

TOWN and AROUND

ISSUE 161 MARCH 2019

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Dedicated local CAREGiver celebrates after changing the face of ageing in West Norfolk

CAREGiver of the year finalist, Jacqui, 60, from Snettisham, previously battled with cancer before becoming a top CAREGiver at Home Instead Senior Care West Norfolk.



When Jacqui started working for Home Instead West Norfolk, she didn't realise she would be nominated for an award. In 2017 she was a finalist in the Home Instead's National Office Awards for CAREGiver of the year and she's been going from strength to strength.

"I didn't think I'd ever go out to work again which was upsetting as I always loved being with people. It made me more caring towards others and I wanted to do something for someone else, I wanted to give back." Jacqui mentioned that after battling cancer she wanted to really help people. It gave her a new zest for life.

Laura McEwan, Home Instead West Norfolk Operations Manager said:

"Jacqui is always cheerful, she is very kind, considerate and utterly reliable – she goes above and beyond like no other and has progressed quickly, learning how to support people with dementia too. Jacqui's reliability, tact and imagination make her an exceptional CAREGiver and her enthusiasm for the job speaks volumes about Home Instead and her commitment to her clients."

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If you'd like more information and details on the many home care services and specialist support offered, please contact the West Norfolk office on 01553 387967. Visit www.homeinstead.co.uk/westnorfolk.co.uk



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First word



Hello and welcome to the March issue of Town and Around. March is a pretty amazing month with much to celebrate, here's my top six in date order:

1st: Peanut Butter Lovers' Day I had to include this one, not only because I really like peanut butter but to remember Hunstanton is twinned with the 67th Special Operations Squadron, so it's for our friends based at RAF Mildenhall.

And, as a little extra, you can find a genuine American recipe for making your own peanut butter on page 52.

7th: World Book Day World Book Day is the world's biggest campaign to provide every child and young person in the country with a book of their own. Supported by National Book Tokens World Book Day returns this year after one of its biggest years to date with a range of new initiatives that will help to get even more books directly into the hands of children and young people, especially those who wouldn't otherwise have access to them. Catering for all age groups, from toddler to teen, the expanded list of 13 new £1 titles for World Book Day 2019 has been created to appeal to the widest possible range of children and young people, tastes and abilities.

Photo: World Book Day at Hunstanton Infants in 2014. Remember this?



8th: International Women's Day: With the theme of #BalanceforBetter, International women's Day celebrates women's achievements while calling for a more gender balanced world. Celebrated since 1911 this year's campaign says: "Balance is not a women's issue, it's a business issue. The race is on for the gender-balanced boardroom, a gender-balanced government, gender-balanced media coverage, a gender-balance of employees, more gender-balance in wealth, gender-balanced sport coverage ...

"International Women's Day is a global day celebrating the social, economic, cultural and political achievements of women - while also marking a call to action for accelerating gender balance."

Gloria Steinem, feminist, journalist and activist said: "The story of women's struggle for equality belongs to no single feminist nor to any one organisation but to the collective efforts of all who care about human rights."

11th: Commonwealth Day, formerly Empire Day, is the annual event during which the fifty-four member countries of the Commonwealth celebrate their links with one another. The theme for 2019 is: "A Connected Commonwealth works together to protect our natural environment and the ocean that we share and cooperates on trade to encourage inclusive economic empowerment for all people - particularly women, youth and marginalised communities."

20th: Spring Equinox marking the moment the Sun crosses the celestial equator - the imaginary line in the sky above the Earth's equator - from south to north. Also referred to as the first day of Spring. Whilst Druids, Pagans and tourists gather at Stonehenge, gardeners, and I include myself here, are just itching to get planting and we all hope the winter weather is behind us.

21st: Common Courtesy Day What a gem this day is; giving us all a chance to be a little more courteous, and encourage others to do so too. You probably remember as children that courtesy and respect were paramount; you should say please and thank-you and be considerate

and understanding of others. Practicing kindness will not only make others feel better, it can make you feel good too, so today of all days greet others with a cheery good morning or afternoon, pay someone a compliment, help someone carry their shopping... you get the gist.

Add to all these St David's Day 1st, Shrove Tuesday (Pancake Day - more on this elsewhere in the magazine) 7th, St Patrick's Day 17th and Mothering Sunday on 31st (which is also the day the clocks go forward giving us an extra hour of daylight each evening) making March a pretty amazing month.

Incidentally, I share my March birthday with Alexander Graham Bell; I like to think it is something to do with communication!

My thanks as always to all our contributors, photographers, advertisers and delivery team.

Best wishes, and whatever you do, enjoy March

Elaine

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Queen's annual visit to West Newton

Kevin Elfleet

Her Majesty The Queen braves the bitter cold as she receives a warm welcome from over a hundred well-wishers at West Newton for her annual visit to St. Peter and Paul church service.

Following the 45 minute service conducted by Revd Canon Jonathan Riviere, Her Majesty smiled as she walked along the waiting crowd chatting and accepting flowers, from her fans including Mary Relph who has been following the Queen for nearly 70 years.

Her Majesty then attended the nearby hall where the Sunday School performed a short play and the prize giving ceremony to the children.

The Queen looked amazing as usual, wearing a peach coloured coat and hat, this will be her last public event during her Christmas break at Sandringham before she returns by train to London, usually about the 6th February.



Remembering the 1953 floods

John Maiden

More than six decades have passed since the catastrophic tidal flooding that occurred on the night of January 31 1953, but the tragic loss of life, combined with the heroism of the rescuers, has never been forgotten by those who were living in northwest Norfolk at the time. Accounts of the tragedy, from various sources, have encouraged successive generations to join in mourning the victims and honouring those who risked their own lives in order to save the lives of others.

Unlike most of the properties on South Beach Road, Neil Quincey's house withstood the full force of the gale and tidal surge, but although Neil was able to communicate by telephone with his wife, who was trapped on the first floor, he had no means of reaching her and their three young children.

When a rescue team arrived from the USAF base at RAF Sculthorpe, led by the 67th Air Rescue Squadron, Neil persuaded the crew of an amphibious vehicle to take him on board. Unfortunately, it was swamped by a wave just as it drew alongside his house. Neil, along with the entire crew, managed to save themselves by scrambling onto a balcony.

It was not until the early hours of the next morning that Neil and his family were taken safely to dry land in a rubber life raft towed by Reis Leming. Neil has always been grateful to Reis and the other members of his Squadron, now renamed the 67th Special Operations Squadron; but it was not until 2012 that he discovered the 67th had its HQ at RAF Mildenhall.

This was when RAF Flight Sergeant Mark Service, the Squadron's official historian, asked the Civic Society if Hunstanton wanted



to be involved with celebrations to mark the 60th anniversary of the 67th. Two years later the Town Council granted the Freedom of the Town to the 67th and in May 2016 Hunstanton Twinned with the 67th.

Of equal importance are ongoing reciprocal visits, such as the wreath-laying ceremony held on February 1st this year. This was hosted by Town Mayor Amanda Bosworth, fellow councillors and Civic Society members. The public were invited to attend and share memories of The Floods with SM Sgt Steve Pressler and Lt Col BJ Kelly of the 67th Special Operations Squadron.

Amanda summarised the significance of the event with these words: "The annual wreath-laying ceremony to remember the victims of the 1953 Floods is an important event in our calendar, allowing us to share memories with

local residents (many of whom still have personal stories to tell of that fateful night) and also to reinforce the close links forged with the USAF 67th Special Operations Squadron over the past 66 years."





Smithdon celebrates success

Smithdon High School's Celebration of Achievement evening on 24th January got off to a great start as young pianist Nathaniel Lindsell entertained parents and guests with a selection of Bond film themes, music from Harry Potter and finally, as Headteacher Simon Wilson took to the stage, 'Gonna Fly Now' which is probably better known as the Rocky theme tune.

Following Simon Wilson's opening address the awards for attainment and progress were presented to:

Year 7 Attainment: Daniel Cook and Amelia Gee. Progress: Hayden Neave and Tiah East-Freeman. Year 8 Attainment: Alex Caldicott and Caitlin Hook. Progress: Leszek Gregorczyk and Chloe Cassin. Year 9 Attainment: Nathaniel Lindsell and Emillie Hipkin. Progress Jake Hannam and Niamh Stafford. Year 10 Attainment: Sam Hudson and Taylor Smith. Progress: Benjamin Richards and Rose Edmonds. The Progress and commitment to Music award went to Jamie Chillingworth and Sports Leaders awards to: Rosie Booth, Mia Beattie, Ewan Harris, Charlie Nurse, Owen White, Thomas Wickien and Ella Tuckwood.

A musical interlude from Edith Stewart was followed by special guest Lucinda Knight talking about her experience of brain tumour surgery and her fundraising work with Addenbrookes.

The GCSE subject prizes were as follows: Ellie Bracewell - Combined Science/Graphics, Jake Dorman - Religious Education/Resistant Materials, Katie Eastwood - Child Development, Madeline Eyre - Health and Social Care, Matthew Garrard - Physics, Lucy Hughes - The Clare Shield for Art, Louise Pearce - The Clare Shield for English Language/Drama, Abigail Rice - Biology/Catering, Maisy Smith - ICT, Owen Strawson - Geography, Lauren Taylor - The Halls Exhibition Foundation Endowed Prize for Mathematics, Shannon Tucker - The Connie Martin Memorial Prize for English, Literature/Chemistry/French, Shannon Wing - Hunstanton Round Table Award for Physical Education, William Woodhouse - History.

For Overall GCSE Attainment: Shannon Tucker and Matthew Garrard and for Overall GCSE Progress: Daniel Dobing and Abigail Chadburn

The second musical interlude was provided by Ellie Paterson.

Special awards were presented by the Chair of governors Mr A Gee as follows: The Rotary Young Citizen Award - Layla Mugaseth, The George Raines Memorial Award for Sport - Ben Welch and The

Hunstanton Lions Prize for Service to the School and its Community - Rosie Booth.

The Richard Shaw Award was presented by Mr John Crofts of Hunstanton & District Rotary Club to Taylor Smith.

Concluding the evening there was a special preview of the School's musical production of 'Junior High School Musical'.



Pictured from left Smithdon High School Headteacher Mr Simon Wilson, winner of the Richard Shaw Award Taylor Smith and Mr John Crofts of Hunstanton & District Rotary Club

For more news from local schools please turn to pages 66-68

If you would like your school featured in Town and Around please contact the Editor on 01485 540620 or e mail editor@townandaround.net

Sandringham WI's Centenary Year begins with a talk by Alexander Armstrong

by Ann Whiting

Sandringham WI were again privileged to welcome their President, HM The Queen to their January 2019 Meeting which was an extra special one due to it being the first in their Centenary Year Celebrations.



Members were also thrilled to welcome Alexander Armstrong, actor, singer and co-presenter of 'Pointless', as our special guest speaker. He gave a very interesting and humorous talk, interspersed with two songs. Accompanied by Harry the Piano, his rich voice filled the hall with glorious sound.

Sandringham WI will continue to celebrate their Anniversary during

the year. Of especial note is a three-day weekend event on 25th, 26th and 27th May from 10.am to 5pm daily. This will comprise of a Flower Festival in West Newton Church with a 'Guess the Song and Decade Quiz' for those who wish to have a go. Next door in West Newton Village Hall the WI will have a Memorabilia Exhibition including items from their Archives and homemade Craft items for sale, Refreshments plus any other stalls.

Pictured below: Yvonne Brown and Ann Whiting, Vice-Presidents with guest speaker Alexander Armstrong



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Let's have Greenways alongside Railways

by John Maiden

There is an ongoing consultation on 'Norfolk Greenways', which involves the future of disused railway tracks across Norfolk. In the west of the county there is a proposal to use the routes from Lynn to Fakenham and Lynn to Hunstanton as footpaths and cycle ways. The County Council seems to be of the opinion that this would be the best way to preserve the routes for future reinstatement of railway lines closed fifty years ago.

Had this suggestion been forthcoming when the lines were threatened with closure, it would have made more sense than it does now, when much of the land will have to be acquired from private owners. However, it is refreshing to see a local authority recognising the fact that 'transport' does not have to involve spending millions of pounds on road building. Hopefully, the consultation exercise will be used by pressure groups and individuals to ask the decision makers to acquire sufficient land to allow for reinstatement of railway lines, in addition to the proposed footpaths and cycle ways.

As far as the route from King's Lynn to Hunstanton is concerned there are other factors that should be considered. For example, the government has decreed that there is to be a nationwide coastal footpath, which, to the best of my knowledge, is still missing the section from Hunstanton to Sutton Bridge. Surely, it would make perfect sense for this to be considered along with the Norfolk Greenways proposal, because it also raises controversial issues such as protecting homes and businesses from tidal flooding resulting from climate change. Perhaps a coastal footpath on top of an embankment should be considered. This could provide a defence against inundation by the sea.

Members of the King's Lynn Hunstanton Railway Campaign have been informed by the Department for Transport that the government is considering the merits of reopening railway lines closed in the 1960's, because of their potential for bringing new jobs and homes. Planning permission for new house building appears to be readily available, with little attention being given to the adverse impact on infrastructure, especially transport. This makes reinstatement of the Lynn to Hunstanton Railway more urgent with every new housing estate in west Norfolk.

To comment visit www.norfolk.gov.uk/greenways.

Hunstanton Tourist Information Centre

We are currently experiencing some technical difficulties with the Hunstanton Tourist Information website. We are also unable to access any emails sent to the TIC email address currently advertised in brochures and on websites.

Please could you send all TIC related enquires to tourism@hunstantontowncouncil.gov.uk. Phone lines are working as normal. We hope to be up and running ASAP. Thank you.

Jan Roomes

Town Clerk, Hunstanton Town Council

SPAM

ATTENTION ALL SNETTISHAM PENSIONERS

The Annual Meal will be held on 6th April 2019. The lists will be put in: The Co-Op, The Paddocks and the Hall as from Friday 15th February.

The first 90 names will take priority. So get your names down as quickly as possible.

The closing date will be the 22nd March.

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Hunstanton & District Civic Society News

Heritage Centre

The Society is pleased to report that the purchase of the former NatWest Bank building on the corner of Northgate and Greevegate has now been completed. The Heritage Centre should, by the time you read this, have relocated from 15 The Green to the 'old NatWest bank'. Now the hard work begins as we transform the bank into a Heritage Centre. There are legalities to be gone through and refurbishments to carry out all of which we believe will mean that our first opening should be late April or early May rather than mid-February when we would normally have opened – for this, we apologise.

We are spending much of the funds accumulated over the last few years and have also applied for a grant in order to make the bank building an asset that Hunstanton can be proud of. There will be some building work (inside and out), patching up, electrical and plumbing works, redecoration and carpeting and generally fitting out. Any additional contributions towards these costs would be gratefully received – you can specify what the contributions should be spent on (e.g. carpet tiles, paint etc). Contact Treasurer, Stephen Kent on 01485 534200 if you would like to help. Ultimately we will want to raise funds in order to buy the building from the kind philanthropist who has bought it for our use in the meantime.

In moving out from 15 The Green, once more we must thank Solveig and the late Derek Ward for allowing us use of their shop

premises for the last five and a half years. They have been so generous and we all wish Solveig a successful move.

Harry Croad

It is with great sadness that we report the passing of Mr Harry Croad. He was one of the founder members of the Civic Society in 2002. His memory will live on in the shape of the beautiful display cabinets that he made and gave to the Heritage Centre.

Talks Programme

Last month saw a talk given by John Crofts, former head at Glebe House School, on the subject of 'A Life in Prep Schools'. The stories of his experiences in the independent sector of education were eye-opening and the Society is very grateful for his time and effort.

The March talk sees the return of Kevin Mackie (son of our very own Mary Mackie) on 'What happened to our RAF Hospitals?' at the Town Hall at 7.30pm on Wednesday, 20th March. This follows his talk last November on 'The RAF Voluntary Band Association' which was very well received.

Entrance fee Members - £1, Non-Members - £4 (includes refreshments).

Newsletter

Bi-monthly Newsletter – members should now have received by email (for those who have email, others by post or hand-delivery) a Newsletter from the Civic Society reporting on events affecting the Society and also outings that we are arranging. Please contact

the Secretary (Sheila Kent – 534200) if you have not received this. She can also be contacted if you would like to become a member of the Society and support the Society's work in and around Hunstanton.

Hunstanton in Bloom

A new season starts soon and with it new ideas for the town. The Civic Society takes responsibility for making sure some of the flower beds in the town are kept attractive for residents and visitors alike.

Things are changing in our society. No longer can we rely on councils to do all the horticultural work. There is a move to try and involve a wider range of our community in caring for our town environment and growing spaces.

This is very much in keeping with RHS criteria and we know that the judges will be looking for acknowledgement of that.

Hence we send out another plea for anyone with interest and a bit of spare time to get in touch.

Also if you know of any young people who would benefit from spending time in the outdoors and learning gardening skills we would love to hear from you. There are some exciting horticultural initiatives happening for young people out there and it would be very good if Hunstanton could join in and demonstrate that we all care about how our town is nurtured. Please contact: Margi Blunden 01485 532223

Heacham History Group

The January meeting was prepared and led by Mavis and John Windibank. We followed a different format to our normal meeting with everyone sitting on tables of 4 or 6 with light refreshments, tea and coffee. We had three quizzes, a general knowledge one, a set of anagrams of Heacham street names and a "where in Heacham is it?" picture quiz. These led to great discussions and pleas for "just a bit more time please". These were followed by a presentation by Mavis of old postcards of Heacham with photographs of how the location looks now and a brief history of the building. One thing that stood out for me was the difference in the number of cars in the pictures. Our modern streets abound with cars while in pictures past, there are none or maybe just one. It was a very amusing evening and everyone said how much they enjoyed it. I think it could become a regular event for our post Christmas meeting. So if you are driving around Heacham and come across a man standing in the middle of the road with a camera, it will be John concentrating on getting his photograph from exactly the same position as the photographer of a hundred years ago. Please don't run over him.

On 25th March, Stephen Pope will be returning to us to talk about Village Craftsmen. His previous talk on the workhouses was very informative and I know this talk will be as interesting. The blacksmith, the whitesmith, the wheelwright, the cooper and the carpenter, villages would have been almost self-sufficient, with craftsmen ready to supply the inhabitants with most of their needs. What makes this topic so relevant is that if you have rural ancestors then you will have craftsmen in your family tree. Come along and find out how they lived and

worked.

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

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Message from the Mayor

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The beginning of any new year should bring with it a feeling of optimism for future possibilities and I hope that the following brief snapshot of current activities will reinforce that feeling. There are definite signs of growth and regeneration all around town – new businesses in the High Street, transfer of the Heritage Centre to the former Nat West building, an exciting new programme of activities linked to the Hunstanton Heritage Gardens, developing plans that fall under the heading of “One Public Estate”, as well as the new Norfolk Greenways project (linked in with the public transport network and the existing long-distance walking and cycling network - Norfolk Trails). All of these initiatives contribute to the growth and wellbeing of our community.

Southern Seafront Regeneration

I know that many of you are keen to hear how plans are progressing for the Southern Seafront Regeneration, following the online survey last year. The hard-pressed project team at Borough Council are hoping to arrange an Open Day before the end of March for everyone to comment on the draft options drawn up by Hemingway Design. Sheep Field Community Housing Development

A second open meeting was held in the Town Hall on 31 January to allow those interested in buying or renting a property (as well as other local residents) to find out more about the latest plans and proposed access to this small community-led development of approximately 30 homes. The event was well attended, but anyone who was unable to attend the drop-in session can still find more information or register their interest by visiting:

https://www.west-norfolk.gov.uk/info/20176/looking_for_a_home/644/the_sheep_field_community_housing_development

Remembering the 1953 Floods

At the beginning of the year, the Town Council was pleased to add organisation of the annual wreath-laying ceremony to its calendar of community events, working closely with representatives of the Civic Society and members of the US 67th SOS. We were all gratified to see both familiar and new faces at the ceremony on 1 February as many of the attendees had moving stories to tell about their memories of that fateful night.

Festival of Christmas 2019

After the challenges of last year, a number of local residents and business owners kindly indicated that they would be prepared to help in organising this year's festivities, so on 28 January we held an open meeting in the Town Hall to discuss preparations for Christmas

2019. Some 40 people attended and we agreed that the Christmas lights' switch on should take place on Sunday, 1 December at 5pm for the whole town. 10-12 volunteers formed a coordinating committee and four sub-committees – Entertainments, Business liaison, Children's activities, Publicity/promotion – to work on the day's programme of events. Please get in touch if you would like to help out in some way, as more volunteers will be needed to make it a success.

Council Elections, 2 May 2019

If you have some spare time, energy and an interest in what happens in Hunstanton, you may wish to consider becoming a Town Councillor. Becoming a Councillor will allow you to engage with the local community and to take part in decision-making on what services or products the Council should take forward. For further information or to request an Election Pack, please contact the Town Clerk's office.

Tel. 01485 532402; Email: clerk@hunstantontowncouncil.gov.uk

Upcoming meetings

Full Council meeting: Friday, 22 March - 6.30pm, Council Chamber
More information can be found on the Town Council website:
www.hunstantontowncouncil.gov.uk

Pride in our Neighbourhood 49

Andrew Murray

In mid January, the consultation about Hunstanton's Neighbourhood Development Plan (HNDP) ended and it has highlighted that there are some inconsistencies in the Plan that will have to be ironed out.

All local planning authorities have responsibilities for advising and assisting the qualifying body (the town council) in the preparation of the neighbourhood plans as well as promoting and protecting their strategic policies and the wider planning interests. In the case of Hunstanton, this is complicated by the fact that the Borough is a major landowner with substantial property interests in the town and it is also the manager of the open spaces, the resort, leisure facilities, the seafront and the sea defences. There is a potential conflict of interests within some of those roles.

Hunstanton Town Council decided that the focus of the HNDP would be on the size and style of houses that will be built in the town. The 2016 questionnaire tried to ascertain what parishioners felt were appropriate buildings that would be functional and useful to the residents both now and in the future, and would preserve and promote the character of the town whilst taking account of national and regional policies. For that reason, HNDP does not claim to be comprehensive and says little about coastal management, the sea front or the tourist trade. Perhaps when Wayne Hemingway has completed his study of the sea front and the Coastal Management Plan has been refined, a future version of the plan will be able to include those aspects.

The 2011 Census data showed that there were 2090 households in unshared accommodation but 591 of these, i.e. over 28% did not have a car or van. This begs the question of how many car parking or garage spaces are actually needed or should be provided when new homes are being built. Is the policy of providing one space for a one-bed apartment and a minimum of two off-road spaces for anything larger too generous and a waste of land and money? Perhaps some developments designed for specific groups of residents could have a lower provision. Lower provision is certainly applicable in large cities with well-developed public



transport systems. However only a part of Hunstanton can be said to be linked to King's Lynn with a frequent bus service.

The recent survey of house prices published in the Eastern Daily Press stated that house prices in the PE36 6---- post code area are the second highest in Norfolk but this may not be compatible with the statement the average cost of homes in the Hunstanton Ward is £215,000 whereas the further along the North Coast it rises to £320,000

Although the formation of a Green Separation Zone between the town and its adjoining parishes of Heacham and Old Hunstanton is a definite objective, the town has been developed almost up to its borders and it has little land that can be allocated towards that objective however desirable it may be. We can only work with the adjoining parishes and support any neighbourhood plan that they may produce which includes this element.

Sedgeford Parish Council

Sedgeford Parish Councillors are pleased to welcome Ms Karen Orgill as their new Clerk. Karen has a background in local government, at borough and county levels, and brings experience, expertise and enthusiasm to the post.

She will be combining this role with her existing position as Clerk to Syderstone PC, as both posts are part-time.

During February and March, Karen will work alongside John Ward, to allow time for training and a smooth handover before he retires at the end of March.

Karen commented: "Having moved to Norfolk two years ago, I was missing my local authority work as I have previously worked for Borough, City and County Councils in the Midlands. I am thrilled to take up the position of Parish Clerk for Sedgeford Parish Council and look forward to learning more about the village, working with the Councillors and hopefully meeting parishioners."



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Borough Council News for Heacham Ward

Updates from last month first: The Knight's Hill application for 600 houses will be heard at a Special Planning Committee on Wednesday 13th March. Venue King's Lynn Town Hall at approximately 10am.

