

TOWN and AROUND



NEWS FROM
NW NORFOLK
FREE

ISSUE 173 MARCH 2020
PRICELESS!

EVENTS & ACTIVITIES: Your calendar for the month ahead
THE GREAT OUTDOORS: Sport, gardening, farming, nature and wildlife
LOCAL NEWS: Business, jobs, schools, clubs, council, civic and churches
FEATURES: A Page from the Sage, Lifeboats, Money Matters and more...

First word



Spring at last! Well that's what we are promised for later this month. After a very wet February our garden is still a quagmire, although the hellebores and anemones are looking lovely. Every cloud...

This issue is full of news, articles and information - and the letters page makes interesting reading on pages 60-61 too. Thank you to everyone who has written to us.

Between print issues we publish news items on our website (see link below). The item we published about the Borough Council's proposals for development on the Southend Road Car Park in Hunstanton has caused quite a stir and we've had the biggest ever response from across NW Norfolk on this issue. Unfortunately the Borough Council in its infinite wisdom failed to tell us about their consultation event on 27th February in time so we couldn't publish it in last month's edition. If I was paranoid, I'd say it was deliberate! In any event the consultation runs to 8th March and your Borough Councillors should be able to help you. Incidentally you might also want to read our article about car parks on page 13; I think we need an overall plan.

On page 26 there's a competition to win tickets to the Horse Trials at Burnham Market in April. It's always a super day out.

My thanks as always to our wonderful team of volunteers who deliver the magazine each month. If you'd like to join the team please get in touch.

Thanks also to our contributors, advertisers, stockists and readers. You are all appreciated.

Lastly a quick reminder to change the clocks on 29th - then we can start to enjoy the lighter evenings.

With best wishes

Elaine

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Wolferton's new pumping station is opened by the Queen

Seventy-two years after her father opened the original pumping station on the Sandringham Estate at Wolferton, HM Queen Elizabeth II visited its replacement on 5th February when she unveiled a new plaque, signed a visitor's book and pressed a button in the control room to start the pumps.

The new facility took eighteen months to build at a cost of £5million. Designed to protect thousands of acres of high quality farmland and protect people living in Wolferton, Sandringham, Dersingham, Ingoldisthorpe and Snettisham, it has been operational since August 2019.

During her tour of the pumping station site Philip Camamile, Chief Executive of the Drainage Board, told Her Majesty that the new station is twice as powerful as its predecessor and is capable of shifting around three million gallons of water per hour. It allows the surrounding 7,000 acres of marshland, which sits below sea level, to be drained and dried out.

Wearing a green coat and floral headscarf the Queen said: "It's rather nice to think this is going to be a dry area as we've had some terrible problems."

She was presented with framed archive



Photo courtesy of the Lynn News

photographs of King George VI at the old pumping station in February 1948 by the Chairman of the Internal Drainage Board and

also recalled where her father had walked his corgis on the Estate.



Photo courtesy of the Lynn News



Photo Richard Bird, Town and Around

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Choristers celebrate success with HM The Queen



At one of the Queen's last engagements before she left Norfolk after her winter break, Her Majesty attended St Peter and St Paul Church in West Newton where she presented nineteen members of the Sandringham Group Sunday School with book prizes.

She also presented prizes to Sandringham choristers pictured above with Musical Director Claire Stewart.

Of special note are Emelia King and Madison Ellington who have



been awarded places in Ely Cathedral Girls' Choir and Jasper Pike who has taken up a place in the junior department of Trinity College of Music in London. They are pictured here with Claire Stewart.

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Mayor inspects Army Cadet Force

Hunstanton's Mayor Cllr Tony Bishopp and Councillors Robert Corby, Wendy Croucher, Verity Jowett and Michael Ruston visited the Hunstanton detachment of the Army Cadet Force to watch the Cadets parade and witness part of their training on 23rd January.

During the evening, the Mayor took part in an inspection of the cadets with Britannia Company's OC Major Bagge which was followed by a presentation of the Cadet of the Year Trophy for 2019 to Corporal Hill.

After a few short words from the Mayor and Major Bagge the evening's training began, giving the Mayor and councillors an opportunity to see what happens on a training night and at the end of the evening, Major Bagge promoted two of the cadets from Corporals to Sergeants. Well done to Sgt Bailey and Sgt Hill!

The Army Cadet Force (ACF) has nearly 40,000 cadets in more than 1,600 detachments all over the country and is one of the biggest and best clubs around. When it comes to fun, friendship, action and adventure, it's hard to



find anything that beats the Army Cadets.

Become an Army Cadet and you'll be spending your spare time taking part in adventurous activities like rock climbing, mountain biking, archery and abseiling. There will also be plenty of chance to play all your favourite sports because the ACF has competitions for both boys and girls at county,

regional and national level.

Hunstanton Detachment of the AFC parades on a Thursday Evening at the Hunstanton Community Centre between 19.00hrs-21.30hrs. To find out more, visit the Norfolk AFC Facebook page or go to www.armycadets.com

113 callouts for Hunstanton Coastguard last year

Sophie Hooker

It was a particularly busy year for the Hunstanton Coastguard who have published a breakdown of callouts they responded to in the year 2019.

They posted a pie chart on Facebook detailing the types of incidents they dealt with, ranging from ordnance discoveries, animal incidents and missing persons.

See below for a full breakdown of callouts:

Investigations - 13
Despondent - 6
Medivac/Casualty Care - 19
Vehicle Stuck - 5
Ordnance - 12

Search/Missing Persons - 14
Cut Off by Tide - 22
Kite/Windsurfer in Difficulty - 9
Persons in Difficulty in Water - 7
Vessel being Towed - 2
Overdue Person - 2
Animal incident - 2

If you're ever involved in a coastal emergency dial 999 and ask for the Coastguard.



Photo: Hunstanton Coastguard

Recording would set the record straight

By Town and Around's Special Investigator

After events following a January meeting of the Borough Council, Leader of the Council, Cllr Brian Long must be contemplating the words of George Bernard Shaw, who once said: "A life spent making mistakes is not only more honourable, but more useful than a life doing nothing." Much has been written about the spat between a councillor and the local democracy reporter who attended the January council meeting. But nothing has been said about the confrontation Council Leader, Cllr Brian Long had with Cllr Alex Kemp. As Cllr Long was leaving the building he came across Cllr Kemp who was speaking with other councillors. A visibly agitated Cllr Long clashed with Cllr Kemp. As the exchange became more heated the working class warrior stepped in between the warring pair. He and Cllr Long then left the town hall together. It's not known what happened once they got outside, but by the following Tuesday neither had any noticeable bruises, and they seemed on good enough terms sitting next to each other in a meeting chaired by Dersingham councillor Judith Collingham.

It appears at the root of the problem was some misunderstanding about what was said, or not said, during the council meeting. For some time members of the Opposition have expressed concerns about the recording of council meetings. They claim the Minutes do not always reflect what was said, nor what happened. A few years ago Town and Around's Richard Bird, following a change in the law, pressed the council to digitally record its meetings. Last year Heacham councillor,

Terry Parrish, put a motion to the council calling on the digital recording of council meetings. This council motion, with the support of Cllr Long, was referred to the council's Corporate Performance Panel chaired by Heacham councillor, Stuart Dark. At the end of January nothing had come forward.



It was via a Private Members Bill that, in 1960, the late Baroness Kesteven shone a light on council meetings. Now 60 years after Margaret Thatcher's bill allowed the press to report on council meetings the administration at King's Lynn and West Norfolk Borough Council still does not video or audio record any of its meetings. The Public Bodies (Admission to Meetings) Act 1960 was updated when, in August 2014, Eric Pickles, then Secretary of State for Local Government, introduced the Openness of Local Government Bodies Regulations allowing

council meetings to be digitally recorded. Now councils as diverse as Norfolk County Council (who post their meetings live on the internet) to Hunstanton Town Council, digitally record their meetings.

It is long overdue that the Borough Council drags itself into the twenty first century, opening its doors to residents who for a vast variety of reasons do not attend its meetings. And there will be something to clarify any misunderstanding or mishearing. Why Cllr Stuart Dark and his Vice Chairman, Massingham councillor, Jim Moriarty, have not already brought forward proposals for the digital recording of council meetings remains a mystery.

Recording of meetings

Cllr James Moriarty, Massingham with Castle Acre Ward

Please allow me to solve a mystery. Your magazine's online report of 3rd February (and printed above) titled "Recording would set the record straight" detailed how a motion had been put to the November meeting of King's Lynn and West Norfolk Borough Council calling for all future meetings of the council to be recorded. I seconded that motion.

It was clear from the beginning of the debate that the current leader of the Council, Cllr Brian Long was determined that the idea should be strangled at birth. His logic being, as always, if it isn't his idea it must be, by definition, a bad idea.

However, what is in my opinion, his bullying style of leadership (see original article), is becoming less effective. An amendment put during the debate by members of his own group, that the idea be examined

by the Corporate Performance Panel (CPP) began to win support in the debate and, seeing which way the wind was blowing Cllr Long swiftly changed tack. As a result the idea of recording meetings will be looked at further by CPP.

The mystery is why, particularly as I am Vice Chair of CPP, are there still no signs of proposals on the idea coming forward.

'Elementary, my dear Watson' - officers are currently examining the available technology, costs, methods adopted by other councils and means by which the public can access any recordings.

I am impatient for this work to be completed and to potentially move forward. However, a word of warning. The situation has changed since the November meeting of the Council described above. There has been a by-election.

It is no coincidence that the encounter between the Leader of the Council and a journalist and the subsequent confrontation between Cllr Long and Cllr Kemp follows the increase of the ruling Conservative group's majority from one, to a notional five. The 'my gang is bigger than your gang' mentality now increasingly evident means that there is no certainty that what might be deemed to be in the best interests of the people of West Norfolk will prevail.

The Leader of the council's apparent dislike of transparency, accountability and any ideas other than his own might still prevent the people of West Norfolk from hearing what really goes on at these meetings they fund.

Cllr Long might well disagree with much of what I have written above and how I have characterised his views. It is a shame there isn't a recording to back up what he might say.

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Down: 1. Brood, 2. Roe Deer, 3. Farthings, 4. Confused, 5. Delude, 6. Humps, 7. Hoedown, 8. Spherical, 13. St Patrick, 15. Racetrack, 16. Alter Ego, 18. Regroup, 20. Ricotta, 21. Tic-tac, 23. Taint, 25. Lodge

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Much of the coastline and King's Lynn projected to be underwater by 2050

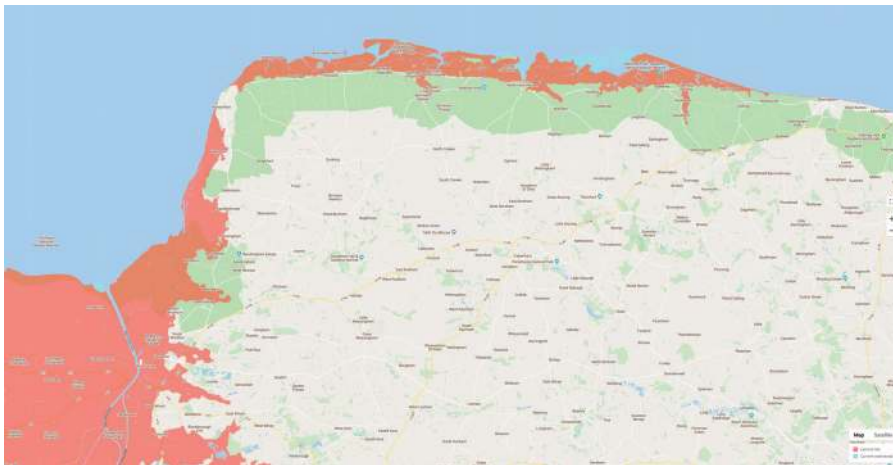
Sophie Hooker

Swathes of the coastline of north west Norfolk are projected to be below the annual flood level by 2050, with most of King's Lynn expected to be underwater, according to a new global flood-risk map. The interactive map, created by US-based researchers Climate Central, say that areas shaded red indicate areas that are lower than the local sea-level or coastal flood projection according to the selected elevation dataset.

Areas identified as at risk locally include King's Lynn, Dersingham, Ingoldisthorpe, Heacham and portions of Hunstanton and the northern coast.

The map indicates that the A149 Dersingham Bypass could be almost entirely underwater.

West Norfolk, Cambridgeshire and Lincolnshire appear the worst hit nationally, with the entirety of Wisbech, Boston and swathes of Peterborough below flood level – Ely could also become an island once again.



However, the maps do not take neither engineered coastal defences nor long-term dynamic changes into account, stating that because of these limitations the map should be regarded as a screening tool to identify

areas in need of deeper investigation.

Climate Central is an independent group of scientists and communicators researching the effects of climate change.

Picture: Climate Central

Floods of 1953: Hunstanton remembers

Sophie Hooker

Hunstanton commemorated the lives lost during the east coast floods in 1953 on Friday 31 January with a wreath-laying ceremony at the flood memorial.



Maria Rix produced the wreath laid at the flood memorial and the service was carried out by Mayor Tony Bishopp and Rev. James Monro.

Lt Col Jared Williams and SMSgt Steve Pressler from the USAF at Mildenhall were present, representing the 67th Special Operations Squadron.

The service commemorated the 31 people, including 16 American citizens, who lost their lives on the evening of 31 January 1953 when a fierce storm and tidal surge cut off part of the town.

There was a total of 71 fatalities combined in the areas of King's Lynn, Snettisham, Hunstanton and Heacham – the overall death toll of the 1953 east coast floods is accepted as 307.

Many families were stranded at the mercy of the rising water, huddling in wooden, prefabricated homes.

The brave emergency services, voluntary organisations, churches and a number of individuals were honoured during the ceremony for their marked heroism in the face of the disaster, including volunteer rescuers from the USAF 67th Air Rescue Squadron stationed at RAF Sculthorpe who came to the aid of the stranded people.

This included 22-year-old Reis Leming, from the 67th Squadron, who was unable to swim yet headed out into the waters to tow 27 people to rescue on a rubber life raft, saving their lives.

Mayor Tony Bishopp said: "A special and lasting relationship has been formed between the 67th Special Operations Squadron and the people of Hunstanton who are deeply indebted to the bravery and selflessness of the American Airmen."



£1500 raised for Australia

Businesses and residents came out in full force on Sunday 26 January to help our mates down under.

Hunstanton Town Hall celebrated Australia Day by holding a special fundraiser organised by Hunstanton resident Peta Steel, who moved to the seaside town from Australia last year.

