By my Motorcycle!

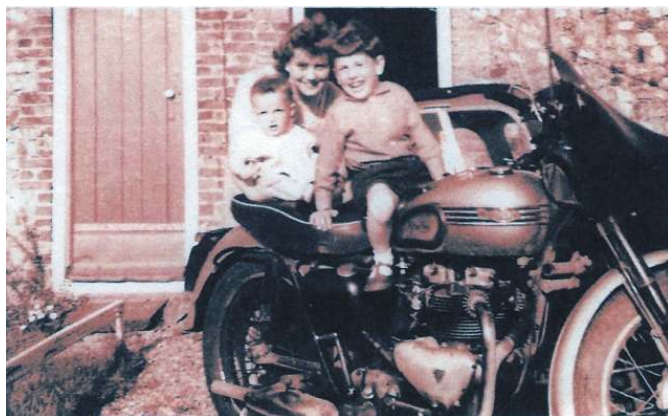
Doctor: If you feel a little funny on your way home, please ride to the hospital!

Mother: ok....

So yours truly was a bump on the petrol tank waiting to arrive into the big wide world.

The transport was a motorcycle and sidecar, a Triumph 6T Thunderbird registration number CJL906, 650 cc with the classic parallel twin design and two into one pea shooter exhaust. From the sidecar the smell of the engine oil and sound of the exhaust was all that was needed to send me off to sleep in my carry cot.

Both my mother and father belonged to a motorcycle club, based in Norwich, the motto of the club was *nulli secundus* (second to none), The Triumph Owners club. My mother being only 5' tall, riding the Thunderbird made a name for herself, only two positions on the throttle - open or closed.



Mum, Andy and me

The following is an extract published in the news letter:
The TRIUMPH OWNERS MOTORCYCLE CLUB.
January 1960. The P.O.D. Monthly.

A "110" Owner is amazed.

Which member thought that women were incapable of driving a motor cycle??

Well, I believe we now have a member who is convinced that some ladies can drive equally as good as men. This member was taken for a drive on a 6T combo with one of the fairer sex at the helm at a steady speed of 75 MPH!! She then proceeded to take the members 110 down the road, winding it up through the gears like any of us mere males. This little lady was just five feet tall. Whack Ho!! (I am keeping my 120 well out of sight in case she wants to show me a short cut to Kings Lynn - Ed.)

In answer to the '110' Owner.

I ride a 6t Triumph, and I am only five feet tall,
There's an open invitation to everyone and all,
To come out here to Eastmoor, a lovely little place,
I'll give any 120 a tidy old race.

As my bikes a combination, I think it would be fair,
To have that 120 hitched to a dirty great chair,
Why cos I am a woman should it mean I can't ride,
With my son in the sidecar, I'm the happiest girl alive.

EIRENE

A Bonnie Owner.

I just own a Bonnie, a bike thats up to date,
I'd not take you on for money, because I'd meet a certain fate.

The fate of which I'm talking, is one that I should fear,
Combinations are better at cornering, so I'LL wish you a Happy New Year.

Brian.

At the age of five, my father presented me with my first motorcycle a Suzuki A80,

A small 80 cc two stroke which would be the start of my own motorcycle path.

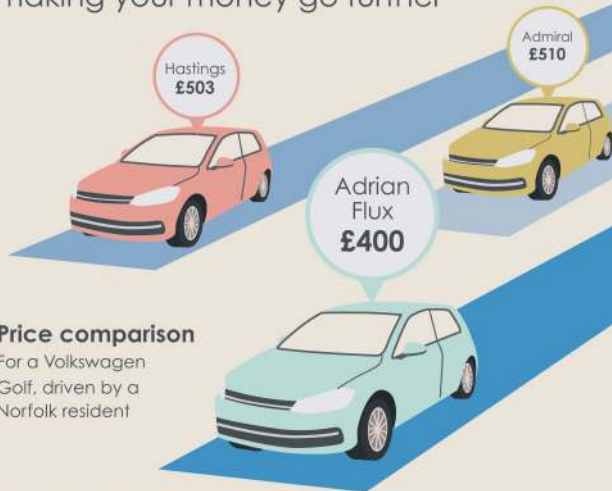
Many motorcycles followed, Honda CB200, CB500T, CB550K, fully rebuilt CB550F, Suzuki TS90, GS750 GS1000, BSA 350 B31.

After working with my father for some 6 years at Anglian Motorcycles looking after parts and sales as Store Manager I rode and sold some fine motorcycles which brings me full circle to today, I now belong to the same club and own a Triumph Thunderbird 900, Hinkley 95 vintage.



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Linking up - Live Locally and Prosper

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

First, I would like to thank the residents of North Coast Division for lending me your vote for a second term. As your local representative, and Cabinet Member for Finance at County Hall, I shall make it my aim to fulfil my party's commitment to Deliver a Better Future for Norfolk: in particular to this very special corner of this very special County.

You might reasonably ask what this means in practice: here are the three things that I will focus on. They are summed up by the title of this article "Live Locally and Prosper". So I want to focus on the things that will make our lives more fulfilled and do so in a way that supports our local economy, that strengthens our sense of community and cares for our environment.

Our economy is dominated by the leisure sector, by care and by hospitality. So I will be working with partners to increase local provision of further education locally for 16 to 24 year olds in these critical sectors, as well as to support further developmental training for management and staff of SME's in these sectors too. I will be looking to bring additional high quality care provision to the Town to make more higher paid, year round jobs available. My key aim is to work to make sure as many of us can work locally, or start their business locally, as we possibly can. The A149 should be the way in for new businesses, not the way out.

COVID-19 pandemic demonstrated how valuable strength is in our community. It was seen across Norfolk, but I saw it in particular here in Hunstanton and surrounding area. Locally, with the Community Centre hopefully returned to our own hands; we will also have the opportunity to decide whether to take back and manage the Recreation Ground too. The Hunstanton and District Festival of Arts is just one of our thriving volunteer led organisations: I want to take



advantage of the County Council's commitment to support community volunteering with the creation of a new £500,000 fund, as well help local groups as participate in the £1 million Community Investment Fund or work with the Norfolk Community Foundation.

Transport is clearly a key issue for us in Hunstanton and along the coast to the east. I shall be working with NCC to reallocate more road space in our Town, villages and key road links to safe, segregated cycle lanes and space for walking to encourage more people to leave their cars at home. I will work with NCC and the Borough to use the upcoming 'Build Bus Better' funding to push for the 'uberisation' of bus transport in rural areas, create parish-led community bus routes to feed into the highly successful Coast Liner and 'pump-prime' both later routes and fast, direct routes to Lynn station. Combined with a continuation of our initiative to reduce speeds along A149, a consultation for the reduction of speeds in villages and for residents parking permits (free or for a nominal sum to full time residents), where residents would like to see it, the aim is to see a reduction of car

movements by 2030.

Our commitment is to become a carbon neutral County by 2030. This means that, alongside ways of cutting car movements, I will support initiatives in place in Hunstanton to reduce the use of plastics and promote renewable energy where possible. We will be planting one million trees a year across Norfolk and I will help any Parish, Town Council, or third party group to access these if needed. I have talked about the Greenways Project before but will be continuing implementation of a green mobility plan by linking villages via our disused rail network. The fragility of our coast means that I will work with drainage boards, the Norfolk Coast Partnership, the Borough and community groups to respond to flooding risk and water management and that tourism helps rather than increases coastal erosion.

You will have already realised that these issues cannot be taken in isolated silos: they need to be worked on holistically if we are to make progress. Readers of this column in the past would also have noted a feeling that we have not always got the attention we deserve from the Borough. I am really pleased to see that changes to the leadership there brings with it a commitment to look beyond Kings Lynn towards the Borough as a whole and to our wonderful and unique part of it in particular. I look forward to a constructive partnership between Borough and County over the next four years.

Finally, I heard many great initiatives today in the Queens Speech. However, we still wait for a credible long-term solution to the provision of Adult Social Care. Local Government funding cannot be sustainable until the funding of Adult Social care is sustainable. A socially acceptable solution to this critical and ever-increasing problem is long overdue.

OLD HUNSTANTON PARISH COUNCIL

We reopened the Children's Playground just in time for the Early May Bank Holiday. We will be inspecting the site and testing the apparatus on a weekly basis to ensure the area is free from litter and there is no damage to the installations. We are a small Parish Council and do not have the wherewithal to police the Playground and so will be dependant on residents to notify us and/or the police in real time, so that we can act on any infringement of the regulations.

In the next edition I will be reporting on the outcome of the Annual

Village Meeting and the Annual Parish Council meeting and hope to have something positive to report regarding the on going actions to control the Traffic and control the Parking in and around the village as the holiday season ramps up.

The Parish Council have co-opted a new Councillor so we are now up to full a compliment of eight Councillors. Parish Council meetings will be returning to the village hall, probably starting with the June meeting. Details will be available on the Parish Council website.

All enquiries to the Clerk email: clerk.oh@gmail.com

David McLeod, Chairman OHPC

CROSSWORD SOLUTION
Across: 1. Across the board, 10. Oomph, 11. Assistant, 12. Quartet, 13. Sweeten, 14. Evisc, 16. Wearisome, 19. Pretender, 20. Friend, 22. Politic, 25. Guesses, 27. Larcenist, 28. Ranks, 29. Rhythm and blues
Down: 2. Campanile, 3. Other, 4. Swallowed, 5. Hasps, 6. Bas-relief, 7. Apart, 8. Détente, 9. Mosque, 15. Twentieth, 17. Abrogated, 18. Obelance, 19. Popular, 21. Duress, 23. Larry, 24. China, 26. Enrol

OLD HUNSTANTON NEIGHBOURHOOD PLAN

In August 2019 Old Hunstanton residents and businesses completed questionnaires asking how they wished the village to develop. Over the past year the Parish Council has used the questionnaire responses, together with data collected at the 2018 and 2019 Flower Festival and Fete, to produce a draft Neighbourhood Plan for the village. This Plan, produced in consultation with the Borough Council, will provide a planning framework for the way the village evolves over the period 2021-2036. The draft Plan is summarised below.

OLD HUNSTANTON NEIGHBOURHOOD PLAN SUMMARY OF DRAFT PLAN

Vision Statement

Any development of Old Hunstanton should be of a scale and nature so as to be sympathetic to the unique character of this West Norfolk seaside village, respecting its historic and rural nature.

Existing green spaces which create a separation zone between the village and adjacent settlements should be preserved to retain the respective identity of each settlement/maintain the integrity of the village.

Businesses will be supported to allow the local economy to flourish, and tourism managed so as to preserve the delicate natural environment that makes Old Hunstanton so attractive.

Future development

The policies aim to contain future development within the existing development boundary and protect existing settlement breaks between the village and neighbouring settlements, particularly Hunstanton. Development is expected to take the form of infill, the scale and nature of which should be sympathetic to the conservation area and to existing heritage and community facilities. New housing is expected to be used as permanent dwellings.

Housing

Land in Old Hunstanton is at a premium, so policies are included requiring that the footprint of infill development and replacement dwellings should not exceed 40% of the plot area so as to maintain adequate spacing and parking provision. Design, style and materials should be sympathetic to adjacent properties and the existing streetscape. New developments must be designed to minimise potential flooding, and mobile phone and broadband provision should be future proofed.

Business

Existing and new businesses are to be supported within the development boundary, where they are of a scale and nature to be compatible with the existing character of the village.

Environment

The policies aim to protect and enhance the Area of Outstanding Natural Beauty (AONB), dark night skies, green spaces and footpaths.

As part of the Neighbourhood Planning process, the draft Plan has to be put out for consultation prior to formal submission of the Plan in a process known as Pre-submission consultation. This involves consulting residents, businesses, local councils and other statutory bodies to see what they think about the draft Plan.

Unfortunately, the current covid situation means that no physical consultation events can take place. We have to do the best consultation we can utilising technology. It is hoped that as many people as possible will look at the draft Neighbourhood Plan, and share their comments with the Parish Council.

The eight week consultation period runs from 1st May until 26th June 2021.

These are the ways in which you can view the Plan and make comments on it.

Viewing the draft NP

- electronic copies will be sent by email to statutory consultees
 - via OHPC website
- <https://oldhunstantonparishcouncil.norfolkparishes.gov.uk/pre-submission-consultation/>
- request an electronic copy via email
neighbourhoodplan.oh@gmail.com
 - request a paper copy via email
neighbourhoodplan.oh@gmail.com
 - request a paper copy via phone
01485 592009

Responding to the draft NP

- using comment box on webpage
- via email
neighbourhoodplan.oh@gmail.com
- via phone to Lynne Butters, OH Neighbourhood Plan Administrative Assistant
01485 592009
- written comments to David McLeod (Chairman OHPC),
Courtyard Cottage, Old Hunstanton, Norfolk, PE36 6JS

Please have a look at the draft Neighbourhood Plan, and feedback any comments you may have using one of the above methods.



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From the Mayor of Hunstanton

Cllr Adrian Winnington



At the Annual General Meeting of Hunstanton Town Council held on 5th May my fellow town councillors elected me to be Mayor and Chairman of the Council for the next twelve months. For those of you reading this who don't know me, I have lived in Hunstanton for just over thirteen years and have been a member of Hunstanton Town Council for the last six years. I am now retired but spent most of my working life teaching in a variety of different schools in Warwickshire and the West Midlands. I was also the secretary of a large football club and a qualified referee. Now, apart from spending a lot of time on council business, I volunteer for the Norfolk Wildlife Trust at Holme Dunes, the RSPCA at its shop in Hunstanton and also for the Coastal Stroke Group, although some of these have been curtailed during the last year. I am married to Catherine and some of you will know our daughter, Helen, who teaches at Hunstanton Primary School. We also have a son, daughter-in-law and two granddaughters, and I mustn't forget our elderly RSPCA rescue whippet, Lily.

I want to say some words of thanks to our outgoing Mayor, Cllr Tony Bishopp. His term of office has been far from normal in a number of ways. He was thrown into the role overnight and took on the challenge straight away. During his almost twenty months as Mayor and Chairman he only had six months when he was able to get out and about visiting groups within the town and representing Hunstanton further afield, before we were hit by the Coronavirus pandemic and he had to shield. The majority of his meetings as Chairman have been virtual via Zoom. He has had to deal with difficult issues in difficult times; and all this while having to deal with his own and family health issues. The fact that he has stuck to the task, and achieved so much, demonstrates his commitment to, and love of, our town.

Some of you will be aware that I was Mayor for the period 2017-2018. During that time I was fortunate to meet many groups and individuals here in Hunstanton and also to travel further afield, meeting people from around Norfolk and beyond, many with very complimentary things to say about our town. This term of office is starting with more limitations on movement but hopefully before too long I will be able to get out and about and get to know more of you. As I take on this role of Mayor and Chairman for the second time, Hunstanton Town Council is on the verge of many exciting developments. The town's Neighbourhood Plan completes its final

consultation phase at the end of May and then passes to an examiner before being presented to the town's electorate in a referendum. Our Community Panel is working with a number of groups to help get them back in action and is also working with a number of volunteers to establish a community fridge scheme at the Community Centre. On the environment front you will probably have noticed the town council campaign, supported by businesses in town, of "Slam Dunk The Junk – In The Bin". During the lockdown our property officer has been busy decorating and carrying out improvements to the Community Centre and to the Town Hall. The latter is currently having to have some repair and restoration work done to it but once completed, and when restrictions allow, it will be a great venue for events organised by the council and other groups within the town. Other councillors and myself will be telling you more about these and other initiatives in future editions of Town & Around. If you want to find out more about the Town Council then you can visit our website or contact the Town Clerk or myself; contact details are at the end of this article. There is a lot to be done and I look forward to working with the new Deputy Mayor, Cllr Maureen Howard, Chairs of committees, all councillors and our excellent staff team of Town Clerk and Property Officer, in progressing these actions for the benefit of the town and its residents.

How we do this is important. Our months of lockdowns and restrictions during the pandemic will have brought home to us all the importance of relationships and the way we interact with other people. So much kindness has been shown by so many to those they know and those they don't. We have had great respect for all those who have worked so hard in such difficult and stressful situations. I hope that kindness and respect will continue to be shown by everyone in our town, as we move forward together through the coming year with optimism.

Town Council Website www.hunstantontowncouncil.gov.uk
 Town Clerk, Mrs Jan Roomes
clerk@hunstantontowncouncil.gov.uk 01485 532402
 Mayor, Cllr Adrian Winnington
cllr.winnington@hunstantontowncouncil.gov.uk
 01485 534747 / 07775643877

OLD HUNSTANTON VILLAGE HALL UPDATE

The Village Hall was opened for the elections on 6 May and, apart from a couple of minor issues, was very successful. 116 residents attended and had a good look around the venue to assess the progress to date. All feedback was positive, with the main observation being that it looked a good deal cleaner and brighter than it was before we began the renovation.

We hope to have a website up and running by the end of May. There will be various pages, booking, forthcoming events, links to other relevant websites etc and contact details for the Trustees.

We now have Khushee Street Food visiting the Village Hall front car park on a regular basis. I will post the dates and times on the OHVH Face Book page. Do not forget Bordoli's Pizzas visit every Friday and dates and times will be posted on FB as well.

Donations:

Anybody wishing to donate and/or volunteer, please contact either of the Trustees, listed below, for bank details, gift aid paperwork or any other matters you need to discuss. Thank you in advance for your generosity.

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National award for Hunstanton beach

Hunstanton's main beach is one of 132 beaches nationwide to be awarded a Seaside Award for 2021 by environmental charity Keep Britain Tidy.

Keep Britain Tidy's Seaside Award recognises and rewards beaches in England that achieve the highest standards of beach management.

Each beach is assessed for safety and services, environmental management, water quality and information.

This news comes after several beach cleans by residents, volunteers, schoolchildren and organisations including the SEALIFE Centre, the Council, Surfers Against Sewage and Sea Shepherd.

Hunstanton Town Council and Old Hunstanton Parish Council

have launched their 'Slam Dunk the Junk' campaign ahead of the expected increase in visitors to the area over coming weeks, and



you can expect to see banners like this appearing in strategic sites.