I have had a couple of suggestions about how the Borough Council might utilise the Bowling Green land off the High Street, Heacham. Both quite respectable but, unfortunately, likely impractical. Please continue to think about it.

Application 18/021440/O for 3 houses off Hunstanton Road, Heacham, has been rejected by planning officers. The application on the same and adjacent site for glamping is still, at the time of writing, awaiting a decision.

Appropriate objections to the draft Hunstanton Neighbourhood Plan with regard to proposals which lead to a further deterioration of the gap between Heacham and Hunstanton have been made.

I attended the consultation about the Sheepfield Community Housing site in Hunstanton. It was a well-attended event. I learnt that there is a prioritised table of just who can apply for houses on that site. Simplistically, if you are an established resident of Hunstanton and/or work there, then you are further up the list than someone who meets neither criteria. However, this is simplistic and anyone living in neighbouring villages should look at the website:

www.west-norfolk.gov.uk/sheepfieldhousing

And I have put some explanatory leaflets in the Heacham Parish Council Office, Pound Lane, Heacham.

I have just got an answer about the Lamsey Lane junction on the A149 and the corresponding changes to speed limits. The new 50mph limit between Snettisham island and Knight's Hill (in part or full) will be extended to include the Lamsey lane section. The junction itself is to be set out with new white lines. Quite what this means I am not sure. I have asked.

Some news which is pertinent to all the Borough. The DRAFT revised Local Plan (the complex document which allocates sites for development and the number of houses to be built as well as dealing with a myriad other planning issues) got through Cabinet in early February. It goes on-line for public consultation on the 4th March (correct at time of writing). You have, should you wish to, just 6 weeks to respond. There will be press statements, social media information and, likely several roadshows of which one should be in Hunstanton.

There are likely a number of things you might want a say on. However, there are two, very controversial, words anyone concerned with housing allocations exceeding need should comment about. Those words are 'at least'.

The current Local Plan had 'At least' put in front of the numbers of houses allocated to sites. This resulted in a doubling of allocations at Cheney Hill, Heacham, recently in South Wootton, other large sites in Downham Market, and increases in many other sites. The Borough Council always blamed the inclusion of 'At Least' on the examining inspector of the Plan. However, some members of the council have admitted that the real fault lay with allocating sites which were far larger than needed for the number of houses required. Effectively, some communities have far more houses than expected or needed, or which will cause potential traffic problems, because of carelessness by the Borough. I reiterated this at Cabinet. No one contradicted me.

In the revised Local Plan, allocated sites should be of an area which can only accommodate the number of houses wanted on them or a few more if the developer is creative with layout. Consequently, 'At least', should be redundant and should not be in the revised plan. However, this time around, the Borough Council has insisted on 'At least' being placed before the number indicating housing allocations.

I raised this matter, again, at the Local Plan Task Group meeting prior to Cabinet. Retaining 'At least' was agreed by all present except me. However, it was agreed to ask an officer to 'cushion' the words so that the planning committee could discuss, more fully, applications which come in with housing numbers above the preferred optimum. This amendment, agreed by Cabinet, appears in the DRAFT consultation document near the front.

In my opinion it will do nothing to stop developers pushing numbers up. I did propose an alternative amendment which was received but not discussed.

If you consider 'At least' is a phrase not supportive of realistic community planning as it leads to significant discontent and, currently, intolerable expansion of sites, then I suggest you respond accordingly to the consultation. I know developers will think it is wonderful.

Back to local news. Old Hunstanton Road continues to head the list of complaints to me: the new 9 houses on Blackthorn Close – mud, verges, hedges, road obstructed; separate but close – clearance of land adjacent to woodland; activity in the woodland. This is closely followed by ongoing concerns about heavy traffic going along Fenway and the restricted byway. Enforcement officers and County are investigating which may mean something or nothing.

Terry Parish

Independent Borough Councillor

PS, April's newsletter may be non-existent or bland. The publication date falls into purdah when existing councillors seeking re-election have to watch their p's and q's.

May 2019 Elections

To the electorate in Fring, Heacham and Sedgeford:

Statement of Intent: I, Terence Parish, will be standing for re-election as Borough Councillor in the May 2019 elections.

I currently represent Heacham Ward. However, boundary changes mean that a new ward comprising of Fring, Heacham and Sedgeford has been created and I will be a candidate for this new, larger ward.

I am an Independent Borough Councillor with no affiliation to any political party and will stand for election as an Independent again.

As an Independent I have no party machine creating publicity. There will be a poster / advert in this and other free (to the public) publications. There may be an election leaflet through your door. Meetings between myself and any interested groups living in Fring, Heacham and Sedgeford will be welcome and can be arranged. Contact details for myself follow.

Candidate for May 2019 elections Terence Parish (often identified as Terry Parish).

Address: 1, Woodside Avenue, Heacham, PE31 7EW.

(Agent address the same).

tparish@btinternet.com

0752 5647585

This printed material is promoted by Terence Parish, acting as his own agent for the May 2019 elections. It is printed by the printers identified in the publication in which it appears.

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Councillor's notes - an Independent's view

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Case studies

As part of the role of local councillor at any of the three levels, all will be expected to help any member of the local population with issues that are causing them distress or hardship. Normally these are questions about issues that have confounded that person because they don't know who to contact for help. So for instance who do I contact about my dustbin collection? Who might I talk to about a traffic or parking problem etc. . However, there are instances where you as a councillor may have to become more involved due to various reasons, including the complexity of the challenge, the apparent 'getting nowhere' syndrome, where the individual feels frustrated and needs the support of an unbiased locally elected member, or something even more complex.

So recently I have been asked to help by enquiring in my official capacity of Councillor to help resolve:

(A) a problem with rats and other rodents. The tangle of a social landlord, a freehold neighbour chicken flock owner and the restrictions of pest control.

(B) A problem with a social landlord and a tenant with ongoing damp problems.

(C) Somebody campaigning for better bus routes.

(D) an existing home owner needing support with an adjacent new building developer, with works threatening to undermine his home.

There are many more and as a local councillor you are obliged and expected to be unbiased, have the wisdom of Solomon, be completely transparent and have the ability to source the correct procedure and collate the information correctly, respectfully and professionally in order to effect a reasonable conclusion to the matter. The one big challenge is of course, Planning Permission, where one neighbour wants to enhance their standard of living but the other considers such a proposal to be detrimental to theirs. I find that particular problem, very often, unresolvable with friends and neighbours falling out for very long periods, most unfortunate.

The Hunstanton Recreation Ground

Possibly one of the main points of being a councillor is to get 'best value' for the people that vote for you. This is not a political issue but just good sense. I was recently advised that Downham Market has, yet again, raised its precept. These are the monies that its Town Council raises in the form of local taxation to keep its local amenities open and operational. I haven't got the full details of the amount yet but a band 'D' home can expect a substantial increase, it's all part of how councils are funded and the choices made by its councillors, the people we entrust to spend our



public monies.

In Hunstanton I don't think there is a substantial increase but ratepayers also pay, in my opinion, very high 'Special Expenses', this is where, in this case, the Hunstanton Town Council, years ago, abdicated its responsibility to maintain and manage the recreation grounds. I don't know why this happened, it was years before I got involved with Hunstanton politics maybe 20 years + ago. However I am glad to report that Hunstanton Town Council is now, at last, considering taking back control of the recreation ground, leased from Le'Strange Estate with a few years left on the current financial arrangement. Currently Hunstanton is the only parished recreation ground that is not controlled by its own population in the Boro'! With charges made by KL&WNBC that have only recently been clear and transparent, in my opinion, it's high time that the HTC took on what is the norm for the other 99 Towns and Parishes within the Boro'. There will be challenges, including the sub-leases to the Bowls and Croquet Clubs. The highly prestigious Tennis Tournaments including the County Championships and the 'Open', one of the biggest in Europe, but all can, and will be resolved and managed more locally with more local involvement..

The community centre, Surestart

Recently Norfolk County Council decided to change its philosophy about helping young parents and children in the county. It decided to cut back on the number of Surestart nurseries and parent centres and concentrate on a form of outreach. I think of the about 50 centres across the county they are intending to leave about 14 operational. There are budget cuts involved with this policy going from £10m down to £5m in budgetary requirement, however the working option seems more sensible with grants available to fund either professionals visiting household (see Home Start) or small village hall style

operations being granted/funded with and by NCC and other organisations. We will have to see what pans out. It does leave the way clear for Hunstanton Town Council to take a lead with all this. Firstly it has been applying for years to take back responsibility for the whole Community Centre freehold, however this has been frustrated by the consequences of the Surestart part of the complex not being resolved, i.e. what would happen to it. It now appears that HTC will be able to develop the Community Centre itself without other levels of local councils' input.

Secondly HTC will have the chance as freeholder to develop the offering to local people, new equipment, better usage of resources and much more, all locally controlled by local councillors that you voted in to office.

Need for more commercial premises in N.W. Norfolk.

Last month I included in this column the outline plans to start working up for the needs and opportunities of commercial premises (not retail premises) to be developed in this N.W. Part of Norfolk Including Hunstanton and the surrounding villages. The reaction from K.L. council was predictable, "basically there are lots of empty units in K.L. So why do you want more up near the coast". However it is being considered, and although supported by Senior Officers at KL&WNBC there is a tepid reaction from members, many of whom it appears hardly ever come to this coastal region although we (Mike Ruston and I) were applauded for our efforts to present the case to them.

On the other hand, I have had a great deal of interest from both landlords of property prepared to open up rental opportunities and from existing businesses desperate to expand or to start up in this N.W. Corner of Norfolk. It seems to me that my assumption that we have a different offering from that in K.L. 16 miles away has some merit. Knowing that before any units could or would be built before my retirement from office, I should like to appeal to all landlords, landowners, farm building owners and any other would be providers of space already in place or capable of being developed. Please could I have details of any properties that could be used for business development, with or without P.P. In this area. I should like to appeal to all prospective and existing businesses wanting to move or expand here to also make contact so that the two sides can be connected. If a listing can be generated it might galvanise some Boro' Council action, at the same time create and promote the business development correctly in and around the coastal area now. Please come back with your suggestions and details.



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A Page from the Sage

Well here we are again another page or two from the Sage in the March issue of Hunstanton Town and Around number 161.

Road names

Many newcomers to Hunstanton, and there have been many over the years, ask how a lot of the streets, roads and lanes got their names. Over the years I have heard a lot of different definitions so if anyone thinks I am wrong please let me know.

Alexandra Road was named after the Edwardian Queen, Austin Street and Astley Crescent after members of the Le-Strange family, Avenue Road because of the tree lined walk, Beach Terrace Road - the terrace of houses that were nearest to the beach, Bennett Close named after the building company that built the estate, Bernard Crescent named after Bernard Le-Strange, Boston Square you can see across the Wash to Boston Stump in Lincolnshire, Chapel bank - this was the lane used by people in the old village of Hunstanton to get to St Edmunds Chapel near the lighthouse. Chatsworth Road was named after the National Trust estate in Derbyshire, Clarence Road, like a lot of the roads on the lighthouse estate, has a royal connection, Cliff Terrace and Cliff Parade their direct vicinity to the cliffs, Downs Road track leading directly to Ringstead Downs, Greevegate Road after the Old English name of Graefe meaning brushwood thicket or grove, Glebe Avenue property built on land belonging to the church, Homefields Road and Lane - this was at one time the oldest lane nearest to the open fields, Hill Street because of its own natural incline. Crescent Road because it runs round in the shape of a crescent, Lincoln Square and Lincoln Street for its western aspect and view of the coast line of Lincolnshire (16 miles away across the wash). Le-Strange Terrace was the very first street with shops to be built in Hunstanton therefore it was named after the founder of the town (at one time there was about 20 shops and businesses in this street). Lighthouse Lane because it is the road leading to the lighthouse, Manor Road as it is the road that lead to land that belonging to the Lord of the Manor, Manor Fields - at one time all of the land on this estate belonged to the Lord of the Manor; the roads on this estate all have royal connections, such as: Windsor Rise, Charles Drive, Diana's Drove, Sarah's Road, Anne's Drive, Harry's Way, Philip's Chase, and Margaret's Close, there are altogether about 400 houses on that estate. Mercedes Avenue was named after the first lady to swim across the Wash; she also opened the blue lagoon swimming pool in 1927 and Nene Road was named after the river of that name. Northgate Road, or gateway to the northern end of the town, Nursery Drive named after the area of land where Mr Chilvers had a nursery and

by
Dick Melton



grew lavender, Old Town Way - the road leading to Old Hunstanton, Park Road that ran through the middle of park land, Pedders Drive and Pedders Close were named after the peddlers who travelled through Suffolk and Norfolk to get to the coast. Redgate Hill was named after the red clay that was once found on this site, and all of the roads on the Redgate estate: Frobisher Crescent, Collingworth Road, Evans Gardens, Nelson Drive and Ramsey Gardens were named after famous British Admirals. Sandringham Road as it is the road to the Sandringham Estate, Southend Road being the road that leads to the southern end of town and Seagate and Seagate Road as they are the gateway to the sea. Victoria Avenue was named after Queen Victoria who was on the throne when these houses were built, York Avenue named after the then Duke of York, Waveney Road named after the East Anglian river and Valentine Road named after the man who built the King's Lynn to Hunstanton railway line in 1860/62. Here are just a few more that I remembered whilst I was doing the main list: St Edmund's Terrace and St Edmund's avenue named after the main church in the town, and by the way how many of you knew that we have six places of worship in Hunstanton? Back to the road names Leming Crescent is of course named after Reis Leming one of the heroes of the 1953 floods, and Redgate Heights is so called as it is the highest point in the town.

There are no doubt a lot of small roads, streets and lanes that I have missed out but it was a bit of a job when I did this riding my bike and writing the names down on a note pad, I can tell you this now, I fell off a few times.

Housing

When the railway line from King's Lynn to Hunstanton opened in 1862 the railway company wanted some houses for their workers. At that time there were no houses at all down Southend Road, so at the north end of Southend Road on the west side they built a row of three cottages and the Station Master's house (now a bed and breakfast).

They then built three more rows of cottages down Southend Road on the east side before you got to the Chalk Pit (where the Tesco store is now), each of these rows of six cottages had names, they were: Roseneath Terrace, Marine Terrace and Albion Terrace. The old gate house was built in about 1900/91 when the beach road level crossing was put in, the gasworks, the foreman's house and gasworks cottages were built in 1870 and demolished around about 2002 when Tescos store and petrol station were built.

On Thursday 31st January there was another meeting at the Town Hall about the proposed building of more houses on the Sheep Field and the access to this site, either by way of Waveney Road or Alexandra Road. Many years ago an old boy of the town who lived in Crescent Road told me that a Mr Lionel Harold Leach, who was an estate agent with premises in the High Street, owned this land (Sheep Field) and when he passed away he left this area of land as a community field for the use of the people of the town, but I do not think this has ever happened. I can remember horses and sheep being on it but never a football pitch, slides or swings.

Holocaust memorial

A few weeks back in many of the papers and on the television there were stories about the memorial services that were held to remember all the people that lost their lives in the Holocaust that took place on the instructions of Adolf Hitler between 1941 and 1943 during the Second World War. Most of them died at Auschwitz though there were other horror camps where thousands of people died from hunger, disease and torture.

When I was called up for National Service on the 10th March 1960 I first went to Oswestry for two weeks basic training, then to St Asaph near Rhyl in North Wales for a month's driving course (though I had already passed my test in 1957). I then went on a Centurion Tank driving course at Bovington in Dorset, after which I had a week's leave before going to Germany to join my father's old regiment the 3rd Royal Horse Artillery (R.H.A.). We went by ship from Harwich to Holland and then by train to northern Germany to a place called Hohne.

It wasn't till we had been there a day or two that the large memorial we could see out of our barrack was the concentration camp of Bergen-Belsen; this was not a death camp like Auschwitz but a holding camp where many of the prisoners were sent out to work. We would walk up to the camp on a Sunday afternoon - you could walk round and see all the mass graves where thousands of people, most of them Jews, were buried. It was a very strange place was Belsen with no grass, trees or birds, and at the weekends hundreds of people from all over the world would go there to pray. Those twenty months that I spent at Hohne

looking out of my window every morning at that memorial has always stuck with me.

The Holocaust Memorial day is marked in the U.K. on January 27th, the anniversary of the 1945 liberation of Auschwitz; the captives in Belsen had to wait a bit longer, they were liberated on 15th April 1945. When Belsen was liberated there were 13,000 corpses in the camp and over 50,000 prisoners, but many of these died later.

Anne Frank and her sister Margot both died in Belsen about two months before the British Army got there; Anne Frank wrote a diary all about being in hiding in Holland which she left in Holland and after the war it was published and has been read all over the world.

That's all for this month, I am off to Swaffham to do some troshin' for nothing.

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Electric cars, coffee mornings and moving on.....

Just when we thought we had holiday homes all kitted out with washing machines to WIFI, the latter being the latest installation to attract visitors to stay.....next comes the home charging point for electric cars or 'EV' as they are known (electric vehicle for those of us who are not savvy on acronyms....google this word or use your dictionary!). They should require a professional to install and I wonder how many years down the line it will be before a large percentage of us manage to change to this new-fangled automobile and start looking for a holiday home with a recharging-facility?

Being so busy we don't go out much but one morning we decided to venture down the road to Berni Beans. Now there's a handy place. A lovely relaxing rendezvous for breakfast, coffee, lunch, parties and amazing afternoon teas. Bijou and very promising! We popped over for morning coffee a few weeks ago in January as a double birthday celebration and what a fantastic surprise. We were greeted with a perfect friendly and helpful service, relaxing surroundings with beautiful décor plus china cups and saucers and refreshments that are just right. Not too much choice to ponder over which in my mind is a good thing, however I could not decide over crumpets or toasted fruit slices so went 50/50 on the lovely owner's (Amanda) suggestion. My colleague Carol said to 'phone a friend' but as we did not have Chris Tarrant to hurry us, I quickly decided on 50/50 and cheekily had one of each. And how delicious they both were. Carol and Julie also enjoyed their morning indulgences and it was a bit of a naughty feeling that we had closed the office for half an hour! So when our guests ask us to recommend somewhere, we will be pointing down the road to the corner. We will definitely return for another birthday treat or before!

We have moved! Only just, so no photo yet! If anyone has called



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into our little office, you would have seen how cramped we were! We can now place our lovely Carol, at the front of our office whilst Julie and I take a back seat in the room. We will have more storage and display space and room to move so we can get a bit of exercise in moving from place to place instead of having everything around us in a bubble and within arm's reach! So if you are passing our old office at No 68, this will be occupied by a highly recommended small business which will be very handy for a lot of people (not my place to say who at this time!) and we will be just be next door across the road so there will not be another two empty shops as gossips have been heard to say!

Finally, check out Carol's blogs on our website. She favoured the subject of 'Brexit' last month!

Sandra Hohol Norfolk Holiday Homes

01485 534267 www.norfolkholidayhomes.agency

info@norfolkholidayhomes.agency

Norfolk Decor Ltd

"Decorating Norfolk"

Norfolk Decor has been trading for nearly a year now. Formerly trading as GP Décor, Glenn Perkins had been working in and around Norfolk for the past ten years and he and his brother, Carl Perkins, decided to join forces and launch Norfolk Decor Ltd last April mainly because they were being asked to take on more work and bigger projects in and around Norfolk.

Glenn always wanted to set up a local family-run business and the feedback from customers and other tradesman locally saying how nice his brothers are, and what a lovely job they do, has meant they haven't looked back since. "It's been a great year so far" said Glenn.

Glenn's decorating career started in 2002 when he began a modern day apprenticeship with a local decorator in Hunstanton and he worked for them for over 5 years till 2007. In his 17 years' experience, working in many cities around the world including mainland Europe and Australia and travelling in various countries, always decorating along the way, he has learned many new and different skills in decorating.

Realising how much he missed family and friends, he came home. He said: "Travelling is great, but there's no place like home."

"I started to think Norfolk is where I want to be, where I can use the skills that I've learned along the way, and set up our family business with the bonus of being able to get involved in local community events with Hunstanton Round Table 615."

"And now we have my third brother Grant working with us on a full time basis, he is also a decorator and he completed a modern day apprenticeship with me in 2010 - 2012."

"We undertake all aspects of painting and decorating projects, big or small, as we like to turn our hand to all sorts decorating; it's definitely a passion and we take great pride in our work and offer great customer service from start to the end and are happy to help wherever



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THE VIEW JUST OFF THE HIGH STREET

Mark Kacary

Hello, I'm back, but no longer writing about technology! I left the world of IT 6 years ago and whilst some things never change (for example the cure to many technology problems is "switch it off & then switch it back on again), I'm not as involved as I used to be and don't feel creditable enough any longer to provide technology insights.

Why am I writing an article in Hunstanton Town & Around again? I guess we have Dick Melton known for his article "A Page from the Sage" to thank as it spurred me into providing something I felt was missing from "Town & Around". A retailers' perspective to what's happening on the high street nationally as well as locally.

In February's column Dick asked the question my Wife & I've heard on many occasions "Have we not got enough of these types of businesses trading in Hunstanton?" Following some research Dick has concluded there are at least 40 locations where it's possible to stop & have something to eat. Is this too much for Hunstanton?

For my sins I own and run The Norfolk Deli. We're not quite on the high street but two doors further up the hill from Barclays Bank on Greevegate. I'm sure that we were included on the list, but if it were suggested this was the sole purpose of our business, he'd be very wide off the mark. However, I'm not here to advertise our business, but it's easy to criticise retailers, what they sell their opening hours etc and making comparisons between what the high street was like 50 - 60 years ago compared to now.

I feel that anybody taking the decision to start retail business is something of a hero. They've taken the decision to leave the relative safety of employment where a monthly/weekly pay cheque, holiday pay and pension contributions, are replaced with having to negotiate with landlords, buying stock, employing staff, and learning how to save money by taking multi-tasking to a level they didn't think possible. I'd hate to burst anybody's bubble if they still believe that owning a small independent shop is a quick route to great wealth. It isn't.

There are fundamental problems when comparing the high street of 2019 today and the high street in 1950s/60s. The world has changed, and I believe that small independent high street retailers must work longer and harder than their equivalent 60 years ago. How so? There

are a range of challenges for them such as the lack of parking, the rise of supermarkets, the internet and lack of footfall to name a few. Visit a small independent retailer and ask them for yourselves. Give yourself plenty of time as it's likely to be a long list.

It sounds like a cop out to suggest that supermarkets are to blame for the downturn of the high street, but it can't be disputed that their free parking edge of town shopping experience where pretty much everything is available under one roof gave many few reasons to shop on the high street. Is it a coincidence that with the opening of 2 reasonably sized supermarkets in Hunstanton the look and feel of the high street changed? More recently the rise of internet shopping has been blamed for even more businesses nationwide closing. The Internet offers even more choice than a supermarket but with the added convenience of not even having to leave your home.

Pressures like these forces the high street to adapt and change. Amid reports claiming the death of the high street, other reports provide a vision of the future.. For a start, small businesses need to embrace the internet, they need to learn how to promote and advertise themselves better. Supermarkets and the internet do not offer the shopping experience a small business can create relatively inexpensively. Reports suggest that the future of the high street is one where there is more socialising, where people go to meet people, where entertainment is at the heart of the community. With that being the case, it could be argued that the wealth of eateries in Hunstanton places it ahead of the curve. With the amount of choice on offer it's the ideal place to meet friends and socialise. So why are most places closed by 9pm?

Having experienced the way in which the high street empties after 5pm we'd need to consider whether it would be economically viable to stay open for longer.

How many days/week/months would it take before the footfall levels made the exercise pay? One way of looking at it is to ask the age-old question, "what comes first the chicken or the egg?" at this time there is nothing to suggest there are enough people about to make staying open later worthwhile. Could this change? Maybe but it would take the will of a lot of people and this is something I'm sure I'll write about at some point over the next few months.

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All being well, March is often the month when we are able to get outside and make the most of longer days and, hopefully, brighter weather. With the worst of the winter weather behind us, it's time to take stock of your property and see what home improvements are needed.