The day was jam-packed full of activities and stalls such as a raffle, flip flop throwing competition and craft fair.

They raised over £1,500 on the day.

Peta said: "We had a fantastic day and really great feedback. People who were unable to make it are still dropping off money to donate. They were all so amazingly supportive. I had put up a whole lot of information about the fires and a few stories and for most of the day there were people standing there reading it. People were really interested."

Most people have fed back that there was a really lovely feeling throughout the hall."

Peta extends her gratitude toward all of the individuals who helped her organise the event, including Hunstanton Town Hall, the Bandstand girls, Trevor and Neil in the kitchen and Carol Marshfair and Kate Dunbar on the children's crafts. She would also like to thank all of the local businesses who contributed to the fundraising.

Photo: Peta Steel



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Hunstanton's car parks contribute over £1m to the Borough Council's coffers

As Hunstanton begins its annual preparations for the influx of visitors to the resort, we investigate the thorny issue of car parking.

Of the 6131 off-road car parking spaces operated by the Borough Council within the Borough, 3,249 are in Hunstanton, 2590 in King's Lynn, 186 in Burnham Market and 106 in Heacham.

Town and Around's freedom of information (FOI) request to the Borough Council revealed that the total income derived from the car parking spaces it operates in Hunstanton is £1,168,669.10. Southend car park is the most lucrative with an income of £301,874, second is the South Promenade at £245,873, closely followed by the Cliff Top car park at £225,457.

Members of the Borough Council's cabinet voted to approve the budget recommendations for the coming year, 2020/21, at their meeting on 4th February. The budget included the introduction of a three hour fee where previously the third hour was free of charge. This increases the charge for that period from £4 to £5 in the pay and display car parks in Hunstanton excluding the Central and Valentine Road car parks where the charge will rise from £2.80 to £3.50. The North Promenade charges remain the same as the 2019/20 tariff. This pricing structure is exclusively the remit of the Borough Council who are also the sole recipient of the income. Hunstanton Town Council has no say and receives no financial benefits.

A familiar cry from residents in Hunstanton during the tourist season is that the side roads fill up with visitors who choose not to invest in a Borough car parking space making it difficult for them to park anywhere near their homes.



In Heacham it is possible to purchase a residents' permit for the Borough's car parks for £52.80 per annum. There is also a cheaper senior citizens permit for £39.20. However, not all Hunstanton's residents are so lucky; if you are over 60 years old you are eligible for a residents' permit at a cost of £40.80 but for those under 60 there is no such provision and the only remaining option is to buy a season ticket that is available to anyone for £220.

Much has been written about Wayne Hemingway's plans for the southern seafront that include proposals for an 80 bed hotel on the Seagate East car park (opposite Tesco), obviously this will reduce car parking spaces and exacerbate the on-road parking problems in the residential areas.

There are also calls for more visitor attractions and even a new pier; just where are the visitors going to park?

Hunstanton is designated as a Market Town with the only bank for many miles, shops and restaurants that employ local people and need

year-round footfall. Surely residents from the surrounding villages should be eligible for a reduced rate parking scheme too, as it is all the local population that will help the town to thrive.



Is it not time we had an overall plan for car parking? And to solve the problem of on-street parking include a subsidised residents' parking scheme paid for out of the profits from the town's car parks.

Please let Town and Around know what you think. Email me at: editor@townandaround.net or write to me at the address on page 2 of this magazine.

FOI 014660

Revenue received via ticket machines;

Central	£67,080.90
Cliff	£199,822.80
Coach Park	£13,808.90
North Promenade	£12,950.90
Seagate East	£47,128.35
Seagate West	£168,703.30
South Promenade	£239,129.05
Southend	£285,953.70
Valentine Rd	£28,907.65

Revenue received via card payments;

Location	# Booked	Stay Value
Central Car Park	1496	4700.50
Cliff Top Car Park	5541	25635.10
Coach Park	391	2191.60
North Beach Car Park	1084	4335.20
North Promenade Car Park	226	1012.70
Seagate East Car Park	1634	8409.60
Seagate West Car Park	6756	33699.50
South Beach Car Park	306	1281.40
South Promenade Car Park	1762	6744.00
Southend Car Park	3516	15921.20
Valentine Road Car Park	554	1252.80
	23266	105183.60

A Page from the Sage

Hello everybody this is the Sage back again with some facts, fiction and squite in the Town and Around for the month of March 2020.

Roller skating

I was talking to an old mate of mine about all of the roller skating rinks we had in Hunstanton and the rest of Norfolk.

Just after the second world war Mr Horace Brooke was the lease holder of the pier and he constructed a rink right on the end of the pier. When Mr Brooke gave up the lease Mr John Harris took it on; he already had a rink in Leicester, then in 1978 we had some very strong winds and high tides and our dear old pier got washed away on January the 11th 1978 so that was the end of that rink. Round about 1948/9 a rink was constructed on the southern end of the fairground it had two rinks one for good skaters and one for beginners, unfortunately this rink was washed away in the January 1953 floods, but Mr Fleming who was a carpenter soon got a new rink construed without the small rink for beginners and it was open again by Whitsun 1953. This rink had an asbestos surface that was faster than the pier rink that had a sort of lino or rubber surface. Bill Thomson ran the fair ground rink for a while it was then passed on to his brother-in-law Reg Gale, who I think ran it till it was closed and replaced by the slippery dip. This was the most popular rink in town as it was alongside the promenade so people could watch easily.

The late Bill Nunn Jnr constructed a rink at the back of the Vegas in Beach Road; it was a good surface but it could not be seen from the road and after a few years it closed down. Sometime after 1984 a rink was put in the Oasis for the summer seasons, this rink was undercover but could not be seen by the general public. When the outside swimming pool at the Oasis was filled in, a roller skating rink was put in its place but it lasted a year or two then it was replaced by an artificial surface ice skating rink.

There was at one time I have been told a rink on Cromer Pier, the only roller skating rink I can remember in Cromer was in Garden Street. I went there a few times, it was an indoor rink and it would get packed with skaters. It was run by a man called Norman. I think it was constructed around about 1947/48 and it closed sometime in the 1970s. Many years ago there was a roller skating rink at the Agricultural Hall in Norwich, I have a picture of it and there are notices on the wall saying "all skate slow", I believe there is still a modern rink in Norwich if not two.

There was always a large rink at Yarmouth near to the sea front but I do not know if it is still there.

I do not know if there is a rink in Kings Lynn, for many years there was a rink down

by
Dick Melton
01485 535658



Tower Street in a very old building that I think had been an old chapel, other roller skating rinks I can remember were one at Bury St Edmunds, one at Wisbech that was run by a Mr Norman Jacobs who also ran some cinemas in the area. The largest rink I ever went to was the Glider Drome at Boston; they also put shows on at weekends. I went there to see the Walker Brothers; they had a lot of well-known groups, singers and bands there. For a long while now there has been a roller skating rink at Walpole Highway called skaters and I think it is still going.

Here is a bit more that I have found out about the roller skating rink in Garden Street that was run by Norman Troller. The competitive instincts of some of the skaters were also catered for with the introduction of roller hockey and Cromer soon had two teams competing in national competitions, they were known respectively as the Panthers and rather predictably, the Crabs, although the latter soon changed their name to Cromer Rovers who in 1954, achieved national fame by winning the All England Cup, beating a team from Herne Bay in the final match at Alexandra Palace by five goals to two.

Of all the rinks we went to and skated at I think the best one was Cromer not just because it was indoors, but it was always busy and every one was friendly, but the one down the fair at Hunstanton came a very close second. It would be good to have a roller skating rink in Hunstanton again, the coach park would be a good place.

Hunstanton cliffs and seaweed rocks

Many people ask me about the cliffs and the seaweed rocks that stretch out to sea. During the Cretaceous period that started an eye watering 135 million years ago these cliffs were under the sea and were partly formed from dead sea-creatures which fell to the sea, their shells consolidating to make the chalky layer of the cliffs along the coast of West Norfolk. Most beaches are flat and covered with shingle or sand but Hunstanton is an

exception, it's only here that along a stunning one mile stretch that the white and red stone outcrop that forms the cliff (part of a narrow geological layer that stretches across East Anglia all the way from Essex) finally falls into the Wash, in fact the almost symmetrical arrangement of seaweed covered boulders on the beach are the remains of ancient cliff falls that happened millions of years ago.

In the Victorian era children would buy wooden poles from the shops along the sea front and jump from rock to rock but when rocks got more covered in seaweed it got a dangerous game so they stopped doing it. There have been many cliff falls over the years, the largest fall being an estimated 2,000 tons near the Lighthouse in 1868, then people said that the light house would go over the cliffs with in 50 years, the light house was built in 1840 and it was closed down in 1921 and the light removed. In 1964 it was sold by the Hunstanton Council for £4,760.

In 1909 a square tower was built north of the lighthouse for a top secret listening post with Marconi wireless equipment. In 1910 Mr Herbert Ward, Hon Sec of the Lifeboat Station fell to his death off the cliffs while walking home (there was no fence along the top of the cliffs those days). In 1966 two seven-year-old boys playing soldiers on the cliff top fell 60 feet onto the beach below; one fractured his spine and the other ran home with a bleeding nose.

In 1889 a ship called the Salacia was wrecked off Hunstanton Cliffs, then in 1944 an unpowered radar detector ship the Sheraton broke away from her moorings and was washed up under the cliffs; the deck and sides were salvaged after the war but the keel remains amongst the rocks to this very day.

In 1911 a bandstand was built on the North Promenade under the cliffs, it was paid for by public contributions to commemorate the coronation of King George V. It used to stand where the Sailing Club is today, and it was demolished in 1947.

At the northern end of the promenade there was some zig-zag steps (Japanese steps) that led from the Promenade to the cliffs above; in 1999 they were demolished and replaced by a ramp.

Many people have said over the years that the cliffs would go back at about one foot a year but of course this has not happened. People also say how much the cliffs get washed away from the bottom, but only about one third of the tides we get each year reach the bottom of the cliffs. The main reason for the erosion of the cliffs is the rain water off the green at the top. I have told the Borough Council more than once that if the Green was land drained that would stop it by half, but of course this would take money and the Borough Council does not like spending money on Hunstanton.

Many years ago it was said that the promenade should be extended as far as Old Hunstanton but that would cost far too much. Anyway we need a new promenade at Huns'ton first. It was then suggested that revetments (concrete walls) about half a mile out to sea to break the waves up before they reach the cliffs, this is done a lot in America and it works. Well as I have said before, leave it all to Mother Nature, she will sort it out.

Veganism

I read the interesting letters about being a vegan. I eat lots of greens like sprouts, cabbages, leeks, lettuces, sanfar and many other greens, I also eat meat, rabbits, any sort of game, all sorts of fish and shellfish, and all sorts of fruit but not nuts as I am short of teeth. When I had a car I used to pick up road kill to eat and keep the countryside clean and tidy; I am not a vegan and I am not just a meat eater. I reckon I must be just a good old country boy that's lived in Norfolk for over eighty years and looking good on it.

Well that's your lot for this month from The Boy Dick (The Sage).

Spring is on the way so get your hoe out of the shed so we can go muck spreading.

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Reducing money worries for older people in Norfolk

Dr Roy Bivon, a retired university lecturer, has been a money matters volunteer for Age UK Norfolk for over three years.

Money matters volunteers help older people who have no experience of dealing with their finances themselves, who may find dealing with financial things very difficult or who may be in debt. Many older people have relied on their partner to deal with their finances and after the partner's death they have struggled with the responsibility and have turned to Age UK Norfolk for help. Some older people have a very limited income so find it difficult to manage and have got into debt. Roy explains what he does and why.

"My approach is something between being a friend and a professional. I explain to the older person what they can and cannot do and what their options are. I don't make decisions for the older person but I do tell them they need to make a choice. I may give them the options and leave it to them to think about until my next visit. I might need to put them in touch with other organisations who can help them. I arrange appointments with my clients myself and so I can fit it in at a time that suits me. I volunteer for two to three hours a week plus travel time.

"Older people I have helped include: a couple with enormous debts who cannot really afford to heat their cottage in winter; a wonderful lady who I help deal with correspondence, writing out cheques when needed and a lady whose husband had dealt with the finances, he had died and she needed help to set up direct debits and carry out a check that she had enough money to cover expenses.

"I was a university lecturer lecturing on the Russian language. I am not entirely retired but I have enough time to do something else and I wanted to give something back to society, if I can help people I will happily do that. I am not a financial expert but I understand bank accounts and spreadsheets. I still do some work for an organisation that arranges placements for students who are studying Russian at degree level, arranging their placements in Russia and dealing with the students and the universities there. I also volunteer for the National Trust; helping at one of their properties."

Age UK Norfolk is looking for money matters volunteers in the Heacham and Hunstanton area, where we are particularly short of



volunteers. The hours are flexible and full training and support is provided as well as reimbursement of travel expenses. For further information about being a money matters volunteer please contact the volunteer coordinator on (01603) 785210, volunteering@ageuknorfolk.org.uk or see www.ageuknorfolk.org.uk

Hunstanton Eyecare Blog

The subject of our Mother Earth, climate change and the state of our planet is never far from the news these days. Whatever your view, there can be little doubt that the explosion of the number of us humans has been at the expense of other creatures and the well-being of our environment. We are so fortunate to live in a beautiful part of the world and next to the sea, but our oceans are suffering with the tons of plastic waste we dump in it every day. It has been calculated that every second 256kg of plastic ends up in our oceans, that's 8 billion kilos every year, and by 2050 it is reckoned that there will be more plastic in the ocean than fish, what an awful thought. We see plastic killing thousands of animals and polluting many islands and coastal areas. Discarded fishing nets and other plastic items made from tough, non-biodegradable material, will sit on the sea bed or float around in plastic islands for hundreds of years. The key to a clean-up is to create value out of waste, turn it into something desirable and therefore have value, this in turn generates a new source of income for those involved. Thankfully, someone has had just such a bright idea.

SEA2SEE

The first brand of eyewear using 100% marine plastic waste as its raw material.

The company talked to fishermen and forged alliances with many coastal regions in

Europe and African countries such as Ghana, to collect plastic waste. This plastic is then up-cycled into a reusable raw material which is processed and made into fashionable spectacle frames. This provides much needed work for the local coastal communities as well up helping to clean our oceans. Everyone is a winner. The companies production is in Italy, a country well respected for producing quality eyewear. Sea2See is the first eyewear brand to have its raw material "Cradle to Cradle" certified. This certification is the worlds most advanced, science-based standard for designing and making products for the "circular econ-

omy". It acknowledges the products and processes that are good for people AND the planet.