Cllr Elizabeth Nockolds, said: "As the country moves on to step 3 of the roadmap, and opens up even more, this will be reassuring



to our residents, returning visitors and many new people who come to sample the beautiful Hunstanton seaside this Summer. I look forward to seeing everyone enjoy their time at the beach responsibly."

Keep Britain Tidy say "When

asked, nine out of ten people said cleanliness, safety and assured water quality were key factors in deciding which beach to visit and 93% believe that it is important to preserve and protect our beaches."

Wild in Westminster & West Norfolk

This year's Queen's Speech was a pared back affair. A Covid version with the minimum number of people joining the Queen in her procession to the House of Lords. I was fortunate to have a front row seat to watch Her Majesty on her way to deliver the speech marking the State Opening of Parliament.

Of course, the government's primary focus remains the pandemic and the rollout of our successful vaccination programme. However, it is important to get on with delivering on the promises we made at the general election - backing the NHS, making streets safer, and supporting jobs and businesses.

One area of focus in the new session of legislation is the environment as we work towards the target of net zero greenhouse gas emissions by 2050. Emissions fell by nearly 50% from 1990-2019 while the economy continued to grow and our new commitment is to cut them by 78% by 2035. The measures in the Environment Bill will mean there are legally binding targets on air quality, biodiversity, and water, as well as powers to cut plastic usage and boost recycling. With the UK hosting the COP 26 climate change conference it is important that this Bill is passed ahead of that and we show leadership in this important area.

Now we have left the EU it is time to grasp the opportunities doing so has afforded us. Aside from the ability to negotiate free trade agreements, one area where we can do more is by having higher standards of animal welfare. New plans will end the export of live animals for slaughter and fattening. There will be a consultation on how consumers can be given more information on labels to make it easier to buy food that aligns with their welfare values. To manage some of these changes there will be financial support for livestock farmers.

As a cat owner, I'm pleased that we have committed to introducing compulsory cat microchipping – as there has been for dogs since 2015 - to ensure lost or stolen cats can be reunited with their owners. There is now a Pet Theft Taskforce to look at the evidence on the scale of the issue and to advise on whether further steps are needed to help tackle it.

Along with the local council elections in May, Giles Orpen-Smellie

was elected Norfolk's Police and Crime Commissioner. His priorities include more visible policing which will be helped by the new police officers Norfolk will be getting under the government's plans for 20,000 more officers.

With over 30 new bills announced it is set to be another busy time debating and scrutinising bills on crime, planning, internet safety, access to skills training, immigration, national security, procurement, and more. Importantly there will also be an education recovery plan to help young people who have lost out on so much time in the classroom.

In the coming weeks there is set to be a new tourism recovery strategy including plans for Tourism Zones where Norfolk is working as part an East of England bid to promote investment and skills. English Tourism Week was a great opportunity to promote what is special about Norfolk as more people will be having a staycation this year. My campervan and campsite are booked again and I'm looking forward to enjoying the beaches, pubs, and attractions along our beautiful coastline.

While some people are concerned at re-opening and visitors coming to the area, it is important that we restart the economy in a Covid secure way. That means visitors respecting local communities as the vaccine does its job in reducing the risk of infections leading inexorably to hospitalisations and deaths.



James Wild MP

House of Commons, London SW1A 0AA

james.wild.mp@parliament.uk

www.jameswild.org.uk

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The Great British Staycation ...Is Coming!

New research has found that 83% of British travellers would prefer a UK Staycation than a holiday abroad this year.

Staycations became the thing to do in 2020 especially in Norfolk. Since the global pandemic, people started looking at Staycations in a different light. Are you ready for it?

Staycations will be more popular that ever in 2021 because:

The Covid-19 vaccine is rolling out across the country.

Pent-up Demand. People are desperate for a change of scenery. Families want to spend time together, friends want to catch up and laugh again.

We need a rest. From key workers to home-schooling or the anxiety of furlough, we all need a break. With international travel uncertain a short UK break is a big part of the recovery process.

Living expenses for some people have reduced during lockdown. This means they have more money to spend on going away and exploring now lockdown is lifted.

Digital Nomads. Not heard of them before? We hadn't either. All a Digital Nomad needs is a laptop and they can work from anywhere with an internet connection. So why not spend a few weeks working with a different view?

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A well-managed, well marketed holiday let can provide you with hassle free residual income and as we're commission based only, we only make money if you do!

What do you have to lose?

Snettisham's Stuart Dark to lead the Conservatives at the Borough Council

Cllr Stuart Dark, MBE has been selected as the new Conservative group leader at the Borough Council of King's Lynn & West Norfolk and at the time of going to press he is poised to take over as Council leader at the Annual meeting on 20th May.

At the County Council election in May he was also re-elected as the member for the Dersingham Division.

Cllr Dark replaces Cllr Brian Long who has been group leader and Leader of the borough council for 5 years, and Deputy Leader for 8 years prior to that.

Cllr Brian Long said: "I have thoroughly enjoyed my time as Leader of the borough council and group leader and I am immensely proud of what we have achieved in that time, not least of which providing much needed housing across the borough, dealing with challenging budgetary pressures, Brexit and of course responding to the national pandemic that has impacted on so many people and businesses. The time is right for a new leader to continue our direction of travel and to help shape the future of west Norfolk in this new post-pandemic environment.

"I invited Stuart to join the Cabinet specifically because of his background in emergency response, and he has proven himself in the way he has guided us through this pandemic. He has a wealth of experience that will serve him well in this role.

Cllr Stuart Dark said: "Brian is a very well respected member of the group and a well respected member of the borough and county council. I am looking forward to taking on this role and know that I will be heavily relying on his knowledge and experience."

Cabinet and committee roles and responsibilities will be also determined and announced at the meeting on 20th.



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Piano Party

By John Harris

On the understanding that the current restrictions are to be lifted on 21st June, I hope to present the promised 'Thank Yoy' Piano Party on Saturday 26th June.

I hope to see many friends on that day and evening, even if it may still be necessary to wear face masks.

It will be my pleasure to cover all expenses (hire of premises, prizes, refreshments, publicity, postage etc) so that every penny raised may go straight to the NHS.

PIANO PARTY

Saturday 26th June 2021

10am to 3pm

and 7pm to 9pm

at the Methodist Hall, Heacham
(opposite Boots)

Musical games and competitions with prizes.
Singalongs and hymn singing (if allowed)
and requests.

No charge for admission or refreshments but
guests will be invited to make a donation of
their choice to the NHS.

HUNSTANTON TOWN COUNCIL

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An Object of interest from Hunstanton Heritage Centre

Pocahontas (Part 1)

Prepared by Jerry Simmons (H&DCS Committee Member)

Our object of interest this month is not to be found in our Heritage Centre, as it is the Heacham village sign on the A149, showing a representation of Pocahontas.

The story begins in the 16th Century, and is one of colonialism, trade, international relationships, identity, mixed-heritage marriage, and much more. Its themes are very relevant to us in the 21st century.

NEW WORLD SETTLERS

We start with English settlers in the New World during the last quarter of the 16th Century during the reign of Elizabeth 1st. In 1584 Elizabeth granted Sir Walter Raleigh a charter to colonise part of North America, to be called Virginia in her honour (she was the Virgin Queen). The intention was to provide riches from the New World, and to establish a naval base from where raids could be launched against the (enemy) Spanish, who were busy colonising South America.

JAMESTOWN

The English monarch would appoint Governors to found settlements, one of the earliest being The Virginia Company, who founded Jamestown in 1607 (after James 1st, who had succeeded to the throne following the death of Elizabeth). The leaders of the Virginia Company established an extensive publicity campaign in England through pamphlets, broadsheets, and sermons, in order to encourage investors. A single share was equivalent to 6 months wages for an average working man. It may seem strange that clergymen should be involved in this campaign, but there was a further purpose behind the Virginia Company's exploration, namely that of Protestant English colonisation in competition with the (still enemy) Catholic Spanish. The leaders of the Virginia Company believed they had a duty to evangelise and convert "Native Savages".

So what did the English colonists find in April 1607 when they first landed in what was to be named Jamestown? The area was uninhabited - probably because the indigenous people considered it a remote, mosquito-ridden swamp, too poor for agricultural purpose, and devoid of fresh water. Unsurprisingly, despite supply ships being sent from England, by 1610 some 70% of settlers had died from disease or starvation.

JOHN ROLFE

Let us now return to Heacham, birthplace in 1585 of John Rolfe. He was a smoker of tobacco, which had been introduced to England around 1556, and had become increasingly popular as a recreational activity. However, the most desirable tobacco was exported from South America by (you guessed it) the Spanish, who had a monopoly on the product. That from Virginia was much harsher. It seems that John Rolfe had obtained a supply of Spanish tobacco seeds, and that his intent was to travel to Virginia and make his fortune as a plantation owner.

In May 1609 John and his wife Sarah boarded the 30m Sea Venture (along with some 120 other passengers and 35 crew) in Woolwich, to sail across the Atlantic Ocean via Plymouth, as part of a fleet of 9 ships. The journey did not go well. Caught in a storm, and separated from the rest of the fleet, the Sea Venture is shipwrecked off one of the Bermuda islands in July 1609. The castaways find themselves stranded on an uninhabited island, where 7 months later in February 1610, Sarah Rolfe gives birth to a daughter christened Bermuda, who survived for only a few days. Sarah, then aged 20, is believed to have died on the same island in the spring of that year (or perhaps in Jamestown that summer).

From the time of their shipwreck, the castaways faced a dilemma - stay on the island or continue the journey to Jamestown. They were, of course, presumed by the rest of the fleet to have died at sea, and knew nothing of the desperate situation in Jamestown. Ultimately, using salvaged material from the Sea Venture, they were able to build 2 ships, Deliverance and Patience, which reached the famine-ridden



Jamestown in May 1610. The abandonment of Jamestown was only avoided by the arrival of supply ships from England a month later.

John Rolfe went on to establish the Varina Farms Plantation, and cultivate his sweet (and nicotine containing) Spanish variety of tobacco. By 1614, vast quantities were being exported to England.

NEXT MONTH

Where does Pocahontas fit into this story? We will examine a little of her background, and how she came to meet and marry John in the concluding part of this article. In the meantime here are some numbers to ponder:

In the 17th Century, maternal mortality in England (a measure of deaths due to complications from pregnancy or childbirth) is estimated to have been in the region of 1000 per 100,000 maternities. Currently in the UK the figure is 13 per 100,000, worldwide 210 per 100,000, Afghanistan 400 (probably an underestimate) per 100,000.

In the 17th Century, infant mortality in England is estimated to have been approximately 120 per thousand live births. Currently in the UK the figure is 4 per 1000, worldwide 29 per 1000, Afghanistan a staggering 106 (that's more than 1 in 10) per 1000.

Hunstanton Heritage Centre

The Heritage Centre, located on the corner of Greevegate and Northgate at the north end of the High Street, is open on
**Wednesdays, Fridays, Saturdays,
Sundays and Bank Holidays, 2pm to 4pm.**

Opening from Wednesday, 19th May 2021



Covid-19 protection measures kindly supported with grants from BCKLWN for localised tourism schemes and campaigns.

Borough Council of King's Lynn & West Norfolk



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THE EAAA INSPIRATION AWARDS' 2021 WINNERS

Richard Bird

This month saw the return of these Inspirational awards for the fourth year. The awards are a chance for all of us to celebrate the amazing supporters who have inspired the East Anglian Air Ambulance this year and continue to make a positive impact on our community.

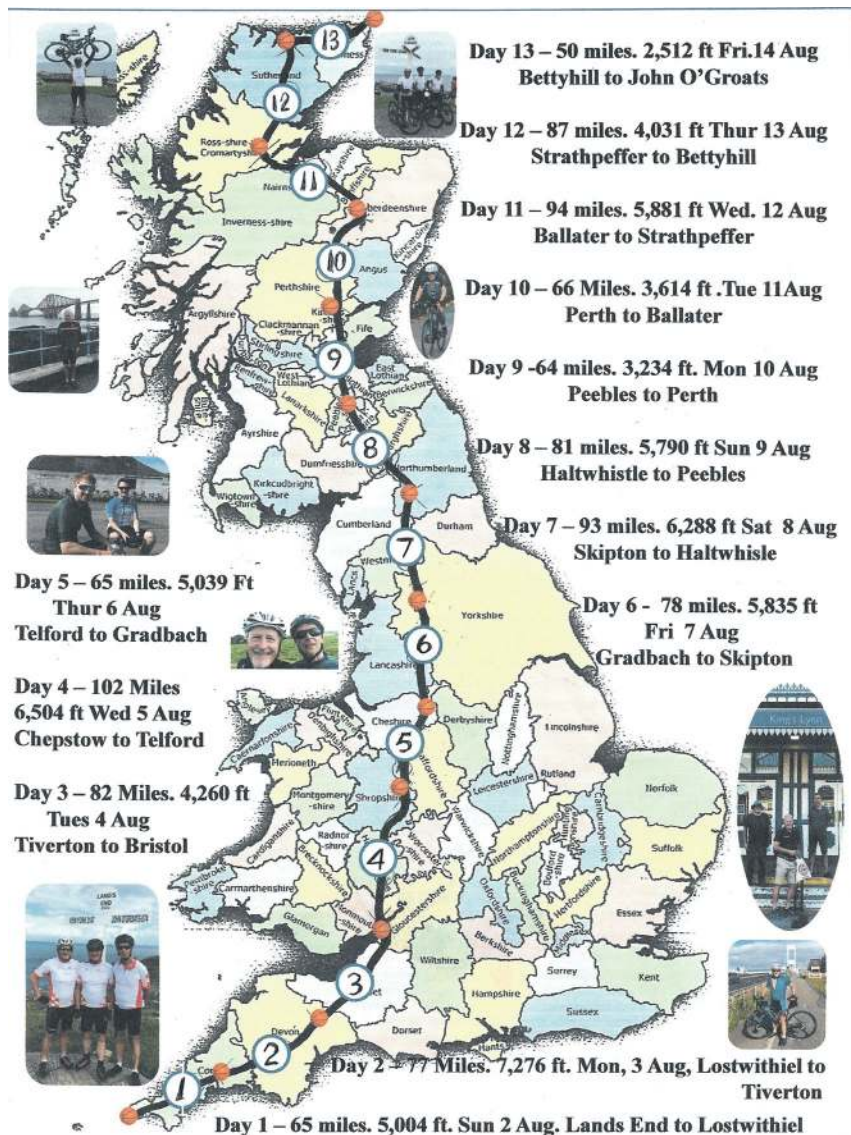
The East Anglian Air Ambulance fund raising award scheme Has awarded three local cyclists.

Phil Brown, Jim Hodgkinson and Rotarian Jonathan Holmes who have cycled over 1,000 miles in 12 days starting Sunday August 2nd from Land's End to John O'Groats, raising funds for the East Anglian Air Ambulance. They completed the challenge over 13 tough days when they cycled over 1000 miles and climbed 73,265 feet in total.

The trio chose to support the Air Ambulance because one of their cyclists' group had a nasty crash on a remote country road in Norfolk and was airlifted to the Norwich and Norfolk Hospital for treatment. Also, Jonathan has led, in past years, Priory Rotary Club's annual Easter Egg Trail, which normally raises around £3000 for the EAAA but had to be cancelled this year due to Covid-19.

Their target of £3500 was ambitious, but this is what it costs the charity for just one single, potentially life-saving mission. At 13th May the total raised stands at £3,827. One single donation came from the Hunstanton and District Rotary group.

These Intrepid cyclists will be fund raising later this year when they will be circumnavigating the borders of Norfolk, this challenge is a Round Norfolk ride of 250 miles over 2nd/3rd July in aid of Little Discoverers in King's Lynn.





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Glamping on the Range - Couple's track



couple have opened a glamping site at Range Farm with several historic links.



Matt and Sally

Nearly a century after Geoffrey Searle started his pleasure boat and pony rides business in Hunstanton, his grandson Matt McGinn is continuing the family tradition by opening up a glamping site at Grange Farm, Fakenham Road Stanhoe.



Range Farm is on part of the former RAF Sculthorpe that was home to the British and USA Air Forces until its closure in the early 90's. The name is a major clue to the business location as it overlooks the former firing range on the base. This very feature caused some planning challenges for Matt and Sally as all the soil needed to be sifted and checked for ordnance before they could move ahead with the site.



These huts were made on site by Matt and his team

Interestingly, lots of 'rubbish' was unearthed during the excavations including glass Brylcreem bottles that now adorn the reception area.

Matthew 'Mac' McGinn (Matt's paternal grandfather) has a connection to the site. He was a boxer and was part of the champion team from HAD Aeroplane Repair Section Henlow that won the RAF 21 Group Championship and the Sir Charles Wakefield Trophy in 1925 and 1926. He went on to coach boxing at RAF Sculthorpe alongside his coaching at Heacham Boxing Club.



'Mac' McGinn - middle row, far left

A further family connection is that Sally's Dad has owned the land since it was sold off by the Ministry of Defence around thirty years ago. His sheep graze the adjacent fields offering an idyllic view for visitors to the site.



Reception Building

ditional shepherd huts with luxury touch

Entering the gate at Range Farm, you feel you have arrived. A huge car park with tubs of phormiums and welcoming reception area are behind the grassy bund that shield the site from the road and bark pathways lead you to the shepherd huts that were all hand built by Matt's team on site to respect the original huts of the 1800's, but they have added their own modern touches to all 12 huts. Each one is unique and they sleep from 2 to 6 people.



"We believe that life was meant for big skies, warm fires and great adventure," said Matt, "and we offer a step up from camping with huts that have fridges, kettles, lighting, USB charging points plus a wood burning stove that adds luxury and makes us a year-round destination for couples, families and friends, looking for adventure by day and comfort by night"

A communal barbecue area and seating offers visitors the chance to

who showed us around the site with Matt on a rainy May afternoon.

"All the huts are named after indigenous wild flowers and Matt has sown a wildflower meadow that will attract pollinators as well as being beautiful," she added.



To make a reservation please call 01485 576223,
e mail: rangefarmglamping@aol.com or
book online at: <http://rangefarmglampingnorfolk.co.uk/>



make new friends and share stories of that day's adventure and each hut comes with its own fire pit, picnic tables and chairs.