It caught my eye recently that the Eiffel Tower has had some work to the glazing of its viewing platform, ahead of its 130th birthday, so it goes to show that even iconic landmarks need a few home improvements every now and then.

Nowadays, more of us shop online and everything from ordering your groceries to buying a car or booking a holiday can be organised at the click of a mouse. Our own website, westnorfolkglass.co.uk even enables you to plan your new front door, selecting the style, finish and glazing options to suit your property. It's a nifty tool that helps homeowners start thinking through some options at a time and place that suits them.

As fantastic as widgets like this are, call me old-fashioned, but I still believe people buy from people and it's why we offer a free, no-obligation visit to our customers' property to help them discuss and find the right glazing for their property.

Our King's Lynn showroom at Hereford Way is also a worth a visit as we have many fantastic products on display. People often don't

realise they can come in to compare and contrast options before making a final decision on their double glazing or conservatory. With this in mind, we will be holding our annual Open Day next month on Saturday 27 April, when our team will be on hand to help. There are some exciting new additions to the wide range of doors, windows and home improvements we offer including stylish aluminium and flush frames, which are currently enjoying a surge in popularity. We're looking forward to welcoming past and new customers, so if your home is in need of an update, pop in and say hello.

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Alison Louise joins Unique



Previously at the Studio Hair Company in King's Lynn, Alison Louise Jarvis joined Carolyn at Unique Hair Design in February as a stylist.

During her 18 years in the industry she has also worked in America and specialises in both traditional hair colouring and the Bayalage method.

Appointments are available with Alison Louise on Wednesday 2-7pm, Mondays and Fridays 10am-6pm and Saturdays 9.30am - 4.30pm. She is particularly keen to let you know that she is offering a Prom and Wedding hair service in addition to her regular appointments.



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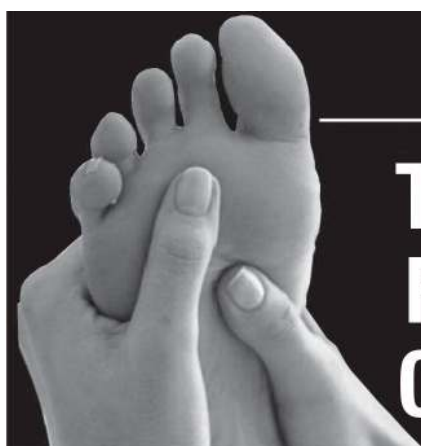
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♥ Zumba Love ♥

Julie-Ann Rayner

Last year I began to feel really quite unwell, going for lots of tests for this and that. I felt really fatigued and low, not really wanting to do too much and then I remembered my gym membership and how exercise can help with endorphins and general wellbeing... only one snag, I really don't like the gym! With that in mind I booked myself in to a few of the classes that they have on offer and fell in love with something I had only done a couple of times in the past - ZUMBA!

Within three sessions I decided that this is it, this is what I want to do. I felt so rubbish and this wonderful thing was making me feel better - I want to share that with everyone! So I set about finding out; could I become an instructor, how long would it take, where could I do it etc. and the next thing I know I was booked onto a course. What an absolute rush (in every sense of the word), it was amazing, intense, joyful and very very sweaty but wow, I was all of a sudden a qualified ZIN. Once the immediate euphoria had dissipated and the long journey home was complete I then set about learning enough routines to think about running my first class - I felt I needed at least 18 (there are thousands!!!) to make things as fun as possible. This quickly brought me back down to earth as that almost seemed like going from climbing into bed, to then climbing Everest in a few days.

Thankfully, bolstered by support from family and friends with lots of practise and even more laughing (at ourselves) I was ready for that all important first class and I was off doing this wonderful thing.

So, what exactly is Zumba?

It's a Latin inspired dance fitness class, including the basic principles of aerobic interval and resistance training. Dance experience is not necessary! It's a total body workout for all levels and ages. A Zumba class creates a party-like atmosphere that's not intimidating and is a great experience for all - non-dancers, new exercisers, full on enthusiasts and everywhere in between!

Zumba was created on the principle that a workout should be fun! Which is exactly why I wanted to start teaching Zumba! I wanted to create a local friendly class that would suit all ages and fitness levels and also be fun! Exercise can seem like a chore most of the time, as mentioned at the start I'm not personally a massive fan of the gym and I can feel quite intimidated walking into a fitness class, I wanted to create a friendly, welcoming class that is designed to help us lose weight, keep fit and most of all makes friends and have fun!

The cardio based dance movements are easy to follow steps that targets areas such as legs, arms, abs, glutes and the most important muscle in the body - the heart. With anywhere between 8 and 15 different routines per class it is also a great exercise for the mind too, remembering all of those funky moves.

Besides losing weight, Zumba can help lower your risk of heart disease, reduce your blood pressure and bad cholesterol as well as boosting your good cholesterol. The positive effects of a Zumba class aren't limited to physical being but also help with mindfulness and it is extremely beneficial if you suffer with anxiety or depression as endorphins end up doing the salsa too! All that and it's so fun that you just keep wanting more.



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Julie-Ann Rayner
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What's next?

In my quest to try to reach as many people as possible I will be completing my Zumba Gold qualification in March. Zumba Gold is for active older adults or those who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity, it's also the perfect class if you are feeling unfit and anxious about starting a class or just less able than you once were. Despite being less impact the music and sessions are just as much fun!

We are currently running hour long sessions throughout the week at two different locations; Thornham Village Hall and Heacham Public Hall. Please check our Facebook page (North Norfolk Zumba), email us at northnorfolkzumba@gmail.com or call Julie-Ann for more details on 07795 246364 for more details and class times. We will be looking to introduce Zumba Gold sessions in April so please let us know if you would like further information on this too.

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Round the bend with Dean Baker

"Seriously I knew that" or Teddy Pom Pom's house



It's dinner time in the Baker house. The current Mrs B and I are chatting while we soak up the last bits of the evening meal by taking lumps of bread and dragging them in a circular motion around our plates

"You know that woman who lives near the lighthouse"

"Er"

"Yes you do - the lady who keeps her car on the drive"

"Uh"

"You know, she knits"

"Her husband did that walk for a charity"

"I really don't"

"Their dog wears that knitted coat"

I'm flummoxed

"You must do Teddy Pom Pom's person!!"

At last

"Well, I was talking to her

today and guess what, she doesn't know where her stopcock is!"

"It should be easy to find", I'm just relieved we've identified the protagonist and briefly I reflect on how the conversation transpired.

The dinner plates are cleared and banana bread is served for pudding.

"Dean what's a stopcock?"

Here we go, for Mrs B and Teddy Pom Pom's mum - a stopcock is a valve for turning off and on the cold water system in your home. It's the control tap for your mains water.

If you're unfortunate enough to have a burst pipe you must turn the water off at the stopcock.

Stopcocks are usually found in your kitchen, below the sink unit. However, in some houses the stopcock is found in the front or back hall, in a larder or cupboard beside the sink unit. It may be worth asking your neighbours where their stopcock is if you are struggling to locate your own.

Once found then you should check that your stopcock is working. When you turn the stopcock in a clockwise direction the water supply will be shut off. Stopcocks can seize up if left in one position for a long time. They can be loosened with some

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WD40 or similar lubricant. Check that it still moves but if it's too stiff don't force it.

It's quite easy - run the cold water tap in your kitchen and turn the stopcock in a clockwise direction to check if the cold water turns off.

If you can't find the internal stopcock or it's not working your external water mains stopcock will most likely be located in the road near the boundary of your property. It should be marked clearly by a metal cover, usually with the word 'water', 'stopcock' or a 'W' stamped on the surface.

Knowing where your stopcock is, and how to turn it on and off, could save your home from

extensive damage; it's also important to know about it if you're going to undertake any DIY plumbing work like changing a tap washer.

A couple of weeks later Mrs B is dashing out.

"I'm off to Teddy Pom Pom's birthday party"

"Seriously? You can tell them about stopcocks"

"Seriously why would I talk about a boring thing like that?"

Until next month

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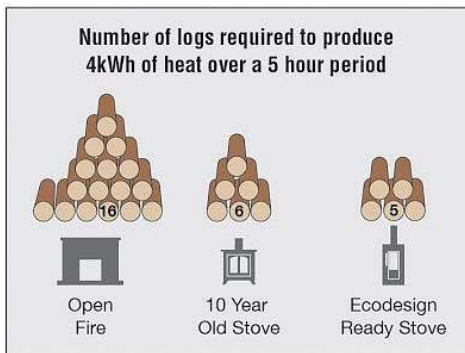
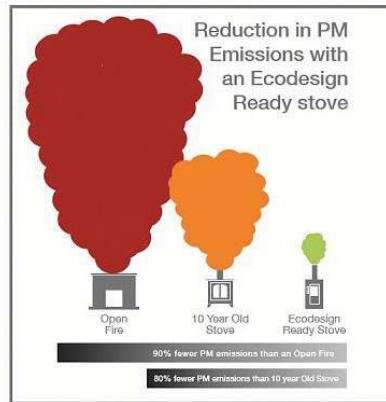
Norfolk Woodburners launch a woodburner scrappage scheme to help clean up the environment

Norfolk Woodburners, one the largest suppliers and installers of wood stoves and log burners in East Anglia have recently launched a woodburner scrappage scheme to help clean up the environment in Norfolk.

With the government looking to clean up the woodburner industry, and reports from the Stove Industry Alliance (SIA) showing that new stoves produce far less emissions than old stoves or open fires, Norfolk Woodburners are taking the lead in offering a scrappage scheme to incentivise customers to change their old polluting woodburners and open fire grates.

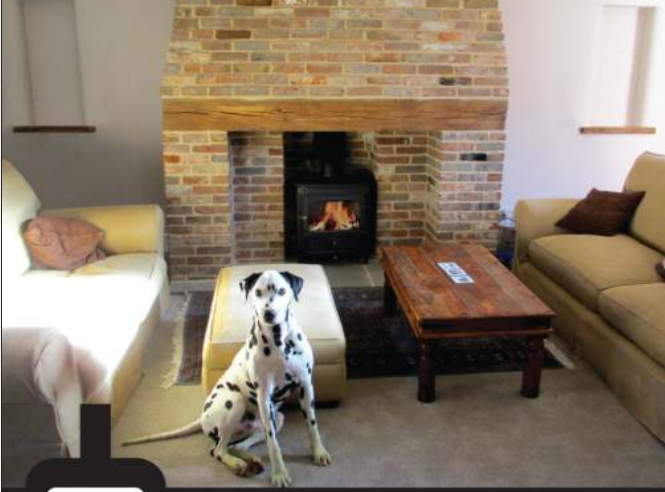
Managing Director at NW, Kerry Walpole comments "Super-efficient new Eco design ready Woodburners, such as those produced by companies such as The Hunter Stoves Group and Termatech, installed by a HETAS professional, used correctly with the correct fuel, produce far less emissions and are substantially better for the environment than old woodburners or open fires. This being the case we are trying to take the lead in the marketplace and offer a scrappage scheme, similar to those offered in the past for old polluting cars and central heating boilers. We hope this will go some way in helping to clean up the air in Norfolk."

For more information about Norfolk Woodburners scrappage scheme visit <http://www.norfolkwoodburners.co.uk/scrappage-scheme>



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TEN TAX PLANNING TIPS PRE 5 APRIL 2019

By Kathryn Gigg Chartered Accountants, Hunstanton

Sitting down to consider tax planning prior to 5 April is always a good discipline. It ensures that valuable reliefs are not wasted, and it is also a good opportunity to think about the longer term for your personal finances, business strategy or succession.

In 2019 the matter is probably more important than it has ever been. Aside from the usual reasons for a financial review the country is facing the massive uncertainty of Brexit, there is a huge pressure between growing public spending demands and static tax revenues, and the possibility of a general election, with a potential sea change in the balance of spending and taxing is still on the cards. Whilst current levels of general taxation are high in historical terms, there are many who argue that the whole balance of raising tax should move towards taxing wealth rather than income.

So, in the interests of using tax relief “while stocks last” here are a range of pre year end opportunities:

1. People often prefer not to think about Inheritance Tax (IHT), but despite quite generous reliefs it can still catch estates worth as little as £325,000. In the longer term there is no substitute for a proper Will planning exercise, but if nothing else it makes sense to utilise the annual gifts exemption of £3,000 per donor (or £6,000 if the exemption was not used the year before).

2. There are also exemptions for gifts on the occasion of marriage, small gifts under £250 to any individual and regular annual gifts out of income. While these amounts don't seem to amount to much, they can soon add up, particular for those with several children or grandchildren. Using both types of allowance, a couple with two children and six grandchildren could pass over £9,000 tax free every year, saving £3,600 on the ultimate IHT bill.

3. Any gifts in excess of the annual allowances will not attract an immediate tax charge, but will be cumulated and held on the “clock” for seven years. It goes without saying that where such gifts are contemplated, the sooner they are made, the better. Be aware, however, that if a gift is made where the donor “retains a benefit” it may not be effective for IHT purposes. Sometimes circumstances are such that making a gift into a trust gives the required flexibility – a simple trust should not take long to set up, and for some, this option is worth considering.

4. Capital Gains Tax (CGT) is also now at relatively low levels, with the tax charge varying between 10% and 28% depending on the personal tax rate of the individual and the type of asset being sold. Each taxpayer has an annual allowance of £11,700, and if unused that allowance is completely lost. It is well worth reviewing share portfolios in particular to see if the allowance can be used, but even



where property is involved there may be ways of crystallising enough gain to use annual allowances – perhaps as a side effect of an IHT exercise.

5. For those with a business, Entrepreneur's relief can bring the CGT charge down to 10% only. The rules are fairly complex and professional advice is definitely needed, but if one is contemplating retirement sooner rather than later, this relief needs to be considered.

6. Also for those in business, this is a good time to think about capital expenditure and dividends. If funds permit, those with an incorporated business can look to ensure that they make use of the £2000 tax free (formerly £5000) dividend allowance for each shareholder. Looking at qualifying capital expenditure, the Annual Investment Allowance was increased to £1m, from £200,000 in the 2018 Budget, meaning that most businesses will be given full relief on such expenditure. The relief is given by reference to the accounting year rather than the tax year and there can be restrictions depending on the timing of the investment or where assets are bought on HP, so again, professional advice should be taken.

7. Looking at Income Tax, there is a very expensive (and often overlooked) tax band for incomes between £100,000 and £123,700, where personal allowances are withdrawn at the rate of £1 for every £2 earned. Since personal allowances have increased substantially in recent years, but the £100,000 limit has not changed, many higher earners have been drawn into this band which has an effective tax rate of 60%. It therefore makes sense to look at the likely earnings for the year and, if appropriate, consider allowances such as gift aid which will effectively attract 60% tax relief if it falls within the band.

8. Similarly pension contributions will have the effect of reducing total income. These can be particularly valuable for those in this top tax band, but are also a worthwhile relief for

all income tax payers. Restrictions can apply for those earning over £150,000, or those who already have substantial pensions “pots”, so specialist advice should be taken.

9. Take advice from your Independent Financial Adviser (IFA) on special purpose investments vehicles such as Enterprise Investment or Venture Capital Investment schemes which can provide enhanced tax reliefs. ISAs may be of more general relevance, and here one can invest up to £20,000 a year into a fund which will be exempt from both CGT and Income Tax. However, such investments can carry an element of risk unless the investment is purely in cash and once again specific IFA advice should be sought.

10. Finally, don't forget that children can take out a junior ISA with an annual investment limit of £4,260. This is a useful long-term investment tool with university fees or perhaps house purchase in mind, and can sometimes be used in conjunction with some of the IHT planning tools referred to above.

Please contact Kate or her assistant Nicola Tarry FCA at Kathryn Gigg Chartered Accountants, Hunstanton on 01485 534800 or kate@kathryngigg.co.uk if we can assist in any way.

Mrs K H Gigg FCA

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Buying or Selling Land? Consult a Solicitor Now!

Eileanora Ni-Charthaig of Fraser Dawbarns LLP explains why land sales and purchases may not be as simple as you think...

The idea of buying a plot of land and building a stunning property on it is extremely attractive, and most people assume their first call should always be to an estate agent - but that's actually not true. The first step of your journey should always be to a solicitor, and that advice is equally important to people selling land.

In fact, I'd advise that it's absolutely crucial to have a solicitor at this stage to avoid serious (and costly) problems further down the line. There may be lots of land available for sale at the moment, but it's not all suitable for development; its relation to the Local Development Plan is a very important factor.

From a seller's point of view you'll need to ensure your land is fully 'optimised' - you may have planning permission for one property, but would still you get compensated if a development of six homes is built on the site?

And if you've set your sights on a piece of land with planning permission, it is essential to ensure the proposal precisely matches the actual land in question - you'd be surprised how many people purchase a parcel of land thinking it benefits from planning only to discover that the plan used in conjunction



with the planning application does not marry up with the title plan.

If a certain plot of land doesn't have planning permission, then don't simply assume it will be granted at some point in the future - or that the condition of the site makes it cost-effective to build on.

Similarly, your title needs careful checking to see if it is 'possessory' rather than 'absolute' as there is a risk that someone with a more secure title could make a claim on the

land in the future.

Plans themselves are often very vague, and if you don't obtain a thorough and professional look at the various issues (such as access, utility supply and neighbouring land) before buying or selling land you may find yourself having to deal with serious legal problems further down the line.

As you may have gathered by now, there is no such thing as a silly question when it comes to selling and buying land.

Not consulting a solicitor at the initial stages of buying or selling land is an enormous risk, and that is not intended to be scaremongering. As a seller the last thing you'd want is the sale to fail because of some oversight that could have been remedied much earlier. And there can be few things worse than buying a plot of land and then discovering you can't do anything with it - or even finishing your project and then be faced with the prospect of having to take it down.

If you're thinking of buying or selling land (or any other legal issue for that matter), please contact us today for an initial consultation.



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In 1929 the Searle family introduced their boating trips to Hunstanton's beaches. William and Alice Searle had moved to Hunstanton from Whittlesey in 1910 and set up a boarding house. Alice took control of that business and William invested in some land and bought some donkeys offering rides along the beach.

William and Alice's son Geoffrey joined the business when he left March Grammar School and gradually took over and it was he who commissioned the building of a speed boat so he could offer boat trips from the sea shore.

In partnership with Jack Tibbett, their boat was named the 'Tigress' and it soon became a popular attraction with holidaymakers.

William died in 1934 and Geoffrey took full charge of the business; he had already started offering sites for caravans and tents and this side of the business took up much of his time.

In 1934 a new attraction was added to the boat trips when two women, pilot Pauline Gower and her mechanic Dorothy Spicer, approached Geoffrey to see if they could operate flights in their Spartan Biplane from his field. Geoffrey seized this opportunity and soon they were joined by stunt man Bruce Williams whose parachute jumps thrilled onlookers.

In 1936 Geoffrey married Margaret and they had five children: June, Pauline, Richard, Rosemary and William.

The outbreak of hostilities in 1939 brought a sudden end to holidays in Hunstanton which became a restricted area for residents only and the coast was protected by barbed wire, gun emplacements and minefields.

With the return of peace in 1945 Geoffrey set about reviving the business and in 1946 he became interested in the commercial possibilities of amphibious landing craft, officially known as DUKW, and more commonly known as Ducks.

DUKW's featured prominently in the D Day landings when they were used in the first assault phase to move between the landing craft and shore. Geoffrey could see that DUKW's could be a big attraction for the holidaymakers if only he could persuade the War Department to sell him a couple. Eventually it was agreed that he could have them on the proviso that if hostilities were to break out they would have to be returned!

The DUKW's were adapted to comply with safety regulations and the idea was that the craft would be able, by driving up onto the beach, to take passengers on board up to two hours either side of a high tide.

In 1981 Geoffrey Searle died and William took control of the boating operations. At that time he was living in Lowestoft fishing for cod in the winter months and in the summer he would run the sea trips using the DUKW or the Sealion, a wooden craft which could be adapted for either fishing or passenger carrying.

In 1991 William needed to replace the Sealion and commissioned a twin hulled vessel that was also suitable for passengers and fishing, costing over £80,000 the Sealion, carrying some 60 passengers offers a two-hour, 14 mile sea trip or a half hour coastal cruise. In the mid 90's William gave up commercial fishing and moved with his family to Hunstanton to concentrate on the boating trips.

The next addition to the fleet was the LARC, known locally as the Wash Monster. This is another amphibious vehicle originally designed for use by American Marines in Vietnam as a landing craft. The original sharks head was painted on by US Marines during the Far East conflict. Fitted with 300hp V8 engines it can travel up to 13mph on sand and 8 knots on water.

On Friday 23rd August 2013, William Searle, his wife Liz, daughters Aimee, Laura and Rachel plus friends and crew made a historic first car/passenger ferry crossing over the Wash to Skegness aboard his amphibious craft 'Wizzy' leaving from Seatours Reception on Hunstanton Central Promenade at 9.00 arriving at Skegness beach around 11.00. The journey took 1 hour 57 minutes and 2 hours 5 minutes back. The Seatours car made the return journey by road, leaving at the same time as Wizzy the Wash Monster, and arrived approximately 10 minutes later than the boat!

Extracts from the Fantastic Guided Sea Tours brochure by kind permission of William Searle

Photos: top William Searle, bottom 'All aboard for Skegness'
Credit Elaine Bird T&A.




William Searle Director of Searles Seatours would like to thank Harold Payne and Graham Smitheringale whom acquired our original passenger WWII DUKW's and have lovingly restored them to their former WWII condition (total restoration costs of over £30,000 each).

These restored DUKW's will be returning to Normandy with Veterans and 50 young people on this final 75th occasion. They will be taking 8,500 red roses, which will be placed on the graves of those who fought and died for our country during WWII at the D-Day landings June 6th 1944.

Video footage can be seen on the history page under Documentary of the Military Amphibious DUKW. Website: www.searlesseatours.co.uk

Should you wish to give a donation to: Help the Local Heroes charity, contact Harold Payne on 07530 006 867.

Further details can be found on his website: www.angliamotel.co.uk Tel: 01406 422 766

Listings of upcoming events available from: Hunstanton Tourist Information, Town Hall, The Green, PE36 6BQ
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Searles Leisure Group, South Beach, Hunstanton Norfolk PE36 5BB



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Easter fun

Now that spring is on the horizon it's the perfect time to grab the family and get everyone outside. A family outing is an ideal reprise from hunching over desks and starting at computer screens and what could be better than a visit to RSPB Titchwell Marsh for a spot of fresh air in a child friendly setting. Even young children sense the difference of an outdoor experience; they enjoy the feeling of wildness and space and the sight and sound of nature on the doorstep. As restless legs stride out along boardwalks stressed and tired adults enjoy the indulgence of nature and begin to unwind. Along the way there is plenty for little eyes to see, from tiny emerging invertebrates to magnificent birds of prey soaring and sweeping over the expanse of reedbeds. A hop and skip along the West Bank path leads down to one of Norfolk's best beaches. Here energetic limbs run free and keen explorers discover amazing critters along the strandline. Luckily the paths on the way back are pushchair friendly meaning young legs can take a rest if they've run out of oomph!

For parents that want a little help keeping eager minds amused, we have a suite of activities running throughout the Easter holidays. Under the guidance of enthusiastic staff children can enjoy a mini beast hunt, create natural art, make jewellery or learn basic bushcraft skills. Families who want to organise their own day can hire a backpack filled with everything for a wild adventure. Children might learn how to age a tree, carry out a bio-blitz, identify bird song and use a compass to find their way back. Over the Easter weekend why not let your active explorers tire themselves out searching for bird eggs, frog spawn and shark egg cases in our Alternative Egg Hunt.

These events are always popular with visitors and as families leave the reserve at the end of the day, we see exhausted but happy faces. Hardworking parents look less fractious and strained than when they arrived and it's clear how much they've enjoyed spending time with the family in such wonderful surroundings. One recent visitor remarked "We only came for an hour and ending up staying for the whole day. Can't wait to come back".

For more information on our Easter Events visit www.rspb.org.uk/titchwell.

CACTUS AND SUCCULENT CLUB

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



Wild Things at Easter

Get your wild things ready for a day of adventure at RSPB Titchwell Marsh Reserve

Join us for nature crafting, moth mornings, bushwacker skills, mini beast safaris and our 'alternative egg hunt' over the Easter weekend.