Sea2see collection will be in Hunstanton Eyecare at the beginning of March, so if you feel you would like some new specs but also want to clean up the ocean, we have the solution! Come and see us. Annette





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Big-hearted carer retires after 16 years

The start of a new decade has seen the start of a new life for a long-time carer who spent more than 16 years with a West Norfolk company looking after people in their own homes.

Pamela Aberdeen said she 'loved every minute' working with the award-winning Extra Hands home care company and will miss all of her clients as she heads into her new life of retirement.

"I really have loved every minute of my job and they really are my family. I have had some wonderful clients and will miss all of them. I loved being a carer and would recommend it to anyone," she said.

A finalist in the recent Gill Chase Awards, organised by Extra Hands, Pamela was delighted to be recognised by those she cared for as they nominated her for the award. She joined her colleagues at a special event at Fakenham Racecourse in December for the event named in honour of a former carer at the company.

"Pamela really has been a wonderful ambassador for Extra Hands and we are very sorry she is retiring, although it is very much deserved," said Lynda Hilliard, registered manager.

"She is much-loved by everyone she has worked with and we all know how much she will be missed by everyone - from all of us in the office to the service users she has been seeing on a regular basis," she added.

Pamela has become friends with many of the service users and their families she has worked with over the years, and said that working very closely with others gave her a huge insight into their lives.

She has two daughters and four grandchildren and previously worked for the Berol company at the former King's Lynn factory for 17 years and has always lived in Norfolk.

Extra Hands has offices in Heacham, rated Outstanding by the Care

Quality Commission, and near Norwich. The company has been established for more than 25 years and today offers a full range of care from short welfare calls to complex, tailored packages for people in their own home. Services include a wellbeing check, the first launched in Norfolk, that allows carers to have peace of mind by providing short visits to ensure friends or relatives are fine when they can't be there.



Pamela Aberdeen, centre, with company founders Hazel and David Evans at the recent Gill Chase Awards

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£2000 raised at Anita's 10th anniversary

Celebrating her 10th anniversary on 20th January, Anita's Salon in Hunstanton was the venue for a coffee morning and open day with a raffle to raise money for the Neo Natal Intensive Care Unit (NICU) at the Queen Elizabeth Hospital.

Thanks to the support and generosity of her clients and friends she raised £265 that morning.

Anita also held a party at the Lavender Lounge, Norfolk Lavender on Saturday 25th January to celebrate her birthday and decided that, instead of presents she asked that donations to the NICU were made instead. Again, thanks to the generosity of friends and family who attended, and especially for the help and support provided by Mark Wilson and his partner Debbie, a total of £2185.25 has been raised, which will be passed to the NICU in the near future.

Anita and Tom Neill said: "We once again thank all those involved for their help and support for this very worthwhile charity."



Royal Air Force Bircham Newton Heritage Centre



Avro Anson flown by No. 206 Squadron

Anson VX-B (K6183) was the first of Bircham Newton's aircraft to be shot down in World War 2 on September 5th 1939, just two days after Britain declared war on Germany. The story of this plane and its fortunate New Zealand pilot, who survived to become one of the first prisoners of the war, can be read in the RAF Heritage Centre.

The Heritage Centre at Bircham Newton has a unique collection of memorabilia from the former Royal Air Force station's past service, which spanned more than 44 years, including two world wars and the Cold War.

On display are photographs and personal memories of servicemen who served there and other related items from its fascinating history.

The 2020 Season of OPEN DAYS will begin on Easter Sunday

Easter: Sunday, 12th and Monday, 13th April
 Early May Bank Holiday Weekend: Friday, 8th and Sunday, 10th May
 Spring Bank Holiday Weekend: Sunday, 24th and Monday, 25th May.
 Sunday, 14th June/ Last Sunday in June: 28th June
 Sunday, 12th July/Last Sunday in July: 26th July
 Summer Bank Holiday Weekend: Sunday, 30th and Monday, 31st August
 Last Sunday in September: 27th September
 Last Sunday in October: 25th
 Remembrance Sunday: 8th November
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www.rafbnmp.org.uk

Facebook RAF Bircham Newton Heritage Centre

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NCC is signposted off the A148 and B1454

Contact:- David Jacklin Tel. 01379 741884

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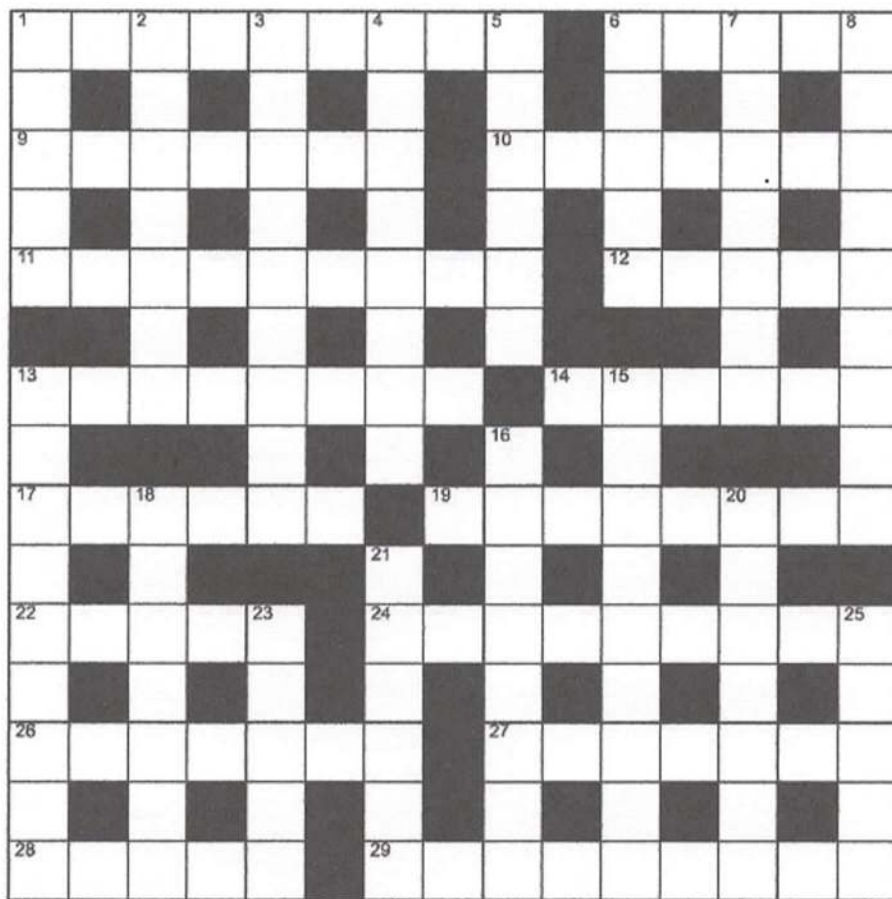
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David Elsey's Cryptic Crossword



Crossword solution on page 8

Crossword Clues Across

1. Blatant misuse of café bread (9)
6. Has repeatedly cut first section of ditches (2-3)
9. Carry on too long in charge of race (7)
10. Youngster has the wrong kind of walk (7)
11. Rush back with Harry and large dog (9)
12. First serious trip on river (5)
13. Type of instrument that's bowed? (8)
14. Press START, if around – it's funny! (6)
17. Study and work out cunning plan (6)
19. Chemical ruined rec? Golly! (8)
22. Fast becoming inebriated (5)
24. Idiot primarily in charge of teeth gets tangled in uniform (9)
26. One who greatly admires Dido, listens, absorbed (7)
27. Moved without first being commanded (7)
28. Break a putter – to hold, useless (5)
29. It gives time to see boat race in London (5,4)

Crossword Clues Down

1. Worry about sibling – do give up! (5)
2. Eggs on setter, initially with hesitation, seeing another animal (3,4)
3. Very much objects to old money (9)
4. Argument against being married at sea (8)
5. Fool someone who might be cool hanging around east London (6)
6. For projections buzz private secretary (5)
7. Dance till jiggered (7)
8. Exercise hour – extremely special for getting into shape (9)
13. Remain, in part affected by holy figure (2,7)
15. Rate crack jockey on course (9)
16. Change euros and travel with close companion (5,3)
18. Retired, but missing beat, band get together again (7)
20. Ramble in country over towards the Alps leads to cheese (7)
21. For the most part check direction of signals seen at 15 (3-3)
23. As a hint, it isn't informal (5)
25. Left dog bouncing with energy to get stick (5)

Ray Butchers Su Doku

Easy first...

...then the more challenging

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

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



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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.

If you would like to know more please contact Robert Smith 01328 822120.

HOW GOOD IS YOUR CARDPLAY?

One of the often repeated sayings in Bridge is 'always draw trumps first' and this is true in many cases. Another one is 'do not rely on an even split of the outstanding cards in a suit' This hand illustrates both sayings. Declarer is in Six Spades and the hands are as follows:

S 843		
H 96		
D 754		
S 976	C AKQ62	S 5
H KJ654		H 873
D QJ10		D 9863
C 73	S AKQJ10	C J1098
	H AQ10	
	D AK2	
	C 54	

West leads the Queen of diamonds. Declarer has a losing diamond and possibly 2 hearts depending on the position of the missing heart honours. One loser can be played on the Queen of clubs and if the clubs split 3-3 there will be two more winners to dispose of the heart losers. However if the clubs do not split then there will be a club loser as well as a heart loser. Declarer can guard against this by simply giving up a club and if they split 4-2 there will be a discard for a diamond and two hearts.

However trumps must be drawn first to avoid a trump loser. After three rounds a club can be led and a low one played from dummy (no doubt much to East's surprise). If East then switches to a heart Declarer can play the Ace rather than risk the finesse of the K (which would lose). Then a further club to the Ace will show the clubs have split and the remaining 3 clubs in dummy enable declarer to discard the losing diamond as well as the losing hearts.



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1st Hunstanton Rainbows



I would like to say a big HELLO to everyone. This is my first time writing in the Town and Around and it is rather exciting. I have recently taken over the role of Unit leader after being a unit helper since February 2019. Rainbows of the past may remember Linda Lee. I am very pleased to say she is still volunteering at Rainbows and is a wonderful part of our team at Hunstanton.

I have just had the pleasure of going on my first North West Norfolk Division Leaders Weekend. This was held at Dunton in Norfolk. It was a great opportunity to meet more of the people I will be working with. I am very lucky to already know some of them due to my time in Girl Guiding as a child. It was a fantastic weekend of fun and games, all the time learning new skills to take back to my unit.

At present we are a small but ever growing unit. We have already done so much since last February that I would like to tell you about but it would take too long and I would probably bore you. So here are just a few.

We have been learning first aid recently. An essential life skill and one the Rainbows took to very well. I am not sure our poor Olivia doll will ever be the same again. It took me well over an hour to take all the plasters and bandages off after the Rainbows used her as a casualty.

We have also been experimenting! We found out what happens if you mix bicarb of soda and vinegar (and a little bit of glitter for effect). We made home made lava lamps, gloop and explored static electricity too.

During the summer terms we visited Kemps Fruit and Veg Shop in Hunstanton high street. The Rainbows were able to try fruit and buy some to take back to our unit hall. We made fruit salads to take home. We also visited the Hunstanton RNLI station. The Rainbows were able to safely explore the station guided by two Education Volunteers and were taught all about the wonderful work the RNLI do. We would like to say a big THANK YOU to Kemps and the Hunstanton RNLI for our visits.



Just before Christmas we were presented with some High Visibility vests from Hunstanton Specsavers. We are very grateful for this lovely donation. Our Rainbows will be able to wear these while we are out exploring. One of the activities we have done around the town was to hide children's books for others to take home and read. I wonder did anyone find them?

That is it for this issue. 'I promise that I will do my best' to keep you informed of our unit additives.

Carol Smith, 1st Hunstanton Rainbows Leader

If you would like to know more about Rainbows and Girl Guiding please go to www.girlguiding.org.uk

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Introducing Hunstanton's very own water ski champion

Fresh off the heels of her win at the British National Water Ski Championships, Hunstanton local Sarah Bennett speaks to Town and Around about her intensive training, competing all over the globe and her goals for 2020.

Sarah, a 19-year-old lifeguard, has lived in Hunstanton for five years after moving with her family from Peterborough. She got into water skiing at the age of 12 thanks to her father Martin, who was also a competitive water skier. The family owned a caravan at Manor Park and they eventually bought a boat.

Inspired by her father, Sarah discovered she had a natural gift for the speed sport and won her first ever club race, giving her the confidence and willpower to train and compete consistently over the years, with 2019 being a particularly big year for the teenager.

"Last winter I trained in Australia. I went out there for three and a half months and I water-skied every day on the lakes and the rivers, it was unreal," Sarah says. Later that year she went on to win in the ladies' category at the British National Championships; consisting of a series of nine rounds and competing two weekends each month, Sarah won all of her rounds except for one.

Sarah tells us that winning at the Nationals and her training in Australia were the highlights of her water-skiing career so far.

"Hopefully I can defend my title this year, fingers crossed," she says.

Sarah was also selected to represent Great Britain at the World Championships in Vichy in September 2019, an exhausting yet rewarding experience for the Hunstanton resident. Her team consists of herself, driver Greg Bassam and observer Matt Fielding.

Sarah is currently studying for her level 3 certificate in Sports Therapy in Hertford and has already built a clientele up including the Heacham Football Team and Cambridge City Girls. By the end of the year, Sarah hopes to have completed her level 4 training.

Gearing up for the training season starting in March, Sarah is preparing for her intensive training schedule: this includes a gym session each day and practising in the water each weekend.

Sarah explains her keeping optimum fitness levels is vital for her recovery, recalling a nasty accident she experienced in 2018 where she hit the water catastrophically, resulting in being winded and extensively damaging the nerves in her arm that have taken 18 months to heal. Sarah described it "like hitting concrete" and now has a permanent dent in her arm.

Looking forward to 2020, Sarah says: "I'm obviously going to be competing again and the next big thing is the European and the World Championships. We're also looking for

sponsorships as it's just so expensive – for fuel, accommodation, etc."

Her current sponsors include Agromec and Mike McDonald from McDonald Caravans, who generously covered all of her accommodation costs during the World championships.

If you are interested in sponsoring Sarah please contact Martin Bennett on 07740055063.