"We have an on-site warden, modern shower and toilet block, and snacks and ice creams are available from our reception," said Sally



Opinion: Surely grounds for an investigation

By John Maiden

Towards the end of April it came to my attention that there is to be an 'Investigation' to examine conduct complaints brought over West Norfolk housing proposals. This is set to be carried out following claims of potential misconduct relating to two contentious housing development plans in West Norfolk.

'Conduct' complaints have been submitted in connection with decision making processes relating to the Southend Road car park in Hunstanton and land off Parkway in Gaywood.

The schemes were recently considered at separate meetings of West Norfolk Council's planning committee, though only the Parkway application was approved. A decision on the Southend Road application, which proposes more than 30 new flats, was deferred after members voted against a number of different proposals.

A council spokesman confirmed that code of conduct complaints have been received and that these will now be looked into, but while this process is taking place there will be no comment from the council.

As a longstanding critic of the council's handling of situations where it is both applicant and planning authority, I would like to see the investigation widened to include the council's appalling conduct as Landlord of Hunstanton Pier.

Even the most ardent supporter would have to admit that the council ignores its own planning policies and national guidelines whenever the 'Hunstanton Pier Company,' also known as 'CHS Amusements Ltd', puts in a planning application. This is not good old John Maiden going back over well-trodden ground for the sake of it, because it was less than seven days ago that I was handed the copy of a letter, which proves that the council is still allowing its defaulting pier lessee to

rewrite history to his own advantage.

A company called 'Planning Potential', acting on behalf of CHS, has apparently succeeded in pulling the wool over the eyes of council employees by submitting a flawed planning history of the Hunstanton 'hangar'. According to the letter, dated July 24 2020, the current 'Pier Complex' was granted planning permission in February 2003. However, this was for a significantly smaller complex, just in case the council decided against selling off enough 'Public Open Space' to permit the erection of the present monstrosity.

Sadly, the Labour controlled council, in its capacity as Pier Landlord, sold its soul to the devil, in my opinion, for a measly £10,000 per year, to permit a building that 'did' include a 'short pier' and the promise of a much longer 'future pier'. Neither pier has ever materialised, but a legally binding covenant intended to protect The Green was definitely breached.

The letter does not mention the covenant, nor the continuing obligation on CHS to provide the Pier on which occupation of the Pier site is still dependent, despite a botched attempt to vary the terms of the 999-year Pier Lease in 2009.

Add to this, a decision notice dated August 5 2002 refusing a planning application for the 'hangar', which shows an identical building, but positioned 8 metres further onto The Green, and there are surely grounds for an investigation. I do not doubt that the financial implications of renovating a certain London flat need to be investigated, but not half as much as the deals that continue to blight our town's unique Conservation Area!

Borough Council News Heacham, Sedgeford and Fring

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

Planning applications for extensions to the holiday season at caravan sites in Heacham were approved by planning committee on the 17th May. This was following 'advice' from government. I make no apologies for my opposition to these extensions. They erode the season which local residents enjoy - one with few visitors; they extend the season through the winter when the flood risk is highest; normally the Environment Agency refuses to consider any such season extensions. The caravans are adjacent to four designated sites of environmental importance including the winter feeding grounds of enormous numbers of birds and the largest colony of Common seals in Europe. A precautionary approach is supposed to be taken to avoid environmental damage. Natural England is happy with leaflets and a notice board. These seasonal extensions are supposed to be limited to the end of 2022. Remember that please. I won't

forget.

The controversial application to build flats on the car park at Southend Road in Hunstanton was approved at a third attempt. Last month I asked you to tell the Council that the flats should be for locals forever, not just until they were sold on as holiday flats. Someone must have listened as the Borough decided it could put in place a legal agreement to keep the flats in local hands. When they are building them, look out for sales information - if you want a flat in Hunstanton to live in that is.

Two local applications, one in Heacham, one in Sedgeford were decided contrary to the views of the respective Parish Councils. This was disappointing.

High politics. The Conservatives changed their Leader who is now Cllr Dark, congratulations to him. At the time of writing, he was sorting out his Cabinet. The independent group hopes to work constructively with them but will not hesitate to challenge matters if they need it.

Talking of such matters. I have

had 3 standards complaints in against conservative councillors who appear to be involved in, or aware of, attempted manipulation of votes at planning committee. This included the second application for the flats at Hunstanton. One of these complaints is being taken further, the other two were deemed 'technical' failings.

And May was the given month for the Cheney Hill development to come forward. On the 17th, still no news.

The Fenway debacle



continues. Lots of nuisance to residents and various means of legitimising it, by the perpetrator, likely being made.

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Hunstanton Eyecare blog

"I got these new specs and I still can't see well enough"

That might be a very strange phrase for me to be publicising in my blog, surely you go to the optician and purchase lovely new specs that make all things new?! Sadly, due to ocular disease and dare I say age, this isn't always possible. Our eyes age like the rest of our body, and as a lovely lady once said to me "I don't worry about my vision, it's like being a bit deaf in one eye", aptly put I thought. We may not always be able to correct vision with spectacles up to the level we would like or require for critical vision such as driving or reading, all they do is get things into focus at the back of the eye, on the retina. For those of us fortunate just to be short or long-sighted, then that's fine, and an accurate spectacle prescription, properly dispensed will do the job.

As well as my role as a Dispensing Optician, I specialised in the field of "Low Vision". This is defined as a standard of vision that cannot be corrected with spectacles, contact lenses or by medical intervention and affects the quality of daily life. I have been running Low Vision Clinics at the Queen Elizabeth hospital in King's Lynn since 2010, and then set up another clinic at the Fakenham Medical Practice. My aim is to make the most of vision that folks still have by using low vision aids such as magnifiers and telescopic devices. If we can make things bigger, brighter and bolder, seeing becomes easier and the visual impairment is manageable. There are many causes of poor vision, the most common being Macular Degeneration, which affects the central area of vision and thus the ability to read and see detail. Of course folks get upset and depressed about failing vision and I always aim to send people away feeling happier than when they came in!

When the Covid crisis hit, I was unable to do my clinics at the hospital, so I extended our range of Low Vision Aids at Hunstanton Eyecare. The practice now boasts a comprehensive range of all sorts of gadgets to assist the visually impaired, from a simple hand-held magnifier to a top of the range electronic video magnifier. Not all opticians have such an interest in Low Vision, but I feel it is an important extension of our service and expertise. So if you know of someone with poor vision, do let them know that we are here to help.

We look forward to seeing you soon

Annette



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Hearing well?

In previous times there are lots of reasons we may have told ourselves about why we aren't hearing as well as we did: It's other people mumbling, no one speaks as well as they used to. It's the background noise. It's my age. And nowadays --it's the facemasks..

During the last year most people have been isolating, not going out and seeing friends, so you might not have noticed a slow and gradual deterioration in your hearing. You may have turned the tv up a little louder than before, trying to get a little extra information. You may have started to use subtitles for some programmes. But now you're back out in the world, you may begin to notice that speech is not as clear as it was.

Facemasks will increase this difficulty as they take away the clues provided by lipshapes and facial expressions. We all learn to read lips

and facial expressions to some extent, but we concentrate more on this information when we start to lose the ability to make sense of the sounds we are hearing.

There's a difference between listening and hearing : and I'm not talking about "partner hearing loss": that's a completely separate issue! Hearing is the mechanism by which sound waves travel through the ear and auditory nerves to the brain. Our ears are always working, even when we are asleep, sending the sounds to the brain, which generally ignores them.

But listening is different, it's about paying attention and how much effort your brain needs to use to make sense of the sounds it hears. As our hearing deteriorates over time (from around 47), the brain has to work harder and use more energy to make sense of the sounds. It takes more listening effort.

The more effort it takes to hear well, the less energy your brain has for remembering things and for doing tasks, and the quicker you become tired. Its hard work to listen.

Notice those little hints that you're not hearing well: did you mishear something? how many times does someone have to repeat something? Do you hear some people better than others? Are you turning the tv up and it only makes things louder not clearer?

If you're not hearing well , talk to your GP or get a hearing test. ...
...At least then you'll know if it is because other people are mumbling

Anna Pugh
Hearing Therapist Audiologist and Manager of West
Norfolk Deaf Association (WNDA)



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1170-120-6

Keeping you mobile in Hunstanton

Michael and Roger, well known for their fantastic service at the local mobility shop in Hunstanton, have continued working independently after the shop closed last year. Hunstanton Mobility now operates from their well-equipped workshop facilities with full electronic testing and programming facilities in Seagate Road, Hunstanton.

Michael and Roger would like to say "A big thank you to all our regular customers who have stayed with us for their annual servicing and battery analysis checks. There is now no callout charge if you have any problems, we are happy to save you the time and inconvenience by coming out to you."

For those wanting to stay mobile locally, Hunstanton Mobility have a small stock of mobility scooters and wheelchairs for hire and bookings are coming in fast, but Michael and Roger will try and accommodate all requests for hire equipment including the odd forgotten Zimmer Frame, commode, Rollator etc, prices remain as last year. We continue our excellent relationship with local people, visitors and the local holiday park guests, ensuring that people can stay mobile.

Hunstanton Mobility also has a selection of pre-owned high quality mobility scooters for sale. All scooters are fully tested and come with a peace of mind six month warranty. Prices start from £400, depending on the specifications and age.

Michael and Roger are regularly asked all sorts of related mobility questions, and with their years of expertise and experience in the mobility industry and locals themselves, they are well known locally as the 'go to' for all mobility queries.

Michael explained 'It can be daunting for people looking for the answers to so many questions, for example: What do I need to look for when buying a scooter, how easy are they to drive, are there any

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mobility aids that will help my Mother, are there any holiday rentals suitable for my disabled sister? We understand there are no quick answers to some of these questions and it can be a minefield trying to find answers online, so we are very happy to have a chat to anyone with questions, our advice is free to all as a duty of care.

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Letters to the Editor

Architecture

I read the comments made by Miss L Blunden in the T&A May issue with great interest.

I agree that the architecture of the buildings she mentions near the seafront are indeed unattractive.

Much could be done to improve the aesthetics of Hunstanton, which must've been a charming and beautiful seaside resort in its Victorian heyday.

A selection of the towns retail outlets look extremely tired. Faded point of sale material in windows and a general image of shabbiness and a lack of retail professionalism. A feeling of tackiness is ensuing.

These shops compete in a fiercely competitive market, therefore, I fail to comprehend why they wouldn't embrace the opportunity to draw customers into their premises by smartening their appearance and making them look more enticing.

Take a stroll along the prom from town to the amusement park, and visitors to Hunstanton, will find there another eyesore that is indeed a very tired looking structure, a very dated and unattractive slide which dominates the skyline and views. This together with painted images, encircling around one of the other rides, which are of ladies in skimpy clothing and postures that wouldn't look out of place in a soft porn lads mag! This leads to this particular prom area looking rather run down, with a sleazy and tacky ambience.

Should a visitor venture further down the prom towards Heacham, they can expect to discover some rather desirable beach homes. Sadly, in between these desirable homes are dotted very undesirable properties. Are they derelict or just never maintained? Is there nothing that can be enforced to at least make these inhabitable looking sheds more presentable. I recently watched on local news that a beach hut (not beach house) in Wells next the sea could fetch £80k such is the desirability, I would be amazed if some of those buildings along that stretch of the prom would fetch a measly £80 for firewood!

J Williamson

Last month's letters

I enjoyed reading the articles on page 26/27 in May's edition Town and Around.

1st I would agree wholeheartedly with Mr Maiden ref the "Incompetence of the borough planning officers".

2nd Again, I would agree wholeheartedly with Miss Blunden ref the "poor architecture" around the Hunstanton seafront area

3rd Mr Johnston's comments about the railway were spot-on.

But all three comments/opinions come back to one thing, that is that the West Norfolk District Council (WNDC) including the planning office/officers are not fit for purpose.

We only have to look at what the WNDC are trying to sell off, the central car parks to developers and could not give a hoot about local opinion.

If we look back at what has been past in recent years from the planning office both the large developments in Hunstanton one on Redgate Hill and the other on Cromer Rd both were on Green field sites with no history of having been developed in the past 1000 years, with the law stating that "Green field developments" were only to go ahead under exceptional circumstances. The local council (WNDC) then changed the law so that the 2 parcels of land could be sold off with planning so as to maximize profits for the 2 landowners, then a few months later the same council then changed the law back again.

The fact the council changes the law to suite themselves is frustrating and questionable, but what is more frustrating is that the Planning officers are allowing and indeed passing substandard buildings to go on to be sold to unsuspecting property buyers/renters. With the Redgate Hill development there are quite a few worries about subsidence coming to light.

I am of an age where I can remember the fiasco of the Barret Estate built in Heacham in the 1970s/1980s, which for the new buyers of the homes on the Cromer Rd development there seems to be a resemblance to that development, I hope for their sake I am wrong.

But what this is all about is the fact that the WNDC only see Hunstanton and the surrounding areas as a cash cow to be milked to help bail out the woefully inept council.

What we need is for the Hunstanton Town Council to either step up and take control of Hunstanton's assets and to reinvest the money generated by those assets into Hunstanton or to fold the Paper tiger up and look to have more (and honest) representation on the board of WNDC.

If we as Hunstanton residents look to our Council tax bill we will see that we have to pay £57.09 for the luxury of living in Sunny Hunny and also there is now a Special Expenses of £24.79. This just seems like the WNDC are just rubbing salt into an open wound as not only is the WNDC milking Hunstanton's infrastructure dry but it is also milking the residents dry as well.

Yours frustratingly

Alfie Rake

Tourist information

I read the article about the new siting for the Tourist information.

It was closed without any consultation, re-sited at the Coal Shed, again without consultation. Following a period where hundreds decided to let the council know how unhappy they were, especially as it was to be unmanned.

So once more another home is found. The Oasis is enough of a trek for elderly and anyone parking up near the cliffs etc. But I can't believe that they think it will be any better there than in the coal shed. I assume they will not accommodate the information folders that had been put together over the years by staff. While leaflets are handy they won't cover everything provided before.

I read that staff at Oasis are to be trained but I assume this is alongside the job they are paid to do. I'm just not sure when it is full holiday season they are supposed to do both jobs. We found that this time of year we had a continuous stream of visitors. If the staff are busy will the people wanting tourists information just have to wait until someone is free.

When visitors came in they were always so pleased that we had the information they needed or if we didn't we always attempted to get it. We always felt it showed the town in a positive light.

I don't agree with any of this and although the Civic Society are said to be pleased, the TIC action group won't be. Since the initial closure, starting with the petition this group have tried so hard to get the manned Tourist Information reinstated. I am disappointed for the visitors, the elderly residents and really anyone who used it.

Name and address supplied

Train or Monorail

There has been a lot of talk both in the Town & Around and other press regarding the reinstatement of a rail line from Hunstanton to King's Lynn, which don't get me wrong I would like to see, but I do not think it will happen.

Too much land has already been built on, and why is The Port involved, this is mainly a tourist line, if the port wants to reopen the line from the docks to the main station that's fine, as it could reduce the amount of lorries, possibly.

When I emailed the 'group' about the station position at Hunstanton, I was informed that it would be situated east of Downs Road School, I did let them know that if they expect tourists to travel on a train along with all the items they need for the beach, do they really think people are going to walk approx. 1 mile down to the front, I do not think so.

If, as stated, they want to reduce car travel then they have to bear that in mind.

If on the other hand the 'group' was to look at the possibility of a Monorail this could with discussion be run over most of the existing rail line, which also eliminates the cost of line gate crossings (approx. 5 in total) and end up at the existing railway site in Hunstanton which I point out is right next to the beach.

This would also allow under the Monorail supports a Cycle/Walkway all the way from K/L to Hunstanton which would be a lot safer than the fragmented Cycle path we have at the moment.

Cookie of Sunnyhunny

Town and Around

Once again your magazine has been amazing! I have had a huge response to my adverts, and I am inundated with work! I am so grateful for this.

Town and Around is a real godsend for local businesses and individuals like myself, who rely on local advertising to promote their work. I can't praise it enough! Thank you so much for all your help. You are a star..!

Kindest regards,

Beverley Keit

Editor's note: thank you for your kind testimonial.

Thank you from John Crofts

May I thank everyone I met during my campaigns for the North Coast seat on Norfolk County Council and the Police & Crime Commissioner for Norfolk? And if you voted for me thank you again! Unfortunately I was unsuccessful in both elections, but in North Coast I tripled the LibDem vote from four years ago and increased our share in the PCC election from 8.3% to 13.7%.

It was clear from the people I spoke to on the doorstep that you value living in this area as much as I do, but are frustrated by the lack of opportunities for our young people to remain in this area. If we are to maintain a vibrant economy, and bring in the money through council tax and business rates to fund the services we all deserve, we must make sure our county is a place where young people can prosper, learn, set up businesses, and forge careers. They need to be able to afford to rent or buy accommodation in this area and yet our Borough and County Council favour building yet more larger houses which are most affordable as a second homes, with the result that many of our villages have lost their community feel. While in Hunstanton we are sacrificing car parking space and the potential local use that could result from the former infants school in order to profit from the sale of land that will enrich King's Lynn and Norwich rather than Hunstanton.

In discussions with you there is agreement that we need a well thought out economic recovery plan that puts us on course to perform much better post-pandemic; a vision that is built on the strengths of Norfolk's business community- enabling them to grow, and thrive, and employ more local people.

There is much concern regarding what we are doing to our environment and Climate Change should be at the heart of everything that the County & Borough Councils do. The recent flooding in Burnham Market and elsewhere has shown us that to do anything less is at our own peril.

Many have talked about the need to address the issues that beset the A149, particularly in the summer months; improving existing local transport links for both private and public transport that will make travel across the villages and down to King's Lynn easier and quicker as well as giving the area an economic boost and building a sustainable transport approach across the county that combines public transport, rail, walking and cycling.

I will work with you to ensure our Borough and County Councillors always strive to do the best for local residents and I would be pleased to hear from you if as a local campaigner you want to discuss issues.

Please email : john@westnorfolklibdems.org.uk

Banks of the Ringstead River/Chalkstream

Can all your readers with an environmental leaning, please keep an eye on the constant digging, earthmoving, and landscaping of both banks adjacent to Redgate Hill, next to the Butterfield Meadow development, for I fear environmental crimes are being committed here.