Hire a family backpack perfectly packed with everything your little explorers need for a day of discovery.

From 8 - 22 April 10am - 3 pm

Activities vary daily.



Find out more at www.rspb.org.uk/titchwellmarsh

National Trust - Brancaster Activity Centre

On the Norfolk Coast we are looking forward to the start of our new season. There's been lots of work put into our activity centre ready for our first school groups arriving in April. A fresh coat of paint in our bedrooms, a new area for drying our water sports equipment and a renovation of our downstairs shower rooms are a few of the projects we have worked on over our winter season.



We are looking to grow our team and are advertising for a third facilities assistant/cleaner to help with our busy change over days between schools and group bookings. This position will be advertised nationally and online but if you prefer you can drop into the activity centre or call us on 01485 211215 about this vacancy.

Plant of the Month – Primroses

These delightfully colourful Spring favourites are sometimes referred to as Primulas, although this is actually their overall family name. The name derives from the Latin *prima rosa*, meaning first rose of the year, which is slightly misleading, it not being a member of the rose family! Traditional wild primroses can be found growing along banks and in hedgerows in the countryside and are a creamy, pale yellow which brought about the colour often referred to now as “primrose”.

Primroses are now available in just about every colour across the spectrum in bright plain single flowers, pastels and bicolours, as well as doubles and some very exotic looking varieties such as “Blue Zebra” (deep blue and white stripes) and “Gold Lace” (black or deep burgundy with gold-rimmed petals). The low flowers emerge from a rosette of green deep veined leaves. Polyanthus, another member of the primula family, flower at the same time, but their flowers appear as multi-headed “lollipops” on taller stems above the leaves.

They like a position in full sun or dappled shade in humus-rich soil which is well-drained but doesn't dry out. Ideal for instant colour, they can be planted out when they are in full flower and can be used in containers, in the fronts of borders or on rockeries. If you have a wall, plant stand or other focal point, they can be planted into individual small pots to create something similar to the Victorian Auricula theatres where they can be admired without the distraction of other plants. Primroses are very good value for money, if you are growing them in containers, they can be planted out into the garden after flowering as they will flower again the following spring. With our ever-changing weather, you will often notice odd flowers appear throughout the other seasons too! Most varieties are fully hardy, although avoid trying to plant them into the ground if it is frozen. After a heavy frost they will look quite sad and droopy but will soon perk up. Regularly deadhead them to encourage more buds to be produced, and you may need to remove an odd yellow leaf which can occur when the plant is in full flower as all the nutrients are going into flower production.

Primroses look great on their own and can create an amazing colourful carpet or combine well with spring flowering bulbs such as dwarf narcissi or hyacinths or amongst deciduous shrubs in the border. Try planting them in equally colourful containers or troughs for an extra zing this Spring!



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Nature Notes with Joanna

Hare in the Sky!

Did you know that there is a Hare in the sky? I must admit that I hadn't picked up on that until a couple of weeks ago! With all my love of Orion I really should have been aware of the Lepus Constellation years ago because it shows just below Orion in the southern sky! So now I have Hares in the fields, in the garden and in the house, as well as in the sky! The ones in the fields being the real ones all the others are fixed!

I have been trying to see the Hare in the sky since I noticed it in one of my star chart books. No real luck so far cos of scattered clouds most nights!

The last few days have been fairly mild and bright, which has helped time to pass after a vicious tummy upset and 3 days in bed! My body has ached to go out and enjoy but no luck! However I can see that spring is showing in that the Winter Sweet, the Witch Hazel, Freckles (clematis), Snowdrops, Primroses, Cyclamen and Hellebores are all in flower and dropping spots of joy around the garden. Added to that there is at least one singing Robin in the area, Wood Pigeons are getting sexy with each other and cooing in the early light.

As I have been lying there I have been thinking about the latest 'IT IS GOOD FOR YOU' advice. After all the 'Mindfulness' advice on spending time for ones self the latest is something I have been writing about for years! Spending time watching and absorbing the natural world around you! The posh word being 'Rewilding'

And it cropped up on Winter Watch as well as in Countryfile. Whether you believe in a creator or in the science end it is surely good to



focus on the beauty of the world around us than on our own fragile feelings.

Referring back to things I have already mentioned, when did you last go out in the dark on a cloudless night and look up to the stars above? It matters not if you can name them, just enjoy the wonder of the display realising that they have been there for what ever is forever!

Stillness is another thing to consider as you journey into the wild. As I have got older I have begun to realise that if I stay still an area that seemed empty will actually begin to move and come alive as the locals realise that the invasion of their space was not a threat! Admittedly being still in car is easier than sitting or standing for any length of time. Also I have often seen that when a new car arrives and the occupants bail out that all the things I was watching vanish!

Enough of the lecture what can we look forward to in March? Hopefully NO beast from the east! With the way the jet stream is going at the moment we might get a traditional (In like a lion and out like a lamb) although the Lion has been roaring well on Thursday 7th

and could well roar until the weekend!

The Snowdrops in the area will begin to fade and the glorious golden carpet of Aconites, in the woods on the way from Ringstead to Fakenham will return to the shades of green as nettles and other herbs sprout into the gaps. We should be seeing bird movements; Pink Feet will start heading north ready for their trip to holiday homes! Your local Robin will be seeking to gain it's own patch to feed and breed in, there could be fisticuffs as well as lots of lovely song, a much more up beat song than the minor key winter song we have been having. Tits will start splitting in to pairs and leaving their winter flocks, Rooks are already prospecting the Rookery nests and squabbling over tenancy possession, by the end of the month weather permitting we could be hearing Blackcaps, and other warblers as they make it from the harsh journey back to their summer homes. This is the time I try to re-learn the different bird songs before we are flooded by the spring influx of song from returning warblers and it is also the time when each year I begin a list of wild flowers as they bloom in the area. So far I only seem to be careful enough to record April's flowers and then the speed of variety increases so fast I get lost! In fact March should see changes in the air and much to see as we journey into spring. So try to concentrate on the wild to ease your stress, problems and to make life a gentler happier place, after all if you gaze deep in to a Primrose or even a Daisy there is a multitude of joys to be had!

Enjoy being wild I have loved it for most of my life!!!!

Mudpies & Butterflies

with Louise Barby, Balanis Gardening Services

Spring is here, whether it's cold and wet or bright and frosty as you read this article, rest assured a blast of spring colour will adorn the gardens and hedgerow all around us. Take inspiration from nature and get gardening!

Bare root plants & perennials

Ideally, March is the last month for bare root purchases, including roses, hedging, soft fruit and perennials. These can be purchased very frugally and planted out on a dry, frost free day.

With existing plants, if you start to see a bald spot in the centre of a clump of perennials, lift the whole clump, tease apart with two forks placed back to back. Take only the strongest and healthiest divisions.

Weeds

If you haven't been out in the garden this year, make this month the big clear-up. Dig out weeds by the root or hoe small seedlings. Cut perennials close to the base. A bit of work now will save so much time through the summer months.

Mulch

Once you've cleared the weeds, mulch the area with a good mix of compost and manure. Roses, soft fruit and perennials will benefit from a mulch.

Hedges

Elderly yew hedges can be renovated by pruning. Cutting back all in one go is only successful if your hedge is in its prime and can take it. Otherwise, do it gradually, March is the perfect month to prune hard. Learning to trim and prune hedges is best done now, the new growth will soon cover any mistakes, so have a go without worrying!

Dry sunny borders?

A lot of us have sandy soil in some places in the garden, if this is in full sun too, it can become very dry and lack nutrients in the summer. Try some plants that thrive in such conditions. Go for ornamental grasses, the seed heads from August onwards can look fabulous. Sedum, verben bonariensis and many of the flowering mediterranean herbs make a fabulous combination. Bear in mind, being drought tolerant means that you will need to water well for the first year of planting, until the plants are fully established, then just watch have beautifully they are adapted to surviving in these conditions.

Sowing time

I know how many people have enjoyed the various 'wild flower' borders in and around Hunstanton in past summers. Once the soil reaches 6 degrees you can start to sow directly outside and create your own display for the summer.

You can also sow in little pots and protect the seedlings on a bright windowsill. In no time at all you will have seedlings galore, and lots of colour until the first frosts. Alternatively, go for salad crops and eat your way to a healthier you!

What ever you choose to sow, just have a go.

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HERITAGE GARDENS

An exciting programme of activity is being put together for 2019. There will be two outdoor cinema evenings on the Green this year following the success of the Greatest Showman last August. A new venture will be an outdoor theatre presentation, to be held by the St Edmunds Chapel Ruins. A Triathlon will take place, organised by King's Lynn Triathlon Club, and a Mass Dog Walk is planned for Easter Sunday. Discussions are taking place to set up a weekly parkrun but progress on this is stalling because we need more people prepared to help (if you feel you could help marshal on an occasional Saturday then please do contact us; it's not an onerous task and takes up about 1 hour of time; and it's a very sociable event!). Some new musical events are being explored as well as a good mix of activities for children again.

Provisional Programme

4th April	Women's Running Course for Beginners starts
9th-18th April	Easter Holiday Children's Activities
21st April	Mass Dog Walk
19th May	Hunstanton Triathlon
25th- 30th	May Half term Activities
21st June	Make Music Day
22nd June	Folk in the Town Showcase
27th July	Outdoor Cinema on the Green
27th July- 1st Sept	Holiday Activities
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Was Canute really mad to think he could hold back the tide..?

By Robin Limb, agricultural consultant

There is currently much concern about rising sea levels and how to address the environmental consequences – especially on the east coast. However, this is not a process that is simply down to climate change. There are several factors that influence our sea levels – not just one. During the last Ice Age, sea levels fell so low that there was a land bridge between Britain and the Continent that allowed human and animal species to cross over.

Global tectonic plate movement has been slowly pushing the western side of our country upwards, and eastern areas downwards by about one millimetre a year. This may not sound like a lot, but over thousands of years it all stacks up. Why do you think the Cornish cliffs are so high, and caravans are falling into the sea in Happisburgh? In the East, sea-level rise is as much a case of land-level fall.

Predictions of sea level rise by the end of this century vary wildly from between 1 - 2 metres, down to just 30 - 40 centimetres. The science is uncertain, and extrapolating current trends using sophisticated computer modelling techniques is, at best, still just a prediction. Back in the 1970s, maps were created to show how sea water inundation would threaten our region by the year 2010, but Hunstanton is not yet an island; Wisbech is still a thriving town, and Kings Lynn has not been submerged.

Coastal defence is an important issue in the Netherlands, as about two thirds of its land mass lies below sea level and is highly vulnerable to flooding. Natural sand dunes; man-made dykes; dams, and floodgates provide defence against storm surges from the sea. River dykes prevent flooding from major rivers such as the Rhine and Meuse, while a complicated system of drainage ditches, canals, and pumping stations keep the low-lying parts dry for human habitation and food production. This process has allowed increased land, over many years, to be reclaimed from the sea in both Holland and around The Wash. The Wolferton marshes at Sandringham included.

In modern times, flood disasters have led to large construction works that reduce the impact of the sea, and hopefully prevent future flooding. Methods of dyke building have changed over the centuries. Dutch dykes are not the dykes we have in the UK: these are barriers to hold back water, as opposed to draining it away. Initially, an earth embankment was cut vertically on the sea-facing side. Seaweed was then stacked against this edge, held into place with poles. Compression and rotting processes resulted in a solid residue that proved very effective against wave action, and these needed very little maintenance. In places where seaweed was unavailable, other materials such as reeds or rush wicker matting was used.

The first dykes and water control structures were built and maintained by those directly benefiting from them – primarily farmers. As the structures became more extensive, complex councils were formed by people with a common interest in the control of water levels on their land, and so the first ‘water boards’ began to emerge. These often controlled only a small area, a single polder, or dyke. The original water boards differed much from each other in their organisation, power, and the area they managed. Later these merged to form larger organisations to condense the conflicting interests of 2,400 boards into just 27. The differences were often regional and dictated by differing circumstances, whether they had to defend a sea dyke against a storm surge, or keep the water level in a polder within bounds.

Water boards in The Netherlands hold independent elections; levy taxes on landowners, and function autonomously from government bodies. The Internal Drainage Boards (IDB's) now run by East Anglian farmers operate on this model to this day. Drainage channels are cleared of weeds and silt on a planned rotational basis to ensure the continued viability of every farmer's land – not just the one who happens to be chairman at the time.

The dykes were maintained by the farmers that benefited from their existence, with each having been designated a part of the dyke to maintain, and there was a three-yearly inspection by the water board directors to ensure compliance with the rules. The old saying: "Whom the water hurts, he the water stops" meant that those living by the dyke

had to pay and care for it. Unfortunately, this led to haphazard maintenance and it is believed that many floods would not have occurred, or been as severe, if the dykes had been in better condition. Those living further inland often refused to pay or help in the upkeep of the dykes, though they were just as much affected by floods, while those living near the dyke itself could go bankrupt from having to repair a breach.

Over the years there have been many storm surges and floods in the Netherlands. Some deserve special mention, as they in particular have changed the contours of the country. The more recent flooding in 1916 and 1953 gave rise to the construction of the Afsluitdijk and the Deltaworks respectively.

The current Dutch sea defences are now stronger than ever, but experts warn there is no room for complacency. New risk evaluation methods have revealed numerous flaws. Land subsidence and increased storm frequency make further upgrades to the flood control and the water management infrastructure necessary.

By comparison to the Dutch, we the British, have done much less to improve our own coastal sea defences in the last one hundred years, by just crossing our fingers and hoping it won't happen again – as it did in 1953. When the most recent sea floods occurred in January 2017, chaos ensued on the coast of East Anglia, while the Dutch just rolled over in bed and went back to sleep. Thousands of people along England's east coast were evacuated from their homes as life-threatening floods were expected to hit towns and villages given the forecast high tides.

There will always be an increasing cost to raising our sea defences going forward, and the option of ‘managed coastal retreat’ may have to be an alternative in some cases. This would be distressing for the farmers and homeowners affected, but it may be inevitable given the lack of available funding to hold back the tide.

The possibility to create new coastal freshwater reservoirs is a credible option in some circumstances, and one that should not be dismissed lightly. The Dutch have plans to raise the level in the IJsselmeer to provide freshwater. There was once a proposal to build a Wash barrage between Hunstanton and Boston that could, over time, create the largest freshwater reservoir in the UK, providing essential potable supplies and irrigation water for crops, but I suspect this will never happen due to the loss of natural habitats and saltwater marshes for wading birds. But maybe it is time for us to ‘pull our finger out of the dyke’ when it comes to investment in our coastal sea defences...?

The IJsselmeer Dyke in the Netherlands



(With acknowledgement to Richard Chapman, who inspired me to write this article)

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'Luca, I'm a bit worried. I heard mum and dad talking the other day and it was something to do with that Brexit thingy. Something that might effect us travelling to Europe.' 'I didn't hear them say anything but even so, why would that worry you?' Luca was in his favourite horizontal position on the sofa and didn't even open his eyes as he replied. 'Luca, have you forgotten that I am Spanish? I know we live in the UK now and I am happy here, but I do actually have a Spanish passport. What if the authorities deem me an illegal alien or something? What if I want to go back and visit my old friends at some point? What if I make it out of the country but then they don't let me back in again? What if I get split up from Mum and Dad?'

'That's a lot of what ifs Cocoa! I think you need to keep your fur on and stop hyperventilating – you know it's not good for your nerves. Just ask Mum about it. I am sure she will explain it properly to you. Plus you are not green and slimey so I don't think you would get confused as an alien. Although now I come to think about it, you could have a striking resemblance to an Ewok from that Star Wars planet I saw on telly recently. Put a cloak and hood on you and nobody would tell the difference!'

'Gosh Luca, you really are a dufas. Ewoks are not real and we not even talking about those types of aliens'. Luca is now starting to look worried as it looks like he is finally taking on board that we might have a problem. But no, it appears he is more worried about Ewoks not being real as he then said, 'What do you mean Ewoks are not real? Tell that to Hans Solo – I am sure he would disagree with you.'

I decide not to waste my woofs in replying but think it might be best to bring in the big guns. 'Mummmmmmmmmmm, I shout, 'I'm worried. What's this Brexit thingy?' 'Well Cocoa, if I knew that and could explain it in full detail, I would probably have a very important job and be helping to run the country'. Mum popped her head round the kitchen door as she replied with a big grin on her face. 'Unfortunately I am a bit busy getting your tea at the moment so don't have time to explain. Why don't you doggle it on your Pawpad and see what you can find out? We can then have a proper look after tea.' 'Tea?' Luca moves very swiftly at this point from his still horizontal position on the sofa. 'Oh my goodness Cocoa, it's teatime, why didn't you say? You can't distract mum at this point. It's crucial'.

'Gosh Luca, do you have to think of your stomach at every opportunity? There are more important things in life, such as your beloved step sister being deported as an illegal alien. What would you do without me, I wonder?'

Luca muttered something under his breath which suspiciously sounded like, 'Have a much quieter and peaceful life,' but I wasn't sure. I glared at him anyway as I instructed him to find my Pawpad. I was working earlier and I couldn't remember where I had put it and when Luca does finally move off his sofa, he has a very good habit of finding things – probably because his nose is so big!

'Don't worry Cocoa. While you have been stressing about getting deported, I have already doggled 'pet travel after Brexit thingy'. The gov.uk site is quite informative don't you know?'

They have written a lot about it even though they don't really have a clue what's going on! It appears that the information is changing all of the time. However, first of all it depends on whether it does actually go to a no deal'.

Luca checked to see if he had my attention and then continued with,

'If the UK leaves the EU in March 2019 with a no deal, it would become a third country for the purposes of the EU Pet Travel Scheme. However, it then depends on how they categorise the UK from there. There are three possibilities: listed: part 1, listed: part 2 or unlisted.

If the UK is listed: part 1 then hopefully there shouldn't be many changes to the current regulations.

If the UK should become a listed: part 2 country, you would still need a micro chip and rabies vaccination, but they also state that both of these would need to be checked by an official veterinarian at least 21 days in advance before travel.

If the UK is listed as an unlisted third country, you would need to speak with your official veterinarian at least 4 months in advance of your travel date and I presume that this scenario would not be as straight forward'.

Luca finally paused and then decided to give me his opinion. 'But I think reading between the lines the main things to ensure are that you have an up to date rabies vaccination and a microchip. I would also think it would be best to plan ahead and leave plenty of time to make sure all correct arrangements are made and obviously consult the proper authorities.

I don't think you would be deported and I am sure once the dust is settled you will be able to travel between the two countries with relative ease.'

Luca finally finished all of this information with an authoritative wave of his paw and a slamming down of my Pawpad – obviously hamming up his role of information guru for a change. Normally it's me that gives the advice. However, even taking his advice with a pinch of dog biscuit, I think most of it made sense but it wouldn't hurt for me to keep an eye on the gov.uk site myself as time went on, just to double check. But for the time being my mind seemed a little easier about the situation. Anyway, I had lost my captive audience as tea was being served and Luca was happily tucking into that – all thoughts of illegal aliens and his beloved step sister being deported completely forgotten!

For all the latest information, check out Pet Travel on the gov.uk site or just doggle 'pet travel after Brexit thingy'.

Woofs, Cocoa repawting for The Barking Bugle

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— **STONE WORK** —

What To Consider A Loved One

Planning a funeral can be overwhelming. At a time when emotions run high, it can be hard to get your head straight on organising an event. This easy to follow guide will help you to understand the important parts of a successful funeral and make arranging your loved one's wake easier.

What Type Of Burial Is Required?

In most cases, where a death was expected or a will is in place, the deceased will have specified their preference for a burial or cremation. If your loved one's wishes are unknown you may want to consider several factors including their religion, whether a family plot is owned and the finances available. Cremations are usually the simpler and more economical option.

Where Will The Service Be Held? Will It Be Religious Or Civil?

If your loved one was part of a church or religion then they often choose for their funeral to be reflective of this. Most places of worship hold funerals for their members and will help you to make the necessary arrangements for the service. For non-religious funerals, the local crematorium offers the option of a civil service.

Choosing The Right Coffin

There are many different types and styles of coffins available for you to choose from. Traditionally coffins were made from wood, but more recently new options have become available including eco-coffins, felt coffins and even cardboard coffins. Your funeral director will show you the coffins available in your price range and help you to choose the one that's right for your circumstances and preferences.

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er When Planning ne's Funeral

Will You Have Flowers Or Accept Donations?

Many people like to offer their condolences by gifting flowers for the funeral. You might like to limit flower contributions to close family only and request that others wishing to contribute show their support by donating to a chosen charity. If your loved one had a cause they were passionate about then a charity close to their heart is a nice choice.

Where Will You Hold The Wake? What Catering Will You Provide?

After the funeral, the guests will attend the wake. This is an opportunity for everyone to come together, share their stories about your loved one and celebrate their life. Choose a venue that's convenient for people to get to. Some people hold the wake at their own home, but other popular choices are village halls, hotels and even restaurants. It's customary to provide some food for the guests so if your venue doesn't provide this then you'll need to source a caterer too.

What Type Of Music or Hymns Will You Have?

Traditionally hymns are played at a funeral, but more recently it has become popular for family members to choose meaningful songs as an alternative. Most churches will allow you to play a CD but some may still insist on the organist playing the music. If you are providing the music be sure to label the CD with your loved one's name, the funeral date, each track name/number and when each song should be played throughout the service.

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HOW GOOD IS YOUR CARDPLAY?

In Bridge there are several sayings that some people regard as Rules never to be broken but good players regard them as advice but look further ahead. One of these sayings is 'Draw trumps as soon as possible to prevent the opponents getting a ruff'. Here is a hand where it paid to look ahead

This is the hand:

	S	K 7			
	H	643			
	D	10 854			
S	QJ 10	C	A 975	S	98642
H	J 10 9			H	87
D	Q9632			D	KJ
C	KJ	S	A53	C	Q 10 86
		H	AKQ52		
		D	A7		
		C	432		

The contract is 4H by South and the lead is the Q of Spades. The problem is that once you have played three rounds of trumps there are still 2 Club losers plus one in diamonds and one in spades. However if you break the 'Rule' and only draw 2 rounds of trumps you will have a trump left in the North hand to ruff the losing spade. Admittedly this would fail if the defender who had one trump remaining originally had only 2 spades but this is a small chance to take when otherwise the contract would fail anyway.

Who needs Rules?

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

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

Banish the fear. Don't be apprehensive about going to a club thinking that everyone will know more than you. All levels can play together and have success and fun.

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Down: 1. Billboard, 2. Besides, 3. Grovel, 4. Acts, 5. Determined, 6. Diameter, 7. Atheist, 8. Nudge, 13. Intestines, 16. Cartilage, 17. Downbeat, 19. Scamper, 21. Inflame, 22. Junket, 23. Snuff, 25. Mono



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Treasured Chests Charity Ball

In 2018 a group of ladies all of whom have been recovering from Breast Cancer, decided that we would like to give something back to the wonderful Breast Cancer Unit at the Queen Elizabeth Hospital, we formed a group called the Treasured Chests and approached the Breast Care Unit to enquire if we could raise monies for the unit, as they are raising money towards vital equipment for the early detection and treatment following diagnosis, so last year we decided to organise a Ball to raise monies towards this worthwhile fund.

On 30 June 2018 we organised a ball at Lynford Hall Mundford, the event was supported really well by all that attended we had beautiful weather, a lovely venue, beautifully presented food and an evening of fantastic music by Jessie's Ghost supported by one of the resident DJ's, the evening proved to be a success as we managed to raise £7190.53 on the night, this figure was enhanced by the use of Gift Aid to £8700.00, which the leading Consultant Amy Burger was happy to



receive on behalf of the unit.

Due to the success of last years event, we have decided to run another ball at Lynford Hall on 29 June 2019, we are lucky enough to have Jessie's Ghost playing again, as they were a real hit at last years event and really enjoyed supporting our fund raising cause.

The Treasured Chests are requesting if there is anyone or any local businesses who wishes to support the event ie: hosting a table, the tickets are £55 per person or any business/organisations who wish to provide an auction/raffle prize, we would really appreciate any donations. We are looking for sponsorships to provide the Consultants and Nurses to attend the ball, which they did last year and guest speaker Amy Burger did a speech.