Sarah was crowned winner of the ladies category in the British National Championships



Sarah recently represented Great Britain at the Water Ski World Championships in Vichy (pictured furthest left)



You may see Sarah training in Hunstanton's waters at the weekends



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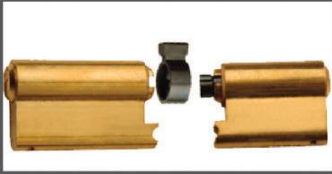
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Heacham Lawn Tennis Club



Heacham Lawn Tennis Club urgently needs local people to come forward to form a new management committee with the shared objective of increasing its adult and junior membership and fully using its lovely grass courts each spring/summer.

If you are interested in getting involved (you do not have to be a tennis player) please email the club at: or contact Mike on 07804 927764.

Thank you.

Mike Shaw

Barefoot Retreats Burnham Market International Horse Trials, 9th - 11th April 2020 - win FREE tickets



Musketeer Event Management, organiser of the Barefoot Retreats Burnham Market International Horse Trials, is again expecting the great and the good of the eventing world to descend on Sussex Farm for this year's competition.

A well established pre-Badminton fixture, these top riders always bring a selection of their most talented horses to contest the big classes, and this year they have yet more incentive: the horse trials will host the first leg of the lucrative Event Rider Master series.

There is ample opportunity for autograph hunting. World number one Oliver Townend remains the man to beat, having won 12 'four star' classes at Burnham Market since 2007, while British number one Piggy French and World Champion Ros Canter are also regulars. 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 – on the Saturday it is even possible to buy 'Picnic Parking' and park your car in the midst of the action.

Barefoot Retreats Burnham Market International offers a fantastic day out. Alongside top-class competition, there will be over 50 shops and, for children, bungee trampolines, bouncy castles, a climbing wall



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and circus workshops.

Musketeer Event Management is again supporting East Anglian Air Ambulance. EAAA operates two state of the art helicopters and two rapid response vehicles which serve the people of Norfolk, Suffolk, Cambridgeshire and Bedfordshire, encompassing residents of Essex and Hertfordshire during the hours of darkness. Its services are only kept airborne thanks to donations.

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.musketeer.co.uk. Hospitality packages are available.

Town and Around has a Family Pass for 2 adults and 3 children (aged 5-14) to give away. Simply e mail me at: editor@townandaround.net saying why you would like to attend. The winning entry will be chosen on 31st March and notified by e mail.

Here we hoe again

Old Muck, Northfields Allotments

Cor blast - literally, as Storm Ciara blew away the cobwebs before Storm Dennis hit us on the bounce.

Yet despite the battering, we seemed to have survived more or less intact apart from the odd pane of glass or two and a couple of trees felled on our lane.

Having an allotment means you either try to work in tune with the weather, lie in bed worrying about it or throw your hands up and say que sera, sera.

Instead of the fairly predictable procession through the seasons enjoyed by gardeners of yore; it now bowls regular curve balls.

You can't rely on what it says on the back of seed packets - plant parsnips in February and they'll end up heading for a watery grave. Leave it a few weeks until we get through the cold snap and the soil warms and they'll come up like good 'uns.

I won't bore you with any more Old Muck-isms, as I tend to have one foot in the chuck it and chance it camp once the weather's nice

enough to roll your sleeves up and get digging.

One thing we are going for this year is better water conservation, since drier summers have been a definite trend. A couple of big butts on your shed, ooh-err missus, and you should have a reserve on tap to at least get you off to a start when things do start drying out.

It might also get you out of jail if the leak to our water main takes longer than expected to fix. Some of our finest brains are on the case, via a process of deduction - in the words of our plot manager.

While I don't quite understand the maths, I do get the fact this might entail digging a lot of holes, so best I go and find that spade.

Northfields Allotments Club manages the allotments on behalf of Hunstanton Town Council. Some vacant plots will shortly become available. To qualify you must be resident in Hunstanton. If you are interested and would like to know more, then please contact Derek (plot manager) 07721778727 or Linda (secretary) linda.baker1@gmail.com

Does your garden have the wow factor?

The National Garden Scheme allows visitors unique access to over 3,500 gardens across the country, raising a record annual donation of £3.1 million in 2018 for nursing and health charities – and they are looking for more garden openers.

The launch of the 2020 Norfolk NGS Booklet on Saturday 8 February was held at the Thursford Collection, with talks by organisers, museum owner John Cushing and Horatio's Garden co-founder Dr Olivia Chapple.



Pictured (L to R): Dr Olivia Chapple, John Cushing, Julia Stafford Allen

Nine more gardens were announced for 2020 openings and organisers praised the efforts of volunteers and garden openers, revealing that Norfolk alone raised over £112,878 in 2019 – split between worthwhile charities such as Macmillan, MIND and Horatio's Gardens.

Dr Chapple extended her gratitude to the NGS for their support of Horatio's Gardens – a charity named after her late son who was tragically killed by a polar bear at 17 years old. Volunteering at spinal rehabilitation centres, he envisioned an accessible garden for spinal victims and their friends and families to enjoy during long stays at the centres.

Since its inception in 1927, the National Garden Scheme has donated over £55 million to charities.

However, there was a call for more owners to open up their private gardens for official visits in 2021. They said:

"By opening your garden, you're not only giving people a great day out – you're also raising money to help those in need. What's more, you are joining a community of thousands of other like-minded garden

owners, all passionate about great gardens and raising money for great causes.

"If you're passionate about your garden and your friends and family tell you how lovely it is, then it's very likely other people will want to visit your garden too."

Though the open gardens are predominantly concentrated to the east of the county, there are a few worthwhile visits to be had in the west, including the regal Sandringham Gardens, which is open daily from 3 April to 14 October – 60 acres of stunning gardens and woodland with an array of rare plants and trees. Visit www.sandringhamestate.co.uk or phone 01485 545408 for more information.

Houghton Hall Walled Garden is an award-winning walled garden with 5 acres of antique and contemporary statues, a double-sided herbaceous border and glasshouses. For opening times, visit the garden website at houghtonhall.com or phone 01485 528569.

For more information on how to get involved with the National Garden Scheme, whether as a visitor, garden opener or volunteer, visit the NGS website at www.ngs.org.uk.



Visitors enjoyed a snowdrop walk at Bagthorpe Hall in February

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Thaxters plant of the month - Acers

Wendy Warner

Japanese Maples or Acers actually look good throughout the year, but in March their vibrant new leaves will unfurl from bare winter stems as soon as the weather begins to warm up. They will make an excellent focal point in the border, in a large container or larger varieties can be grown as free-standing trees.



Acers are deciduous trees or shrubs and are grown for their foliage and their leaf shapes, sizes and colours vary immensely. Some have broad leaves, especially the larger varieties grown as trees, others will have palm shape leaves (these will often have the word palmatum in their name) and you will also find very fine delicate leaves, referred to as dissected. Colours can vary through every shade of green, yellow, gold and purple as well as variegated. The colour on one plant can transform with the seasons, for example opening with deep red-purple foliage in Spring which becomes green with maturity before turning to rich crimson before dropping in the autumn.

Most Acers are slow-growing so make an ideal tree for a small garden. They can be used to brighten up a dark corner, look dramatic overhanging a pond or can be grown in a pot or container so they can be moved around the garden depending on the seasons.

Although some varieties can withstand full sun, these tend to have darker green or purple foliage. Strong, direct sunlight can scorch the delicate leaves of golden, variegated or dissected varieties. Ideally plant them in a sheltered position where they are protected from midday sun and from cold or drying winds. They require a slightly acidic, moist, rich, well-drained soil and have a shallow root system so can be prone to drying out in hot weather, so keep well-watered. Use a mulch to help keep moisture in and avoid planting other plants too close by. Most Acers don't need pruning as they will naturally keep their shape, but if required they should be pruned when fully dormant. Young growth can be damaged by frosts.

If growing in a pot, choose a large, stable container with good drainage and use John Innes No. 3 compost and feed with a general purpose fertiliser throughout the growing season.

Acer Brilliantissimum is a great example of a tree suitable for a smaller garden with the young foliage opening shrimp-pink, becoming yellow-green and finally dark green mottled with cream. One of the most popular upright, purple shrub varieties is Acer palmatum Bloodgood with rich red-purple young growth turning bright crimson in autumn. Acer palmatum Dissectum is a compact, weeping shrub with fine, feathery lime-green foliage turning to yellow and orange in the autumn.

Make an Acer a focal point in your garden this Spring.



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The business of farming....

By Robin Limb, agricultural consultant

Agriculture is like no other industry. It's not about cars and washing machines – it is essentially about the stuff that keeps us alive, and therefore it will always be a political hot potato. Every activist on the planet wants to jump on board the cart and stick their noses in. This is not unwelcome, provided those diving into the pond without any real knowledge stay in the shallow end with inflatable arm-bands on. Farming – or food production – is essentially just that, but the politicisation of our staple diet should not be up for grabs.

Land ownership has always clouded the issue of food production. Just one percent of our population owns 99% of our farmland. This is not necessarily a matter for social reform, provided the custodians of our land behave responsibly – which they mainly do. James Dyson (of vacuum cleaner fame) is one of the biggest landowners in the country, but he employs some of the best managers and team players in the business.

To be a farmer requires multiple skills. After you crawl out of your pit at 'stupid-o'clock' in the morning, you will have to deal with endless iPhone messages; requests from unwarranted salesmen; and demands for health and safety compliance. Add to this, the increasing burden of paperwork just to keep your head above water. Then you jump on to a state-of-the-art piece of machinery and hope to do something of value with the GPS turned on.

I grew up on a family farm in North Nottinghamshire, and learned many skills, such as welding bits of metal together; dipping sheep into organophosphate without adequate protection; and many other questionable activities. But on no occasion did

I ever worry about my impact on the environment or something called "Climate Change". Unlike the BBC, I refuse to be sucked into a daily monologue on the subject, but we do need to keep a sense of perspective on the matter – Rome wasn't built in a day.

Farmers do not wish to be known as 'Moaning Minnies'. The days of feather-bedding subsidies are now long gone. Back in the 1970's, you could make money in farming like falling off a bike, but those days are now gone forever. No matter what your view of farming and food production is, just remember three things:

1: Food does not grow on trees – it comes from years of hard work and enterprise.

2: Farmers try very hard to deliver safe and sustainable food to you.

3: A man who has food has many problems – a man who has no food has only one problem.

*“we should all just
take a minute to reflect
on where our daily
bread comes from
occasionally”*

Much like the road haulage industry, agriculture is just something we take for granted. I'm not being a doom-monger, but we should all just take a minute to reflect on where our daily bread comes from occasionally.



Open Farm Sunday is now an annual agricultural initiative running for over ten years. On the 7th June 2020, over 250,000 people will visit an 'Open Farm' somewhere in the country. One of the best exponents is Michael Sly at Thorney, Peterborough, where over 4,000 visitors will turn up over the two-day event. Farming is hard work – if you think this is a joke, just try doing it yourself.

Most farmers only want a nod to hear: "Thanks for doing what you do – and please keep on doing it" It's all too easy to link wealth and farming. The reality is that the two are rent asunder. Putting political prejudices to one side, the UK has the most productive and sustainable food industry on the planet, and don't let anyone tell you otherwise...end of.

Without wanting to sound like a cracked 12" vinyl, everyone needs to return to a basic value system. Our land-based agriculture is limited in terms of land area. We still have many tools in our toolbox, but these are systematically being stolen by politicians and bureaucrats. I hope to wake up tomorrow in a 'Brave New World', as George Orwell might have said, but it could just be a bout of hibernation...



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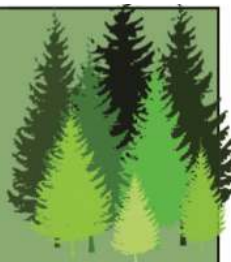
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Earth Hour

Carrie Carey

As the last shadowy days of winter crawl into spring I will not lament the passing of a dank and dismal February. In its wake, the anticipated roaring lion of March resembles a surly cat mewling a final hurrah to winter as one season slowly melts into the other. This disparity between seasons becomes more evident each year and it's causing chaos in our natural world.

If I'm waiting for a train and it arrives early it puts me all in a dither. The steaming cup of hot chocolate that was warming my hands now burns my throat as I gulp it down in a desperate hurry. Bags carelessly strewn at my feet need to be gathered in haste and a half eaten packet of crisps is stuffed swiftly into a pocket spilling unwanted crumbs into the folds of my coat. It puts me off balance and frankly in a bad mood.

Nature is no different; when spring's arrival is untimely it has a domino effect on our biodiversity. Trees and wildflowers bloom earlier than is typical, they're not only at risk from a sudden late frost but may flower before the arrival of pollinating insects. Migratory birds return before insect populations are in abundance while ticks and mosquitoes become more active. In my garden, winter weary flower beds are already full of cheery daffodils and brightly coloured crocuses but I'm not convinced that the premature appearance of spring will be a sunnier world for everyone. An extended growing season may provide colour in the garden for longer but it's not great if you have a pollen allergy.

It's evident that our winters are becoming shorter and warmer, autumn is longer and warmer and spring is earlier and warmer. The common factor here is global warming and it's this that is driving 'season creep'. Scientists agree that there will be more frequent hot and fewer cold temperature extremes and how our environments will respond to this is difficult to predict. But we can all help.

This year, world leaders come together to set the environmental agenda for the next decade. Decisions will be made that impact all our futures and we need to make nature the centre of these international conversations. We are seeing the results of mass mobilisation across the globe and the influence it is having on issues such as climate change and bio-diversity loss. A thousand voices carries more weight than one and you can be a part of the chorus. Each March, people around the world embrace the dark and switch off their lights for one hour. This small call to action demonstrates to world leaders that habitat loss matters, species loss matters, climate change matters.



Earth Hour, held on March 28th this year at 8:30 pm, is one of the world's largest movements for the environment and it's easy to take part. Grab some candles, take a break and just switch off for an hour. You'll be adding your voice to the millions of people around the world who are doing something creative and innovative to help save our environment.

For more information go to: www.earthhour.org



The West Norfolk Members Group invites you to:-
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Mudpies & Butterflies

Louise Barby, Balanis

Spring is here, after a very odd winter, gusty winds, rain, sleet! 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. Convolvulus, cistus, verbena 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

There is lots that you can sow directly in the ground or in small pots if you prefer. Assuming the temperature is above 6 degrees, try some annuals like cornflowers or annual climbers such as thunbergia, ipomoea or sweet peas, all look amazing midsummer on an obelisk, or simply grown up a 'wigwam' of pea sticks. Whatever you decide to do in your garden this March, do something that you know will make you smile, lifting your spirits when it grows and flourishes.