Only last year these small parcels of land were cleared of scrub and woodland, during the first Covid Lockdown, bang in the middle of the bird nesting / animal breeding season; a real "slash and burn" job. Gawd knows how many nests were destroyed, and breeding animals / birds displaced! Certainly in the nearby back gardens of Redgate Hill we suddenly had Stoats, Rabbits, Hares, Partridges, and even rare Warbler species turning up. You can only imagine what happened to smaller, slower species, like Hedgehogs, Reptiles etc.



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Ever since this land has been constantly reshaped, and landscaped with topsoil etc, making a mockery of the landowner's explanation that it was being cleared for Cattle grazing.

It would certainly now appear to be becoming part of Butterfield Meadows Estate landscaped gardens!

Readers' attentions also need to be drawn to the sorry state of the Heacham River at South Beach, where the E.A. have deliberately lowered the water levels by over 12 inches, in the forlorn hope of attracting Sea Trout into 'this natural Norfolk Chalk Stream'! Quite where they could migrate to spawn, given the solid stone weir at the Norfolk Lavender Farm is anybody's guess.

Meanwhile, most of the existing fresh water fish species have disappeared from the river, given low water levels, pollution, no hiding places left from predators, such as cormorants and local otters.

Name and address supplied

WILD KEN HILL IN SNETTISHAM TO HOST BBC SPRINGWATCH

Viewers of the popular BBC 2 Springwatch programme will be delighted to hear that this year it will have a local interest for West Norfolk residents.

The programme returns on Tuesday 25th May for three weeks and Wild Ken Hill will host Michaela Strachan and Chris Packham who will be presenting live every evening from Tuesday to Friday.

The BBC has announced: "With an over-arching theme of 'A Vision for the Future', Springwatch will present a vision of hope, inspiration, beauty and co-existence, brought to the audience from every Nation in the British Isles. Nature has been there for us; now we need to be there for it.

"The stories of this spring will be revealed by presenters Chris Packham and Michaela Strachan, as they explore a landscape with co-existence at its heart in Norfolk. Iolo Williams enjoys the solitude of The Highlands of Scotland and Gillian Burke immerses herself in the tranquillity of the glorious Strangford Lough in Northern Ireland.

"Wild Ken Hill's wetlands and farmland are a paradise for birds and insects alike. During spring, the live cameras will give our audience an intimate glimpse into the exquisitely hidden nests of Lapwing in the Tussocky grasses, Avocet out on the open scrape and perhaps even rare Turtle Doves in the thorny tangles of scrub. It wouldn't be Springwatch without a Blue Tit nest and in the ancient woodland, a wealth of our beloved songbird species are nesting alongside fearsome predators – including Goshawks!

"Out on The Fen our cameras will capture the wonder of the newly introduced Beavers. And with two males having joined the already established females at the end of last year, there could well be the possibility of Beaver kits.

"There is plenty to whet the appetite of any entomologist with insect populations waiting to be unearthed; in sandy habitats the rare Breckland Leatherbug might be glimpsed. Overhead populations of bats take over as the hunters of the night and Chris and Michaela may even be able to glimpse of the Barbastelle bat, one of the UK's rarest



Springwatch presenters from left Chris Packham, Michaela Strachan, Iolo Williams and Gillian Burke

species of mammal.

"Our exciting re-wilding project on the Norfolk coast will be home to more than 30 remote cameras – each hoping to capture the drama of spring as it unfolds.

"We already have cameras in a Barn Owl box and it's looking likely that Kestrels are planning to nest on the site too.

But it's not all about the birds. The site is also rich in some of our favourite mammals such as Brown Hares and at least three species of deer. In the re-wilding section of the site they have introduced Red Poll Cattle, Exmoor Ponies, Tamworth Pigs and Beavers.

"The site is rich in invertebrates and small mammals all of which are to be discovered by our cameras."

KING'S LYNN FESTIVAL CHORUS

Like most of the U.K. we've now been in lockdown for over a year protecting our vulnerable friends and family and each other. There is now the glimmer of a new dawn on the horizon as the Covid situation eases. Like many, we are all looking forward to face to face rehearsals and the pure pleasure and joy of singing together again.

New singers are always welcome and there will be an opportunity for new singers to join us when the Covid situation eases still further. Meanwhile interested parties should keep checking our website www.kingslynnfestivalchorus.co.uk on Facebook or Twitter @kl_festchorus for latest information as to when this will occur.

If all goes well, we hope to hold two concerts in the Autumn term, Covid conditions permitting.

Although we haven't performed or rehearsed in person since last March, all was not lost – indeed there has been much singing done since last April thanks to modern technology and our two techy boffins Mike Walker and Jim McGarrick. All through the summer term, they devised a programme of motets, madrigals and other short compositions of the choral repertoire that members could learn, record, send off to Jim to be compiled into a combined track. Many of these are still available to listen on our website.

Since last September we've had more formal weekly rehearsals via Zoom led by our very own Ben Horden who embraced the challenge of leading rehearsals in this way. It was making the best of the global circumstances that we all found ourselves in. Together we have re-examined Handel's Messiah, that great colossus of the choral repertoire. And last term, learning probably the latest reworking of the Mozart Requiem, this one by Duncan Druce completed in the 1980s, which turned out to be a very interesting exercise indeed; as well as short motets and lighter pieces for variety.

There is a quarterly Newsletter available to all on the mailing list that gives details of our activities and latest news. If you would like

to receive this, please join our mailing list. You can do this via the Contacts page of our website or write to the secretary@kingslynnfestivalchorus.co.uk

We look forward to seeing you again at our concerts or rehearsals.

Thornham Bowls Club

The Bowls Club at Thornham was started in the early 1900s and Green Bowls has been enjoyed here since that time. Its present home is on a beautiful site secluded from the nearby Village High Street by mature trees. Next to Oak House.

We would welcome more members both accomplished bowlers and beginners. If you have never bowled before come and have a go, we have lots of experience between us and can show you the basics.

The aim of the game is to roll a bowl (large almost round weighted ball) at a small ball and try to get as near to it as possible. It can be organised so that you play in pairs, teams or individual. Most matches are played in 'ends' where you roll a specified number or bowls (up to 4) at the Jack (small ball) from one end of a lane to the other. The game can also be played in a more relaxed and just for fun way any angle across the green or bowling at different objects or positions. Nearest wins every time. The bowls are weighted so that they roll in a curve so learning how to control the bowl increases the skill level.

Thornham Bowls club is very low on members at present but the remaining members are keen to help newcomers to the game. Sessions known as 'roll ups' are organised so that what is played depends on who turns up. If only experienced players are present, they will play a competitive game. If beginners are there they can be shown how to bowl and a suitable game played by all. All rounded off with a cup of tea and lots of friendly chat.

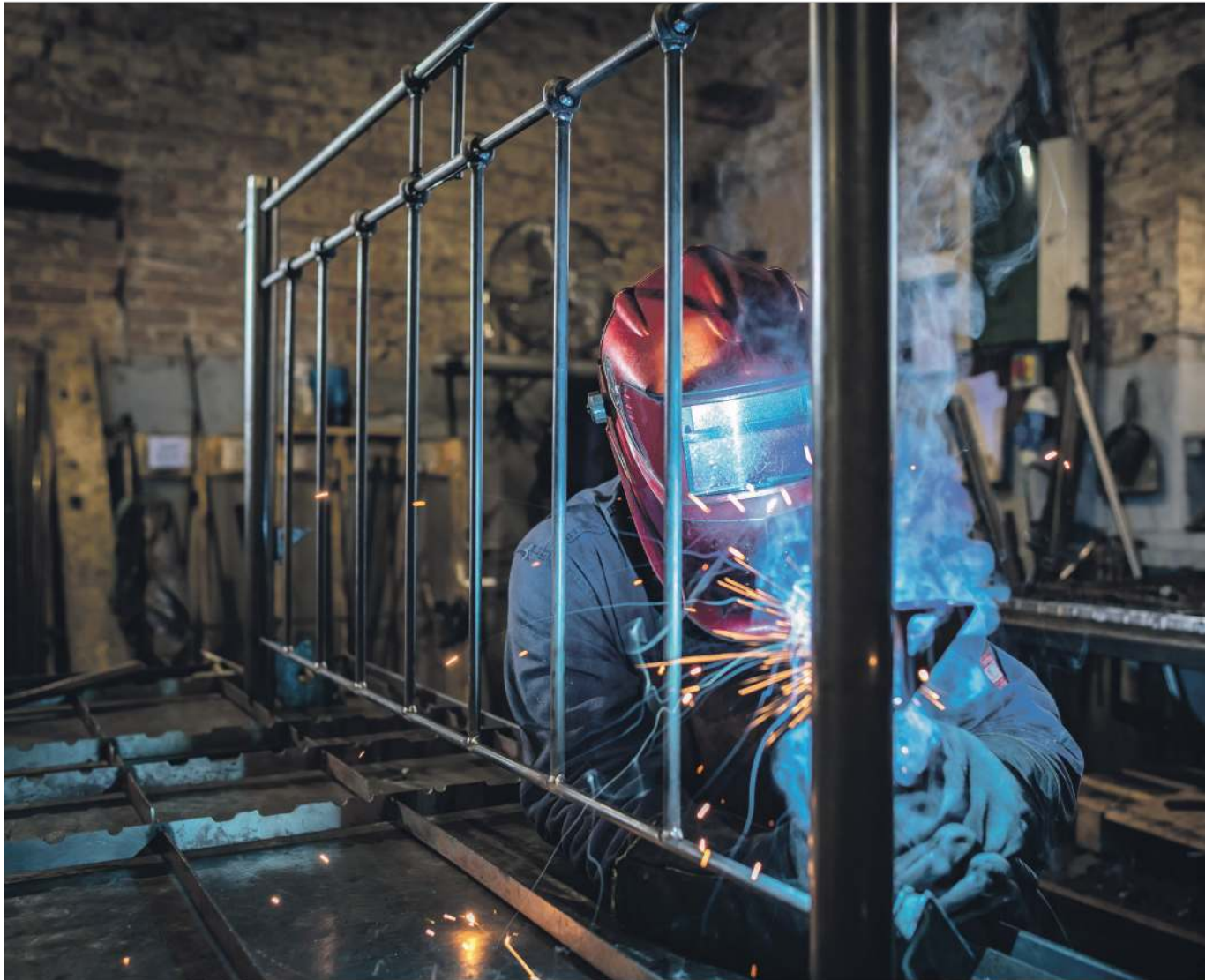
The season started in late April. At this stage we are having Wednesday afternoons each week dedicated to new players. If you are interested or want to know more, please contact us at **Steve Mobile 07979812125 or Anne on 01485512004**



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Barking Bugle News

Ticks, Telly & Treats!



What a month it has been here at BB HQ! First of all I was unfortunate enough to get a tick while out walking. Eeeeeek! The PA (paws assistant) tried to remove it but left a bit in so it was another trip to the vets. I was very brave though. Be careful pals when out walking in the countryside that you don't pick one up. Get mum or dad to check you out after walkies.

Can you believe it, Miss Zsa Zsa has been filming recently for not just one but two TV programmes! She appeared on the BBC's Countryfile show and ITV News and, I have to admit (I say rather begrudgingly), did a great job eating and snoozing whilst highlighting two serious issues. In the past my brothers, Frodo and Gizmo, were always the ones to be on telly and I thought now was my time to shine but no..... along came Miss Zsa Zsa with her silky red hair, big long lashes, and princess smile and it's all Zsa Zsa this and Zsa Zsa that, and who's "Pupstar?" Honestly, the way things are going I wouldn't be surprised if the next big reality show is 'The Only Way Is Zsa Zsa!'

However, I have now had time to think about my rather immature reaction and I would like to make a public apology to my sister. I had been constantly whingeing about her getting her face on telly rather than me when mum sat me down and said, 'Pupstar, you have been loved, cared for and had all you could wish for since you were born. Poor Miss Zsa Zsa spent 6 years in a puppy farm in appalling conditions where she was sad and lonely. Don't you think she deserves her moment in the spotlight?'

Mum of course was right and I am very very sorry, Zsa Zsa. I love you to bits and am really proud to call you my sister.

We have been very busy as usual going out and about distributing food for our many furry friends out there who have fallen on hard times. We have travelled to PACT Animal Sanctuary and have also dropped off goodies for Help for Homeless Hounds in Norwich and to individual households locally. Once again we would like to woof a huge thank you to all you generous humans out there for donating lots of goodies. Remember you can visit Lily's Pet Store in Hunstanton which is also a pet food bank and leave any donations. Thank you so much, Lily, for making this a possibility.

Now we have some important news for all humans and their doggies. We absolutely love walkies at Snettisham beach but you need to be really careful and respect the wildlife here. During the summer months (April to August) ask your human to pop you on a lead so you don't disturb the beach nesting birds, and look out for signage and nest protection cordons letting you know where the birds are nesting and where you must not walk. Please make sure you do this and try to keep the woofs down to a minimum so as to not disturb our feathered friends.

Take care and have fun and don't forget to visit www.thebarkingbugle.co.uk for all the latest doggy news!

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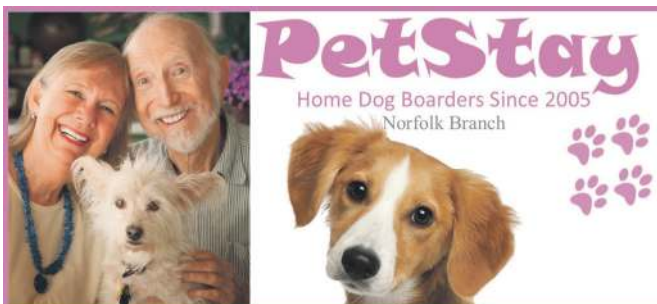


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Florence and The Little Princess Trust



Florence Birks, a Year 7 pupil at Smithdon High School, has been growing her hair to donate it to The Little Princess Trust.

The Little Princess Trust make wigs for children who have lost their hair due to treatment for cancer or another condition. A wig costs several hundred pounds to make and they especially like long hair to make long wigs.

Florence had her hair cut at Unique in Hunstanton on 5th May, donating 40cms of hair, which when made into a wig will be given to the recipient free of charge.

Friends and family sponsored Florence and she has raised more than £600 for the trust.

Well done Florence!

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Can we help?

Just as you think things are getting back to normal, maybe time to relax and work under normal pressure you get hit by a steam roller and wonder when you are going to get through the 'to do' pile. We always have a huge work pile, like most people, which does seem to wane slightly and replenish with the rapidity of a racehorse. No rest for the wicked. Certainly not these last two weeks. I have looked at numerous properties, all different shapes and sizes and all capable of achieving an excellent rate of bookings.

So just to reiterate to anyone new to Town and Around, we are a small independent, well-established agency, local in a prime position in Hunstanton who have the privilege of offering a very wide selection of self-catering accommodation. Properties can be booked from two nights and for a holiday up to four weeks. At the moment we have to respect the Governments Covid rules but come 21 June, Boris's roadmap will open up the green light so holidays can be taken with anyone.

Our holiday homes have only a handful of properties and dates left for school holidays. The 'shoulder' months as we call them, outside of summer also have limited availability indicating that the demand is very high. Furlough is in operation until 30 September which means that people can still get away in early Autumn and if last year was anything to go by, September and October will be booked out too. Sadly, we are having to turn people away or persuade them to book early for next year which many families are deciding to opt for.

Which brings me to the reason why I am pushing snow uphill. Which is a very good thing for us. Bookings are done, guests have all questions answered, telephone calls are dealt with, accounts are done, wages are paid and to do all this we have lovely holiday homes on our register.

However, we would like to have more quality properties for everyday people. If there are owners of second homes out there who would like a fair rental for their property in order to pay its way for a year or two, then we can help. We give a free appraisal for inspecting a property and hope that our service is tempting enough to add both owner and property to our register. With foreign holidays being a bit doubtful for some, Norfolk is a wonderful place to explore and what better way to do so than to share your holiday home with another family or couple looking to escape and explore.

You may not think your property fits the bill but why not ask us. We may be able to help you make a bit of profit after the bills have been paid. For further details and an informal chat come and see us in our office in Westgate or call/email.

Sandra Hohol, Norfolk Holiday Homes
 01485 534267 info@norfolkholidayhomes.agency
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Rosamund Bartlett a writer, lecturer and translator whose work as a cultural historian ranges across the arts. She completed her doctorate at Oxford and is the author of several books, including biographies of Chekhov and Tolstoy, and a study of Wagner's influence in Russia.

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A recipe from the Prudent Pensioner

Doreen Reed

This easy recipe makes a nice tasty meal for 2 adults. I sometimes use 670ml stock and no wine and find the result just as nice.

Courgette, Bacon & Cheese Gratin
2 tbsp. Olive oil
Medium Courgette
3 rashers smoked bacon (rind removed)
Medium onion
140g. Risotto rice
187ml white wine
480ml. Vegetable stock
70g. cheese Sliced fairly thinly
You will need an 850ml/1½ pint ovenproof dish.



Method:

Cut bacon rashers into chunky pieces. Peel and slice onion.
Cut off and discard ends from courgette, clean and slice diagonally.
Heat half of oil in large saucepan, add courgette slices and fry gently until tinged golden. Remove with slotted spoon and put aside.
Add remaining oil to pan, add bacon and onion and fry gently until softened and lightly golden. Add rice and stir for a few minutes until the grains start to pop.
Carefully add wine stand back while it sizzles and absorbs the rice. Stir well and add approx. 1/3rd. of stock, increase heat to medium and cook, stirring frequently, until most of the liquid is absorbed. Add remaining stock and cook for a further 20 minutes or so or until rice is tender and most of the liquid has been absorbed.
Preheat grill to high. Remove pan from heat and gently mix in courgette slices. Season to taste. Place into an ovenproof dish. Spread cheese evenly on top of rice. Place dish under grill for 3-4 minutes until cheese is bubbling.
Serve and enjoy.

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

See more recipes on The Prudent Pensioner Facebook page
Email: pru.pensioner@btinternet.com

TREFOIL GUILD

Mary Harpley

I expect some of you wonder who we are and what we do in the Trefoil Guild. We are a senior version of the Girl Guides, some of our members have in the past run Brownies, guides, cubs or scouts, although this is not necessary.