We ladies also want to strongly urge that all the women in West Norfolk attend their mammograms, it is amazing to think in todays society only 72 percent of women who are given appointments at the Queen Elizabeth Hospital actually attend their mammograms. We would also like to remind everyone that this disease is not only confined women, 370 men are diagnosed with breast cancer each year.

If you can help us in anyway could you please email Jeanette.kidd77@btinternet.com or telephone 07786704801 or 07789005895.... Tickets are available now.

We also have a Just Giving Page as well if people wish to donate to the cause, the address is

Send your stories to: editor@townandaround.net



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We also provide a comprehensive wax removal service by either irrigation, micro-suction or instrumentation. Because, we offer all types of removal we can ensure our patients get the best advice and the most appropriate procedure that is best suited for them. Wax removal is becoming more & more difficult to have administered through some GP surgeries and can sometimes involve frustrating & lengthy delays. We also provide custom solutions for noise and hearing protection.

How can I tell if I have a hearing problem?

Typical indicators include asking people to repeat themselves, struggling to hear in noisy environments, confusing words or misunderstanding what's being said in conversation or having to turn the T.V up. If you can identify with any of these, then it is important to book your free hearing assessment with ourselves to determine whether you have any degree of hearing loss.

What should I do next?

The most important thing to do is not ignore it! In most cases hearing deteriorates gradually & it often affects people around you more than yourself. Wearing a hearing aid can make a real difference to your quality of life & those around you.

It's never too early to look after your hearing. Help yourself & those around you and book a free assessment with us now. It really can make a world of difference!

What makes you different from the competition?

We are a local family run business with many years of experience. We have access to all makes and models and can provide impartial advice accordingly. It's our combination of an extensive range of products, experience, continuity, in depth testing, dedicated time and attention to detail that is a winner. We are a Hearing Care Company that is passionate about helping you to hear better and are 100% dedicated and focused on hearing alone.

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Hunstanton Eyecare blog

Spinach & Eyezen

What an odd title! I was thinking about a topic for this month when I glanced at the calendar from our EYEPLAN colleagues. On 26th March it is National Spinach Day, yes honestly. Spinach is worth a mention as this green leafy veg is very good for our eyes, particularly the macular, the most sensitive part of the retina. I'm not too keen on spinach, neither is my hubby as he has memories of being put in the cupboard at school for not eating his greens. On my travels as an Opticians Examiner, we went to Chennai in India to conduct the exams for Indian students. At our evening meal one of my colleagues ordered spinach curry, I don't wish to offend any of our friends from other cultures, but it did look like a large dark green cow pat and even had a red chilli on the top! She said it was lovely.

THE NEW GENERATION OF SINGLE VISION LENSES



Now to the sensible bit. EYEZEN™, another innovation from our lens supplier Essilor. In a nutshell, EYEZEN is an enhanced single vision corrective lens designed to prevent or reduce eyestrain when working or socialising on digital devices. Digital devices are shaping the way we live, they allow us to learn, work, play and socialise. Using screens can be hard on our eyes as they have to switch between variable distances and read pixelated characters. Many digital device users complain of tired eyes that feel itchy and dry, they suffer visual fatigue, and even complain about shoulder and neck pain as our posture is not always ideal. This new product is probably most beneficial for the younger generation who have always had a straight-forward single vision lens, but that seems rather out-dated now.

All spectacle lenses have an "Optical Centre", yes, it is in the middle of the lens, but it is only at this point that the power is absolutely correct. As we move our eye away from the optical centre, we encounter unwanted aberrations, distortions and slight changes in the power of the lens. So what's so great about EYEZEN? As we look down at our digital device, and hence away from the optimum visual point, the optical centre, our eyes have to work harder to overcome these imperfections in the lens. Essilor have used their "Dualoptim" technology to correct most of the aberrations at this near zone. This gives greater visual clarity, sharper vision and thus reduces eye strain. Embedded into the lens is the Eye Protect System which filters out harmful UV and Blue-Violet light. Top the lens off with a Crizal Sapphire UV anti-reflection coat and your lenses will look super transparent with very little reflection from the surfaces. This lens should be considered for students who generally have school or college work to complete, thus spending a great deal of their time with close work in books as well as the computer or mobile phone.

If your youngsters are complaining about their eyes, book them an eye test and consider EYEZEN as the best lens for this digital age.

We look forward to seeing you soon

Annette

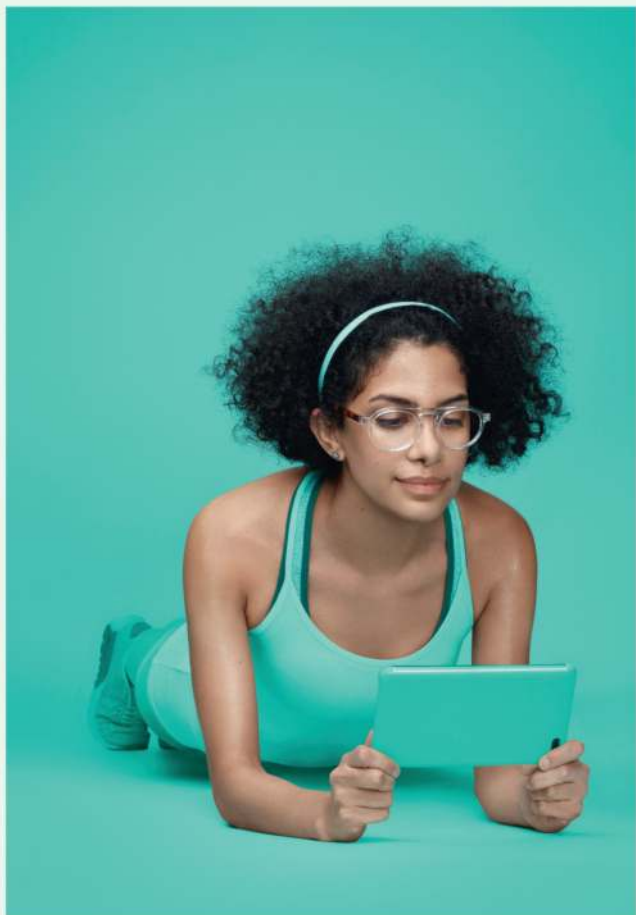
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Have your say on local healthcare services at patient and public forum

Residents are invited to join the conversation and have their say on local healthcare services at West Norfolk Clinical Commissioning Group's (CCG) Patient and Public Forum.

The forum will take place on Monday 11 March at King's Lynn Town Hall. Two events will be held at 2pm and 6pm, and members of the public are invited to attend at either time.

The event will see the presentation of a report addressing patients' experience of health care in West Norfolk which has been produced by Community Action Norfolk (CAN).

There will also be a presentation on the future of health care services, and a 'marketplace' where members of the public can meet staff from the CCG and the partners it works with, find out about what they do, and ask any questions they have.

John Webster, Accountable Officer at West Norfolk CCG, said: "We would like to encourage local people to attend these events which provide a great opportunity to get involved with and learn more about the work of the CCG.

"The NHS continues to face considerable pressures both at a national and a local level due to growing demand for services and financial constraints. It is really important that local people tell us about their experiences of health care services and how they would like to see these services develop in the future. By listening to you we will be able to plan and develop better services for the people of west Norfolk".

Anyone who would like to attend these events can book their place by completing the form available on the CCG's website here <http://www.westnorfolkccg.nhs.uk/patient-public-involvement/meetings-and-events> or by calling 01553 666914.

Wells Community Hospital Trust

Sleet, hail, icy winds and blustery showers but do not despair - Spring is on its way! Bulbs already pushing up shoots through the sparkly ice, blossoms on frosty branches and crisp blue skies. Enjoy!! We are warm and busy here at the hospital, making plans for an exciting new season. Check out our website and social media for details!

What's on at your hospital.....

Norfolk Deaf Association Clinic: Free service for all NHS hearing aid patients. Tuesday 5th and 19th March 1-3pm.

Fit Together Walks (Active Norfolk): Our Health Walks are offered regularly and are open to everyone from the inactive to those able to walk up to 4 miles. Call Melanie on 07766 259 999 or mel.brown@activenorfolk.org Next walk leaves from the hospital on Tuesday 12th March 2019 from 10:30am to 12:30pm.

Children's Health Visitor: Are you a parent/carer living in North Norfolk who needs help, advice and practical support about the care & development of your child? Then pop into one of our free clinics run by our qualified health visitors. 14th March from 10am

Anglia Asbestos Disease Support Group: Friday 15th March 11am -3pm - Free support sessions. Meet others who understand what you are going through, learn more about your condition and the help that is available. Free refreshments provided. To book your place: admin@wellshospital.co.uk or 01328 711 996. For more information: Brian Wallis (Mesothelioma UK Ambassador) on 07938 018601 or email megatoptwo@sky.com

Wellbeing Services: Coffee and a Catch up social in Wells Community Hospital Come along and meet like-minded people in a relaxed, informal setting. This is an opportunity to build connections with others - Feel free to bring a friend. No need to book, just turn up. Free tea/coffee/biscuits! For further details contact: Gary Freeman on 07341 867105 or gary.freeman@nsft.nhs.uk Monday 18th March 2-3.30pm

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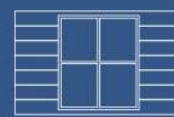
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On the turf with Charles Joyce

Big sporting events in March include the Cheltenham Festival, the Lincoln Handicap and the Indian Premier League begins.

The Lincoln is the first of the Spring Double, the other being the Grand National. Trying to profile the Lincoln winner is often the way forward. The youngest horse allowed to run in the race is four years old, but going back to 1965 only two winners have been older than six years old. This century only one winner has worn any type of headgear from 70 runners, only one winner has worn a tongue tie from 19 runners. Only 1 winner was ridden by a jockey claiming an allowance from 82 runners. 16 winners had not run for more than 4 months (120+ days) but had run in the last 8 months (240 or fewer days). - 3 winners had run 14 days previous to the big race. 2 winners from 122 runners had not finished in the first 3 in one of their last 3 runs leaving 17 winners who had finished in the first 3 in one of the last 3 runs. Only 2 winners had previously one at the track from 92 runners, and those 2 had won only once at the track, and 16 winners had either never even run at the track or had one experience of the track. 2 winners had won over a maximum distance of seven furlongs from 83 runners. 2 winners this century from 185 runners had a starting price of 25/1 or more. 6 winners from 15 runners were 5/1 or less. 1 winner from 72 runners were dropping down from Class 1 last time they ran. Only 1 winner was lower than 11/4 in its last race from 39 runners. 2 winners from 155 runners carried less than 8 stone 9 pounds or more than 9 stone 4 pounds. 8 of the last 9 winners carried between 9 stone and 9 stone 4 pounds.

The horse we are looking for is between 4 years old and 6 years old, finished in the first 3 in one its last 3 races, has no headgear, nor tongue tie, ran in a Class 2 or 3 race the last time it ran which was more than 4 months ago, but less than 8 months, is ridden by a jockey who does not claim an allowance, has previously won over at least a mile during its career, but has not won more than once previously at Doncaster. Pay particular attention to a horse that fits most of the previous trends if it is carrying 9 stone to 9 stone 4 pounds. Starting price is very difficult to judge, but a cautionary note needs to be taken if the price exceeds 22/1, and don't rule out the favourite if it is 5/1 or less.

While looking to a profile a race selecting the right trends is always key, but it is more often that there will not be a perfect trend match, and a degree of judgement comes in to play.

The big national hunt races this month are at the Cheltenham Festival. Of the four leading races Buveur D'Air is going for the hat-trick in the Champion Hurdle. Even though he maybe taking on champion mare Apple's Jade it will be a surprise to see his colours lowered. Barring accidents Altior in the Queen Mother Champion Chase looks too good to seriously oppose. Together they should give Nicky Henderson a double for the home team in the Prestbury Cup. In Thursday's Stayers Hurdle the Irish look to hold a strong hand, but even so Emma Lavelle's Paisley Park looks difficult to beat. The blue riband is on Friday with the Cheltenham Gold Cup. There are a few trends for the Gold Cup that are seldom undermined. First is looking for a horse that is between seven and nine years old who will have a starting price in single figures. The runner has won at least 3 chases in the UK or Ireland, but run in no more than 13 chases, and who either does not have an official British rating or is rated between 166 and 176. Sticking to those simple stats would have given us 14 of the 18 winners this century from just 29 bets. (Cheltenham was cancelled in 2001 because of the foot and mouth outbreak). The likely qualifiers this year are Presenting Percy, Kemboy, Belshill and Clan Des Obeaux. I can not recall a Cheltenham Gold Cup winner's last race being a hurdle race which is a minor mark against likely favourite Presenting Percy who has won at the last two Cheltenham Festivals, and he can not be ruled out with any confidence this year. Willie Mullins has yet to win this race and Kemboy has failed at Cheltenham both times he has run at the track, but he did win a key race at Leopardstown over Christmas, and is one to give serious consideration to should he turn up on 15th March. The trainer's other likely runner is Belshill who is another with a weak Cheltenham record.

None of the three trained in Ireland have a rating of 166 or higher in the UK, but they do in Ireland. The horse I like at this stage is the Paul Nicholls trained, Clan Des Obeaux, who has come on leaps and bounds winning at Kempton on Boxing Day. Already several bookmakers are non runner no bet which means if your selected horse does not run you get your cash back. Clan Des Obeaux is 8/1. If anyone is either brave, or foolhardy enough, to bet without the concession, the exchanges offer better odds than most of the bookmakers on most horses, but the warning is very clear, it is non runner you have done your dough.

When it comes to the Prestbury Cup, Ireland has won for the last 3 years thanks chiefly to the exploits of Willie Mullins and Gordon Elliott. This year the same duo will almost certainly be among the winners, but Joseph O'Brien is likely to have a few winners to help the raiding party side.

As a general rule Willie Mullins chasers are best avoided, especially on a Friday as he has not had a Friday chase winner since the Festival went to 4 days, and has had 24 losers on Friday alone. Going back to 2003 he has had 139 runners in chases at the Festival with 14 winners and a substantial loss to anyone who had backed them all. However, 12 of those winners ran in novice chases, and 11 of them had a starting price of less than 5/1 from only 16 bets. So we need to take particular note if Willie Mullins has a strongly fancied runner in a novice chase, especially on Tuesday or Wednesday. Possibles this year are Cilaos Emery in the Arkle Chase and Ballyward in the amateur four mile race, both races are run on Tuesday. Willie Mullins often has several runners in the bumper which is usually the last race on Wednesday, but often it's not his first string that delivers. He's won the race nine times since 1996, but going back to 2008, he has had 4 winners of the bumper from 45 runners. Backing his runners with prices varying from 12/1 to 25/1 brings the same 4 winners from just 19 runners, 2 of which (from 3) were ridden by his son Patrick and the other 2 were ridden by a member of the Walsh family. Katie and Ruby rode one each. All 4 were Irish bred five year-olds who won their last race. One race where Willie Mullins runners must be given respect is the Mares Hurdle. He has won the race in 9 of the last 10 years, finishing 2nd and 3rd in 2017 when Gordon Elliott's Apple's Jade won. All the winners had an SP 6/1 or less and 4 of the losers were a double figure price.

Gordon Elliott is the other Irish trainer that has successfully raided the Cheltenham Festival in recent years winning at least 1 race since 2011 with the exception of 2012 when he ran 9 losers. Showing a loss in only 2012 (when he had a 2nd at 14/1) and 2015 when he had a winner at 8/1 and another 2nd at 14/1. In all he has had 130 runners and 22 winners. All the winners finished in the first 7 in their last race with 20 of them running in Ireland in their last race; 19 of the 20 winners ran in a non handicap in their last race and in a race no lower in grade than Class 4 with 15 of them running in a Class 1 race. Of those winners who did not run in a Class 1 race last time all 5 were winners in hurdle races at the Festival. His oldest winner was nine years old. In short we will be looking for a Gordon Elliott runner that is nine years old or younger, ran in a non handicap Class 4 or stronger (preferably a Class 1) in Ireland last time it ran, finishing in the first seven. Jockeys we should note when booked for one of the Navan trainers's horses are Davy Russell, Jack Kennedy and amateur Jamie Codd. Although he won the Gold Cup on Don Cossack in 2016, jockey Brian Cooper is one to be cautious of when riding for Gordon Elliott at Cheltenham in March.

The other major sporting event in March is the start of the Indian Premier League (IPL). The Twenty20 series began in 2008. Owned by India Cements, Chennai Super Kings won last year. They are the most successful team in the IPL winning in 2010 and 2011 with runner up spots in 2008, 2012, 2013 and 2015. The team did not take part in the IPL in 2016 and 2017. Some of their key players are now the wrong side of thirty five, but they are likely to be a leading contender again this year under captain MS Dhoni who has steered the team to most of their success. Mumbai Indians are another successful team winning in 2013; 2015 and 2017. They are likely to rely on big hitting Kieron

Pollard, along with captain Rohit Sharma, and have strengthened their squad this year with the introduction of Lasith Malinga into the bowling attack. The team I have a fancy for are Kolkata Knight Riders (KKR) who have made the play offs in the last 3 years and were champions in 2012 and 2014. Captain Dinesh Karthik is a key to their middle order, often steering the team home. He's backed up by opener Chris Lynn and Robin Uthappa. Flamboyant Andre Russell can snatch victory from defeat, especially in the final overs, but can be victim to injuries. Shubman Gill was something of a revelation last year and the young Indian is kept in the team. "Mystery bowler" Sunil Narine, Piyush Chawla and Kuldeep Yadav are likely to be among their leading wicket takers. This year they have West Indies captain Carlos Brathwaite as an addition to the squad. If KKR don't lift the trophy this year it'll be disappointing if they fail to make the play offs again.

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

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Another recipe from the Prudent Pensioner

Bacon Mushroom and Celery Risotto

Makes 2 generous tasty portions

2 Rashers Back Bacon cut into slices approx. 2cm wide
2 rashers Streaky Bacon cut into slices approx. 1cm wide
Medium Shallot peeled and sliced thinly
170g/ 6oz. Mushrooms cleaned and sliced
2 sticks of Celery cleaned & cut into pieces approx. 3cm/1" in length
130g/4½ oz. Risotto rice

Chicken stock cube

Knob of butter about half the size of a walnut

Teaspoon cooking oil

Dissolve stock cube in 500ml/ 1 pint hot water put this into a saucepan, add shallot and bring to boil, reduce heat, cover and leave gently simmering

Fry bacon slices until cooked then add these to stock

In a medium size saucepan, over a low heat, add butter and oil. When butter is softened, add rice and stirring gently let rice cook for 2 minutes. Carefully add half of the stock and stir well. Cover and leave simmering gently stirring frequently

Add mushrooms and celery to remaining stock in saucepan and stir well. Leave simmering for 10 mins then add this to rice and simmer for a further 10mins or until rice is tender. Most of stock will have been absorbed by rice. This is ready to serve and enjoy

I use streaky bacon for extra flavour.

Using bacon from our local butcher the cost of this meal was £1.60p per portion.

For details of Doreen's book, more recipes and 'How to' Video clips visit the Prudent Pensioners page on www.doreenreedpoet.com
During the first week of March Poet & Storyteller Doreen Reed will be taking a light hearted look at Spring Cleaning.

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Tony Morgan



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March 6pm.

For the night owls, overseas listeners and insomniacs it will be repeated on Wednesday 6th March 2am and for those who like to listen while having an afternoon cup of tea - Thursday 7th March 3pm.

Homemade peanut butter



As promised in my editorial on page 4 here's an American recipe for you to try

Ingredients:

- 2 cups* roasted unsalted peanuts
- 1 tablespoon peanut oil
- 1/4 teaspoon salt

Preparation Directions:

- Place peanuts, oil, and salt into a blender or food processor.
- Blend well, until desired texture is reached.
- Place peanut butter in airtight container.
- For crunchy peanut butter, add 1/4 cup of peanuts and blend again, but, for just a short burst or two.
- The oil can separate from the peanuts during storage.

Simply stir and serve.

This is really easy to make had you known it was this straightforward, you'd probably have made your own Peanut Butter years ago!

*If you haven't got an American cup measure you can get them from Richard's Cookshop in Hunstanton.

Barefoot Retreats Burnham Market International Horse Trials

12th - 14th April 2019



Now in its 21st year, the Barefoot Retreats Burnham Market Horse Trials will again entice many of the best event riders in the world to North Norfolk. A well established pre-Badminton fixture, these top riders always bring a selection of their most talented horses to contest the big classes, providing opportunity for a spot of autograph hunting.

Shropshire based World and British number one Oliver Townend is no stranger to eventing fans and Burnham Market spectators alike. He is a regular to Sussex Farm, invariably bringing a lorry load of his best horses to claim the spoils; it's no surprise that he has won the headline class 10 times since 2007.

Other big names such as Andrew Nicholson, Piggy French and Pippa Funnell are expected to attend and, with excellent viewing from 'The Mound' in the centre of the cross country course, it is possible to watch most of the action from one spot.

Aside from the equine competition there will be a diverse array of trade stands and plenty to keep the children happy, with bungee trampolines, bouncy castle, climbing wall and circus workshops. Further attractions will be announced in due course while numerous food outlets will keep the wolf from the door.

This year's charity is Riding For The Disabled – visitors can meet charity representatives and find out more about the invaluable work they do.

For more information regarding what's on and to book advance tickets, from £8 for an adult and £3 for a child, please visit www.muskeeter.co.uk. Hospitality packages are available, or there is an option to purchase tickets to the Tri-Star Cross Country Pavilion.

Barefoot Retreats Burnham Market International Horse Trials
Friday 12th – Sunday 14th April at Sussex Farm, Burnham Market, PE31 8AG

We have 2 family tickets for the day of the winners' choices to give away, valid for 2x adults and 3x children, general admission. Simply e mail: editor@townandaround.net saying why you would like to attend the event. Closing date 28th March.



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Heacham and Hunstanton at Night

Terry Parish

Well, winter passed with scarcely a star to be seen in the, allegedly, dark skies. The 20th March, at 9.58pm, is the Spring Equinox. Night and day are of equal length. From the 21st, days become longer and Spring officially starts. British Summer Time puts the clocks forward at 1am on the 31st.



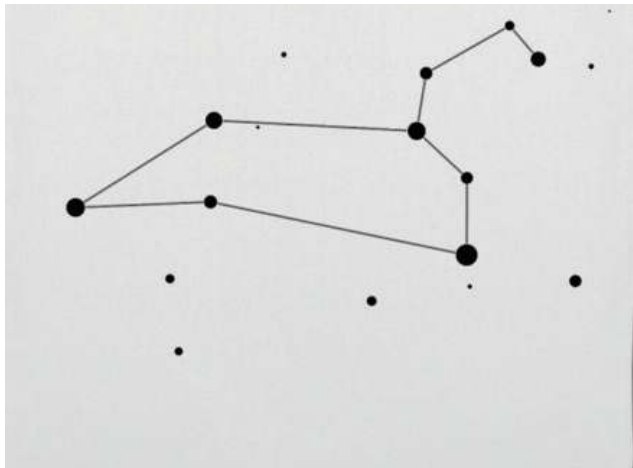
Internet

The image above illustrates the relative position of the Sun in the sky at noon on the shortest day, 21st December, the longest day, 21st June, and on the solstices, spring and autumn. From March 21st the Sun will be climbing higher in the sky. After 21st June it will be descending again.

This change in the Sun's position is due to the tilt of the Earth's axis and the orbit of the Earth around the Sun. From spring through to the start of autumn, the northern hemisphere will be enjoying more exposure to sunlight as the southern gets less.

Nothing too exciting on the planet front but more of that later. Let's consider several constellations or asterisms and the odd blurry patch of stars.

All of you are aware that people have created patterns in the sky called constellations. Most of these patterns are ancient and often difficult to discern. Sometimes, only part of the constellation is really clear being made up of the brightest stars. A pattern which is part of a constellation, sometimes using bits of several constellations, is called an asterism. In the past I have referred to the Summer Triangle (made popular by Patrick Moore) and the Great Square of Pegasus (obviously a prominent bit of the less prominent winged horse).



Internet. This diagram hopefully shows the Big Dipper, Plough, as part of The Great Bear. The two stars on the right, point to Polaris in Ursa Minor, The Little Bear.