Scarlet Elf Cap Fungi

Scarlet Elf Cap Fungi captured by Bozena at RSPB Titchwell Marsh in early February

Mark Wilson



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Wounded seal rescued from Norfolk beach

Sophie Hooker

A young grey seal was discovered on February 12 on Bacton beach trapped in green netting and suffering from severe injuries.

She was first spotted by passers-by at 7:15am on Wednesday on the north Norfolk coast and first responders from Seal and Shore Watch UK were quickly dispatched to the scene.

The medics knew straight away she was in a lot of trouble as every time she tried to move, the netting pulled tighter around her neck making her cry out in pain.

The seal, now named Bouncy Castle, was safely extricated from the beach by the medics where she was then transferred to East Winch Wildlife Centre to treat the wounds and begin her recovery.

A spokesperson for Seal and Shore Watch UK said:

"Bouncy Castle's neck has lesions all around, with damage to the soft tissue and the area already infected. She will have been given antibiotics and painkillers and will continue to do so until all her wounds and infection have cleared up. Let's all wish her well for speedy recovery."

East Winch Wildlife Centre are accepting donations of salt for the baths she will be needing.

More than 650,000 marine animals, including dolphins, whales, seals and turtles, are killed or injured in fishing nets each year, according to a report by the Natural Resources Defence Council.

World Animal Protection reports that 640,000 tons of fishing gear are lost and pollute oceans each year – making up at least half of all plastic pollution in the ocean, according to George Leonard, chief scientist at the Ocean Conservancy.



Norfolk Fire and Rescue

Derek Sim

Norfolk Fire and Rescue Service is located with Norfolk Police in a joint headquarters in Wymondham. This allows both teams to share vital information and support our rural communities in driving down crime and arson.

In any one year, Norfolk Fire and Rescue Service attends between 200 and 500 incidents related to farms. These can include out of control bonfires to large acreages of standing crop. Some of the smaller incidents may not even involve the Norfolk Fire and Rescue Service because the landowner is able to deal with it. However, even small incidents can quickly grow and become a danger to both farm staff and livestock.

In this edition, I want to look specifically at stacked straw. With the increasing value of stacks of straw, many growers have now decided to bale and store rather than chop and cultivate back into the soil. If you are a livestock farmer or waiting for companies to pick up the straw for power stations, etc, most of you will now be well into your stock. This means that the distance between the stacks may have increased beyond the recommended 10 metres.

The advice is to keep that larger distance where and when possible. My advice is also to calculate the predominate wind direction and avoid lining up the stacks in that direction, as it will only help to spread any hot ash or embers.

For many of you, moving the stack may not be possible or practical this late into the season due to wet ground or lack of space so we need to look for alternatives. So, keep the areas around the stack under control, manage any litter and make sure all machinery is parked or stored well away. If the straw is in a building along with other ignition sources, can it be separated via compartmentation?

A good regime for you to follow includes checking outbuildings and padlocks regularly and reporting any unwanted activity from staff to the employers, and also to the police's rural crime team. It may seem like low level crime to individual businesses but when included with other low-level incidents, it could form part of a bigger picture so share the information.

PERSONAL TAX YEAR-END TAX PLANNING

By Kathryn Gigg Chartered Accountants, Hunstanton

Here is a run through of some areas that you may wish to attend to in order to tidy up your tax affairs prior to 5 April 2020 (subject, of course, to the Budget on 11 March):

Income Tax

If your total income is close to any of the key thresholds or tax bands, consider the timing of income, and of tax deductible expenditure, where possible.

- Consider organising your income producing assets to use the savings income starting rate band (£5,000 @ 0%, subject to taper) and the personal savings allowance (£1,000 for Basic rate taxpayers/£500 for Higher rate).
- Don't forget that the transferable Marriage Allowance of £1,190 is also available to couples in certain circumstances.
- If your income is likely to be significantly less in 2020/21 compared to 2019/20 you can apply to reduce your payments on account (POAs). This can help with your cash flow but remain aware that if your POAs are reduced too much, interest will accrue from the original due dates of 31 January/31 July 2020.
- Take care to claim rent-a-room relief where relevant.
- Landlords should check whether using the fixed rates per business mile to calculate allowable deductions for motoring expenses should be used instead of deducting actual running costs and claiming capital allowances.
- Due to the restriction on the tax deductibility of finance costs Landlords whose properties are mortgaged and have, to date, been Basic Rate taxpayers, should heed the need for careful tax planning to avoid being pushed into higher rates as a result of relief against rental profits for 2019/20 being restricted to only 25% of finance costs with the remaining 75% given as a 20% tax reducer.
- Check that your holiday cottage, if let, qualifies as a 'Furnished Holiday Let' for tax purposes in order to be excluded from the interest restriction.
- Record all of your Gift Aided charitable donations, as your Basic & Higher rate tax bands are extended by the grossed-up donation which increases the amount of your income taxed at the lower rates. But beware if you are a non-taxpayer or haven't paid enough tax during the year to cover the charity's Gift Aid claims as you will need to pay the shortfall to HMRC.
- Business owners should plan the timing of capital expenditure to make best use of the Capital Allowances available.

Capital Gains Tax (CGT)

- Have you utilised your Annual Exemption (AE) of £12,000 for 2019/20 as this cannot be carried forward? Planning such as inter-spouse transfers can assist in ensuring that the AE and Basic rate bands are utilised to minimise the overall 'family' CGT liability.
- Consider making a 'negligible value' claim for any assets/investments that have become worthless as creating such a loss can have either CGT or Income Tax benefits, dependent upon circumstances.
- Consider the timing of any chargeable disposals carefully especially if your income will change significantly between 2019/20 and 2020/21. The timing of a disposal has an effect on when tax is payable (care is especially needed here in respect of the disposal of a residential property that does not qualify for 100% Principal Private Residence Relief or has been let, due to the new rules that are due to come into force on 6 April 2020). One may need to consider whether to advance or defer a sale, pre/post 5 April 2020.
- If you have acquired a second home within the last 2 years consider whether you should make a Principal Private Residence Election.
- Entrepreneurs Relief results in an extremely valuable preferential rate of CGT that is available on Capital Gains made on the disposal of trading businesses. Anyone contemplating the imminent sale of a business should take immediate tax advice if they have not yet done so (Beware the Budget!).

Investments

- Ensure you use your Individual Savings Account (ISA) allowance for 2019/20 (£20,000).
- Don't forget the children's Junior ISA limit of £4,368 too.
- If you are in the position to invest in Enterprise Investment Scheme (EIS) (or Seed EIS) or Venture Capital Trust (VCT) investments and

wish to shelter either Income Tax, Capital Gains or both, then these investments can offer a tax efficient alternative to investing in pension funds where the maximum pension Lifetime Allowance has been reached (see below). Tailored tax planning advice will be required in tandem with advice from your Independent Financial Adviser.

Pensions

- Beware the Budget!
- The maximum annual tax relief available for contributions into a pension scheme is currently £40,000 (Beware the Budget!) or 100% of relevant earnings. Even if you don't have any relevant earnings you can still invest up to £2,880 net (£3,600 gross) in a pension.

For those earning over £150k (or in certain circumstances £110k) the annual allowance is scaled back to a reduced minimum of £10k.

Unused allowances from the previous 3 tax years can be brought forward to top up your allowance for the current year but care is needed here to get the calculations right.

Pension tax relief is a complicated area and one should always take advice to ensure that, if you have sufficient cash flow, you have maximised the contributions you can make, without triggering any Pensions Savings Allowance clawback charges, or exceeding the Lifetime Allowance.

Further care should be taken by those wishing to take advantage of a Scheme Pays facility for any Pension Savings charge as there are very specific time limits for such application.

N.B. Advice from your Independent Financial Adviser will always be needed as well as our tax advice on any decision to be taken regarding investment in pensions or other tax efficient investments such as EIS, SEIS or VCTs.

Inheritance Tax (IHT)

- Beware the Budget!
- Some useful IHT exemptions under current legislation pre the 11 March 2020 Budget include:
 - Annual gifts exemption is £3,000 per donor
 - Gifts between spouses are usually exempt
 - Gifts of surplus income on a regular basis are exempt if certain conditions are met
 - Wedding gifts are exempt up to certain limits
 - Gifts to charity are exempt
 - If 10% of your chargeable estate is left to charity, your IHT rate can be reduced to 35% (as opposed to 40%)
- A gift to an individual can be exempt from IHT if the donor survives for 7 years from the date of the gift. Consider making gifts of assets likely to see a growth in value over coming years, although beware the CGT implications of such gifts.
- In addition to the 'standard' Nil Rate Band, seek advice regarding whether you are eligible for the Main Residence Nil Rate Band and, if not, what could be done to enable you to qualify as your Will may need to be altered (Beware the Budget!).
- It is imperative to have a current valid and up to date Will. Marriage, divorce and material changes in assets held and tax legislation should all prompt re-consideration of the terms of your Will to ensure that it continues to meet your wishes for your family's future.

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

Mrs K H Gigg FCA

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

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Dates & Deadlines! A NEW TAX YEAR

Supplied by Kathryn Gigg, Chartered Accountants, Hunstanton
FROM MARCH INTO APRIL 2020

1 March 2020

Self Assessment: 5% penalty imposed on 2018/19 Income Tax, Capital Gains Tax (CGT) and Class 4/Class 2 National Insurance (NIC) not paid by today. The penalty can be avoided if a time to pay arrangement is agreed in advance.

11 March 2020 Budget Day

31 March 2020

Company Tax: final date for reclaim of tax paid by a close company on a loan to a participator if loan repaid during the financial year ended 31 March 2016.

Corporation Tax: returns for accounting periods ended 31 March 2019 should be submitted by today.

Company Accounts: private companies with 30 June 2019 year-ends should file their accounts at Companies House.

5 April 2020

LAST DAY OF THE 2019/20 TAX YEAR: deadline for various tax claims and elections; including the following:

Personal Tax: deadline for electing to transfer (part of) the married couple's allowance from husband to wife, or withdraw such an election, for 2020/21.

CGT: last day to make disposals to use the 2019/20 CGT exemption.

CGT: deadline to claim that an asset became of negligible value or a loan to a trader became irrecoverable in 2017/18.

IHT: deadline for utilising IHT exemptions for 2019/20 (and any excess from 2018/19).

NIC: deadline to pay voluntary Class 2 or Class 3 NIC for 2013/14.

NIC: deadline for claiming exception from Class 4 NIC for 2020/21 where the same earnings are subject to Class 1 NIC.

NIC: deadline to reclaim Class 1 NIC mistakenly paid in 2018/19 on earnings which should have been categorised as self-employed.

Pensions: deadline to make a contribution to qualify for tax relief in 2019/20 and to utilise any unused relief from 2016/17, 2017/18 and 2018/19.

Pensions: deadline for requesting information from a personal pension scheme administrator to allow a member to calculate their relevant amount for the purposes of Individual Protection 2016

6 April 2020

FIRST DAY OF THE 2020/21 TAX YEAR: a number of tax changes take place on this date.

Income Tax: standard personal allowance for 2020/21 remains at £12,500.

Income Tax: basic rate limit for 2020/21 tax year remains at £37,500. Pensions Annual Allowance: the annual allowance of £40k is tapered for high earners with income of in excess of £150k, down to a minimum of £10k (but beware the Budget!).

Employers: new Company Car Tax bands due to come into force.

CGT: the requirement for the CGT due on the disposal of residential property to be reported and paid within 30 days of completion comes into force.

CGT: changes due to come into force for the private residence relief ancillary reliefs.

Income Tax: new rules for expenses of voluntary office holders due to come into force.

HMRC Debts: changes to the priority rules on insolvency due to come into force.

19 April 2020

Employers: deadline to make 2019/20 final payroll report using either a full payment submission (FPS) or employer payment summary (EPS). After this date an earlier year update (EYU) must be made.

Employers: deadline for postal payments to reach HMRC for any outstanding non-electronic PAYE & Class 1 NIC for 2019/20.

22 April 2020

Employers: deadline for electronic payments to be cleared in HMRC's bank account for any outstanding PAYE & Class 1 NIC for the tax year ending 5 April 2020.

30 April 2020

Income Tax: further late filing penalties apply to outstanding 2018/19 Self Assessment tax returns. For returns filed online after today, automatic £10 daily penalties apply. For returns filed on paper, the further penalty is the greater of £300 or 5% of the tax outstanding on 31 October 2019.

Annual Tax on Enveloped Dwellings: deadline to submit returns for the annual tax on enveloped dwellings (ATED) and pay the tax for the year 1 April 2020 to 31 March 2021; if there is no tax to pay and other conditions are met, this is the deadline to submit a relief declaration Return.

Corporation Tax: returns for accounting periods ended 30 April 2019 should reach HMRC.

Company Accounts: private companies with 31 July 2019 year-ends should file their accounts at Companies House.

1 May 2020

Income Tax: second £300/5% penalty for outstanding 2018/19 paper self-assessment Returns. Daily penalties (£10 per day for 90 days) for outstanding 2018/19 online self-assessment Returns.

5 May 2020

Tax Credits: last day to make a tax credits claim for 2020/21 and have it backdated to the start of the tax year.

31 May 2020

Corporation Tax: returns for accounting periods ended 31 May 2019 should be submitted to HMRC.

Company Accounts: private companies with 31 August 2019 year ends should file their accounts at Companies House.

PAYE: last day for giving a Form P60 for 2019/20 to each relevant person employed on 5 April 2020.

Mrs K H Gigg FCA

Kathryn
Gigg

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Contesting a Will

By Gerald Bloye, Chartered Legal Executive, Hayes + Storr

A family member, close friend, or loved one passes away and you find what you believe to be a clear error with their last Will in that it does not reflect the true intentions of the person making the Will.

What can you do about it?

The starting point is that the law respects the wishes of the person who has died ("the testator"), even if the last Will did not accord with what family and friends were expecting. However if you suspect that the deceased's real wishes have not been followed, or that the Will has not been made correctly, the Will may be invalid and you could mount a legal challenge.

The grounds for contesting a Will include:

- Lack of testamentary capacity: this means that the testator making the Will was not of sound mind when the Will was created and signed. The testator must understand the full content of their estate and understand who they are choosing to include and exclude.
- Forgery and fraud: a Will may be contested if there are valid grounds to suggest that it has been forged in some way.
- Undue influence or coercion: there may be a claim if the evidence suggests that the testator had been coerced by other persons into including in their Will provisions that they would not otherwise have included.
- Failure to duly execute the Will: the rules for executing a Will are strict. The testator must sign their Will in the presence of at least two witnesses who are present at the time of signing. The witnesses must confirm that they have seen the Will signed by the testator. If there is evidence to suggest otherwise then the Will may be rendered invalid due to lack of due execution.
- The Inheritance (Provision for Family and Dependents) Act 1975: a claim can be made by a person such as a spouse, partner or child for whom adequate provision should have been made in the Will and was not.