We meet on the first Thursday of each month, we do various activities; some months we may have a speaker or demonstration and other months we have outings and we also have a camp day.

Our main fundraising event is our coffee and gateaux day. This year it will be held on 15th August at the Methodist Church Hall in Station Road, Heacham.

The aims and objectives of the Trefoil Guild are:

To keep alive among members the spirit of the Guide and Scout Promises and Law.

To carry that spirit into the communities in which members live and work.

To give practical, moral and financial support to Guiding and Scouting.

If you are interested in joining us, why not come along to one of our meetings? Please telephone me on 01485 570460 and I will be happy to give you any information.

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The copy date for terms for inclusion in the July issue is 12th June.

Please send to
editor@townandaround.net
or by post to the address on page 2

What's Going On?

If you happen to wander past my studio in the High Street Heacham (Studio @ 55) you may ask yourself what exactly is going on here. The light could be on when most of Heacham is asleep. I may still be working. I have a deadline.



Each year a contemporary art exhibition takes place at Cley-next-the-Sea. Artists show their work in St. Margaret's Church and churchyard, the NWT Visitor's Centre or on the beach. (<https://cleycontemporaryart.org/> Instagram @cleycontemporaryart)

Unfortunately, Cley 20 couldn't take place but now, I can finally proceed with my work for Cley 21 which will take place from 1 July - 1 August.

The theme is "nowhere: not in or to anyplace, not anywhere – nowhere is now here."

The installation piece I'm doing consists of eleven 'skins' that will be suspended above the baptismal font near the west window/entrance. Each 'skin' is made of tissue paper and acrylic medium and is approximately 2m long and 120cm at the widest point. I set to work making a large form made of chicken wire and 'Ciment Fondu' that would serve as a mould for the 'skins.' They are translucent with soft edges reminiscent of alabaster or ice and will appear to be floating in space. I still have a lot of work to do before the hanging starts on 21 June, but you are welcome to visit on Saturday and Sunday from 10am to 1pm or by appointment.

While I'm waiting for the acrylic medium to dry, I'm working on my second installation project of the year. It's for the Ravingingham Sculpture Trail which will run from 29 July to 5 September. (<https://ravinginghamsculpturetrail.com/sculpture-trail-2021/> Instagram @ravinginghamsculpturetrail) I will be using the same materials but suspend 'skins' in a tree to create a cocoon-like effect. My childhood love of tree climbing got put to practice again making the templates for the piece.

When I am not working towards an exhibition or on a commission, I give classes in Clay Modelling, Soapstone Carving and Plaster & Wire. Clay Modelling is running and so is my new kiln. It's exciting having a kiln on site and seeing student work after a firing. As things ease up, more courses will begin so please do let me know if you would like to join in. My classes are limited to 4 participants so each person can develop their own ideas with a maximum amount of support.

Further information: Esther Boehm BFA (sculpture) • Studio @ 55 • 55 High Street • Heacham, PE31 7DW
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Hunstanton & District Inner Wheel

Sue Trewin, Club Correspondent

Coming out of lockdown, I wondered whether a tortoise coming out of hibernation feels as diffident as I did. Here are a few comments from some Inner Wheel members as they emerge: June Sexton writes 'our kind of heaven, walking around the garden at Sandringham, through the new avenue of magnolias, talking to the guide and having coffee and cake afterwards'. Susan Bradshaw wrote 'coming out of lockdown is scary. How do you behave in shops, what do you do when people bump in to you? Help, I have no cash and this shop won't take cards. I used to like people- now I find those I do not know a threat'.

Myfanwy Dunford writes 'I have found it very lonely. The days have been very long. Plenty of knitting done though!' Jennie writes 'I look forward to a time without masks'.

Hillary Farrell our President has completed her 100 mile walk with only two blisters! She did 21 different walks, 16 on her own and 5 with family and friends.

Photo shows Hilary, Veronica Welham and Sue Sullivan returning from a walk and looking remarkably relaxed. Well done Hillary.

Due to my laptop crashing I am unable to show you all the entries for the spring photo competition but I can tell you that the winner was Val Garner with her study of two robins, and June Sexton and Gill Teicke were highly commended. Val received a deluxe bird feeder for robins as her prize. The judge was my daughter in law Helen who is an established artist and lives in London.

Hunstanton and District Inner Wheel wish you all well as we begin to emerge from lockdown.



Hunstanton Charity shop Re-opens



Well with seems like a long time we are glad to say we have reopened, we have spent many long hours in the shop re arranging, re stocking and making sure it is Covid safe for both customers and staff.

We have also changed our pricing structure with ladies and gents clothes being just £2.00 per item. Books, DVD's, Cd's 2 for only £1.00. we are now also sporting a bright pink rail and matching hangers for that little bit special item, this rail is individually priced so why not pop in and have a look around.

Since opening over 7 years ago we have donated in excess of £50,000 to a wide range of groups, charity's and schools, some of the donations we have made have gone to Queen Elizabeth Hospital wheel chair and falls appeal, RSPCA West Winch, E.A.C.H, N.A.R.S, Hunstanton Primary School, Hunstanton Stroke association, R.N.L.I, help 4 Hero's, Snettisham and Hunstanton Scout groups, W.N riding for the disabled, Blood Bikes, Guide Dogs, Hunstanton Day Centre,

Scotty's Little Soldiers to name but a few. If you are a local group or charity and think we could help you please write to us at 77 Westgate Hunstanton or pop it in the letter box or hand it to our colleagues when we are open.

Our little shop is run by volunteers only and we are open Monday to Saturday, we are looking for more people to come along and volunteer, so if you think this could be you and you can spare us a morning, afternoon, all day or just a few hours please pop in the shop and have a chat to us, your help can make a difference. You will find us in Westgate opposite Sainsbury's.

Donations are always welcome in the shop and we also provide a local collection service simply pop in to arrange it.

Moving with the time we now have a Face book page where we put items for sale, news about the shop any sales we have coming up or running so why not check us out and like our page, **Hunstanton Charity Shop** the more the better.

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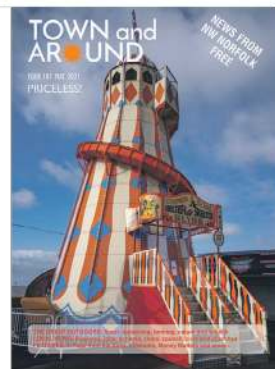
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Hunstanton Lifeboat Station news

Geoff Needham

Sunday 9th May at 5 p.m. Humber Coastguard requested launch of Hunstanton RNLI lifeboat to go to the aid of a Paddle Boarder reported to be in trouble at Scolt Head Brancaster. Hunstanton Lifeboat launched and proceeded to Brancaster, but were stood down as they approached Holme, a report came in that the paddle boarder had been assisted by others and was safely ashore. This was our first and only shout since 9th of April.

On the 11th May 1983 our first Atlantic lifeboat was named at a ceremony at Old Hunstanton Boathouse. She was an Atlantic 21 and had arrived at the station in December 1982. She was named "The Spirit of America". Her cost of £22,500 was met by the American British Lifeboat Appeal organized by the American British Lifeboat Appeal, organized by the American branch of the RNLI. Members of this branch had decided in 1976, following the bicentennial celebrations of American independence, to return the friendship shown to them, the appeal raised over £40,000 and provide two Atlantic Lifeboats. One was sent to the Atlantic College, the birthplace of the Atlantic class lifeboats, she was named "American Ambassador".

We had the other one "Spirit of America." She was formally named at the Station before a large crowd including civic dignitaries and American guests. A fly past of four Jaguar planes from RAF Coltishall started the proceedings, which opened with the playing of the USA National Anthem the Star Spangled Banner. Major John Day the Honorary Secretary of Hunstanton L.B station opened the proceedings. Major Day was the instigator of the reopening of Hunstanton RNLI station. Admiral Sir Peter Compston, Deputy Chairman of the RNLI and Chairman of the appeal fund, presented the lifeboat to the station on behalf of the appeal fund and the RNLI. The service of dedication led by the Rev. Paul Alton, vicar of the parishes of Old Hunstanton, Holme-next-the-sea and Thornham, assisted by the Rev. Allan Lloyd Davies, Minister of the Union Church Hunstanton. After the dedication, Vice Admiral Donald Engen, a retired USA Navy Officer and former President of the Association for rescue at sea, spoke: Links between our two countries have always been strong and I'm delighted to represent citizens on both sides of the Atlantic who have helped bring the lifeboat to Hunstanton. He then named the lifeboat, after which then put to sea for a short demonstration.

Spirit of America was on station from December 1982 till September 1998, when she was replaced by our first Atlantic 75 "DJS Haverhill" which was replaced by our



Our first Atlantic Spirit of America and all involved at the time, sadly quite a few no longer with us.

present Lifeboat "Spirit of West Norfolk" Spirit of West Norfolk was officially named later on in 2011 at a ceremony as the Station took possession of its new Atlantic 85 lifeboat in late March 2011. The result of a Lynn News appeal to raise funds for a new boat, replacing our Atlantic 75 DJS Haverhill. New lifeboat Spirit of West Norfolk makes first shout since arriving on station. Saturday April 30th 2011 at 4.26 pm. launched to a report of person in water off Heacham South beach. Crew launched and made good speed in a force 6 easterly wind, one hour before high water. On arrival it was discovered that person was approx quarter mile from shore, and in near state of collapse, hanging on to his capsized canoe, and frantically waving to attract attention, our volunteer crew hauled him into the lifeboat, as he was in a bad way. He was landed onto the beach at Heacham to the local Coastguards and a paramedic who was also on the beach. He was a 47 year old from Luton staying at Heacham, the crew then recovered his canoe and brought it back to the boathouse. Returning to station at 5.25 pm. The rapid response station to this incident undoubtedly prevented what could have been

loss of life. This was to be one of many the crew have responded to.

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

The RNLI charity saves lives at sea. Its volunteers provide a 24-hour search and rescue service around the United Kingdom and Republic of Ireland coasts. The RNLI operates over 238 lifeboat stations in the RNLI UK and Ireland and, in a normal year, more than 240 lifeguard units on beaches around the UK and Channel Islands. The RNLI is independent of Coastguard and government and depends on voluntary donations and legacies to maintain its rescue service. Since the RNLI was founded in 1824, its lifeboat crews and lifeguards have saved over 142,700 lives.

Keep up to date with local news between editions at
www.townandaround.net
 News stories are published here regularly

New fashion store specialising in quality British brands opens in Snettisham

It's a myth that men don't care about style, however, I'm told that many find the act of shopping itself a bit of a chore and something best avoided.

Not so any more. Steve Mc Allister has opened a new shop at the Poppyfields Retail Park in Snettisham, just off the A149. There's ample free parking and the opportunity to get kitted out by someone whose passion for quality fashion is obvious.

Offering the best designs from independent British brands, Marc Darcy, Oxford Blue, Hatley, Fable and Earth Squared, McAllisters aims to be the home of classic and contemporary fashion for men and women.

Visiting the store just before the opening on 17th May I was particularly taken by the vintage style Marc Darcy suits – the detailing is just exquisite. And on a shelf next to them some rather lovely leather shoes that would certainly complement the outfit.

The Fable handbags and wallets selection is very tempting and some quirky jewellery from the same manufacturer may well prove irresistible.



McAllisters is open Tuesday to Saturday, from 9.30 to 5.30

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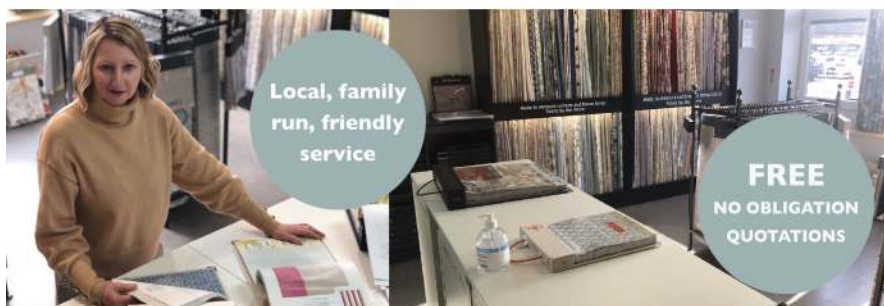
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National Coastwatch Institution - 'Eyes along the Coast' Temporary Watch Station at Brancaster

On Bank Holiday Monday, 3rd May 2021, the National Coastwatch Institution proudly opened a new, temporary Watch Station at Brancaster, Norfolk, administered, managed and manned by volunteers from NCI Wells-next-the-Sea.

As a 'satellite' Station of Wells-next-the-Sea, the NCI Brancaster unit will keep watch over the area on Fridays, Saturdays and Sundays between 08:45 and 18:00 (tides permitting) during the Summer months when the beach and bay are at their busiest.

As they build their bank of Watchkeepers at Brancaster, it may be possible to stay on watch until 20:00 during school holiday periods.

With dangerous tidal currents and with people regularly being stranded on sand banks on fast rising tides, it has long been the wish of H.M. Coastguard, the Maritime and Coastguard Agency, the R.N.L.I. and other organisations for an NCI presence at this location and now it is finally, albeit temporarily, in place.

They are positioned behind the Royal West Norfolk Golf Club building at the end of Beach Road, with a commanding view of the sea and beach from East to West.



Tony Goddard, Station Manager NCI Wells-next-the-Sea looking out through the window of the Temporary Watch Station. Photo credit Steve Norris

Their mobile telephone number is 07946 150669 but, at the moment, the reception is patchy at best, but they are working on it. They can also be contacted for radio checks, weather and tidal information on the dedicated

VHF Channel 65.

They look forward to playing their part in assisting all of the other SAR Agencies in keeping visitors to Brancaster safe and well, high and dry.



UNITED SERVICES SOCIAL CLUB (HUNSTANTON) LIMITED CATERING FRANCHISE



Applications are invited from persons interested in taking on the catering franchise within The United Services Social Club (Hunstanton) Ltd.

Closing date for applications will be 2nd July 2021.

Interviews will take place during the week commencing 12th July 2021.

Please email ussc_bband@tiscali.co.uk for application forms and details, or place your proposal in a sealed envelope addressed to:

**For The Attention of The Secretary,
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Keeping your personal data safe

Daniel Sharman, DNS Computer Services

This month we are going to be mentioning various ways in which you can help to keep your personal information safe and private.

With so many different accounts, logins, profiles and, subscriptions these days, it is very important to consider how much information we share online, how we might be sharing it, and also to think about the potential problems which might stem from that information being available to others.

Data and social media

The first, and one of the most important areas for concern are social media accounts, let's talk for example about Facebook.

If you have a Facebook account, you will almost certainly have been asked to give various pieces of information when signing up. Things like your birthday, the school you went to, the Town you grew up in, this information is held on your profile and, depending on your privacy settings is visible for people to see.

You may also upload photo graphs to Facebook, photos of holidays, family members, vehicles (with their registration numbers, houses with house numbers etc...

You may also post messages onto your Facebook page.

Identity theft, originating from online sources, is surprisingly common. Usually it starts with someone knowing a name, then data is collected from various places to build up a seemingly legitimate identity file.

That set of information, if concise enough, can be used by fraudsters to exploit that person, often financially. Here are a few common tricks which are used...

- To create accounts for purchases or subscriptions in the victims name
- To falsify their own identity to avoid fines, charges.
- To acquire credit/loans etc in the victims name

Facebook settings, if left at default levels, are quite open in terms of shared data. We recommend to at you go through them ensuring that your Date of Birth and any other personal information is hidden from the public domain, or at the very least, visible only to close friends.

Also, go through your photographs, old and new, make sure there are none which inadvertently show any key pieces of information, house numbers, car registrations, paperwork in the background are just three common red flags.

Marketing and data collection

It is also important to be alert when actively providing people and organisations with our personal data.

It is now almost guaranteed that if you buy something from a shop, they will ask for your email address, this is a great way for the shop to build a client contact list, which can be used to target sales emails and



Daniel Sharman

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Tapping Close, Snettisham

adverts. Many larger shops now ask something along the lines of 'Do you have an email address we can send your receipt to?'

We would advise not to give the email address and to request a paper receipt on the spot instead.

This kind of Data collection is rarely used for criminal activity, however the negative impact is that you will start getting unwanted sales/spam email, if you give your email address to several companies in this way, you can quickly find yourself swamped in junk mail.

Proper disposal of printed material

It is also worth mentioning the importance of getting rid of unwanted paper based information. Bank statements and utility bills hold a huge amount of information about a person, and can be used against you if it falls into the wrong hands. We recommend that any paperwork, printed or post which has any personal info on it.

In summary, here are our key recommendations to help keep data safe.

- Make sure social media profile settings are set to hide any key data about you
- Make sure your computers or devices have up to date antivirus software
- Don't give personal details out to anybody, unless you trust them
- Ensure that any photographs, documents or posts do not show any sensitive data
- Be wary of filling in online forms, only if you ok trust the company

If you would like any further information or advice about how you or your business can improve your data security position, please contact Dan or Carrie at DNS Computer Services on 07554 018307 or email dan@dnscomputerservices.co.uk

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THE SUPER-DEDUCTION CAPITAL ALLOWANCE – IS IT “THE BIGGEST BUSINESS TAX CUT IN MODERN BRITISH HISTORY”?

By Kathryn Gigg Chartered Accountants, Hunstanton

One of the key business announcements in the 2021 Budget was a new 130% enhanced tax relief for capital expenditure which, for two years from April 2021, would give businesses £1300 of tax relief for every £1000 invested.

Closer examination of the legislation confirms the adage that “if it looks too good to be true, it probably is”. Firstly, the new Super-Deduction is only available to corporate businesses, so those who trade as individuals or partnerships will not be eligible. Secondly, it only applies to plant and machinery allocated to the general capital allowance pool (mainly moveable items), and hence the first year allowance for expenditure allocated to the special rate pool (mainly fixed items) will only be at 50%. Thirdly, when plant purchased under the new relief is subsequently sold before April 2023, the disposal proceeds will be scaled up dependent upon how long the asset has been held so, aside from any depreciation loss over the period it has been owned, the relief is one of timing only; and fourthly the investment must be made into new items, so used machinery will not be eligible.