The Plough / Saucepan/ Big Dipper is an asterism as it is part of the constellation of Ursa Major, The Great Bear.

The new names for The Plough originate from an attempt to make it recognisable to those not familiar with horse drawn ploughs. Several things to note. Mizar in the handle has a companion star, Alcor ('neglected one' in Arabic) which can be discerned in decent binoculars or even by the naked eye. Alcor is a four-star system and Mizar is a binary. So, 6 stars for the price of one all forming a connected group 83 light years away.



Internet but obviously from The Guardian. All the stars clearly labelled plus the bonus of two Messier objects.

Continue a line through Merak and Dubhe and you reach Polaris, the Pole Star. This appears stationary above the Earth's geographic pole. All other stars appear to move around Polaris as the Earth rotates, hence stars rise and set.

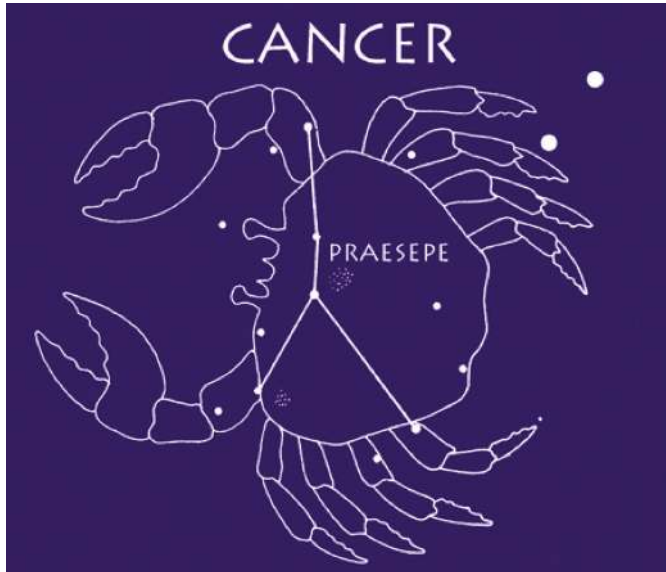
M51 is the Whirlpool Galaxy, 23 million light years away, and M101 is the Pinwheel Galaxy, a mere 21 million light years away. Both are fuzzy blobs in a telescope. The Pin Wheel does look like a Catherine Wheel but was obviously named by people not familiar with the English name for this firework



Internet. Pin Wheel galaxy.

In the middle of the month, due south and about half way up the sky

is the three-legged constellation of Cancer. Where the legs meet is the fuzzy blob of Praesepe, The Manger but more often now called The Beehive. This is one of the nearest open clusters of stars to the Earth being around 600 light years away (methods of measuring the average distance are at variance with each other). It is a mix of 1000 stars; two thirds dwarves, about a third similar to the Sun, a handful of bright ones, and 5 giants. Three planets have been discovered in the cluster. Two orbiting one star.



Internet. The pattern you are looking for. Don't be disappointed if the crab is a little difficult to make out.

Changing tack, 2019 is the International Year of the Periodic Table as it is 150 years since Dmitry Mendeleev effectively created it. This is the table of the elements many of you will have last seen on a classroom wall. Those elements were almost all created within stars and released into the universe by some stars exploding violently. As the lyrics said (something like this anyway), 'We are stardust'. Below is a table showing where the elements originated.

Periodic Table of Elements

Light blue - Big Bang
Pink - Small Stars
Purple - Supernovae
Green - Cosmic Rays
Blue - Large Stars
Dull gray - Made in Lab

Pioneering work by Fred Hoyle led to the theory of stellar nucleosynthesis - element formation in stars. He was a Cambridge astrophysicist who was director of its Institute of Astronomy for 6 years. Famously, he rejected the Big Bang Theory.

Planet hunters: 1st to 3rd of March, Gamish – find the crescent Moon towards the East and bright Venus will not be far away and Saturn will be in line with them.

11th to 13th, 10pm – look West. The Moon is close to Mars on the 11th, the Pleiades star cluster on the 12th. 28th to 29th, 5am – look SSE and find Saturn close to the Moon, very close on the 29th. Jupiter

will be due South. If you have a telescope look for the four Galilean moons. Depending upon the date two will be missing. Where have they gone? 30th, 10pm. Mars is very close to the Pleiades. For information on this cluster see earlier publications or Google.

I am a member of the North Norfolk Astronomy Society. They are starting pop up observing events. You can sign up for these free at their website, nnas.org. If the weather looks good you will be notified 24-48 hours in advance of an event.

Spring – grass cutting to look forward to.

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This is a phrase often associated with farmers but what if you cannot prove it is your land? In a rural county such as Norfolk, where large areas of land and many homes have remained in the same family for generations, it should come as little surprise that there are areas of land which are not registered at the Land Registry. What is surprising, is the amount of land and property which remains unregistered and how often people are unaware of it.

Compulsory registration only came to rural Norfolk in 1989 and even then this was only for purchases of land for value or leases for a term of over 21 years. In 1998, assents (transfers of land after death) and legal mortgages became compulsory registerable and in 2002 it became compulsory for nearly all land transactions to be registered or, to trigger a first registration. Shorter term arrangements, such as farm business tenancies and leases of less than seven years, do not have to be registered but, may need to be noted against the landlord's freehold title.

In the absence of a land or property transaction to trigger a first registration, land will remain unregistered unless a voluntary application is made to the Land Registry to register it. This may be considered an unwelcome hassle and cost, but there is good argument to registering land and property, even if it is just to have a secure and clear record of what you own.

With unregistered farmland, there is often a field swapped with a neighbour many years ago and not formally recorded, or a change in a boundary agreed but not documented. Often, it is the older generation who has this knowledge and can provide evidence of ownership. It is therefore important that the registration process is undertaken whilst current or former owners or farm managers/workers can provide key facts vital for the registration process. This is particularly the case if title deeds are missing or have been lost or destroyed.

It is much harder to claim adverse possession or 'squatters'

rights' over registered property or for a neighbour to encroach onto your land. If you are looking to sell, gift or mortgage your land or property the process is much simpler and quicker (and often cheaper!) if dealing with a registered title.

The Land Registry is keen for land and property to be registered and offers a reduced fee for those registrations which are undertaken voluntarily. It may well be time to dig out those title deeds and consider an application to register your land.

If you would like to speak with a member of the agricultural or property team about registering your land or property, Hayes + Storr are holding free consultation days at their Fakenham and Swaffham offices during March. Please contact 01328 863231 if you would like to book a place.

This article aims to supply general information, but it is not intended to constitute advice. Every effort is made to ensure that the law referred to is correct at the date of publication and to avoid any statement which may mislead. However no duty of care is



assumed to any person and no liability is accepted for any omission or inaccuracy. Always seek our specific advice.

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Hunstanton & District Rotary Club News

Over the last couple of issues there have been news items about both local schools' events and a trip our President Hilary Farrell made to deliver wheelchairs, so I am delighted to be establishing a regular column in Town & Around.

It occurs to me first of all that, although many will have heard the name Rotary, some will not know much about the organisation. So let me explain.

Rotary is a truly international organisation, with some 33,000 clubs and over a million members represented in more than 200 countries worldwide. Its aim is simple, to provide humanitarian assistance and to help promote goodwill and peace both at home and abroad.

Rotarians, men and women represent a complete cross-section of people in their local area whose motivation is a desire to serve society. They recognise that, individually their efforts may be limited but as a member of similarly minded groups, with combined experience, expertise and enthusiasm, the sky is the limit! The ideal for every Rotarian is reflected in the motto, 'Service Above Self.' Our weekly meetings at the Le Strange Arms Hotel bring us together in a spirit of real friendship, enhanced by many other social events throughout the year. We don't expect members to attend every meeting, but friendship is enhanced by regular contact.

Locally we are mindful of our own local Community needs, supporting charities, schools and youth projects, as well as the elderly, disabled or disadvantaged. Internationally, Hunstanton & District, along with all other clubs, supports major Rotary projects aimed at relieving disease, hunger, unclean water and poor education. It also responds urgently to natural disasters such as floods and earthquakes, often using Rotary manpower, equipment and distribution facilities.

However it is not all about raising money. We try to arrange our projects in such a way that involves the whole local community, is value for money and above all is fun. Much of our other community involvement is hands-on, using our combined experience to stage events. Our two biggest events are Norton Hill on the weekend of 27th and 28th July 2019 when, by kind permission of Mr Michael Schumann, we are able to enjoy his steam railway and fields to host sideshows and displays with refreshments and raise money for local charities. This is followed by the Kite Festival & Classic Car Rally on 18th Aug at Smithdon High School, which combines displays in the main arena, including kite flying, culminating in over 250 classic cars parading for visitors. There is also a funfair, sideshows, catering wagons and a flypast from the battle of Britain Memorial flight which complete a wonderful day out for the



whole family. More details will follow in future editions, but please do put the dates in your diary, particularly if you have family visiting in the summer and are looking for things to do!

As an update on the news item in January's Town and Around, we were delighted that, having progressed from our round at Smithdon HS, Fred Hargreaves and Ella Tuckwood cooked well at the district round of the Young Chef competition organised by the King's Lynn Trinity Rotary Club. Fred was the runner-up and was asked to attend the regional competition on the 2nd February where he was commended for his dessert.



We enjoy working with Smithdon HS and were delighted yet again to offer our services by holding mock interviews with year 11 pupils, with 14 Rotarians interviewing 80 children over two days. Many children acquitted themselves well and we were pleased to offer 'pointers' and the confidence to do well as they apply for A level courses or to Colleges and employers.

Rotarians have also been pleased to visit local primary schools to present high quality

illustrated dictionaries to year 5 pupils. We have been delighted that these dictionaries, supplied at reduced cost by Usborne books, and sponsored by local businesses; ME Ayres (Coal Merchants), Bridge House Insurance, JE Howard (Master Butcher), Redgate Bakery and The Wrought Iron & Brass Bed Company, have been very well received.

As you move around Hunstanton over the next month look out for displays of purple crocuses outside the Princess Theatre, the Le Strange hotel and Glebe House School as part of our commitment to the biggest international campaign that Rotary is leading, which is the fight to eradicate polio. Our goal of ridding the world of this disease is now closer than ever and polio cases have reduced by 99.9 percent since our first project to vaccinate children in the Philippines in 1979. We've helped immunize more than 2.5 billion children in 122 countries. So far, Rotary has contributed more than \$1.8 billion toward eradicating the disease worldwide and today, polio remains endemic only in Afghanistan, Nigeria, and Pakistan. But it's crucial to continue working to keep other countries polio-free.

If you would like to learn more about Rotary and potential membership or ways in which your business might be involved, please do contact me to arrange a chat on 01485 525142 or by email at johnpcrofts@gmail.com

John Crofts
President Elect 2018-19

Rotary 
Club of Hunstanton & District

RINGSTEAD VILLAGE HALL

Ringstead Village Club meet once a month (except August) on the first Thursday of the month, at 2pm, in the Village Hall, High Street (next to the Gin Trap inn). You don't have to live in the village to come along to our meetings, everyone is welcome. We invite a variety of speakers throughout the year to come and give talks on a wide variety of subjects, there will be something to interest everyone.

The 7th March meeting we have local artist Barbara King on the Norwich School of Painters. Then on 4th April Andrew England will be talking about War Memorials of Norfolk.

Refreshments are available and we hold a raffle at each meeting.
All welcome

Hunstanton Lifeboat Station

Geoff Needham, LPO Hunstanton RNLI

Sunday 3rd February at 3.45 p.m. We had our first shout of the new year, UK Coastguard requested Hunstanton RNLI lifeboat to assist a fishing vessel that had broken down about 3 miles to the West of the station. Hunstanton Lifeboat "Spirit of West Norfolk" launched on service at 3.50 p.m. on arrival at casualty vessel, Lifeboat secured a tow line, and commenced tow to King's Lynn, another Lynn vessel met them down the Lynn Channel and took over the tow. The two-man crew were out lifting their wheel pots, when they developed engine problems. Hunstanton Lifeboat returned to station. H.W. 5.50. p.m. Wind. S.W. 2. Weather part/cloud Vis. Good Sea state slight

Saturday 19th January the crew held their Christmas Dinner, this year the crew chose to go to the Le Strange Hotel. An excellent meal and the staff worked hard to make the evening a huge success.



Rod Hicks (left) with Robin Rafferty

A big thanks from all the crew. Robin Operations manager of Hunstanton RNLI presented certificates of service and a statuette, to two long serving members of the crew, Rod Hicks and Gavin Grange,



Gavin Grange (left) with Robin Rafferty

Eva Szabo received a letter of thanks from Poole, for her time served as crew at Hunstanton. Rod joined the station at the very beginning in 1979, serving as crew and helmsman, then as DLA. (Deputy launching authority) on July 4th his birthday, he reached the age of 70, that's the retirement age for operational members, during his time as crew Rod (Fluff) as he's known carried out many rescues, including searches for military planes and a helicopter that crashed in the Wash, and three men in a bath tub, missing somewhere in the Wash, while trying to paddle from Sutton Bridge to Yarmouth, to raise money for the RNLI. On one occasion while proceeding to a capsized catamaran, the sponson separated from the hull and folded back over his shoulders, after some quick repairs with a length of rope, he got under way and rescued the sailor, landing him on the beach at Snettisham, then took a steady course back to the station, a relief boat was sent to the station while repairs were carried out on ours. Happy memories, good luck mate, all the best, your dedication and commitment to the station has



Eva Szabo (left) with Robin Rafferty

been greatly appreciated. Gavin served 28 years as crew and helmsman. He was involved in the rescue of several yachtsmen, when a sudden squall flattened over one hundred yachts taking part in a race at Hunstanton, it was a Saturday afternoon about 3 p.m. when the squall hit the fleet. From the boathouse, looking out to sea, there were capsized sailing dinghies every where, the squall lasted for about 20 minutes, both our craft, lifeboat and hovercraft launched and helped numerous sailors back to the beach, along with the sailing clubs rescue boat and Wells lifeboat, the fact that the yachtsmen were all wearing the right safety gear, every body was safely brought ashore. Well done Gavin, all the best, you put a lot into the station. Eva, one, of our five girl crew members, served for two years, was a valuable member, but she has moved out of the area, and was no longer available. Good luck Eva, wish you all the best.

John Payne RNLI Community Life saving Director, on behalf of the Institution, presented a certificate of dedication, to the station for its 150 years involvement, of RNLI lifeboats in Hunstanton. Micheal Meakin our chairman accepted it on behalf of the station.



John Payne with Michael Meakin



At the Local Heroes Awards

Wednesday 23rd January several crew attended KLFM local Hero Awards, held at the Cornhall Kings Lynn, we had been nominated, and were in the final three, we didn't win but it was a pleasant evening. Date for your diary. Friday March 8th. 10.30. a.m. Fish & Chip Lunch. Sedgeford Village Hall. Coffee 10.30. for 11.00. a.m. Speaker: His Honour Graham Boal QC. Former First Senior Prosecutor to The Crown at the Central Criminal Court, then Permanent Judge at The Central Criminal Court. Subject: Miscarriage of justice. Tickets: £13. Please pay in advance. Contact David West. Tel: 01485533755 e-mail dwest@gbstb.com



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HUNSTANTON & DISTRICT LIONS CLUB 8th CHARITY GOLF TOURNAMENT

FRIDAY 10th May 2019



Hunstanton Road – Heacham – Norfolk – PE31 7JX



Entry Form **Lions Charity Golf** **Day: 10th May 2019**

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TEAM NAME

FULL NAMES	H/CAP	CLUB	CDH No. (IF Known)

Special dietary requirements:

Teams of Four: 18 Hole Stableford Full handicap allowance.

Scoring Format: Teams of 4 best 2 scores on each hole count.

Nearest the Pin on hole 7 & longest drive on hole 4, & hole in one competition.

£180 Per Team entry Fee is inclusive of: - Coffee and Bacon Roll on arrival, 4 ball playing 18 holes golf & Two Course meal in Heacham Manor's Restaurant.

**Please return the completed form with a £180 cheque made payable to: Hunstanton Lions,
CO Mr Gerry Desroches, 28 Homefields Road, Hunstanton, Norfolk PE36 5HL**

Closing date of entries 3rd May 2019

Tee times from 09:28 will be advised from 6th May 2019

We are delighted to announce that we are holding our 8th Annual Charity Golf Tournament with the kind permission of Heacham Manor Hotel. This is a great opportunity to have fun with friends and support local charitable causes.

In the last 12 months we have given various donations to local good causes amongst these we organized Christmas lunches for 575 senior citizens, a day at the Fun Fair for 300 less able children and an Easter Egg Hunt for 200 children.

As with previous tournaments, we are inviting Teams of 4 to play 18 holes (Stableford) and enjoy a Breakfast of Bacon Roll with Tea/Coffee and a Two Course meal in the Heacham Manor Restaurant. There will be prizes for Nearest Pin on Hole 7, Longest Drive on Hole 4, a Hole In One competition and a raffle to be won on the day.

To take part please complete the entry form or if you wish to take the opportunity to advertise your business/company by sponsoring one of the 18 holes for £50.00 or require further details, please contact 07748052765.

We sincerely hope you will be able to support this event and we look forward to welcoming you at Heacham Manor Hotel.

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FREE SAILING OPEN DAY: PUSH THE BOAT OUT!



All are welcome again as Snettisham Beach Sailing Club throws open its doors for its annual Open Day on Saturday 11th May 2019 from 10.00 am until 4.00 pm, as part of the RYA national initiative "Push The Boat Out" to promote sailing. Everyone is welcome to come along and try sailing in – all for free!

There will be free sailing taster sessions on the sea from 11.00 and on the lake all day.

Come and enjoy our clubhouse with food from the BBQ and drinks from the bar.

Save 10% off any R.Y.A. courses booked on the day, and 10% of club memberships purchased on the day.

There is no need to book in advance just come along on the day!

Just bring footwear you don't mind getting wet, a windproof top, a change of clothes, and a towel.



No experience is necessary and would-be sailors of all ages from 8 years upwards are welcome. Children, you must accompanied by an adult but your adult doesn't have to go sailing. Come and chat with our members and find out how you can get into sailing.

For full details see www.snetbeach.co.uk, and have a look at the video from 2017's Open Day at <http://snetbeach.co.uk/video-page>



Thornham Cricket Club

Jim Clarke 07885 995414

Schools Partnership

We are very excited to have made contact with so many primary schools in the community, with links being built with many and Jim Clarke going into 3 schools already and doing an assembly promoting what we do as a club and about the formation of our junior section that will underpin our club not just for the next couple of years but for many generations to come as well.

Jim has experience of the Schools' Partnership role and he is currently working with 5 clubs down south at Winchmore Hill, North Mymms, Radlett, Old Owens and Old Elizabethans.

It is hoped that we can get as many children down to the club in 2019 and also engage with the families so that we get so many new players at the club this summer. We will be providing coaching this year for all children between the ages of 4 and 13 absolutely FREE of CHARGE and we will hopefully be able to start a lifetimes journey in our wonderful game for everyone. Please contact Jim Clarke on 07885995414 or thornhamccinthecommunity@gmail.com for more details on our junior programme.

Softball Cricket

We have entered 2 teams in softball cricket this year at U9 and U11 Level so that we can give children at the club the opportunity to play against other local clubs. The results to me are irrelevant what matters is that we give children the opportunity to play against others and have fun and bowl and bat and hopefully be a lifetimes journey in the game. The games will be starting in May so with the schools project we have an outlet for children to play matches (The games are pairs cricket so that every child is able to bat bowl and keep wicket).

We will be playing Local teams such as Bircham Snettisham etc and the emphasis is on children having fun rather than winning or losing.

Calling all Players

Regardless of age, ability gender we would love to hear from you, we play our Saturday Cricket with our 1st XI Playing in the Norfolk Cricket League Division 2 after promotion last year, and our 2nd XI had their first season in the league in Division 4 finishing in a highly respectable mid table position. With a Sunday team playing in the West Norfolk Cricket League we can guarantee a game of cricket at the weekend.

If you are interested in joining up and playing a game or many games please contact our secretary Ron Williamson on ronfend930@sky.com or 07789276365 for more details

Indoor Cricket League

The club has been playing this winter again in the West Norfolk Indoor Cricket League with a team of players of mixed ages taking on some of the areas local heavyweights and competing very well against them. Led by Skipper Jacob Hewson the club has some very close battles and are currently in 6th place with 1 win so far in 4 games.

Led with the bat by the skipper who so far has 54 runs in his 3 matches and ably backed up by the solid batting of Alex Fry and Liam Woodcock the young guns are learning so much about their own games in the competition.

With the ball Aaron Woodcock leads the way with 6 tight overs bowled so far taking a couple of wickets as well.

The remaining fixture sees the team take on Dersingham on 10th March at 5.30pm at the King Edward School Sports Hall so come down and meet the squad.

Calling all helpers

We have a fantastic band of committed volunteers who give up so much time to ensure that we have the facilities that we have at the club. From Tina and Olive who do what I can only describe as the best teas I have ever seen, to Ron who does so much behind the scenes, to Sid who is working hard on making Thornham the best cricket wicket between here and Lords, To John Hewson who scores for the team as

well.

But if you can come and join our club and help out behind the scenes we would love to hear from you, our club is always in need of fresh helpers who can help the rest of the gang to help to make TCC flourish and fulfil its potential.

Coaching Badge

Norfolk Cricket Board are running a ECB Level 1 cricket coaching badge at Lynnsport on the 7th April from 10-4pm the course is a 1-day coaching course that teaches new coaches how to run a session and also the basics of teaching basic coaching techniques to all ages. It is the foundation for the ECB Level 2 badge that is a 4 week coaching module.

The course itself is £70 but I will look at ways to fund the course and hopefully you will be able to help out at junior cricket sessions in the summer.

The Details of the course can be found at: <https://booking.ecb.co.uk/c/express/a2db5171-af32-4bfb-9d2a-7bb533fef94d> everyone has to be booked in before the 10th March

Anyone can do the course whether you have played cricket or not.

Other Business

We will be hosting our Natwest Cricket Force Day on Sunday 7th April from 10.30 onwards where we be having a tidy up in preparation for the new season, If you can spare a couple of minutes or a couple of hours we would love to welcome down members old and new to meet the rest of the team. The Kettle will be on and there will be plenty of refreshments as well.

We are very proud to be 1 of the 19 clubs to be allocated a grounds expert. Tim Hales is an experienced sports ground Contractor and will give advice on the square and the playing field.

We look forward to meeting many new people to the club in the 2019 season






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Carvery Menu with a choice of
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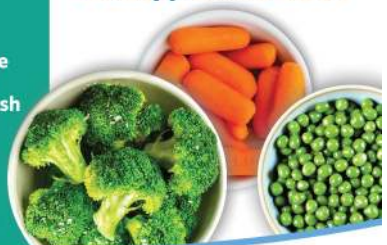
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Pancake Day, Shriven Tuesday, Mardi Gras?

By Hannah Seymour

Pancake Day: before smothering in sugar and lemon juice, we fry batter and toss it in the air.

We know that traditionally, Shrove Tuesday was when people used up rich ingredients before Lent, such as pancake ingredients: eggs, milk and fats. But something lesser known, are all the other names given to Shrove Tuesday.

Shriven Tuesday

'Shriven' is the old middle English word for Shrove, meaning confess one's sins. The shriving bell would be rung on Shrove Tuesday to call people to church to confess. Attending confession, the day before Lent - which is always a Wednesday - meant the Tuesday became known as Shriven Tuesday (or as we now know it, Shrove Tuesday.)

People that call pancake day Shriven Tuesday are more likely to be religious and of the elder demograph.

Mardi Gras

French for 'Fat Tuesday', Mardi Gras reflects on the practice of using rich and fatty foods on the day before Lent.

In 1699, French-Canadian explorer Pierre Le Moyne d'Iberville arrived in what is now modern-day Mobile, Alabama on Shrove Tuesday. Remembering the date, he threw a celebration and named the location Point du Mardi Gras. To this day, French travellers would come to the spot explicitly for Fat Tuesday celebrations. Whatever you call it, enjoy your pancake filled March 5th!