Contesting a Will can be a complex process and expensive in terms of legal costs. It is important that you act as quickly as possible when deciding to contest a Will as stringent time limits may apply. In some cases, your solicitor may advise you to lodge a "caveat" which means that an official Grant of Probate cannot be issued and the estate, therefore, will not be distributed without your notification.

If you have reason to believe a Will is invalid

and would like to obtain legal advice please contact Hayes + Storr on 01328 863231 or email law@hayes-storr.com

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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H2SJ25003 02/17

Round the bend with Dean Baker

It's never too late to learn or it just might happen to you ...

There are 2 parts to this month's article. For part 1, it is necessary to have a basic understanding of the geography of Baker towers. Downstairs, we have an electric shower which in the summer months is a popular destination with all us Bakers, just ask the stair carpet how many wet feet trail up and down! In the cold weather the downstairs shower stands idle for days on end, no doubt dreaming of summer days. Upstairs we have a shower over the bath, it's very popular at this time of year as its location means it's only a hop and skip to a warm bedroom. But there's a problem and I won't name names, but not everyone can operate the taps to regulate the water temperature. Resulting in shouting at the taps and on one particularly fraught occasion kicking the metal bath! In this case ... if you were to struggle ... I would suggest this, because it's guaranteed to work. Start by running the cold tap on full and adding in the hot. Don't be tempted to twiddle, just stick to the formulae - full cold - add hot.

And now

The next incident didn't happen at Baker towers, but it could have. In an effort to save water in the toilet cistern one of my wonderful customers put a plastic bottle in their toilet.. filled with water this was a great idea. It reduced the water used in the flush and re-used a single use plastic ... win win. Except that the label on the bottle peeled away and blocked the syphon in the push button toilet causing the toilet cistern to constantly run, necessitating a call out from yours truly and all the angst that a problem in the home brings.

There is a tiny chance that this will happen in our corner of North West

Norfolk, but, you never know !

Until next month

All the best

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Hunstanton Air Cadets in WWII

Have you any information on our wartime members?

Following the horrendous carnage and loss of life of the First World War there was reluctance by the population to support any military organisation or the cadet forces. However by the middle of the 1930's the clouds of war were again beginning to form over Europe.

Retired Air Commodore J. A. Chamier, who had himself seen action in WWI in the Royal Flying Corps and the Royal Air Force, had the foresight, together with a group of like minded people, to see the need for young men trained in airmanship. He had conceived a plan to form the Air Defence Cadet Corps. In 1938 Air Commodore Chamier's vision of the ADCC came to fruition as the first Squadrons began to be established across the nation.

His idea had been to train young men who had an interest in aviation by setting up squadrons of young cadets in as many towns and cities as possible and to get the local people to establish and run them. The Air Commodore's plan seemed to capture the mood of the British people as they saw events in Europe unfolding and young men stepped forward to join the Air Defence Cadet Corps. As the Squadrons started to come together, to boost enrolment, it was announced that the first fifty Squadrons formed would be known as "Founder" Squadrons.

King's Lynn was the first town in Norfolk to answer the call and by December 1938 a Squadron was formed with over sixty local lads having joined. Papers were submitted and on 2nd January 1939 42(Founder) Squadron, Air Defence Cadet Corps was registered with the Air League of Great Britain.

Nationally thousands of young men joined the Corps over the next few months and Squadrons were formed in towns and cities all over the country. Each Squadron's aim was to prepare the cadets for future service in the RAF and Fleet Air Arm. They received instruction in drill and discipline and how to wear the uniform. They took part in physical fitness activities and were encouraged to do marksmanship, camping and were given the opportunity to go flying. Their motto as it still is today was "Venture Adventure".

By the end of 1939 with the outbreak of war the Air Defence Cadet Corps Squadrons lost many of their founding instructors and Officers as they were called up into the regular service. Cadets found themselves increasingly used on RAF stations as messengers and assistants for a number of tasks. The cadets of King's Lynn's 42(F) Squadron also were used as messengers for the towns Police Force.

By late 1940 the government realised the value of the cadets training in the ADCC and decided that it would take over its control. This resulted in a number of changes to the Corps and as a result a new organisation evolved with a new name...the Air Training Corps. With King George VI agreeing to be its Air Commodore-in-Chief and issuing a Royal Warrant setting out its aims the ATC was officially established on 5th February 1941.

"Whereas we deem it expedient to provide for our youth the means of preparing themselves for air service in the Air Force or its Reserves or Auxiliaries...there shall be established a Corps to be called the Air Training Corps."

By this time 42F (King's Lynn) Squadron ATC had grown to such a large extent that in addition to King's Lynn town's 'A' and 'B' Flights it had Detached Flights based further afield at Terrington (C) Flight and Hunstanton (D) Flight.

Following the end of the Second World War the roll of the ATC changed and it has now become one of the Country's premier youth organisation with almost 41,000 members (both male and female), aged from 13 to 20 years, within over 1,000 Squadrons.

Today its aims are to...Promote and encourage among young people a practical interest in aviation and the Royal Air Force...To provide training which will be useful in the Services and also civilian life...and to foster the spirit of adventure and develop qualities of leadership and good citizenship.

In 2021 the Air Training Corps will be celebrating its 80th anniversary with Squadrons organising commemorative events.

Founder Squadrons that have been in continuous existence (ADCC-ATC) like us at 42F however have two bites at the cherry as we celebrated in 2019. It is good to celebrate ones achievements but it is important that we remember all aspects of our past also. To this end in 2012, at our King's Lynn Headquarters, we created and dedicated a memorial to those members of our squadron who, having joined the squadron with such enthusiasm, sadly paid the ultimate sacrifice during the 1939-1945 conflict.

The Squadron has some archive material from its formative wartime years amongst which are two (undated) sparse lists of surnames of the Hunstanton and Terrington Flight members. We would very much like to find more historical squadron material about those (and any other) past members. Listed below are the names recorded as members of 'D' Flight from which we would like to try to find further information on their membership of the squadron and obtain copies of anything relating to 42F.

Hunstanton (D Flight).

BOND, BRADFIELD R, BRADFIELD D, BARNARD, COTTON, CROWLAND, CROWN, DANIELS, EVERITT R, EVERITT R.B, FRARY D, FROST, GREEN, GRAY R.E, HEWITT, HODGSON, HILLING, JACKSON R.J.R, KEW, LAKE, LANGFORD G, MARTINS, MATSELL L, NEVE, OUGHTON, PARSONS, PLAYFORD R.D, RIX J, SKIPPER G.A, SKIPPER R, SMITHSON, SMITH L, SMITH P. J, TINKLER, WARD, WARNES, WALDEN R.J, WALDEN S, WELLS R.W, WORREL, WHITING N.

Three of 42F's past cadets killed in action from the Hunstanton area were: George Raymond Bradfield, RAFVR, died 26th April 1945 aged 21 years. He has no known grave and is Remembered with Honour on the RAF Memorial at Runnymede

Claude Derrick Riches, Merchant Navy, died 11th March 1943 aged 18 years. He has no known grave and is Remembered with Honour on the Tower Hill Memorial, London.

John Albert Rix, RAFVR, died 2nd November 1944 and lies under a Commonwealth War Graves Commission headstone in the Rheinberg War Cemetery, Germany.

Any information about the 41 names listed above and any others known to have been members of 42F would be gratefully received, as would any information on our Squadron during WWII, and can be forwarded to Mike Lister at 3. Spring Grove, Terrington-St-Clement, PE34 4PH.



Article submitted by 42F Civilian Committee Chairman and Media & Communications Officer Mike Lister. Tel. 01553 828570
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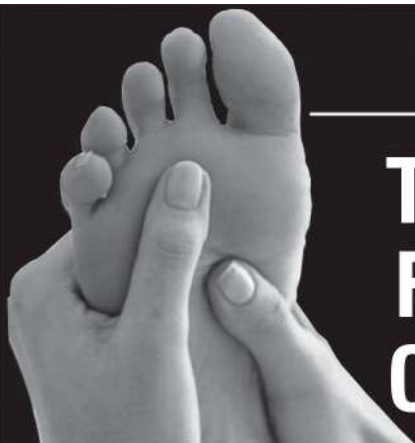
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Wild in Westminster and West Norfolk

Although the general election seems a long time ago, it is only a little over 10 weeks since polling day.

It's been quite a period of firsts for me. Sitting on the green benches in the House of Commons. Making my Maiden Speech. Voting to Get Brexit Done. Asking my first question of the Chancellor about road and rail investment. Perhaps most importantly, having my first cup of tea and a bun in the Members' Tea Room where gossip is shared and advice offered.

As a MP you lead something of a double life – less Superman and more Clark Kent.

There's a life in Westminster where, as we consider legislation and debate health, education, crime, and other issues, I can buttonhole ministers to raise important constituency issues. Recently, I've taken the opportunity for instance to press the Health Secretary on investing in Queen Elizabeth hospital, and talked to the Rail minister about improving Ely junction, as well as reversing the Beeching cuts.

Then there is the other side of the job – here in North West Norfolk. Spending time visiting schools, local businesses and charities, discussing crime issues with the police, and pressing Network Rail and Great Northern to work together to align bus and train



timetables. I'm incredibly privileged to have a role where I meet so many of the people and organisations who make this such a special place – and I even get to ride the dodgems at the Mart.

I am fortunate that I regularly get to do one of my favourite things - heading to the coast. Most Saturday's, I enjoy the Hunstanton park run to clear my head and blow off the cobwebs. And at this time of year you can have the spectacular coast pretty much to

yourself as I did at Holme beach recently. But we can't take our coastline for granted – we must act now to protect it. I spent a fascinating morning at RSPB Titchwell the other week talking about the challenges climate change poses to our coast, habitats, and biodiversity and how best to address them.

MPs are asked to join All Party Groups on topics from cricket to cancer. A new group that I've joined is on Dark Skies as West Norfolk is home to two sites – at Titchwell and Brancaster - where you can see the Milky Way and Orion with the naked eye. Given the many great pubs we have, I've also taken on the hardship of joining the Beer group and I am lobbying for a cut in beer duty in the Budget.

Looking ahead, I'm optimistic about the opportunities for West Norfolk. With increased infrastructure investment, more funding for flood defences, the Towns Fund bid to improve King's Lynn, and our heritage, countryside, and coastline there's the opportunity to get more people to #LoveWestNorfolk.

If you are a charity, school, business, or other organisation and would like to meet me then please get in touch via www.jameswild.org.uk

Norfolk MP Backs New 'Dark Skies' Parliamentary Group

James Wild MP attended the launch of a new All-Party Parliamentary Group for Dark Skies in Parliament and has taken on a role as Vice Chairman.

The inaugural meeting set out the purpose of the APPG for Dark Skies:

Highlight importance of preserving the ability for people to see a dark sky at night;

Promote the adoption of dark sky friendly lighting and planning policies;

Protect existing UK Dark Sky reserves and support potential new reserves; and

Collaborate with International Dark Sky Association and countries hosting Dark Sky Reserves - Canada, France, Germany, Ireland, Namibia and New Zealand.

North West Norfolk has two Dark Sky Discovery Sites. These are part of a nationwide network of places that are accessible by everyone and that have been recognised as places so dark that the Milky Way or the constellation of Orion can be seen with the naked eye. The two sites are: RSPB Titchwell Marsh Nature Reserve; and Barrow Common, Brancaster.

The UK has four internationally accredited Dark Sky Reserves which are the Brecon Beacons National Park, Exmoor National Park, Snowdonia National Park and the South Downs National Park with Gower. The first recognized Dark Sky Park is in Dumfries and Galloway.

Speaking after visiting RSPB Titchwell, James Wild MP said:

"I am delighted that the campaign to preserve our Dark Skies at night and to fight unnecessary light pollution has now reached Parliament.

"West Norfolk is a fantastic place to view the night skies with an active community of astronomers. If we are to inspire future generations about the wonders of our universe then we must preserve

the ability to see a clear night sky by reducing light pollution on the coast."

Parking at RSPB Titchwell is free of charge after 17:00 for stargazers using the site however be aware of water and steep slopes. From the car park follow the path past the visitor centre onto the main reserve path.

Dr Lucie May Green addressed the inaugural meeting. Dr Green is Professor of Physics and a Royal Society University Research Fellow based at the Mullard Space Science Laboratory, UCL's Department of Space and Climate Physics. She was the first female presenter of the BBC programme, 'The Sky at Night'.

Light pollution is 100% man-made and is easy to remedy through improved design, better enforcement of planning guidelines and innovative new technologies.

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Linking Up

Article by Norfolk County Councillor Andrew Jamieson, Cabinet Member for Finance

County Council Budget

March is a funny month. You start to see the first signs of spring, but you can also get that fierce final blast of winter. Any walk needs to be planned with an eye on the weather forecast.

Handily, these are all apt metaphors for the County Council's budget, which I finalised last month [with a dedicated team of council officers].

From a financial perspective, our version of winter is the continuing uncertainty and pressures that we face. We've been making savings for a decade and demand for key services, especially for adults' and children's social care, continues to rise.

So, although our spending increases each year – the net revenue budget, which pays for services, will rise from £409 million to £427.7 million – it's never quite enough, especially in a large, rural county. Demand pressures alone: things like inflation, the rise in the National Living Wage and changes in demographics, total £65 million over the next year. So we are having to run hard to stand still.

We've heard that austerity is ending, without clarity on what replaces it. The new Government has promised solutions to our big pressures – local government funding, adult social care and the vulnerable in our children's services in particular – but at the time of writing we haven't got that detail yet. It's like a long-range weather forecast – encouraging but not detailed.

Please don't think that we're sitting back. We've been making our case to MPs and ministers. We're stressing that Norfolk County Council is keen to work with the Government on the challenges facing all big

councils. I met the Chancellor recently and received a very positive reception.

So, what of the signs of spring? I'm greatly encouraged that we're shaping our own destiny and taking a long-term view. Our 'Together, for Norfolk' plan sets out our aspirations and intentions and that is guiding our approach. Instead of lurching from year to year, we're laying the foundations for long-term work that will transform lives and deliver better, more cost-effective services.

It is quite possible to deliver better services more efficiently: Take the examples of reablement and extra-care housing – by investing in these schemes, we will support people to remain independent for as long as possible. This will delay the time when they must consider going into residential care. That's what people say they want, so it is better for them as well as being a better use of our budget.