Perhaps more importantly, availability of the new relief expires in April 2023, on the exact date that the Corporation Tax rate goes up to 25%. What this means is that relief will be given at 24.7% (19% x 130%) on the actual expenditure but then clawed back later at the new rate of 25%. Even worse, most small companies will fall within the 27% “marginal rate” of corporation tax which applies between profits of £50,000 and £250,000. So in an extreme case, a £100,000 asset which was bought in 2022 and sold for the same money in 2023 could actually cost the business additional tax. In such circumstances, it would clearly be better not to claim the relief at all. There is also a complication if the company is considering using the enhanced relief to claim back tax paid in previous periods, since it might be advantageous to carry the enhanced losses forward instead, where they would be relievable in a period of higher CT rates. It will be interesting to see whether changes are introduced into the Finance Bill to address this point.

These new rules will bring in a completely new level of complexity in the timing of investment for small companies. It will not only be important to calculate the likely level of profits and cashflow availability in the year of purchase, but also to do the same in the year of sale, perhaps trying to match the disposal with a year in which the company profits, including the disposal proceeds, are below £50,000. Since disposals are often made by way of trade in, this will give the perverse situation that the best time to make further investment might well be in a year of particularly poor profitability.

Given the limited lifespan of this tax break planning machinery sales and purchases for companies will be more difficult than ever, and if the timing is wrong, the tax consequences could be quite severe – even a day of delay at the year-end could cost real money. The compliance aspect of all this will require a lot of care. Companies will need to keep track of assets on an individual basis and ensure that if they sell them, that they put the right figures into their computations. Good record keeping, management accounts and timely professional advice will be absolutely essential.

Companies may therefore want to evaluate the benefit of drawing these reliefs rather than the existing 100% Annual Investment Allowance, particularly as the £1M AIA Annual Limit is being extended for a further year. Rather a lot to think about!

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

Mrs K H Gigg FCA



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

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Extra Hands carers look back on remarkable first year

Events of the last 12 months have transformed millions of lives, and that is certainly the case for carers who this month rack up their first year in the job.

Tamara Proctor, Natalie Ely and Trevor Wicks all have different backgrounds and stories but entered the care sector just as its work became more necessary and high-profile than ever before.



For 20-year-old Tamara from West Lynn, who had previously worked in a shoe shop, the pandemic made up her mind to take a step she had been contemplating for some time – and she has no regrets in joining the award-winning home care company Extra Hands on May 20 last year.

“Growing up, I cared for my mum, and I’d seen how carers helped her, so when I saw what was happening with the virus, it seemed like the best time to get involved with a job that was a natural fit for me,” she said.

Her retail experience, often with older customers, has proved handy. “It’s been character-building,” she said. “When I used to go and see someone I didn’t know, I tended to worry a bit, but now I know it’s just part of the job, so I throw myself into it and I’m much more comfortable.”



Hunstanton mum-of-two Natalie’s evening and weekend work fits in well with family life. She said joining family-run Extra Hands, which was set up in 1993, on May 4 last year during the pandemic was coincidental.

“I’d umm-ed and ahh-ed about care work for a long time, and just happened to take the leap of faith when I did, but I’m so glad I did – it’s incredibly rewarding,” said Natalie, who, like Tamara, works out of the Heacham office.

“My main concern was that if you hear someone’s not well, or been taken to hospital, I’d get too attached, but I’ve learnt to give my all at work, and then not take it home with me.”

Trevor, who works out of Extra Hands’ Horsham St Faith office, near Norwich, used to run the popular Hollywood Cinema chain in Norfolk, and gave his unlikely-sounding career change, which started on May

22 last year, a five-star review.

“When I put on Facebook what I was doing, people were amazed at such a total about-turn,” he said. “I wasn’t sure if I’d like it, but when you go to somebody’s home, you may be the only person they see that day,” he continued. “I look forward to going to people’s houses and doing some good for them – how many jobs can you say that about?”



Many lives have been changed forever by events of the last 12 months, but from a professional point of view at least, it has been a change entirely for the good for these carers at Extra Hands, which provides a variety of home care visit packages across Norfolk, to suit all requirements and budgets.

“If I had a pound for every time I’d heard someone say ‘that’s great, but I could never do it’, I’d be a very rich man,” said Trevor. “My friends tell me I’m a lot happier now, doing this job. If I can do it, anyone can!”

Extra Hands’ Heacham office was rated as outstanding by the CQC.



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Heacham and Hunstanton at night

Terry Parish

It's that time of year again. Summer Solstice is on the 21st June, day and night will be equal. Afterwards, the nights start drawing in and winter beckons. Bet you are glad to read that -more dark, cloudy nights.

I saw a meteor last month, likely one of the Eta Aquarids, bits of Halley's Comet which I saw in 1986. I'll let someone else see it in 2061. At the moment its beyond Neptune and close to aphelion, its furthest point from the Sun.

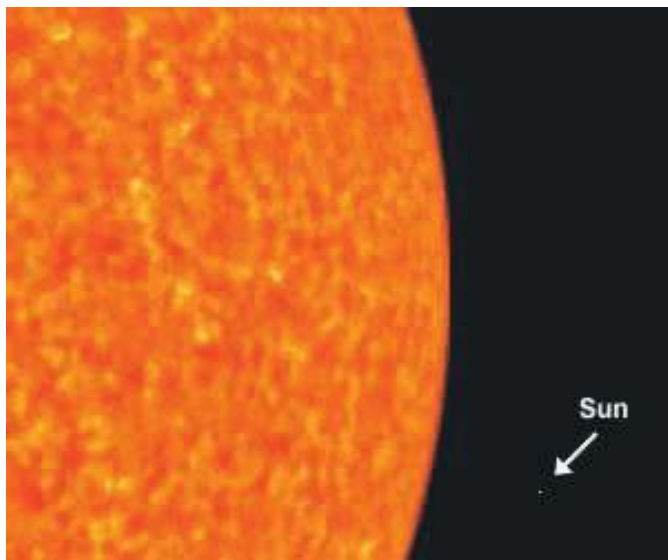


Halley's Comet 1986 Internet. Not dissimilar to Comet Neowise seen in Heacham last summer

The meteorite which fell to Earth in Winchcombe, Gloucestershire, is now on display at the Natural History Museum, London.

Light nights in June mean it is hard to see anything faint or distant. After the sun sets you may see noctilucent clouds. These are very high in the atmosphere and remain illuminated well after the Sun has vanished below the horizon.

Very low in the South will be the bright star Antares, a red supergiant. Its name means 'rival of Mars'. Antares is one of the largest stars in the sky. If it replaced our Sun, it would extend out beyond Mars almost to Jupiter. It is 550 light years away, variable and a binary with a blue-white companion. A supernova event awaits it.

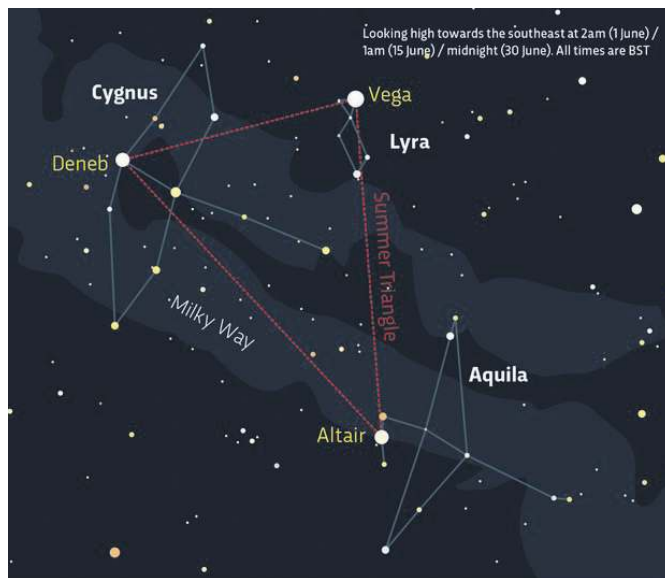


Antares, red giant compared to the Sun (dot) Internet.

Well above Antares and west of it, find another bright star, Arcturus. Thirty-seven light years away and another red giant; it is 7 billion years old. From Arcturus move your eyes east to Vega, just 25 light years distant, young but massive and spinning rapidly.

Go roughly 450 south and east from Vega and find Altair which is 17 light years away. It spins very rapidly – 286 km/second. Go up the sky and a little further east to find Deneb. This is a very distant 2,600 light years away; it shines so brightly because it is a blue white supergiant. With a surface temperature of 8,5000C, it is much hotter than our Sun.

Vega, Altair and Deneb form the Summer Triangle asterism which Patrick Moore popularised. The Antares, Arcturus, Vega, triangle seems unlabelled so call it the Parish Triangle until someone wants to sue me.



The Summer Triangle Internet

If you stay up until midnight then it should be dark enough to find Messier 13, a globular cluster. It will be right overhead about a third of the way along a line between Vega and Arcturus, closer to Vega. It will need good eyes to see a fuzzy blob; binoculars will help a lot. It is called The Great Globular Cluster in Hercules and is 145 light years in diameter and 22,000 light years away. It contains several hundred thousand stars and was first discovered by our friend Edmund Halley in 1764 – the comet man, see above.



M13 through a telescope. Internet

There are a few planets to look out for. Venus will be shining brighter than anything else but the Moon. Look WNW from after sunset until late evening. Early in the month around 9.45pm is likely best, later in the month from about 8.45pm and look more to the west. Venus sets about 11pm but will obviously be very low down then.

On the 2nd from 10pm, in the WNW, you will see Mars with the stars Castor and Pollux above and to the right of it. Mars is dim now, less bright than the adjacent stars.

On the 11th, again at 10pm WNW, Venus will be accompanied by the thinnest sliver of Moon. And on the two days following, the Crescent Moon is close to Mars with Venus low down.

On the 23rd, at 10pm, whilst looking for Venus low in the WNW, go further west and a tad higher in the sky. Mars is right in front of Praesepe, the Beehive Cluster of stars. This is an open star cluster about 600 light years away.



The Beehive Cluster Internet

Saturn rises around midnight and Jupiter follows just after. Look between 2am and 4am, ESE at the beginning of the month moving further to the South as the month progresses. They are low but not too bad, maybe a spread hand above the horizon. Jupiter will be hard to miss, fainter Saturn is about two fists to the right.

Is Greenland on the green list? There is an annular solar eclipse on the 10th. This is when the Sun looks like a glowing ring doughnut as the Moon is a little too far away to block all of it and so just occupies the Sun's centre. Never seen one of those



An annular eclipse of the Sun. Internet

Look up whenever the sky is clear. You might see a meteor falling. Put in your pocket (old people will know the next words).

PS The Chinese just landed on Mars (15/05/2021)

STOP PRESS: There is a partial eclipse of the Sun on June 10th. 10am until 12.35. I forgot. T



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Letter sent to Health Secretary urging government to fund new hospital for King's Lynn

A letter signed by members of the West Norfolk Partnership Strategy Group has been sent to the Secretary of State for Health and Social Care Matt Hancock, urging him to fund a new hospital for King's Lynn & West Norfolk.

The letter cites the unacceptable safety risks inherent in the current building, which is being held up by around 200 props in over 40 areas of the hospital. It also cites the impact that emergency repair work has had on the effective running of the hospital, with the recent closure of the intensive care unit resulting in cancelled operations and delays for elective and day procedures.

The letter goes on to detail some of the benefits of having a new hospital, not least of which cost savings, efficiencies through transformed and integrated services and of course a future-proofed, fit-for-purpose hospital to meet the needs of a growing population.

Lorraine Gore, Chief Executive of the Borough Council of King's Lynn & West Norfolk and one of the signatories on the letter, said: "We want to understand why the people of west Norfolk are being left behind. They deserve the improved clinical outcomes that can be delivered in 21st-century facilities. King's Lynn was not on the original list of 40 hospitals included in the 2020 spending review. We implore the Government to make sure that King's Lynn is on the list for funding that is likely to be announced this autumn.

"A modern, efficient hospital for west Norfolk is vital and should, or rather, must be prioritised for this funding."

David Pomfret, CWA Principal, said: "We urge the government to invest in our local healthcare provision to provide a safe and modern hospital facility for West Norfolk and the surrounding areas. The pre-existing problems the hospital faces have been compounded by the impact of the pandemic, which has further stressed the severity of the situation and the need to invest appropriately in our local healthcare provision.

"We have a strong partnership with the QEH and other stakeholders in West Norfolk, with a new School of Nursing Studies set to take on



the first cohort of QEH staff in early 2022. The School of Nursing Studies will create a wealth of local career and skills development opportunities for QEH staff members and West Norfolk, and provide modern, state-of-the-art training facilities for our apprentices.

"This project, combined with a successful bid for a new local hospital, would mean the very best of talent can stay local, improve the stability and quality of the QEH workforce and support the West Norfolk economy, as well as the wellbeing of communities in the local area."

The West Norfolk Partnership is a strategic Alliance of public sector and other providers in west Norfolk working together to improve the lives of our residents, support business and increase tourism. An example is the Love West Norfolk campaign and current plans include working with Active Norfolk to improve the fitness and wellbeing of our residents. The WNP ensures strategic and operational decisions take into account the wider needs of the borough.

You in Mind - with Sandie Payne

I hope you are coping well in this time of uncertainty.

I know some of you may struggle with anxiety on a day to day basis. This time may indeed cause you to think more deeply about the negatives that are all around us now. But there is some solace in knowing that like most viruses they do and will eventually pass.

For some, this time may lead you away from worrying over your concerns of the past and future, of playing over in your mind the fears for you and your loved ones, and now, you find your mind's focusing on this pandemic.

It is indeed going to be worse for those of you who struggle with anxiety, as you tell yourselves that you have now a real solid reason to be concerned and to over-think.

I do understand that anxiety is a very real uncomfortable emotion that strips away any good feeling and can leave you in a state of complete panic and where you feel consumed by fear of life. Yes life can be fearful but it can be helpful to find comfort in the NOW! And when we only think of Now! and do not become distracted on concerns of the past and what may or may not happen in our future.

I wanted to let you know, because it would seem this could go on for a while yet, that I am still open to seeing clients. I am abiding by the government's safety guidance, keeping a safe distance of over 2 metres away from my clients at all times through the sessions.

Let me explain how I work: You will walk through my doors without having to touch anything, then will be seated on a clean throw (every one has a clean throw just for them) and then I will close doors and sit over 2 metres away from you. At the end of the session the same safe sequence will be repeated when you walk out of the premises.

So if you would like me to help you with what ever you may be struggling with, please get in contact with me. This has to be your decision not mine.

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Update from Snettisham Parish Council

As you will know, one of the problems when there is a flooding event is establishing which authority is responsible. All too often members of the public reporting problems are told, "that is nothing to do with us..."

Work has been happening to help with this. Here is a letter from Lord Dannatt who is leading the new flooding panel:

Dear Colleague,

I am writing to update you on the progress of the Norfolk Strategic Flooding Alliance (NSFA) which was set up in February this year after significant surface water flooding issues in Norfolk in December 2020. In these latest floods over 260 properties were flooded and 120 settlements effected. As you know Norfolk has considerable flood-related challenges when we have extreme weather events, and these are occurring more frequently as our climate changes. There are a large number of organisations who hold responsibilities to do with flood and water management within the county. Creating a coherent and joined up approach is without doubt the key contribution the Alliance can make, and is an objective that is supported across all partners. To date we have held three board meetings attended by over twenty organisations and set up a number of working groups looking at specific issues.

Drafting a new flooding strategy for Norfolk

A draft strategy is currently being developed to reduce flood risk and improve water management. It articulates the purpose of the Alliance as partners working together so that Norfolk communities and infrastructure are safer and more resilient to the risks of inland and coastal flooding, and better placed to ensure adequate water supplies during droughts. Inland and Coastal tactical groups are being established to support the work of the Alliance and are building on existing partnerships, such as Coastal Partnership East and Water

Resources East, where possible. The strategy will be supported by a detailed action plan setting out dates and lead organisations against each action.

Improving emergency response to flooding

As well as coalescing around strategic matters, the group has also spent some time examining how we can improve our collective response when flooding occurs. Norfolk County Council (NCC) has agreed to launch a flooding hotline that will be staffed 24/7 to ensure residents know where to go to get help in an emergency.

We aim to have this new service up and running by the end of May. NCC will be sending out a leaflet to every household in Norfolk advertising the new number with advice on how to prepare for extreme weather, as well as using social media and an improved online offer giving information and advice. The group has also been working with Norfolk Resilience Forum (NRF) to establish better ways of working in an emergency. The NRF has committed to work with Parish Councils providing training to help improve local resilience and assistance in updating local emergency plans. Lastly, at the request of the NSFA, the NRF will carry out a flooding exercise in the Autumn to ensure the improvements to flood response are working.

Funding

Once the strategy is finalised and agreed by all partners, it will be used to build a clear and unified case for increased funding for flood mitigation and water management projects in Norfolk. As part of this the Alliance is drawing up a prioritised list of places that suffer from persistent flooding problems that have historically been unresolved. Alliance members have agreed to work together to identify technical solutions and the cost of these schemes will be built into the funding case.

I hope you will agree that the Alliance has made considerable advances in a short time. If you would like further information, please do not hesitate to get in touch.

Yours sincerely,

Richard Dannatt
General The Lord Dannatt GCB CBE MC DL
Chair, Norfolk Strategic Flooding Alliance



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Winners of the Mayor's Awards 2021

At the Town Meeting on 28th April the winners of the Mayor's Awards were announced.

Cllr Bishop said: "Picking winners for these awards has been very difficult because there have been many organisations and businesses and individuals that have made a difference to the community during this last year, I would like to thank them all for their contribution"

MAYORS AWARD FOR NEIGHBOUR OF THE YEAR

Sarah Dennis-Burrell was the Neighbour of the Year winning candidate for her work with the 1st Hunstanton Guides and the 3rd Hunstanton Brownies. During last year Sarah kept in contact with her members enabling them to participate from home. She hand delivered items, ensuring that the children had the opportunity to gain badges whilst they were unable to meet. Sarah's nominator stated: "Sarah is an excellent role model for young people and has been so caring to the children and their families throughout the covid pandemic".