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THORNHAM VILLAGE NEWS

VILLAGE CINEMA

THE LITTLE STRANGER - Wednesday 6th March
Dr Faraday, the son of a housemaid, has built a life of quiet respectability as a country doctor. During the long hot summer of 1948, he is called to a patient at Hundreds Hall, where his mother once worked. When he takes on his new patient, Faraday has no idea how closely, and how disturbingly, the family's story is about to become entwined with his own.

Tickets £5 - To book call 0781 802 8687 - Film starts 7.30pm

Broadcast Live by Satellite from The Royal Opera House Covent Garden

Forthcoming productions in April

LA FORZA DEL DESTINO Tuesday 2nd April

Doors and bar open 5.30pm - Curtain 6.15pm

FAUST Tuesday 30th April

Doors and bar opens 6.00pm - Curtain at 6.45pm

Book online at www.thornhamvillagehall.co.uk or call 0778 725 5597

Tickets £15.00 children £10.00

The next Soup and Sandwich lunch is on Tuesday 5th March. For information call Carolyn Barrett 01485 512033

What's On - Regular Events

Pilates - beginners, intermediate and advanced

'Move it or Lose it' over 50s fitness classes

Yoga class and retreat days

Zumba

Social Media

Photography

For information on any of these activities contact Sally Cotton at thornham.villagehall@gmail.com or visit www.thornhamvillagehall.co.uk/regular_activities.html

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Hunstanton Primary School

We are continuing to work really hard this term, both at academia and with all the various clubs that we run additionally before and after school for our pupils.

In sporting news, we are proud that pupils from Hunstanton Primary School were selected to represent the school at cluster level in both swimming and cross country running, competing with pupils from other schools in West Norfolk. After February half term, Golf Club will be starting for pupils in year 3, 4 & 5, run by Alive Leisure. In addition, pupils will be benefiting from cricket coaching being offered in conjunction with Thornham Cricket Club.

One of our pupils, Hannah in Year 6, spends a great deal of her spare time raising money for her charity Hannah's Roses and recently raised a massive £2517.75 for the charity, which helps children with cancer. Hannah was invited to a presentation with Lady Romney, Hunstanton Mayor Councillor Amanda Bosworth, King's Lynn Mayor and Mayoress Councillor Nick Daubney and Mrs Cheryl Daubney together with Hunstanton Borough Councillor Mrs Carol Bower and Mrs Mapplebeck, our headteacher. Well done Hannah!



In January, our Year 6 House Captains were involved with a memories project organised by Roger Partridge. Pupils had a fascinating visit to Driftwood House to chat with residents about local history, events and happenings, for example Hunstanton Pier and the railway. Recordings were later also made at the school and these will be kept at the Heritage Centre. This was an exciting inter-generational project for the school to be involved in and will become a talking point on the tourist trail around Hunstanton.

January was a busy time and the school enjoyed a visit from Olly Day and his Magic Show. He entertained pupils while communicating serious messages about road safety, encouraging pupils to wear seat belts and take care when out and about.

Having been acting Deputy Headteacher for the last two terms, we are pleased to announce that Miss Jones has now been appointed as the school's Deputy Headteacher. We would like to thank Miss Jones for her hard work so far and look forward to her continued support in making the school an even better place to learn and work.

THE SMITHDON CLUSTER

DOES THE BOOTLEG BEATLES

FRIDAY 3rd MAY at 6PM SMITHDON HIGH SCHOOL

IS YOUR SCHOOL PART OF THE SMITHDON CLUSTER?

DO YOUR YEAR 4 AND 5 CHILDREN LOVE TO SING?

THEN GET IN TOUCH TO BE PART OF THIS ONE NIGHT EXTRAVAGANZA!

This is a FREE opportunity with a W.N.A.T specialist to deliver the project

ENQUIRIES: Hayley Roberts at West Norfolk Academies Trust
EMAIL: office@westnorfolkacademiestrust.co.uk TEL: 01533 773393 ext 210

West Norfolk Academies Trust

Brancaster CE VA Primary School

by Evelina, Eden and Eve

Donna from the NSPCC came and gave each class an assembly then she came back and spoke to the Year 5 and 6 children, we had to think about where we felt safe.

Rev'd Susan came in to show us how to use BSL to sign to The Lord's Prayer. We loved doing this and we are now signing daily in our assemblies.



We had 2 special guests come to take assembly, Evelina liked Mr Handley's assembly where he talked about courage and the King who told Daniel and his friends to bow down to a statue and how they refused and were punished but God came to help them.

We are now having scooters and scoot boards at playtime, these are fun and we are enjoying this.

The Year 5's are now leading our celebration assemblies. Eve says they are all enjoying having different responsibilities. The school council had an assembly where they talked about PACT animals and the non-uniform day we are holding to support them.

Samphire class are working on extreme Earth, we have homework about this, Evelina is reporting on Antarctica and has made a model of this and Eve is reporting on the Tambora volcano, which is the most deadly volcano in the world. We can't wait to see what everyone has done.

Thrift class have been exploring the Bible story of the Lost Son and are performing a play about this in our class assembly.

We have started to go back to Driftwood and all the children that go say this is the best thing they do in the week.

The PFA have arranged a school disco for us on Friday which we are looking forward to. We are collecting Lego vouchers from the EDP, if you have any please could you send them into our school as we have a Lego club every week.

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New shoots

March is a month to make connections, new and old, writes Glebe House School and Nursery's headmaster Louis Taylor



Before my family and I arrived at Glebe House School last September, we were warned about Hunstanton's bracing winter weather (no hills between here and Siberia, we were told!). Although a few snowstorms have threatened, we seem to have escaped our first winter relatively unscathed and have enjoyed exploring Norfolk's coast and country with some fantastic family walks.

We are now enjoying the first signs of spring with lighter mornings and green shoots appearing everywhere. Warmer weather and longer days also offer so many more opportunities to take teaching outside and make the most of our fabulous coastal location.

This aspect of our curriculum is one we will share with visitors at our first Open House on 12 March when there will be an opportunity to take a tour during a typical school day.

Open to parents, grandparents and 'friends' of Glebe, along with prospective families and their children who work hard to prioritise their children's education, we are looking forward to meeting them.

As a school, we understand that an independent education is a major consideration and commitment for many families and we are working hard – as the school has always done – to make an education at Glebe House School accessible for as many children as possible in our community.

One particular opportunity that we are keen to spread the word about is a fantastic and unique scholarship for a child from Docketing or the surrounding area to join our school. We are fortunate enough to have access to a legacy fund which has already enabled us to provide a supported education for two children who have excelled in all areas of school life.

We are now looking to offer this scholarship to support one or two

families who would like to provide an independent education for their child. The criteria set out by the benefactor's estate is that this can only be offered to a child from the village of Docketing for Year 6 or 7, which will provide a fantastic preparation for senior school. If you or someone you know would be interested in finding out more about this opportunity, which will be available from September 2019, please contact our registrar Tamzine Fraulo on 01485 532809 ext. 4 or email tjf@glebehouseschool.co.uk

Although this is a unique scholarship for Docketing, Glebe House School supports a number of children who have academic, sports, music, creative and performing arts talent, and we always welcome an open discussion about making an independent education affordable. Join us on 12 March to find out more – we look forward to meeting you.

Visit Glebe House School, Cromer Road, Hunstanton PE36 6HW
Tel: 01485 532809 glebehouseschool.co.uk



Love a Norfolk coastal event venue for just £2500?




On Saturday 6th July 2019 or Saturday 4th July 2020, Glebe House School Hunstanton, has a hugely impressive marquee in the grounds of the school available to hire for a wedding or other event.

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UP TO 20 YEAR GUARANTEE

Community and our Environment

Pupils from Snettisham and the Heacham schools joined pupils from Smithdon at the end of January in an art exhibition of their work.

The exhibition, which was organised by Smithdon Art Teacher Heidi Tooze, was designed to show case how the schools develop art skills from the reception class all the way to when pupils take their GCSE exams. The theme of the exhibition was the local community and the environment and it was hosted in Smithdon's Grade 2 listed main building.

'What is really impressive', explained Executive Headteacher of Snettisham and the Heacham schools Louise Jackson, 'is just how we can see how the children's skills are developed throughout their time in our schools.'

The schools regularly work collaboratively as all the schools are part of the West Norfolk Academies Trust. In addition, the schools are all working towards Artsmark status as an acknowledgement of their commitment to the arts.



'The Artsmark is an essential framework within our schools', continued Louise Jackson. 'It isn't just about promoting the subject of art, it is about mapping culture and creativity across our curriculum so all of our

children have a rounded education by the time they leave school.'

Photo: Supplied

Messiah Choir

I have an idea, very much in its infancy, to form a choir whose sole purpose is to sing extracts from Handel's magnificent oratorio Messiah, annually either at Christmas or at Easter in North West Norfolk. This is something that few village church choirs can aspire to on their own, but getting together with other enthusiastic singers may make it possible.

I still need to identify a Director and an accompanist and to find a venue for rehearsals and performance but I am also looking for singers and would love to hear from you if you are interested in becoming part of such a choir. There is no age limit and we will need sopranos, altos, tenors and basses, preferably with a knowledge of Messiah and who can read music, but all are welcome to get in touch.

Please do contact me by email on messiahchoirnorfolk@gmail.com and if there is sufficient interest I will organise a meeting to discuss how we may proceed. I look forward to hearing from you.

Bridget Crofts

BRANCASTER CAMERA CLUB

Tuesday, 12th March, 2019

Print competition 'Bridges' + two own choice. Club Judged

Tuesday, 26th March, 2019

An evening with Alistair Murphy of Norfolk Museums. Presenting Olive Edis, the pioneering Edwardian female photographer from Sheringham.

This should be a very interesting evening: Olive's subjects included Norfolk Fisherman, but also leading figures of the day including the suffragettes.

Visitors most welcome at our club evenings. We meet in Brancaster Staithe Village Hall at 7.30 on the relevant days. Entrance is £3 to inc. refreshments. Contact 01485 210 013

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My very special Mum

*When celebrities win Oscars
it's nice to hear them say
a big thank you to all the folk
who have helped along the way.
'Tho I've not won an Oscar
and I'm never likely to
for the guidance I have had in life
I'd like to say thank you
to my nursemaid, cook and chauffer
psychologist and housekeeper.
My seamstress and my counsellor
my close friend and my teacher.
I've had benefits of professions
and very many skills.
I've been guided through my life with love
in health and through my ills.
'Tho the skills have many titles
I need to thank just one,
she is all of these and so much more
she is my very special Mum*

Doreen H Reed

www.doreenreedpoet.com

Mark Anthony as Prince at The Princess Theatre



Mark Anthony, the star of Prince's life story documentary film *When Doves Cry* performs in a brand-new-for-2019, hit-packed extravaganza.

Purple Rain, 1999, Kiss, Raspberry Beret, When Doves Cry, Little Red Corvette, The Most Beautiful Girl in the World... all the million-selling hits are packed into this new-look Artistes International Management spectacular.

His uncanny resemblance to "The Purple One" means that if you've seen a Prince docu-drama on the silver or small screen recently, the chances are it was Mark playing the part of the musical genius. Since his breakthrough in TV's *Stars in Their Eyes*, Mark has travelled the world bringing the magic of Prince to the masses: from Malta to Miami, Berlin to Barcelona, Zurich to Amsterdam and on to St Petersburg. A true Prince fanatic, Mark's painstaking attention to detail promises an unmissable theatrical treat featuring the costumes, the moves and music that shaped a generation. Hot foot from appearing in Channel 5's biopic *The Prince Story*, Mark stars in his biggest concert tour ever. With so many hits to squeeze in, as the song goes "please don't sue us if we go too fast".

Princess Theatre: Saturday 9th March

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NEW CREATIVE WRITING IN HUNSTANTON

Are you passionate about the environment? Sick to death of seeing plastic waste destroying our seas and harming our wildlife - and want to write about it?

Here's a chance to do a day of creative writing in both poetry and prose on this very subject.

The Hunstanton & District Festival of Arts is sponsoring a Creative Writing Eco Day with tutor Sue Burge.

Sue says: "Together we will examine how to write fresh and original poetry and short fiction on the subject of the environment. There will be a range of innovative exercises to stimulate creativity and we will explore poems and short stories by contemporary writers to inform and develop your own writing practise."

This one-day course is on Wednesday May 8th 2019, and places are limited.

The venue is No 21 The Green a new eatery overlooking the Green with splendid views of the Wash. The day will run from 10.30 till 4.30, with an hour for lunch.

It will cost just £20.00 to include a soup and sandwich lunch.

There are just 15 places available so early booking is advised. Contact Ann McKimm for the HDFA on 01485 533933 or email ann_mckimm@hotmail.com to reserve your place.

This course is part of the Festival Three by the Sea Festival of Arts which runs annually in Hunstanton from May till September.

Love Your Library Event Hunstanton

The first Hunstanton Love Your Library Event held on the last Saturday in January was a great success

The idea was for people to drop in and find out more about the services the library offers plus the range of different events that are held at the Library. Some of these are weekly or monthly whilst others cover a specific topic or time of the year such as Christmas or Halloween. There are also special events during school holidays.

Over 50 people came to the event. Some people were already library members but others joined the library on the day. Many plan to return to enjoy some of the regular or special events.

The range of groups included, Knit and Knatter, Crocheting, Book groups, Get Crafty, Bored Games, Walk and Talk to name but a few.

Our walk and talk lady was extremely pleased to have so much interest in the walking groups and handed out over 15 forms for people to join.

Due to the success of the day, it is likely this will be an annual event.

But for more information on services and events please contact Hunstanton Library on 01485 532280




**DVCA IN ASSOCIATION WITH
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**At the Dersingham Village Centre
On Saturday March 16th 2019
At 7.00pm**

**Cost: £20 (includes supper and
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Dress to Thrill 007 Style




Well-being service expanding

A service offering peace of mind and reassurance for carers is expanding right across Norfolk but has its roots closer to home.

The Well-being check service was introduced by award-winning Extra Hands, based in Heacham, and ensures someone regularly looks in on a dependent relative or friend.

"We know how important a daily or regular check can be for carers. It may be that their friend or relative is fine looking after themselves, but requires a well-being check to reassure those who worry about them if they can't pop-in for any reason," said director Hazel Evans.

"The service can be used to allow people to take a break or for those who can't always make a daily visit. Apart from monitoring how things are doing, it means there is regular social interaction which can be vital for those who live alone.

"A nominated person can be contacted straight away if there are any changes or causes for concern. Electronic monitoring also ensures no call will be missed. We think that prevention is better than cure and the well-being checks aim to minimise the potential for problems," said Mrs Evans.

Professional staff will make the well-being checks and the service has been a popular addition to the range of services offered by Extra Hands Norfolk.

For more information, see the Extra Hands website at www.extrahands.co.uk

What's your taste of home?



Pictured: Alice Crome (Fundraising Coordinator) and Nicola Child (Therapy team lead and Occupational Therapist)

The Norfolk Hospice has joined forces with other Hospices across the country to launch a Taste of Home campaign. The campaign invites the local community to hold their own Taste of Home events during March to raise funds for their local Hospice. Taste of Home is a simple event which anyone can take part in. All you need to do is invite family and friends round for a dinner which evokes a memory, share your meal and story in exchange for a donation to help open up hospice care to everyone who needs it, wherever they are.

Lyndsay Carter, Chief Executive at The Norfolk Hospice said, "Food comes attached to precious memories. Sharing that food with family

Extra Hands Providers of Home Care in Norfolk

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and friends is sharing those memories. We are encouraging the local community to bake, cook or even get a takeaway to share with friends, family or colleagues and raise money for The Norfolk Hospice during March.

The Hospice will also be holding their own Taste of Home Coffee Morning in Downham Market Town Hall on Friday 8th March between 9.30am and 12.30pm. They are inviting the public to attend and to share their Taste of Home memories. There will also be local craft stalls, a tombola, and raffle as well as the opportunity to find out more about the care the Hospice provides in the community and ways you can help support our work.

Alice Crome, Fundraising Coordinator at The Norfolk Hospice said, "Bring your family and friends to our Coffee Morning at Downham Market Town Hall and reminisce over a slice of cake and a cup of tea or coffee."

To find out more about taking part in Taste of Home or the Coffee Morning please visit www.norfolkhospice.org.uk

Sedgeford Ghost Ballad

Bicentenary Tribute

A Sedgeford poet and harpist have combined to film a live tribute to Susan Nobes, who was killed tragically in Sedgeford Church 200 years ago. The 14 year old daughter of a farm labourer was struck by lightning while attending Sunday School during a violent storm on July 5 1819.

It had been a beautiful and calm July evening. Tragically, weeks of drought broke just after nine pm in a blizzard of rain and hail, which ran straight off the baked hills onto the village, turning a rural idyll into a village from hell and causing a tidal wave of gravesoil to flood the church. The church tower was struck by lightning and a yard-wide hole scorched into it, blocks falling down into the deluged schoolroom below. In the panic as teacher and class attempted to get out, a bolt of lightning left Susan lifeless, her temples charred, on the floor.



Gaz Calway and Vanessa Wood-Davies, the composers of the ghost ballad, have seen comparable summer weather only once in the 30 years they have themselves lived in Sedgeford, in a heatwave during the early years of this century, when four fire engines were needed to deal with the floods around Cole Green and several properties endured long term damage. One witness born in Sedgeford life said he hadn't seen another like it in 50 years. But it seems the 1819 storm was worse still, if only because it claimed a human life.

The composers published the words and musical score of their tribute to Susan in "Doin Different, 39 New Ballads From The East of England" (Poppyland) in 2016 and a recording on Soundcloud has since received over a thousand plays worldwide. The new film is a live performance of the ballad in a Sedgeford cottage. "The idea is that we are performing it in Susan's former home, now a holiday cottage, with the ghost of Susan calling its teenage boy visitor out to play with her in the 'real' Norfolk. She then tells the reluctant playmate her true story."

Gaz and Vanessa, who are members of the folk storytelling foursome The Penland Phezzants, plan to tell Susan's story widely at Phezant events during Susan bicentenary year. "We also have a special venue planned for July 5 and will announce it nearer the time."

Gaz found the unsympathetic account of Susan's tragedy ("A Narrative of facts" by Eliza Cunningham) in the British Library while attempting to research the history of his own Sedgeford residence.

An advertisement this size costs £22.50 + VAT or £120 + VAT for a six month run (£20 + VAT per month pro-rata) with advance payment.

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MOTHER'S DAY

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Goldwings Charity Event

Norfolk Goldwing Motorcycle Club are holding their annual charity event in aid of the East Anglian Air Ambulance, displaying their customised bikes and trikes on 23rd March 2019, this will be our ninth year of holding this event.

The Honda Goldwing is considered the best touring bike available and this is your chance to see some of the best examples of this wonderful motorcycle with their custom lights.

We depend on the public supporting us to raise as much as possible for this essential emergency service.

We start the day with a static display on the green, from 12pm to approx. 4pm, where you can vote for your favourite bike and trike.

From 6.00pm the bikes will assemble in the coach park, for a 6.30 start to a impressive light parade around the town centre, accompanied by the Mayor of King's Lynn & West Norfolk, finishing at the shelter on the green with a static light display.

Your support at this event would be greatly appreciated.

For further information please contact Paula on 01366 324396

REACH TO EACH - WE NEED YOUR HELP

East Anglia's Children's Hospices (EACH) are looking to promote the real meaning of Halloween by having fun activities in Hunstanton throughout the October 2019 half term, and we would really like your help. We are planning to expand on the annual Widdershins Witch Hunt so that the competition runs throughout the week. On the Saturday, at the end of half term, we are planning lots of craft activities - a pumpkin parade and an early evening disco to name but a few. But we need "bodies" to help! If you would like to find out more about our spooktacular please contact Celia McAteer by email - celia.mcateer@hotmail.com



West Norfolk Deaf Association New Hard of Hearing Club

The WNDA hearing support service has long supported clients in the T&A magazine's reach, delivering hearing support in doctors surgeries. We provide the outreach service for NHS hearing aids dispensed from QEH Kings Lynn.

Hearing aids need regular servicing to keep them working correctly. We are able to carry out this regular maintenance, fault find, clean and give advice and batteries. Our staff and volunteers can spend time with new hearing aid users to help them to get used to their new equipment as well as refer for assistive equipment that can be provided by the Sensory Support service. We give a complete service for our clients with a range of hearing losses.

We are launching our new hard of hearing club in Hunstanton on 14th March. Hearing loss is very isolating and the club aims to tackle the kind of loneliness and isolation caused by hearing loss.

Details of our first meeting are: 14th March
West Norfolk Deaf Association hard of hearing club in Hunstanton at the Methodist Church in Austin Street 1-3pm with a talk from the Sensory Support Service.
More info 01553 773399

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From somewhere betwixt and between

Dear friends,

Legally I am still your vicar until the 6th of March. However this is not another letter from your priest, but a personal letter from myself and Dixie.

Thank you for the send-off that you gave me on my last Sunday at presiding over worship in St Edmund's parish church. Thank you to everyone who contributed in making it a glorious occasion as we celebrated the Presentation of Christ in the Temple, otherwise known as Candlemass. The musicians, the serving team, my fellow clergy who joined me at the altar all gave of their best in God's service to mark the completion of twenty years as your vicar. We had wonderful floral displays and a large congregation to add to the day.

Thank you for your generosity expressed in the cheque that the churchwardens presented to me on your behalf. There are many expenses in moving parishes, not least in discovering what new technical equipment is needed. At the moment I suspect that it will go towards a photocopier for my new home.

Having returned from walking Dixie, we are facing once again a great amount of boxes; those still to be packed, and all of them to be unpacked again very soon. So the next part of our new venture is still very hands on and practical!

My prayers and good wishes are still with you as you pray for a new priest for the benefice.

Fr John

Fr. John's cake served at a buffet lunch after his last service in the Benefice of St. Edmund's and St. Andrew's and as he is a fan of Dr. Who he was given a guard of honour
Stephen Andrews



From St Edmund's

I had to sit down and sort out some of the documentation for our Foodbank here at St. Edmund's church the other day, and it startled me to realise that we have now been running for over five years. One's perception of time really does speed up as you get older. The number of clients that we help is steadily increasing year on year, but peoples' generosity in giving is also steadily increasing to match the demand.

The establishment of the Hunstanton branch of Christians Against Poverty came when the work of the Foodbank highlighted the urgent need for a debt and money management centre. This is now based at the Union Church, and the recent thanksgiving service there for the work of CAP showed just how the different churches in town are working together to help those in need.

It's a sobering to remember that Jesus said, "You will always have the poor with you". He knew that in this present age at least, human nature was not going to change, but the gospels tell us that Jesus and his disciples used their money to help the needy.

When looking at the Old Testament, Christians need to be careful and see it through the lens of Jesus' teaching, but there is plenty in it that tells us of God's special regard for the needy. In the Book of Leviticus the Israelites were instructed not to harvest the edges of their fields but to leave them for the poor and migrants (19:9-10). Anyone who sued a debtor and took his coat was to "restore it before the sun goes down; for it may be your neighbour's only clothing to use as cover; in what else shall that person sleep?" (Exodus 22:26-27). Given the apparent impracticality of this rule, it may well be a rhetorical way of telling people not to demand repayment from someone who had nothing but a coat to give.

The prophets in the Old Testament continue the theme with criticism of rulers who "make unjust laws... to deprive the poor of their rights, to turn aside the needy from justice and to rob the poor of my people of their rights" (Isaiah 10:1-2).

This reminds me of what I once heard a Roman Catholic priest say; "the prophets tell us who we should be, but it's the poor who show us who we really are".

Thank you all for supporting our local Foodbank.

Rev. James Monro, Assistant Priest Hunstanton St. Edmund's and Chair of the Hunstanton & District Foodbank.

When the Future Seems Uncertain ...

It cannot have escaped anyone that, at the end of this month, our country is due to leave the European Union, and whichever way individuals have voted, there is uncertainty amongst many as to how the future will unfold. Because of the immensity of the decision that was made in 2016, feelings are running high, in families and between friends and colleagues. We can, however, bring harmony to the situation and hold to the idea that we, as God's loved children, can only experience good. The Bible is full of assurances of God's love and care. We can be assured of his protection and also know that whatever happens, we cannot lose out. Psalm 91 is a wonderful resource for understanding God's reassurance of care under all circumstances, especially in verse 2, "I will say of the Lord, He is my refuge and my fortress: my God; in him will I trust."