In children's services, we are investing in transformation programmes that should, over time, reduce the number of children in costly care places, providing better outcomes while costing less.

All of this is supported by our £536 million capital programme, which helps to provide the infrastructure to deliver our plans – whether it is new schools or improved roads and broadband. Capital spending is under less pressure than our revenue budget, as it is funded by grants, land sales and prudent borrowing. On a practical level I am very confident that you will see better mobile coverage and improved broadband speeds around Hunstanton by the end of 2020.

For me, delivering a budget is not just about juggling figures – it's about delivering for



people. It is also about making sure that West Norfolk gets a fair say in forming the Councils long term strategic plans.

We want children to have the best start in life; we want to protect vulnerable people; and we want to deliver a vibrant economy, making Norfolk a better place to live and work.

I'm confident that our latest budget meets the objectives we have set out in Together, for Norfolk and will enable us to deliver effective services to our residents.

So, it is good to reach out to you again; no doubt I will meet many of you soon and, in the meantime, enjoy March – a great month for walking, if you're prepared...

PS. I have had a good and supportive response to my suggestion of reducing the speed limit on the Coast Road between Old Hunstanton and Wells Also, I note the excellent letter in last month's Town and Around. I will return to this issue later in the year.



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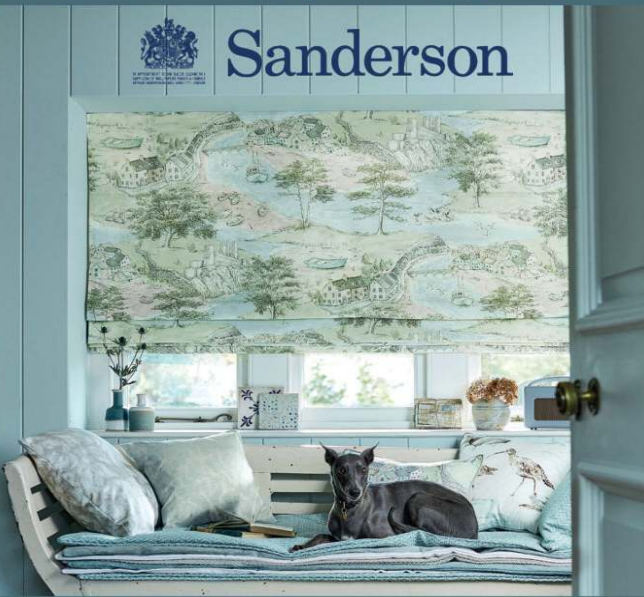


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NEWS FROM CRYSTAL CAVE & SERENITY

INTRODUCING DEBBIE PIKE, OUR NEW MEDIUM / DIVINE MESSENGER

Debbie is an International Spiritual Messenger who understands many walks of lives and different faiths. Debbie has been on a difficult journey learning about abandonment, betrayal, loss, depression, suicide, self-harming, domestic violence and lost trust in people. In 2007 Debbie had a head on car accident and at hospital collapsed and experienced an out of body experience. It was this experience that changed Debbie's life, where she met her Nan, Grandfather and Archangel Gabriel. When she returned to her body, she could see, hear and feel Angels and spirit.

Debbie, unclear of what or how to use her gift started to link with others to realise the work she had been chosen to do. Debbie now wants to empower, teach and help others to find their own inner divinity, so that they too can connect to their soul, their creator and their divine purpose. Debbie now gives readings that change people's beliefs, and people leave readings thinking in a whole new way, feeling more uplifted and enlightened, positive and encouraged. Being touched by a light that can only be termed as divine and heavenly.

Debbie will be offering monthly readings from March at The Crystal Cave. It is essential to book so please pop in or contact us on 01485 535321. From a personal experience Debbie's readings have connected me to my lovely Dad and given me peace, reassurance and the ability to gently move forward.



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HOLME-NEXT-THE-SEA NEIGHBOURHOOD PLAN UPDATE

With the end now in sight there has been a great deal of NDP activity over the past few months. Feedback from the six week Regulation 14 Consultation was absolutely tremendous and the support we received, particularly from parishioners who attended the July 2019 Open Day, was extremely positive. All comments received were carefully considered and resulting amendments to the draft policies were agreed with the Borough Council before compiling a formal Consultation Statement.

The resulting, Submission Version of the Plan together with the Consultation Statement and a report explaining how the Plan satisfies the necessary Basic Conditions, was handed to the Borough Council in September 2019. A further six week Regulation 16 Consultation was then carried out by the Borough Council inviting anybody with an interest in the Plan to make final representations. A number of developers submitted objections seeking changes to policies to accommodate significant levels of development. However the Statutory Consultees all indicated their support for the NDP and the Environment Agency expressed the view that *"This Plan has the potential to be an exemplar in the production of similar plans"*.

In November 2019, following the completion of this last consultation, the Borough Council appointed Ann Skippers RTPI, a member of the RICS NPIERS Panel and former president of the Royal Town Planning Institute, as the Independent Examiner for the Plan. Ms Skippers completed her review of the Plan, including the Basic Conditions and Consultation responses, in January. This resulted in a number of helpful modifications and concluded that with these the NDP satisfies the Basic Conditions and further that *"The 25 policies complement those at Borough level and add a local layer of detail. They will make an enormous contribution to the vision and objectives set out in Borough level planning policies. They are distinctive in nature and bespoke to the area. In short, this Plan takes an exemplar approach and fulfills the potential of neighbourhood planning"*.

The end product strongly reflects the views of our community. It is inevitable that Holme will change in the future but our NDP will help ensure that it changes in a way that suits the aspirations of our community and prevents unwelcome and inappropriate change from being thrust upon us. All those on the Parish Electoral Roll will be invited to vote in a referendum. If more than 50% of the turnout vote to support the Plan it will become part of the Local Development Framework and will be used to determine planning applications giving us far more influence over future changes in Holme.

The Borough Council is now preparing the documentation for a referendum. The date will be notified as soon as possible and those eligible will be issued with voting information. Meanwhile, the Neighbourhood Plan Team wishes to thank everyone for engaging actively with this process, giving time, consideration and a high level of support in this rather lengthy Neighbourhood Planning process.

THANK YOU

Any queries, please contact the Project Co-ordinator, Christina Jones – Tel: 01485 535065 or E mail: hnts4ndp@outlook.com

Heacham History Group

On a nasty wet evening in January we had our social evening. Awaiting us on the tables were an assortment of refreshments (I loved the cupcakes) and three quiz papers.

A general knowledge quiz, some head scratching anagrams of Heacham house names and a slide show of places around the village to identify. John Windibank had prepared a selection of photographs of places in Heacham, shot from an unusual angle, close up of a feature or pictures photo-shopped to remove something from the original. The missing item on the church is a regular entry and always defeats me. It was surprising how people keep their eyes open as they go about the village and the scores were quite respectable on the village quiz but the anagrams were a stumbling block for most of us. After the prizes, Mavis Windibank gave us a short talk on Heacham Now and Then, showing selected places as they were in the past and shared the research she had done on them. In spite of the weather it was an enjoyable evening.

In March we welcome Kevin Elfeet who will talk about "Norfolk Treasures". Kevin leads the King's Lynn Metal Detecting Club which has been running for over 30 years and has worked with Time Team at Bawsey and Brancaster. He will be telling us about treasures found below the soil in Norfolk. Come along and hear about what a serious team of metal detectors actually do. If you think they spend all their time sneaking out at night to rob archeological sites of their treasures or looking for high value jewellery to sell, then Kevin could change your opinion.

We will be looking for people to replace those who are standing down from the committee in May. It's not a difficult or time consuming commitment but we do need a reasonable number to function. If you could help, please give me a ring.

Monday 30th March 2020 at the Old Friends Hall, Sunnyside Close, PE31 7DU. 7.30pm. Everyone is welcome and admission is only £3 (Members £2)

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Hunstanton Heritage Centre's official opening in former bank building

On Love West Norfolk Day, months of work was celebrated at the official opening of the Hunstanton's Heritage Centre to the sound of the Norwich Pipe Band.

Cutting the ribbon Dr Paul Richards described the centre as "very impressive" and praised the volunteers for their effort.

Formed in 2002, the Hunstanton Civic Society's motto is Looking to the future, preserving the past... and it was Brian Holmes, who with a dedicated team, in 2103 realised his dream of opening a Heritage Centre for Hunstanton at 15 The Green when Derek and Solveig Ward agreed to let the Civic Society use their former shop premises rent free. Over recent years around 10,000 visitors passed through the centre's doors until its closure in February last year following the sale of the property.

Stepping up and providing a new home for this historical gem, the 'Hero of Haiti', retired consultant surgeon Andrew Murray, purchased the former Nat West Bank on the corner of Northgate and Greevegate. In 2010 Andrew responded to the call for surgeons after the Haiti earthquake, and operated on victims in a tented surgery in Port-au-Prince.

The exhibits in the centre offer a fascinating journey through Hunstanton's past from the Neolithic/Bronze age to the present day.

The National Chairman of Civic Voice, Ian Harvey, who works with 275 communities across the country said: "This is simply awe inspiring; what has been achieved here is up with the very best.

"You are fulfilling an essential role in the community, sharing stories that should be known nationally, and I am looking forward to spreading the story of Hunstanton."

Thanking the guests and all who are involved in the project, Civic Society Chairman Amanda Bosworth said: "The next challenge is to raise the funds and investigate grants to repay our generous benefactor Andrew, without whom we would not be here today, and secure the future of the Heritage Centre for the next generation."

Photos: Ian Burt



Andrew Murray is pictured centre back with Civic Society members and Ian Harvey



Above: Norwich Pipe Band march around the town

Below Left: Inside the Heritage Centre. Below right: Dr Paul Richards cuts the ribbon



Borough Council News Heacham, Sedgford and Fring

Terry Parish Independent Borough Councillor

(Currently) Leader of the Independent Group, Borough Council of King's Lynn and West Norfolk

Spring is almost here and the thoughts of some turn to covering new growth with concrete and bricks. Be vigilant readers.

Meanwhile, at the seaside: there are no plans to replace the groynes on Heacham Beaches; I have asked why. £400,000 over 4 years is going to be spent on those at Hunstanton. Half of that is coming from the Borough Council.

Parking charges are going up as the 'third hour free' concession has gone, so 'up to 3 hours' will now cost £5. I have been arguing the case for lower charges, particularly at South Beach for years. I objected to this latest rise and am, at the time of writing, awaiting a review. I am not anticipating any success. At the same time, free parking along South Beach Road will go. There has been no assessment of the impact on businesses at the beach.

Still on the beaches and in the sea: At a meeting of the Environment and Community Panel, both the Environment Agency and Anglian Water gave a report on sea water quality. A very interesting presentation and it is good to know how monitoring takes place. However, the bathing water profile for Heacham has been classified as 'sufficient' in 2017, 18, and 19 whereas it was 'good' in 2016. The EA stated it should be 'good' and are investigating why it isn't. (Hunstanton sea water follows the same pattern whereas that at Old Hunstanton is consistently 'good').

Bathing water profiles are based on the presence of two bacteria: E.coli and Intestinal Enterococci. It is some presence of the latter which is depressing the standard from 'good'

to 'sufficient'. Anglian Water maintains that discharge from the sewage treatment plant, which enters the sea at South Beach, is sterile as it is UV treated, so other potential sources for Enterococci are being looked at, e.g. properties close to the beach, ditches, farmland.

Microbial Source Tracking reveals that dog faeces make no contribution to the Enterococci loading. During initial investigations the EA did notice that dog bins were not in optimal positions, i.e. none could be seen, an issue I again raised.

Tree planting across the Borough appears to have stumbled before the first hole has been dug. An implication that the Borough was just going to fit in with the County intentions has been denied. Meanwhile, anyone with spare land should consider making it available for trees – singular, copses, woodland. Those of you who like removing trees, please stop.

The King's Lynn Transport Study has had a bit of a rocky reception whatever you read in the newspapers. How much it will affect this Ward depends on whether you travel in and around Lynn. Recent government announcements about rural transport and cars might have greater impact.

The Single Use Plastics (SUP) working group is ticking on and, due to the efforts of officers, some progress in reducing their use in Borough operations is being made. The Borough Council again failed to consider a motion relating to a 'Climate Emergency'. It appears that the much-awaited new Environment Policy will incorporate measures to reduce carbon contributions and firm up



SUP recommendations. We shall see.

The Community Infrastructure Levy task group is nearing completion of its work and, if Cabinet agrees to its recommendations, Parish Councils should know them in the summer.

Heacham – no news re Cheney Hill. The importance of the Neighbourhood Plan cannot be overstated. I am still waiting for local businesses to indicate what they might like done to help them develop.

Sedgford – the Parish Council is continuing to investigate Heacham River flow problems (summer extraction etc). I raised this, too, at the presentation mentioned earlier. The Parish Council is also active when planning applications come in and this is recognised by officers who respond appropriately.

Fring. Has anyone got any problems? Has the recent heavy rain found its way into the recently cleared drains?

Not strictly for birds

John Maiden

It was as a real pleasure to be present at the RAF Sculthorpe Heritage Centre on February 10 at the invitation of curator Ian Brown, who is to be congratulated for assembling a very interesting and varied display in such a short period of time. Sqdn Ldr David M Jones and I were there on behalf of Hunstanton & District Civic Society to witness the arrival of a silver pheasant, which will be on permanent loan from the Memorial Library in Norwich. The original pheasant fell victim to a serious fire, but its replacement serves as a reminder of the lasting friendship between the people of Norfolk and the United States Air Force, which dates back to the 1953 Floods.

The original silver pheasant was presented to the Base Commander at Sculthorpe, Colonel David M Jones by Sir Edmund Bacon on Armed Forces Day in 1954, as a token of this friendship and in gratitude for the part played by the USAF in response to the Floods. The pheasant is back at RAF Sculthorpe, thanks to the initiative and enthusiasm of Ian Brown. Without his dedication and hard work it is unlikely that the Heritage Centre would ever have found a home in part of what used to be the 'All Ranks Mess' at RAF Sculthorpe. The Heritage Centre located in Wicken Green Rural Centre, NR21 7RR is open to the public on the first Sunday of every month 10 am to 4 pm from March through to November. Contact details: Tel 07766 715548 Email forgottencoldwarbase@gmail.com

When the Hunstanton Heritage Centre had its official opening on February 14th Ian Brown kindly brought over the pheasant in order to introduce it to Lt Col William Kelly, Commander of the USAF 67th



Special Operations Squadron, also known as the 'Night Owls'... Moving 'swiftly' on from pheasants and owls to birds much more familiar to local residents, I have been asked by a former member of Hunstanton 'Seagulls' swimming club to inform other former members of a reunion that will take place at Hunstanton Sailing Club on May 15th at 2 pm. For further details please contact marilynstreet@hotmail.com or john.maiden123@btinternet.com or tel. 01485 572195.