Sarah has also given endless time to working with VIDA Healthcare and the local surgery during the past year. She said: "I thoroughly enjoy being a Girl Guiding Leader; last year has been a very testing year and I thank the girls and their parents for their support. I feel very grateful and honoured."



MAYORS AWARD FOR BUSINESS OF THE YEAR

This award went to Kemps Greengrocers, The Mayor stated "I am delighted to present this to Kemps for their work during the last year. They rose to the challenge at a very uncertain time for businesses, and provided a service with a smile whilst also offering a delivery service using locally sourced produce to people in and around Hunstanton, for which I know many were very grateful".

In a facebook post Kemps said: "A massive thank you to all who voted us as Business of the Year! We are very proud of the work we do and cannot thank you all enough for recognising the hard work we put in on a daily basis, the award is received with the greatest thanks to all our customers."

MAYORS AWARD FOR CARERS OF THE YEAR

Carer of the Year award went to Nightingale Lodge in recognition of the care they have given their residents, especially during a difficult period. The team kept their residents safe whilst ensuring all families were kept informed on the welfare of their family member. Organising various events to uphold the resident's spirits with entertainment and activities throughout, whilst also managing to remain Covid free. 'A great achievement' stated the Mayor.

Sam Bailey from the Black Swan Care Group said: "We are so incredibly proud of our staff at Nightingale Lodge. They have always provided Outstanding care within the home, and are being led by a

wonderful, passionate and driven leader in Sandra.

"Her and her team consistently impress us with their determination to provide the highest quality care, and are always striving to improve their service at every opportunity."

"It is a testament to their amazing work that they have been named 'Carers of the year' and we couldn't be prouder of each and every one of them for their amazing work throughout 2020-21, as always".

MAYORS AWARD FOR ORGANISATION OF THE YEAR



The Mayor reported "I am very pleased to present the award for the organisation of the year to The Hunstanton Round Table 615 in recognition for their continued and valuable work last year in providing a face to face service delivering vital medicines and shopping to the elderly and vulnerable residents. I am certain that were many lonely and isolating people in the community who were more than grateful for the service they provided, and I would like to echo those words."

Matt Hallard said: "Thanks to the pandemic I've had the very unusual role of being Chairman of Hunstanton Round Table for two straight years. I was humbled to be invited to a virtual council meeting to receive an award of recognition for all the good work our table did for the community during lockdown. Over 800x prescriptions and food shops collected and delivered. Many of those deliveries turned into doorstep friendships for those that just needed a chat. So, so proud of our group. Some phenomenal guys that do so much for our community. Well done boys. Now we just need a trophy cabinet and a place to put it!"

Unfortunately there were no nominations for Young Carer of the Year. The Mayor commented "I am sure there must be many youths in Hunstanton that deserve recognition for giving a lot of their time to caring for loved ones, helping neighbours, friends and even those unknown to them, especially during the past year unfortunately no one has come forward to nominate them".

PRESENTATION FOR MARIA RIX

In addition to the above awards, the Mayor made an announcement that he had decided to add another award to a lady known by many in Hunstanton. "I am delighted to award a certificate and this basket of fresh fruit to Maria Rix as a sign of Hunstanton Town Council's appreciation for her support, assistance, hard work and for continuously donating flowers for any special occasion. At a drop of a hat, Maria produces the most spectacular display of flowers, the most recent one being the wreath for the sad passing of the Duke of Edinburgh".



June – All the joy of summer!

Brightness and sun, long days, more freedom make us feel so good. Just as the sun shines on us all, bathing each of us with warmth, so God, as a loving parent, surrounds each of us with love, sustenance and joy. And there's plenty to go round - just as the sun doesn't falter, it's constant and it's all good!

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

For more information on Christian Science and the worldwide Christian Science church can be found at www.christianscience.com. Due to the current situation we have suspended our church services in our building, but Christian Science Sunday and Wednesday services are available online. Please go to www.spirituality4.me/livestream/ to find live-streamed services around the UK, along with other online events, talks and webinars. An online shop is also available where you will find books, CDs and many other resources. Follow us on Facebook to find out when our regular services in Hunstanton will resume, which we plan to hold shortly. For daily inspiration look at <https://www.christianscience.com/christian-healing-today/daily-lift>.



After many months of restrictions things are finally starting to get back to normal. At The Salvation Army in Snettisham we are now open for worship on Sundays at 11am. At the time of writing we are still limited on the number of people allowed to attend and so we have a booking system in place. If you would like to attend our Sunday worship please call 01485 579079 and book a place by Friday lunchtime. Despite this limitation it has been good to be back together as a worshipping community praising God and meditating on his Word.

Our Community Shop in Hunstanton was able to reopen in April and it was good to welcome back our staff and volunteers and our customers. It is open Monday to Saturday 9.30am – 4.30pm and sells clothes, accessories, books, bric-a-brac and furniture. We also accept donations of these items and have been overwhelmed by the amount of donations we have received since reopening. Thank you for your kindness. The money raised in the Community Shop allows us to carry on our work in the local area helping local people in their time of need and we couldn't do it without you!

We have also been able to restart selling The War Cry and the children's Christian comic Kids Alive in Hunstanton High Street. We are there on Friday mornings if you would like a copy.

We look forward to being able to restart other activities as restrictions are relaxed so watch this space for details.

For more information about Snettisham Salvation Army visit our website www.salvationarmy.org.uk/snettisham.

You can contact us on 01485 579079 or email alison.kirby@salvationarmy.org.uk

Follow us on Facebook 'Snettisham Salvation Army'

Alison Kirby, Corps Leader, Snettisham Salvation Army.

St Mary's Church Tower Appeal



For 800 years St Mary's has stood at the heart of old Heacham's village; Watched riots and wars, the railway and floods and been there to care and encourage.

'It is much loved, used and welcoming,' says Veronica the Vicar, 'We've reopened now for worship and praise, and peace from candles a-flicker.'

But there is a problem, a big one at that; there are holes in the walls of the tower.

The gutters and roof let the rain come through, whether a deluge or shower.

The cost of repairs is a worrying sum – TWENTY-FIVE THOUSAND or more!

We do need support, donations and gifts so we can the tower restore.

Please go to Just Giving and support the appeal, to our website and Facebook page too;

Bank transfer or cheque, or follow the links.* Your kindness will help us get through.

Thank you for your donations, we've made a good start; to date, around £7000.

With NCT grant and VAT claim, that target is on the way down!

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* Just Giving: www.justgiving.com/fundraising/stmaryschurch-heacham

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Thank you.

Hunstanton & the Saxon Shore

"I came that they may have life, and have it abundantly" John 10:10



The girls in this photo stand behind large sacks of grains and pulses that a market stall holder is selling. There is an agreement between the stall holder and the girls, that any grains that are dropped on the floor, they may gather up. The small bag at the feet of the middle girl is what they have collected over several weeks. This is what they will sell, to make some money for their families. They live with their parents, grandparents, aunts, uncles and cousins in the shelters that are behind them. This is their life at ages 10, 12 and 16. They are lucky that they've not been sold for their dowry money. Selling them would mean one less mouth to feed and some cash for the family.

I took this photograph on my first trip to India. I'd gone to visit my dear friends at The Delhi Brotherhood. The Delhi Brotherhood are what I describe as modern day Anglican monks, who through loving service, get grants from the Indian Government to employ over 420 people across Delhi to help the poorest of the poor. Their job has been made harder over the last few years as the Government have not given grants to faith groups that are not Hindu. Yet, most of the poor they help are of other faiths, Hindu or Muslim. In India, talking about your Christian faith would be classed as proselytising and can land you in prison. As such, the Delhi Brotherhood have a very gentle, kindly nature about them and don't outwardly talk about their faith, but show it. They genuinely love others, and I think the reason I get on with them so well and admire all that they do, is because they show us how Jesus loves. Love in its purest form. Love that conquered whether Jew, Gentile, Roman or Greek, rich or poor, slave or free. Love that won even over death in Jesus' resurrection and ascension. Love wins, despite colour of skin, religion, sexuality, gender, status or wealth, at least it should.

In India, I met people who are made to feel so ashamed of who they are, where they were born and the colour of their skin, and feel so unworthy of any love, that they only come out at night. But with the love and care that the Delhi Brotherhood projects show them, they literally come into the light, the light of day and a fuller life. The reason the girls in the photo hadn't been sold for their dowries is because the Delhi Brothers had befriended the family. They then offered to take the girls several afternoons a week and teach them basic Hindi, English and maths and sewing skills. Because these girls will be able to write their names and add up, they can eventually get better work. That is what education provides, even in its most basic form. Through the work of the Brothers and those they employ, these girls have witnessed first-hand God's love. A love that brings them hope, a better future, but that empowers them as individuals to be the people God intends them to be, free of being trapped in poverty, class or status.

As we slowly come out of lockdown and are all thinking that the virus is at a manageable level, let us all remember that Jesus came for ALL of us. Not just those of us that live in Britain, those of us that have had the vaccine, those of us who have had the privilege of education, those of us who have houses to live in and food on our tables, but for ALL. For me, that means sharing what we have be it time or money, with those who are living without hope. We have much to be very thankful for, and a way of showing our gratitude, is to be mindful of those that live without hope within our own communities and across the world.

Blessings

Kirsty

Rev Kirsty Allan

revkirsty@icloud.com

(The Benefice now has a Facebook page, do like us to follow what we're up to and keep in touch @HSSBCofE)

UNION CHURCH

HAS LIFE CHANGED?

As there is eager anticipation of more freedom as we have moved past each of the various dates on the government's 'road map' out of the Covid pandemic, there is much speculation about how life has changed during lockdown. We are now hearing more about how things have changed and how they will continue to change even when restrictions are over.

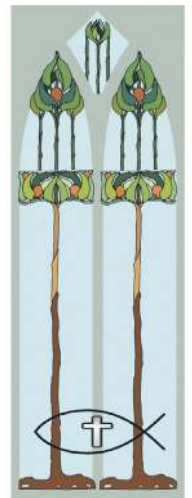
The world of work has adapted to having many employees working from home and this will continue, technology proving this change can become the 'new' normal. Those who have lost loved ones to Covid or other causes have lives which have been changed. Change can mean many things, but it is always a moving from one thing to another. God uses this aspect of life to let us

experience and understand the way He can work in our lives. There is a 'before' and 'after' to His Son, Jesus living as a human being on earth, dying as all humans do and then being changed by coming back to life again eternally. Everyone who has encountered Jesus and knows him personally will have a story of being changed – a 'before' and an 'after'.

Many times in the Bible we read of Jesus encountering someone who was changed by him, leaving their 'before' life behind and starting a new life. One in which they went on to tell others how it happened so that they could know how to be changed in the same way. This change is one that isn't made for us - we can freely choose to ask Jesus to change us at any time.

With Every Blessing,

Janet Brown



How's Your Hearing

By Gordon Tanner,
a member of The Way C F Leadership team

In the 1950's I went to a school in Yorkshire where we had a geography teacher who was a bit of a character, some might say. Others might say he was boring! Geography was taught about countries primarily, and because we were in England that was where we studied in the first year.

One of his requirements was that for any aspect of England we had to draw a map – freehand – and it was expected to look like England. That meant that on the right hand side – the east coast – we were expected to put in The Wash. And along the east coast we had to put in London because it was the capital, and Hull because it was an important port and it was only about 15 miles from the school. The one other place he insisted we put on the east coast was what he called Hunston, though it was spelled Hunstanton. He wasn't interested in Ipswich, Middlesbrough or Newcastle. No just London, Hull and Hunston.

That always stuck with me - I never forgot it. It was some 30 or so years later that I first came to Norfolk, for a job interview. After the interview I was offered a tour round the area by my potential boss to look at housing. He asked if there was anywhere I would like to see and Hunston came to mind. We ended up buying a house here in 1987, at a time when houses were selling before they were ever listed by the sales agents. But one house remained on the market, and we bought it! I was massive with five bedrooms and four living rooms. It needed lots of renovation but we ended up using every room.

I don't believe it was just chance that I had that geography master and he kept on about Hunston. You see God has a way of achieving his ends. Since we moved here our lives have been changed round and we have led a church here for 30 years. For the first ten years we used the house for meetings, we had people living with us, we hosted the beach mission teams for barbecues in the garden. That house was just what we were going to need. And then I suddenly felt God indicate we should sell it. And when it was sold and we were about to move, we were visited by someone from Heacham who asked 'What are you going to do with the church?'. We had no answer, but God did. Our visitor said 'I'm the chairman of the Youth and Community Centre, would you like to use that?'. He did not know we were moving into the house next door to the centre. God has his way of achieving his plans.

After that He led us to The Old Court House in Downs Close and we've been worshipping there for over 20 years now. We have seen many God-instances in that time, and we've seen many miraculous things too. People healed, lives sorted.

Maybe you had a similar thing happen to you in the past and you have always wondered what it was about. Maybe God was just trying to get you started on his path for your life. Why not ask him specifically to show you if it is something for you.

We are re-opening for worship post-Covid on 23rd May. We'd love to see you there any Sunday. We meet at 11am in Downs Close.

Royal Air Force Bircham Newton Heritage Centre

The Heritage Centre will be opened in compliance with current Covid 19 guidance on:

Sunday 27th June from 10am to 4pm

Disabled access & toilets will be available, and car parking and entrance will be free.

www.rafbnmp.org.uk

FACEBOOK RAF Bircham Newton Heritage Centre

Venue:- The National Construction College Bircham Newton NW
Norfolk PE31 6RH

NCC is signposted off the A148 and B1454

Hunstanton Library is on the Move

In May our Library at Hunstanton will be moving to new premises, and our new address will be: Hunstanton Library, Council Offices, 12 - 14 Valentine Road, Hunstanton PE36 5EF

We will be opening our doors at Valentine Road on Tuesday 25th May and our opening times will be:

Monday Closed, Tuesday 10am – 1pm 2pm – 6pm, Wednesday 10am – 1pm 2pm – 6pm, Thursday Closed, Friday 10am – 1pm 2pm – 6pm, Saturday 10am – 4pm

The mobile library service is back on the road too, and you can find the timetables via the link below

<https://www.norfolk.gov.uk/libraries-local-history-and-archives/libraries/your-local-library/mobile-libraries>

We are moving to Valentine Road temporarily, to make way for the construction of a purpose built library at the same site at Westgate.

You can take out up to 45 books and all books are being automatically renewed, so you don't need to worry about remembering to renew your books at present.

If you have any queries, please call us on 01485 532280 or email hunstanton.lib@norfolk.gov.uk

Concerts at The Nelson Church in Burnham Thorpe in June

Following the success of our first concerts and recitals in May we look forward to more exciting and enjoyable music in June. On 12th June we welcome the female singing group Serenata to our beautiful church.



Throughout history, composers have written music for women to sing together to exploit the unique harmonics and resonances of the female voice. Serenata's repertoire includes a wide variety of pieces and genres drawn from the 12th century up to the present day and we are sure that their Serenata's members between them are highly experienced, incorporating professional and amateur musicians who have been singing together for more than five years. But Serenata is more than a choir – it is a collective based on longstanding and enduring friendships ensuring emotional depth and connection in everything the choir does.

They will sing an interesting programme which is split into two halves, with the first half themed around Summertime, featuring pieces by Vaughan Williams, Stanford, Rutter, Weelkes, Gerishwin, Arlen, Elgar, and Benjamin Britten. The second half explores the role of music and song in the movies – with many well-loved tunes to celebrate the joys of summer.

A different kind of music will be on the programme for June 26th at 5pm/ when we hope too, we shall be able to relax more with Covid regulations easing. Kavoelectrica with their unusual and specially commissioned instruments, throws your traditional ideas of music out of the window. This sensational string quartet turns classical music upside down with their dramatic arrangements and thrilling performances. From Mozart to Metallica and Bach to Beyonce, their dynamic programming will excite and astonish. 21st century techniques and improvisation are combined with all the pieces you know and love to create music like you have never heard it before.

The concert on June 12 is at 5pm and tickets are priced at £10 each.

The concert on June 26 is a 7pm and why not bring a picnic to enjoy in the park beforehand. Tickets for the Kavoelectrica concert at £12.50 each.

More information on www.Burnhamsbenefice.org.uk or email thorpemusic2021@gmail.com

By Royal Appointment | Wrought Iron and Brass Bed Co

Wrought Iron and Brass Bed Company Ltd, a leading manufacturer of iron and brass beds, is delighted to announce that the company has been granted a Royal Warrant of appointment as Bed Manufacturers to Her Majesty The Queen.

The Warrant took effect on April 1st 2021, and has been approved for the next five years. The appointment came as a result of Wrought Iron and Brass Bed Company Ltd, being a direct supplier to the Royal Household since 2013.

A first and second-generation family company, the Wrought Iron and Brass Bed Company Ltd are well known for their high standards of craftsmanship, quality, service and innovation. An approved member of the Guild of Master Craftsmen, the Wrought Iron and Brass Bed Company also holds status as the only carbon-neutral iron bed maker and targets zero net carbon emissions by 2030.



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Harry Thompson, Director and youngest son to the company founders said the award of the Royal Warrant was humbling: "This is the most prestigious of

endorsements and affirmation of the quality of our products. From a personal point of view, I'm incredibly delighted for my parents - who started our family

company nearly 20 years ago. There could be no greater honour or privilege."

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HUNSTANTON CONSERVATIVE CLUB

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Providing the Government's 4 conditions are met, there will be no Covid restrictions in place from June 21st.

Track and Trace, and Table service regulations will be in place until 21st June. The Club will open on Mondays to Saturdays from 10.00 a.m. and on Sundays at 11.00 a.m. See noticeboard in the Club for closing times.

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

The Snooker Room is open, Poker will take place each Thursday from June 24th, each Friday lunchtime there will be a Prize Raffle, and Cash Bingo will be held each Friday evening at 7.00pm.



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One too many comebacks

Richard Bird (former) political commentator

Elaine says I can't bore you any more about local politics and although the recent election has a lot to discuss, I am not allowed. Instead, I would like to talk to you about lockdown fitness.