Mary Baker Eddy, the discoverer and founder of Christian Science, in her book "Science and Health with Key to the Scriptures," wrote about God's care for us when she stated that "Divine Love always has met, and always will meet, every human need." (S&H 494:10). This is a reassuring thought for all of us, when dealing with any situation that makes us feel uncertain of the way forward in life. This can also help us understand that wherever the future of the UK lies, we should expect good and not lack and disorganisation. God's plan for us is always good. Psalm 23 opens with "The Lord is my shepherd; I shall not want" reinforcing God's love for us in times of uncertainty.

Our church services are every Sunday at 11am at 10 Queens Drive, Hunstanton. We also hold a service on the first Wednesday of each month at noon (Oct-Mar) and 7pm (Apr-Sep) and all are welcome. Free magazines are available from the box outside the church and for more information on Christian Science visit www.spirituality4.me

From the Saxon Shore Benefice

The end of January saw the congregations of the Saxon Shore Benefice and friends from the wider community saying goodbye to the Rev Susan Bowden Pickstock. Following the communion service at St Mary's church Old Hunstanton, she was presented with a cheque, a bouquet and an embroidered red clerical stole featuring the six parish churches. This was followed by a glass of bubbly to toast Rev Susan on her way and a wonderful array of cakes produced by the six churches. We will miss her but know that God has other work in mind for her.

Marie Jarvis Johnston (PCC Sec)

A letter from Susan

It has been my pleasure to serve as Rector during 2018 at St Mary's. Thank you as always to Chris and Howard for their very helpful steering of the business of the church, its people and its events through another year.

Thank you very much to all our PCC members and officers, for your commitment and hard work. I am delighted to see that we have such care taken of our finances, our services and our building.

It has been so good to see the improvements made to the fabric of our building during this year, the lighting, the chancel changes, the wonderful Remembrance display, the addition of our votive candle stand that has been so well used and will be such a lovely memory of Thelma Castle, and the ongoing tweaking of areas such as the new prayer area and the informal seating at the back.

I would really encourage you, in the light of our financial position and the use made of the church with large services to continue with re-ordering, especially for new toilets and a permanent children's Playchurch area.

Thank you to our constant and enthusiastic Playchurch team, it has been so helpful having others coming along when they are able, to help out with making refreshments and chatting with the mums. The group has declined in numbers this year because of children getting older and moving on and having less coming through. However, it is still a very valuable group for those who come and it has provided over the years of its running, so many contacts with the wider families of these lovely children.

It is a pleasure to take a service at St Mary's because of the team

spirit which you more and more demonstrate in the preparation and running of services, and the welcome you extend to all visitors. Thank you to Paul for becoming our verger and assistant to the Churchwardens. This has made such a difference to smooth running, especially when your rector is often literally on the run! It has been so good to have coffee after each service during this year again, as it really helps to increase the understanding and goodwill between you all, as well as providing an opportunity to get to know visitors better.

The Coffee for Walkers has also been such a success this year and I do hope a team may be found to continue this important work of serving and welcoming the wider community associated with St Mary's. It is because of this and other initiatives such as the occasional socials, the new music round the piano, the Remembering service, the contact with the Glebe school, RNLI and Hunstanton Community Choir, that St Mary's is becoming a thriving church, as more and more these people feel at home with us.

Very many thanks to so many people once again involved in the Flower Festival. It is so good to see such a community event held on and closely related to St Mary's. It will always be a balance into the future to keep the St Mary's focus within this festival, but I am delighted at how Gary and Sarah have taken on and so enjoyed being the new Flower Co-ordinator and his right hand woman.

It has been so good this year to celebrate so many happy anniversaries and events, and I am particularly thankful for Sylvia and Keith's work amongst us for so many years, as well as Alan and Sylvia, Daphne and Julia and Neville.

Although it was a very difficult decision to change our organist arrangements I am delighted to welcome Richard to St Mary's and we have so appreciated his willingness to get to grips with such a good organ and to be so involved with the life and soul of the church. I know he will be a real asset going into the future.

I am very pleased with the response from St Mary's regarding the local team and am pleased to instate Marie, Chris, Steve and Marie as our local team to take morning prayer services when needed. Moreover, I am delighted

that Steve is also now recognised as an AWA (Authorised Worship Assistant) which means he is able to go to any of our churches in the benefice to assist in the taking of non-communion services. This will be particularly helpful to some of the churches without or with very small local teams. Steve Rimmer will work alongside Sandra and Elaine from Holme who are also AWA's. The new Rural Dean Peter Cook will supervise ongoing training for the AWA's.

2018 has been a very good year and I know your commitment to the church, to God and to each other will see you through an interregnum and into a new future for the Saxon Shore benefice. I have been so blessed at having such a team of people and such a general willingness to take on new challenges, try new things out and go forward together at St Mary's Old Hunstanton. Thank you for all the experiences we



have had together and the many memories I will take with me.

Just a thought.....

It seems no sooner have we concentrated on the birth of Christ than we begin to look at the period leading up to his death. Lent is an important time for us all, where we can begin to reflect on not only the life of Christ but on our lives and the sacrifice that was undertaken for us. But it is too easy to only see the dark side of Lent; the betrayal, the agony of Gethsemane, the trial and the beatings. There is also the looking forward, the words that Christ gave us that satisfy our every being, and of course the joy of the resurrection, being brought out of the darkness into the light.

For me, Lent is like a railway tunnel. We enter into the darkness, our eyes trying to focus on the blackness before us. Then as we get further into that tunnel flashes of light appear; lamps have been lit, or light bulbs glow from the walls. These lights remind me of the words of Jesus; I am the light of the world; I am the good shepherd; I am the resurrection and the life; I am the true vine. Here are pointers to what will be, the message of Jesus shining out to us, telling us not to be afraid as the darkness will end and new life will begin.

But as we continue our journey the darkness of that tunnel seems never ending, and for Jesus the agony of what he was about to do must have seemed interminable. Yet He knew, He knew that it would end and the light would once again be seen across the whole world.

And we too, in that tunnel, will eventually see the light. It may seem very distant at first, but we know that eventually we will be engulfed by the safety of the light as we rush on to our destination.

And so it is with Lent, we can see in the distance the hope and the joy of Easter day, but until that moment comes we must concentrate on what Jesus did for us, and why He died for us.

So yes, let us reflect on the humiliation, the betrayal, the pain and the grief that Jesus bore in the last months and weeks of his life, but let us not forget the chinks of light which allow us, during our journey through Lent, a glimpse of the glory to come:

"I am the resurrection and the life. Those who believe in me even though they die, will live, and everyone who lives and believes in me will never die"

A message of light during our moments of darkness. AMEN

Steve, Rev Steve Oliver, Methodist Church

Re-enter the Divine Creator

by Gordon Tanner, a member of the Way CF Leadership team

When I was growing up I was taught the theory of evolution that over millions and millions of years lower life forms climbed out of the slime and eventually man developed from the apes. This never seemed to sit right, because the school I went to was, at least nominally, a Christian school, and Christians believed the bible. And the Bible tells us of creation. So how come a Christian organisation was teaching an anti-biblical science?

After leaving school, I went to university and had a scientific education staying there long enough to get three degrees. As time went on (about 30 years later) I did become a Christian and knew that the Bible has the truth in it. So I was faced with the conflict between what my education taught me - the theory of evolution - or what the Bible said in the record of creation. For a number of years I tried to reconcile these conflicting ideas in my mind, but without success.

Sometime in the early nineties I saw an article in a national daily newspaper entitled 'Re-enter the Divine Creator'. It was an account of the translation of a group of in the Sumerian clay tablets that had been found in Iraq. The Sumerian civilisation was one of the earliest civilisations and was centred in southern Mesopotamia. It was in existence at roughly the same time as ancient Egypt. The tablets contained an account of a massive flood that had affected the whole world. Just like the Bible account of the flood in the sixth and seventh chapters of Genesis, the first book in the Bible!

Very Rev Alan Warren

Mr Reverence

Living right in the centre of busy, noisy, Leicester for 14 years when I was Dean of the Cathedral there, we had regular visits at our front door from 'gentlemen of the road' (usually when no other staff were around). A few were unpleasant - I once had hot coffee thrown all over me when I refused to give money - but most were decent folk, men and women, who had lost their way in life. One regular visitor who was always grateful for a sandwich and a hot drink, thought he was being polite and correct who he used to say 'Thank you Mr Reverence' or 'Mrs Reverence' to Sylvia.

Reverence is not an over popular word in church or society nowadays. Perhaps it has overtones of stuffiness and deference. But I suggest that it is an important word for us to use and put in to practice day by day as Christian people.

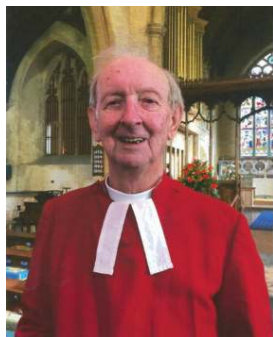
Treating all the folk we meet with reverence and respect, not just for our peers and leaders. Reverence for our refuse collectors and window cleaners as well as for our doctors and dentists.

What about reverence in church worship? Of course, we can and should enjoy our services together and be enthusiastic about our church membership. But never forget that we worship a Holy God in what the old psalmist called 'The Beauty of Holiness'. Keeping the balance between warm fellowship and the 'otherness' of God can be testing. So is talking about our faith and sharing our faith with others. St Peter has some excellent advice for us about this. 'Always be ready to answer questions about your faith', he writes, 'but do it with gentleness and reverence'.

And surely the key to all our modern 'green' issues about our fragile little planet - global warming, ocean pollution, climate change and endangered species - is summed up in Nobel prize winner Albert Schweitzer's famous phrase, 'reverence for life'.

The list goes on but I hope that the point has been made. 'Lord make me a Mr or Mrs Reverence!'

Alan Warren



A few years ago I read a book called 'One Human Family' by Carl Wieland. In this book he deals with all aspects of the Bible account of creation, and the conclusions of scientists as they report what they observe in nature. The fossil record, the development of races, time scales are all examined, and Dr Wieland concludes that the creation account is much more reliable than the theory of evolution. There are some fundamental things that evolution cannot explain so its proponents hide behind 'millions and millions of years'. For instance, one of the fundamentals of life, DNA, needs RNA to make it. But RNA needs DNA to make it! Scientifically the chances of either DNA or RNA being formed by chance are so unlikely that this is regarded as mathematically impossible.

I recently watched a video in which 24 eminent scientists, some of them Nobel Prize winners, speaking from their specialist scientific view points each concluded that creation was far more likely than evolution. There had to be a creator.

Nowadays, young people are being taught evolution which means they have no purpose except to eat and procreate as part of the animal chain, whereas Christians believe we are individuals made in the image of God, and we each have a God given purpose in life. Ultimately we are offered the opportunity to live with him for ever.

We really need to decide whether we see ourselves as the pinnacle of evolution, in which case there are no rules and anything goes, or are we made in God's likeness as the Bible says, in which case we need to live in alignment with God's plan for our lives.

I urge you, if you have never read it, to get a Bible in modern English and read what God tells us. You may find yourself amazed.



There will be a pancake supper on the evening of Shrove Tuesday, 5th March at St Cecilia's, starting at 6pm.

This year's 'Women's world day of prayer' will be held on Friday 1st March and is led by the Christian women of Slovenia. The topic of this year's service is 'Come-everything is ready'. This year's venue is the Union Church, Sandringham Road, Hunstanton. The Service will start at 11am but there will be time for refreshments and a chat from 10am. All are welcome. You can search the website www.wwdp.org.uk to find lots of information and resources.

During Lent the Stations of the Cross will be celebrated in Hunstanton, followed by a simple lunch, each Friday alternating between the Catholic church of Our Lady and Perpetual Succour and the Anglican church of St Edmunds, the first of which will begin at 12 noon on Friday 8th March at St Edmunds.

Foodbank supplies are still required, items can be left in the porches of both churches. Please ensure that all items are well in date. Thank you for your continued support..

There is a Fair Trade Stall at St Cecilia's after the 9am Mass on the first Sunday of every month. Please support this very worthwhile cause by buying fairly traded goods to support families abroad trying to earn a living. For more information please contact Caroline Brooks on 01553 673069.

All social events will be well publicised in the weekly bulletins and on the website. Everyone, whether Catholic or not, is welcome to all of our services and social occasions. We have refreshments after the 11am Mass every Sunday and after 10.15am Mass every Wednesday. There are also refreshments after the 9am Mass on the first Sunday of the month at Dersingham. Everyone will be most welcome.

Daily Masses will be 10am in the Convent during winter months and in the parish church from spring at Hunstanton on Monday, Tuesday, Thursday and Friday. Wednesday mass is at 10.15am at St Cecilia's, Dersingham.

Sunday Masses are 9am at St Cecilia's, Mountbatten Road, Dersingham and 11am at the Parish Church of Our Lady of Perpetual Succour & St Edmunds, Sandringham Road, Hunstanton. The Parish telephone number is 01485 534675.

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

March Diary

- | | | | |
|------|---|----|---|
| 1 | St David's Day also Peanut Butter Lovers' Day | 18 | Hunstanton U3A meeting in the Community Centre at 2.00 speaker Liz Scott on the Living History or Blickling Hall. |
| 2 | United Services Club Hunstanton entertainment: Dancing to DNA 8.30pm | 20 | Spring Equinox |
| 3 | Docking Walking Group 11am Roydon Common, meet at 1k east of Knights Hill/ OS681 230 Contacts: Helena Aldis 07769 850965 or Mike Rogers 07765 571313 | 20 | Hunstanton Library 5.30 NEW Whodunnit Crime Book club |
| 4 | Hunstanton Library 10.30 Crochet Along. Learn to crochet | 20 | Hunstanton & District Civic Society talk at Hunstanton Town Hall 7.30pm Kevin Mackie 'What happened to our RAF Hospitals?' |
| 6 | Hunstanton Library 10.30 Gardening Tips, share tips | 21 | Common Courtesy Day |
| 6 | Thornham Village Cinema 'The Little Stranger' Doors and Bar 7pm Film at 7.30 Thornham Village Hall | 21 | Hunstanton Library 10am LILY Living Independently in Later Life – advice. Have a chat with Lynda |
| 7 | Shrove Tuesday (pancake day) also World Book Day | 21 | Spring Fashion show at King's Lynn Town Hall by Allez Chic of Castle Rising. 1pm for 1.30 start. In aid of the BCKLWN Mayor's Charities £20pp including afternoon tea. Tickets Allez Chic 01553 631915 |
| 7 | Hunstanton Library 10.30 Knit and Knatter, have a chat, swap patterns and ideas. | 21 | Hunstanton Gardeners Association Jim Paine from Walnut Tree Nursery will be talking on Gardening in the Shade. 7.30pm |
| 7 | Stanhoe and Barwick WI 2pm Open Meeting in The Reading Room, Cross Lane, Stanhoe PE31 8PS. Our speaker will be Andrew Tatham, "A Group Photograph". Andrew found a group photograph of First World War soldiers and set off on a 20 year quest to research the stories of each of the 46 men and their families. Visitors are most welcome to this talk and animated video presentation. For further information about our WI, please contact Valerie (01485 576261) or Pamela (01485 518033) | 21 | Hunstanton Community Centre, Avenue Road. Guests welcome for a small fee. |
| 7 | Ringstead Village Club talk 2pm at Ringstead Village Hall: Barbara King on the Norwich School of Painters. | 22 | High Tide – over 27 feet |
| 8 | International Women's Day | 22 | Docking Walking Group 11am Burnham Overy Staithe, meet The Hero PH Contacts: Helena Aldis 07769 850965 or Mike Rogers 07765 571313 |
| 8 | Docking Walking Group 11am North Creake, meet at Creake Abbey Deli/Cafe Contacts: Helena Aldis 07769 850965 | 22 | Anmer Village Social Club Film Night Anmer Village social Club 8. 00 BOHEMIAN RHAPSODY Doors and bar 7.30pm £3 at the door |
| 8 | RNLI Fish and Chip Lunch at Sedgeford Village Hall: Coffee 10.30. for 11.00. a.m. Speaker: His Honour Graham Boal QC. Tickets: £13. David West. Tel: 01485533755 e-mail dwest@gbstb.com | 23 | High Tide – over 27 feet |
| 9 | United Services Club Hunstanton entertainment: Dancing to Kenny and the Motives starts 8.30pm | 23 | Norfolk Goldwings annual charity event in aid of the East Anglian Air Ambulance. |
| 9-10 | Searles open weekend showcasing newly refurbished indoor pool, gym and splash pool 10am-3pm | 23 | Hunstanton Concert Band presents Music with a Mission with music from the musicals in aid of King's Lynn Night Shelter. 7pm at Union Church Hunstanton. Refreshments. Free admission. Donations |
| 11 | Commonwealth Day | 23 | Syderstone Village Cinema, with the support of Creative Arts East, presents FIRST MAN (12A) Amy Robsart Village Hall, Syderstone PE31 8SD Start time: 7.30pm Advance tickets £3.50 Tel. 01485 578171 or 01485578244 Email cinema@syderstone.com |
| 11 | Hunstanton Library 10.30 Get Crafty: Colour Yourself Calm, colour a postcard for the West Norfolk Befriending Service or bring you own crafts along. | 23 | United Services Club Hunstanton entertainment: Dancing to Class Act starts 8.30pm |
| 11 | Stanhoe and Barwick WI 2pm Open Meeting in The Reading Room, Cross Lane, Stanhoe PE31 8PS. Members' lunch followed at 3pm by the planting of our Centenary tree at The Reading Room. We will also be installing a bench and tree plaques. For further information about our WI, please contact Valerie (01485 576261) or Pamela (01485 518033) | 24 | Hunstanton Conservative Club entertainment: Afternoon Tea 3.30pm Music with David |
| 11 | The Arts Society North West Norfolk lecture by Stephen Duffy: The Empress Josephine and the Artists of her Time. 2pm Sedgeford Village Hall. Visitors most welcome. | 25 | Hunstanton Library 10.30 Get Crafty: Colour Yourself Calm, colour a postcard for the West Norfolk Befriending Service or bring you own crafts along |
| 12 | Glebe House School Hunstanton Open Day 01485 532809 | 25 | Heacham History Group, Old Friends Hall, Sunnyside Close, Heacham, PE31 7DU. 7.30pm. "Village Craftsmen", talk by Stephen Pope. Admission £3 (Members £2) including refreshments. Everyone is Welcome. |
| 12 | Volunteers Meeting 10.30am at Wells Community Hospital, Wells-next-the-Sea. Everyone Welcome | 26 | Docking Walking Group 2pm Thornham Coast Path/beach, meet at The Lifeboat PH Contacts: Helena Aldis 07769 850965 or Mike Rogers 07765 571313 |
| 12 | Docking Walking Group 2pm Burnham Thorpe, meet at Village Hall by playing field Contacts: Helena Aldis 07769 850965 or Mike Rogers 07765 571313 | 26 | Dersingham Village Screen 7.30pm in the Dersingham Village Centre presents 'The Piano' |
| 12 | Hunstanton Library 2.30 Walk and Talk starting and finishing at the Library. | 26 | Brancaster Camera Club: An evening with Alistair Murphy of Norfolk Museums Entrance is £3 to inc. refreshments. Contact 01485 210013 |
| 12 | Brancaster Camera Club: Print competition 'Bridges' plus two own choice. Visitors most welcome at our club evenings. We meet in Brancaster Staithe Village Hall at 7.30pm Entrance is £3 to inc. refreshments. Contact 01485 210 013 | 27 | Hunstanton Library 4.30-6.30 Library Friends join us, organise events and activities |
| 13 | Hunstanton Library 6-7pm Quiet Time | 28 | Stanhoe and Barwick WI 2pm Open Meeting in The Reading Room, Cross Lane, Stanhoe PE31 8PS. A visit to The Heritage Centre, Wells-next-the-Sea. For further information about our WI, please contact Valerie (01485 576261) or Pamela (01485 518033) |
| 14 | West Norfolk Deaf Association New Hard of Hearing Club at the Methodist Church Austin Street Hunstanton. 1-3pm More info 01553 773399 | 28 | Norfolk Wildlife Trust illustrated talk: Owls: A Cultural History by Mike Toms, author of the New Naturalists volume 'Owls' 7.30pm |
| 14 | Hunstanton & District Chamber of Trade AGM at The Wash and Tope, Hunstanton at 6.30pm. 01485 533367 or 01485 534444 michael@michaelruston.co.uk | 30 | Hunstanton Methodist Church Hall, Austin St, Hunstanton £2.50 members £3 Visitors |
| 15 | United Services Club Hunstanton entertainment: Quiz night £3pp with food. First prize £50 starts 8.30pm | 30 | Hunstanton Conservative Club entertainment: Dancing to Pride 8.30pm Chilli available |
| 16 | Hunstanton Conservative Club entertainment: St Patrick's celebration with Live Music from 8.30 p.m. also Irish stew. | 30 | United Services Club Hunstanton entertainment: Dancing to Son of a Gun starts 8.30pm |
| 16 | United Services Club Hunstanton entertainment: Dancing to The Business starts 8.30pm | 30 | Remember to put your clocks forward one hour before you go to bed tonight |
| 17 | St Patrick's Day | 31 | Mothering Sunday |
| 17 | Docking Walking Group 11am Snettisham Park Farm / Water Mill, meet at the Rose & Crown Contacts: Helena Aldis 07769 850965 or Mike Rogers 07765 571313 | 31 | Docking Walking Group 11am Walsingham Pilgrims Way, meet at Coach/Car park (£) Contacts: Helena Aldis 07769 850965 or Mike Rogers 07765 571313 |

Editor's note: Please send details of your events in April to me by 12th March for inclusion in the April newsletter. The full diary of events can be found at www.townandaround.net

The Arts Society North West Norfolk (formerly NADFAS)

We have a good number of members living in Hunstanton and 'around' and would like to attract more. The Arts Society is a registered charity for the promotion of furthering arts education amongst the local population and supporting art in schools. More about our local society can be found on our website www.theartsocietynwnorfolk.org.uk

We meet in Sedgeford Village Hall on the second Monday of the month from February to July and October to December.



THE ARTS
SOCIETY
North West Norfolk

Our next lecture – Monday 11 March

The Empress Josephine and the Artists of her Time.

Stephen Duffy



Napoleon's Empress, Josephine de Beauharnais, was a passionate gardener, book collector, patroness and art collector. This talk will explain the range of her cultural activities, including her acquisition of a large and distinguished collection of paintings.

2.00pm
Sedgeford Village Hall

Visitors most welcome

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7pm

Saturday 23rd March 2019

Union Church

Sandringham Road, Hunstanton PE36 5BN

Refreshments

Free admission

Donations for the evening are in aid of
KING'S LYNN
NIGHT SHELTER



Further details: J Brown (Secretary), Union Church (Tel. 01485 532309)

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What's on March 2019



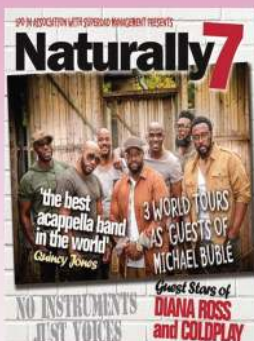
Saturday 2nd



Sunday 3rd



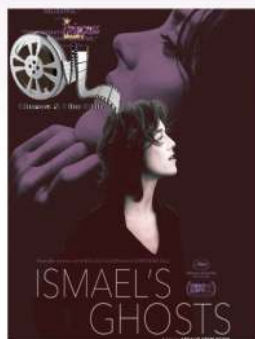
Tuesday 5th



Friday 8th



Saturday 9th



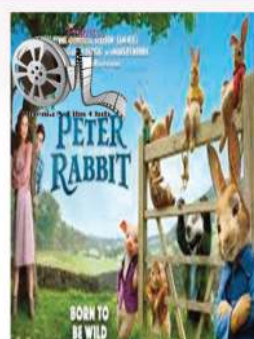
Tuesday 12th



Friday 15th



Saturday 16th



Tuesday 19th



Friday 22nd



Saturday 23rd



Sunday 24th



Tuesday 26th



Friday 29th

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