Most of my life I have been involved with sports, starting about 65 odd years ago with my first cross country running race, 61 years ago with my first bike race. My family and I have been involved with amateur, semi-pro and professional sport for ever. I have had so many comebacks I have lost count, I've organised events, run teams, coached (when you didn't need a licence), achieved a world record in running marathons and as much as anybody could want to do. Its been great.

However, when in a chemist shop I was confronted by a sign that said 'Free health checks for anybody under 74' I thought, I'll take that, I am nearly to old. That was quite a reality check, years of local politics had left me overweight, drinking too much alcohol, not exercising and generally very unhealthy. I was on the point of Diabetes 2, a doctor's appointment confirmed I needed help. . Option one was drugs taken orally initially, possibly followed by injecting daily. I asked what can I do? Option 2 .The response was easy, lose 3 stone in weight, quit drinking completely and do at least one hour of exercise a day. Are you with me so far?

I was too fat to run, carrying this much fat would ruin these old joints of mine, they had taken a pounding in my previous sporting life. So with the advice of an old friend, who specialises in sports injuries, out came the bike. As you can imagine I have a few, some going back to the early 60's and racing in the 'All England schoolboys championships', at Crystal Palace. Well I really couldn't believe how bad I was, I couldn't even mount the machines properly, I was just too fat. Eventually I managed to ride up and down the Close, then round the village and then foolishly and far too soon, elected to ride the Peddars Way, the off-road route between Holme and Thetford.



One reason for this selection was that I kept falling off the bike. My bike riding skills had vanished and I didn't want to fall in front of motorised traffic. It's one thing to fall into a mess of stinging nettles, painful but not terminal as opposed to falling off in front of a bus.

Anyway the year progressed and the Nation found itself in various states of lockdown, the roads emptied, at one stage I could quite happily ride up the central white line of the A149, there was no traffic, it was great. The rides became longer and the delusions of grandeur intensified. Maybe I could race again, maybe some place to place records, I even started looking at the record books for achievable races and events for the over seventy-fives.

One dream I had had for decades was to ride Land's End to John O'Groats and then run back; that's a record that's never been even attempted as far as I know.. hey ho maybe just maybe. The delusional dreams came crashing down when out riding towards Wells-next-Sea and being passed by some very fit young women, they left me for dead,

I couldn't keep up at all and attempting to left me jiggered.

What I hadn't reckoned on was age itself, I get tired, I now ride just a little faster than I used to run. I have been watching the Tour of Italy on the television; the best riders in the world are racing 'The Giro'. These top riders measure their power in wattage, that's how their power is measured, these guys can top 700 watts. My wattage at best barely reaches 150. So a reality check is always useful!

Then Elaine says to me: "how many other 75 year olds do 100 miles a week on a bike?; how many want to ride a bike?" As always the boss is right and we must be grateful for what we have. The Diabetes 2 is no longer a challenge and life is pretty darn good. I can still work for the boss, normally labouring by carrying tons of gardening materials, digging holes where and when instructed, and I am feeling blessed. I will keep on keeping on and maybe the speed and endurance will improve but if it doesn't I will have the time to tour around North West Norfolk seeing what others would probably pay to see. Perhaps this will be the last comeback!



At Knettishall Heath, Suffolk - the southern end of the Peddars Way with my bike riding buddy Bill

Thank you Amanda!

By Bill Enderson

My wife and I decided to walk into Hunstanton this morning, (Tuesday 18th May) and unfortunately my wife had a nasty fall sustaining a cut to her head and abrasions on her hands and legs.

A lovely lady called Amanda came to our aid; she works for Extra Hands in Heacham. She stopped her car and looked after my wife then insisted on driving us home and helped me get my wife indoors.

We are both so grateful for her help and would like everyone to know what a kind and caring person she is.

Thank you Amanda.

Editor's note: Mr and Mrs Enderson contacted T&A to tell us about Amanda. They were so touched by her kindness. Mrs Enderby was feeling better this afternoon but is expecting the bruises to come out tomorrow.

Keep up to date between printed editions at
www.townandaround.net

Brancaster School news

By Connor Broomfield, Lacey-Jo Groom and Seth Clarkson

Samphire Class have started doing "Musician of the Month" so we can experience different types of music. April's musician was Joni Mitchell. Most of us liked Big Yellow Taxi but weren't sure about some of her other songs. May's musician is Ladysmith Black Mambazo, which is very different from Joni Mitchell!

Our wider curriculum topic this half term is Ancient Greeks. We learnt about the different ways that ancient Greece was ruled and about how democracy came from them. We researched different Greek gods and enjoyed making exploding books about these, with each page having a different Greek god on it. Years 5 and 6 have been reading an extract of Percy Jackson and the Lightning Thief, and Years 3 and 4 have started writing the myth of Theseus and the Minotaur in English lessons.

Year 6s have been having team-building sessions with Holly, a PE teacher. These have been really fun. One team-building exercise was the Human Knot, where we had to cross hands and hold each other's wrists at random, then untangle our bodies without letting go. We've also done activities like Crossing the River, where we had a five-minute timer to cross a space using only a few pieces of equipment, making sure we didn't leave anyone behind.

In Science, we have been learning about different food groups and how they help our bodies get all the nutrition we need. We have also been learning about how our bodies change as we get older. It has been a bit embarrassing, but it is important to know what it will be like as we grow and change.

Years 1 and 2 have done brilliantly with grammar and spelling since they came back to school after lockdown. They seem to be just soaking it all up and are not only using it in their writing, but correcting staff as well when necessary! When we assess their independent writing, they are producing some lovely work with beautiful vocabulary and, again, taking in everything we teach and using it to great effect. In maths, we have been doing fractions. This is usually a scary topic for all concerned, but our Year 2s have made it look easy!

Reception are working quickly through their new sounds and words and are making great strides in their reading. They are working hard learning their pairs to 10 in maths and are enjoying showing off their skills in counting in 2s, 5s and 10s.

All children are putting great effort into learning their tables and each week we see progress. Well done to all.

The children have also been challenging themselves to learn to tie shoelaces and we are pleased with their commitment and determination.

The wider curriculum in the afternoons has also been going well. Children are enjoying the history of the seaside, music, PE, science, planting vegetables etc but their major triumph has been RWV (Religion and World Views). We are looking at big questions including ideas about God. The children are incredibly engaged and so mature in their discussions, putting forward their opinions and justifying what they think, asking questions and comparing their views with others. I was so proud of them in our most recent work -quite unprompted, the children came up with the idea that if everyone in the world could talk about their ideas like we do, the world would be happier. Two comments include "I want people to talk to each other like in our class so we don't have war. We can all talk and sometimes disagree but not in a bad way" (Xavi) and "Everyone wants people to get on with each other. It doesn't matter if they don't believe in God or have different ideas. We will all be happy if we are nice" (Mya). What wonderful children!

As our topic is "Sun, sea and sand", we are busy arranging relevant trips to the beach etc. We would also love to take the children to the Sea Life Centre and also to have an experience day at the museum in Cromer. These trips are very costly, especially with travel costs on top of admission fees. If anyone would like to make a donation, please contact the school office (01485 210246)



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HIGH STREET, HUNSTANTON 

SEA LIFE Conservation Champion and Glebe House School Eco Council join forces to tackle plastic pollution with a beach clean

Inspiring the next generation to care about our environment and conservation is one of the core values of SEA LIFE, so when the Eco Council of Glebe House School asked for support with making their school more environmentally friendly, SEA LIFE Conservation Champion Hollie Stephenson was delighted to answer the call.

The Eco School Council is a student run project aiming to reduce the carbon footprint of the school and educate pupils and staff about environmental issues. The students on the council have assessed ways to reduce the school's waste and recycling more, find more sustainable energy sources and conserve water, increase biodiversity, encourage healthy living and promote global citizenship.

One of the key issues highlighted by the students was plastic pollution and reducing their single use plastics. Plastic pollution is one of the most pressing environmental problems, affecting every corner of the globe. It is estimated that by 2050, there could be more plastic than fish in the oceans as every year, up to 8 million tons of plastic waste enter our oceans, the majority of which washes out from landfill blown into our waterways.

"When I was asked to support the children on the Glebe House School Eco Council I suggested we could launch our collaboration with a local beach clean" said Hollie

"Marine pollution is a topic very close to our hearts at SEA LIFE" explains Aquarist Hollie Stephenson, "every year we rescue seals entrapped in litter and discarded fishing gear, we even had a 3 week old pup that had ingested fishing line. That might have been the first fish that baby seal ate".

One of the fastest growing problems we've seen over the last 12 months is pollution from disposable masks. Face coverings may have protected many of us during the pandemic but single use masks have become a big problem for our birds and wildlife as they pollute our environment. It is estimated the UK disposes of 53 million face masks a day, whilst many go to landfills, too many are finding their way into



our waterways, parks and woodlands and hundreds of animals have needed rescuing from entanglement or entrapment.

"In a survey conducted by the Marine Conservation Society, Disposable face masks were discovered on 30% of the UK's beaches last year. This is a huge problem as they can take up to 450 years to break down in the environment"

"With our local population of common seals about to start giving birth within the next few weeks around the beautiful Norfolk coastline we want to make the area as safe as possible for mum and pup" added Hollie.

"One of the most important things we can all do to ensure we keep our beaches clean is to take your rubbish home or place it in a bin" urged Hollie

Busker's Corner on the bandstand kicks off the summer in Hunstanton!

The HDFA's popular Busker's Corner returns to Hunstanton on Saturday 3rd July, offering local bands, solo artists and musicians the chance to 'busk on the bandstand' from 1pm until 4pm.

Originally planned to take place over two hours, the time slot has been extended as more musicians keen to showcase their talents have been signing up but there is still space for anyone who fancies getting up on stage to perform.

Music Festival Director Ian Wells, who will be performing as well as acting as compère for the afternoon commented: "It feels great to be back at Busker's Corner to allow local new talent to shine and we're hoping to see a good crowd to encourage our musicians and of course, enjoy an afternoon of great music - and it's all free!"

Ian added: "Anyone wanting to perform can either contact me directly by leaving a message on

07766 561993 or just turn up on the day, and we'll do our best to make sure everyone gets a chance to perform."

For those who can't get enough of live music, the HDFA Live Music

Festival has now been confirmed and will take place on the Hunstanton Lower Green on Sunday 8th August from 1pm - 7pm. Full line-up to be confirmed along with stalls and activities.

For the latest information on these and other events, check out www.festival3.com or go to our Facebook page Festival 3 by the Sea.

HDFA Craft Fairs are back in Hunstanton for 2021!

Following the government's re-opening of non-essential shops, the HDFA are delighted to announce the popular monthly Craft Fairs, previously presented in Hunstanton's Town Hall, will restart on Saturday June 26th at the Hunstanton Community Centre in Avenue Road, Hunstanton.

Showcasing talent from across a range of crafts, visitors will be able to find handmade items to suit all tastes and ages with ceramics, jewellery, artwork, wool and fabric gifts amongst the goodies on offer.

HDFA Secretary Ann McKimm commented: "I know our crafters have been keen for the fairs to start up again and our regular visitors have missed the enjoyment of browsing the wonderful items available, so we're hoping that there'll be no hitches and we can get back into the swing of things again."

"The Community Centre is a great new venue for us with the added benefit of parking so we're looking forward to welcoming folk from near and far for our first Craft Fair of the year, and hopefully they'll become regular visitors."

The Craft Fair will open at

Borough Council of
King's Lynn &
West Norfolk



Find out more at www.festival3.com or see us on Facebook at Festival 3 by the Sea

Hunstanton
Town Council

10am and remain open all day until 4pm. Entry is free and refreshments will be available. All visitors will be expected to comply with current covid-19 regulations which includes wearing a mask and using the hand-sanitizers on entry.

For further details on upcoming Craft Fairs and other HDFA events, please visit www.festival3.com or find us on Facebook at Hunstanton Festival 3 by the Sea.

HDFA Hunstanton & District
Festival of Arts

The HDFA is a registered charity and runs purely on donations and grants, the main grant being from the Borough Council of Kings Lynn and West Norfolk.

The HDFA has revived old traditions and now presents monthly Craft Fairs, Drama Festivals, a popular outdoor Music Festival featuring local solo artists and groups and the ever-popular Christmas Tree Festival and in spite of the recent slow-down following the Coronavirus pandemic, the committee continue to work on events to bring the arts to Hunstanton in 2021.



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COUNTRY SUPERSTARS Dolly Parton and Friends at the PRINCESS THEATRE Friday, July 9, 2021 7.30pm

Star of hit concert show Country Superstars, Sarah Jayne performed a Dolly Parton chart topper from the production on national TV on Saturday, May 8.

Sarah had celebrity contestants Jonathan Ross and Katherine Ryan plus compere Vernon Kay guessing her secret talent on prime-time Saturday evening show Game of Talents. Kathrine's team guessed correctly – and were treated to a performance of Dolly's million-seller 9 to 5 by Sarah Jayne.

Prior to this Sarah's hubby Andy Crust – Country Superstars' co-producer and Kenny Rogers in the production – provided clues to his wife's profession by video.

Sarah is no stranger to appearing on TV as Dolly. Previously, she has been endorsed by Dolly Parton live on BBC One's The One Show.

Used worldwide on Dolly Parton's Better Day and Blue Smoke world tours, Sarah has been portraying the Queen of Country for 26 years.

Recognised as the world's biggest country music touring show, Country Superstars revives the hits of Patsy Cline, Johnny Cash, Billie Jo Spears, Willie Nelson, Tammy Wynette, Garth Brooks, John Denver, Glen Campbell and now Canadian country superstar Shania Twain as well as Dolly and Kenny.

Theatregoers will be treated to an evening of million-selling hits drawn from a repertoire that includes 9 to 5, The Gambler, Islands in the Stream, Annie's Song, Stand by Your Man, Ring of Fire, Crazy, Always on my Mind, Blanket on the Ground, Jolene, Lucille, Here You Come Again, That Don't Impress Me Much, I Walk the Line, Take Me Home Country Roads, Man! I Feel Like a Woman, Coward of the County, Standing Outside the Fire, The Dance and Rhinestone Cowboy.

The production is proud to support the Dolly Parton Imagination Library Children's Charity Dollywood Foundation - Charity no. 1121917.



**WIN TICKETS TO SEE THE
COUNTRY SUPERSTARS SHOW
ON 9TH JULY**

Competition question:

Dolly Parton's number one duet with Kenny Thomas was entitled:

1. Islands in the Stream
2. Islands of Galapagos
3. Pooh Sticks in the Stream

Send your answer to Town and Around at:
editor@townandaround.net
with 'Country Superstars Competition' in the subject box.
You can also send your answer by post to

The Editor, Town and Around,
18 Tapping Close, Snettisham
PE31 7FF

THE CLOSING DATE IS 24th JUNE.

Winner will be drawn at random.
Editor's decision is final, no cash alternative.

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Roast Pork with stuffing, crackling & apple sauce £12.95

Roast chicken breast with stuffing & cranberry sauce £12.95

Pan roasted salmon served with Hollandaise sauce £12.95

Nut roast served with vegan gravy £12.95

All gravy and sauces are gluten free

All served with Yorkshire pudding, roast potatoes,
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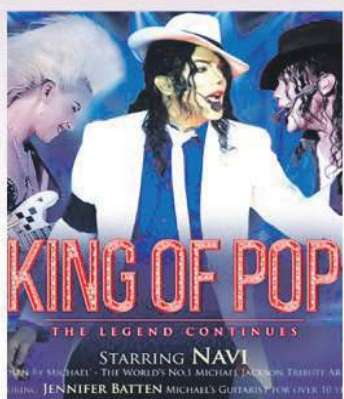
Tel: 01485 579472

Mob: 07889 167063

The Box Office is now operational on **Thurs to Sun, 10am - 3pm**. Bookings are still encouraged to be made online and your tickets will be emailed to you. We have lots of shows coming up throughout 2021 & 2022 so please keep an eye on the website as new shows keep being added. Our Summer Season programme is fully available with some cracking shows so get booking those seats NOW!!!

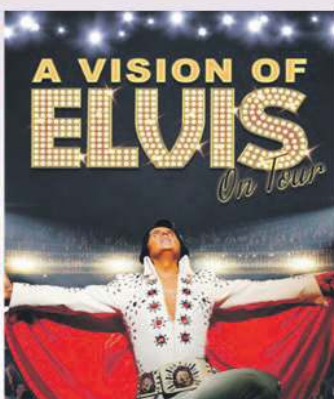
The Sunset Wine Bar is open Thursday to Sunday from 10am.

We are so excited about things returning and we look forward to seeing you all soon.



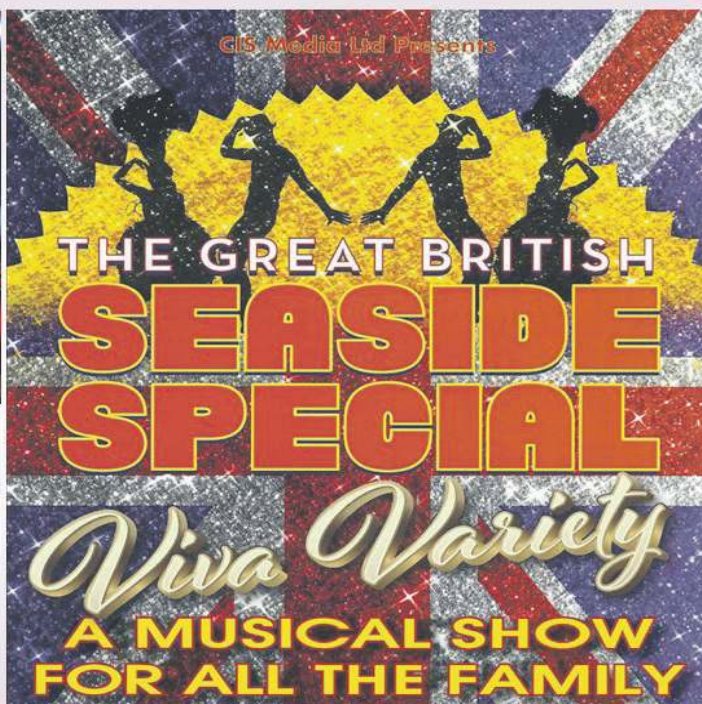
Wednesday 4th Aug

Sunday 8th Aug



Saturday 14th Aug

Saturday 28th Aug



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