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HUNSTANTON DEVELOPER HELPS TO RAISE OVER £200,000 FOR CHARITY OF THE YEAR, CORAM BEANSTALK

McCarthy and Stone's team in Hunstanton has helped to raise an incredible £200,000 through its year-long fundraising partnership with national reading charity Coram Beanstalk, achieving twice the target it set for the year.

In 2019, McCarthy and Stone announced it had chosen Coram Beanstalk as its charity partner to help improve the outcomes of children who struggle with reading, while promoting the wellbeing benefits of intergenerational volunteering among its nationwide communities. Originally setting a target of £100,000, all those at its Eastland Grange Retirement Living Plus development on Valentine Road in Hunstanton have helped double the amount it expected to raise following a great response from its employees, residents and partners.

Coram Beanstalk recruits, trains and supports volunteers to provide one-to-one support to children aged three – 13 years old who have fallen behind with their reading levels and confidence. One in four children across the UK leave primary school without the skills to read, while 5.1 million adults are functionally illiterate. The support Coram Beanstalk volunteers provide significantly improves the outcomes for children across the UK by transforming reading abilities, enjoyment and confidence.

John Tonkiss, McCarthy and Stone's CEO, said: "I am immensely proud of all the fundraising efforts over the past year, from all our employees, residents and suppliers in Hunstanton. It's great that we can support Beanstalk and all the wonderful work they do in making a real difference to children's lives, while helping to inspire the next generation of readers.

"We are extremely grateful for the support shown by the team in Hunstanton who made a great contribution to the overall fundraising total, with people dropping-in to its developments to take part in various activities including a Christmas hamper raffle. Suppliers and contractors also backed the regional team's fundraising efforts, with financial donations and their participation in events and activities.

"It has been a truly remarkable year in the history of McCarthy and Stone, and we are very proud to be presenting Coram Beanstalk with a cheque for such a considerable sum."

Ginny Lunn, Managing Director for Coram Beanstalk, said: "This is a phenomenal fundraising achievement. McCarthy and Stone's wonderful employees and residents have gone to great lengths and worked very hard this past year to raise £200,000 for us. We would like to say a sincere thank you to them all. The funds raised will make a real difference to thousands of children who struggle with reading and will help us expand our reach and deliver more vital reading support to children across the country who most need it.

"We have enjoyed a fantastic partnership with McCarthy and Stone this past year and are very grateful to have been its charity of the year. What has been really special about this partnership is that it has achieved much more than fundraising, it has created a lasting relationship with McCarthy and Stone who throughout the year have become reading helper volunteers in schools themselves. This will hopefully continue beyond the year-long partnership helping us reach more children over the coming years." More than nine out of ten customers would recommend McCarthy and Stone to a friend, ensuring it has received the full Five Star award for customer satisfaction from the Home Builders Federation for 14 years' running. McCarthy and Stone is the only UK housebuilder of any size or type to achieve this accolade for 14 consecutive years, which is every year the awards have been run.

For more information about McCarthy and Stone in Hunstanton, please call 0800 201 4811 or go to <https://www.mccarthyandstone.co.uk/retirement-properties-for-sale/eastland-grange-hunstanton/> To find out more about the partnership and how resident and supporters got involved please go to www.beanstalkcharity.org.uk/mccarthyandstone.

Hunstanton & District Civic Society

Talks Programme

The picturesque signs in the villages of Norfolk are one of the county's fascinating features. On Wednesday 18 March, Mike Weatherstone is to tell us about the history of these signs and what they tell us about that particular locality.

Admission £1 for members and £4 for visitors. The full programme of talks and much more information can be viewed on our web site at www.hunstantoncivicsociety.org.uk.

Heritage Centre

To have had an official opening of the re-located Heritage Centre shortly before it closed down for the Winter, did not seem sensible. Therefore the opening was postponed until Friday 14 February, just before the Spring half term. Although the day was quite windy, the rain held off. The City of Norwich Pipe Band created a lovely, lively atmosphere as they paraded twice around the town centre. The gold ribbon was cut by local historian, Dr Paul Richards and his partner Alison Gifford, chair of the King's Lynn Civic Society. Our special guests included Gary Tuson, Norfolk County Archivist; Ian Harvey, the executive director of the national organisation Civic Voice, who travelled from Liverpool to be with us, and Peter Wakefield of RailFuture.

Until the clocks change on Sunday 29 March, the centre will be open to the public on Saturdays, Sundays and Wednesdays from noon until 3 pm. During March, there is a special exhibition highlighting the activities and achievements of the Docking History Group. Other local groups in the surrounding area will be featured each month.

Visits

The first of this year's visits has been arranged for Thursday 16 April when we will be going to Blickling Hall near Aylsham. Full details and the booking form are on the web-site.

Hunstanton in Bloom

If you happen to be walking by the Heritage Centre you may notice that there are some changes taking place in the area that surrounds the building.

This used to be a somewhat severe space fitted perhaps to the days when the building was a bank.

We saw this as a creative opportunity and decided to make the space more pleasing to the eye and more appropriate to our new venture of the Heritage Centre. Our little team of gardeners have been transforming the ground.

In addition we have turned this project into a community one; we now have two students from Smithdon High School who are pursuing their Duke of Edinburgh awards working with us. They will also be helping with the end of winter clear up of the other beds we maintain in the town – St Edmunds Chapel Garden and the Signpost Garden.

We hope this new creation will provide natural interest and colour at this end of the High Street. If you are passing by and we are working there do come and say hello!

Development and Regeneration

A further public consultation was arranged by the Borough and held in the Town Hall on 27 February about development proposals along Southend Road and the car parks.

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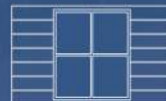
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How will the Good Work Plan affect you?

Kim Cross, Solicitor

The media has increasingly scrutinised modern employment practices over the last few years, for example featuring stories about the rise of the gig economy, the use of zero-hours contracts, the growth of part-time working and the employment status of contractors working with a single employer.

With an eye on this, the government has launched its 'vision for the future of the UK labour market', dubbed 'one of the biggest shake-ups of employment law in a generation'. The changes are comprehensive, so it is worthwhile for both employers and employees to have an understanding of the new laws.

The Good Work Plan is the Government's response to the Taylor Review of Modern Working Practices. It aims to 'significantly change the enforcement landscape' of employment rights to accommodate the new ways of working which have come about with the emergence of new digital platforms.

A couple of changes have already taken place. All workers now have the right to a payslip (with hourly-paid staff also having the number of hours worked outlined). Penalties for 'aggravated breaches of employment' have also been increased.

On 6th April 2020, a range of new measures will come in:

Currently, employers have to provide a **written statement of particulars of employment** to all employees who will be working for a month or more within two months of the start of their employment. This will now have to be given to all workers as well as employees, it must be given on or before day one, and must now also include;

- The days of the week on which employee is expected to work
- Whether these days are variable and how any variations will be determined
- The benefits that the employer will provide
- The duration of the probationary period and the conditions for passing
- Details of training entitlement and mandatory training

Currently the holiday pay of a worker with irregular hours is calculated by averaging the hours worked over the previous 12 weeks. The new legislation will **increase in the period over which holiday pay is calculated to 52 weeks**. This aims to be fairer for seasonal workers and others whose working hours fluctuate over the course of a year.

There will also be **increased protection for agency workers**.

Currently certain distinctions exist, which can mean an agency worker will not be paid the same as a permanent employee. These will be abolished in April 2020 and comparable pay will subsequently apply to all agency workers after 12 weeks.

There are future changes planned, which do not currently have an implementation date. These are an **extension of the 'break of service' period** from one week to four and giving all employees with at least 26 weeks service **the right to request a stable contract of employment**.

Whether you are an employer or an employee it is important to understand how the new employment regulations will affect you. The employment law team at Fraser Dawbarns have experience helping both employers and employees and can help you navigate the changes that the Good Work Plan will bring.


A large background image of two hands shaking in a firm grip, symbolizing agreement or partnership. The hands are wearing dark suit sleeves with white cuffs.

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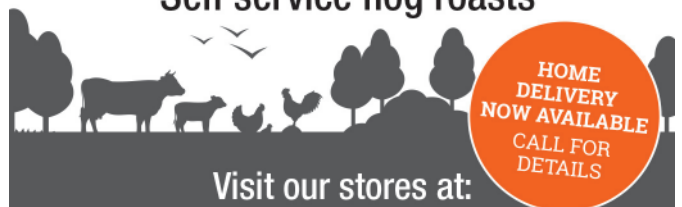


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On the turf with Charles Joyce

As March brings the beginning of the flat racing system with the Lincoln Handicap at Doncaster and the culmination of the Dubai Festival at Meydan, the Cheltenham Festival is upon us. Last year Gordon Elliott had a miserable Cheltenham with just three winners from forty five runners, but a little system that found two of those winners from just two runners, is very simple. Irish bred runners in handicap hurdlers that ran in a non-handicap in their last race and have won at least one of their last three races. All the winners in the trend were a double figure price, and while it's not always possible to know the horse's starting price before the start of the race, I'm wary of any of these that started odds on in their last run.

His other winner last year fitted the following successful trend. In non-handicap chasers his seven to nine year olds that have run at least five times in chases, and do wear a tongue tie. Horses that wear attachments do not do so well at the Cheltenham Festival, but the Meath trainer's runners in non-handicap chases buck that trend. The prices will not give us a return to retire on, but the strike rate is pleasing.

Taking too much notice of what is said pre-race by those involved with the Willie Mullins stable has to come with a wealth warning. The County Carlow trainer is renowned for his bumper runners. Cheltenham is no different. In 1996, Willie Mullins became one of the few in recent times to ride as well as train the winner of a grade one race when Whither or Which won the Cheltenham bumper. It was the first of his eight Cheltenham Festival bumper winners. This year the problem is he is likely to have multiple entries in the bumper. Seven of those eight winners were Irish bred five year olds with no more than two runs in their career, and who won their last race. None of the winners had a starting price above 25/1, but only one was a single figure price. A bit of a strange fact is that although Irish bred themselves none of his winners had an Irish bred sire. One type of race to beware of Willie Mullins is with his handicap chasers at the Cheltenham Festival. He has not had a winner in handicap chases in the last 12 years.

Anyone who enjoys taking a tilt could look at the four year old handicap hurdle. Since 2006, this race is famous for the difficulty in finding the winner, but when we do it is usually at a working man's price. Irish or French bred runners that have won at least one of their last three races, did not finish second or third on their last run, but did complete, do not wear a tongue tie, and ran in a hurdle race the last time they ran. This would have found 11 of the 14 winners since 2006. Three of the winners were favourites, but the others were very rewarding. There is one other we should consider for this race which is any runner trainer Paul Nicholls brings from France.

Looking at the championship races. The Queen Mother Champion Chase looks to be Altior's if he shows up in his best form. At ten years old he is seeking to emulate Badsworth Boy who is the only horse to win this race three times since its inception in 1959. For that reason and his price I'll be a watcher rather than a player. The Champion Hurdle and the Stayers Hurdle are too much of a Willie Mullins conundrum with doubt still around whether Honeysuckle going for the Champion Hurdle and Benie Des Dieux going for the Stayers Hurdle, because one or other of them could go for the Mares Hurdle which Willie Mullins has won nine times in the last eleven years, finishing second with one of his runners the other two years. This leaves the blue riband itself, the Cheltenham Gold Cup. Al Boum Photo broke Willie Mullins's duck in the race last March, and will seek to follow in the steps of Best Mate by repeating this year. Before Henrietta Knight's chaser won his triple, the last horse to go back to back in the Gold Cup was L'Escargot in 1971. He went on to take the Grand National in 1975 beating no less a horse than Red Rum into second place. It's a tall order. This century only Kauto Star who is the only horse to ever regain the blue riband and Native River are the only two horses to have previously been beaten in the Gold Cup and go onto win. In 2011, Long Run became the first winner since Mill House in 1963 to win younger than seven years old with the last winner older than nine years old being Cool Dawn in 1998. Lord Windemere in 2014, and Al Boum Photo are the only winners not in single figure odds starting price (usually the first three in the market win this) to win this century. Every winner this century had rested at

least five weeks. I am torn between Nicky Henderson's Santini and Gordon Elliott's Delta Work. At the meeting last year they finished second and third to Topofthegame in the 3 mile plus novice chase. I'll stick with Delta Work, but have a saver bet on the home hope.

The novice chases look very tricky. Notebook has taken all before him in Ireland this year winning two grade ones beating the next two in the betting for the Arkle Chase in doing so. Since the five year old allowance was totally abolished that age group have not fared well, which is a black mark against Fakir D'Oudairies, but he's far from out of it. If the race is to go to Ireland Rachel Blackmore's mount is the one most likely to do it. Of the home contingent Olly Murphy looks to hold the key with either Brewinupastorm or Itchy Feet likely to give a good account of themselves. Both are entered here and in the novice chase on Thursday. The same can be said about Welsh trainer Evan Williams's Esprit Du Large, but trainers from Wales, Scotland and the North of England do not have a great record at recent Festivals. So I'll stick with Notebook, even though he does not have Cheltenham form of note.

The 3 mile plus novice chase on Wednesday has usually been an easy one to get. An Irish bred seven year old often wins. Favourite Champ fits the trend, but I'm wary of a horse that fell in his last race, which is also a black mark against Battleoverdoyen. So I'm going with Minella Indo for Henry De Bromhead, and hopefully a second winner for Rachel Blackmore. He has only run and won one chase, but is clearly talented winning the grade one three mile hurdle race at last year's Festival which has produced five of the last ten winners of this race. Willie Mullins may run Allaho who was third in that race. He is a French bred six year old. While Willie Mullins has a poor record in handicap chases his record with six year olds in non-handicap chases at the Festival stands up well to inspection, especially if there is market support at 5/1 or less. He also has six year old Easy Game entered and he beat Allaho before going down to Faugheen. But second guessing which horse Willie will run in what race is the way to the workhouse, it has happened that even the owners don't know. So best wait until the day. Of the home contingent Nicky Henderson's Pym could give a good account of himself.

On Thursday the intermediate novice chase is a nightmare to fathom with trainers opting in or out of the races on day 1 and 2. But I see little alternative to taking on the favourite Faugheen. A twelve year old taking on horses with legs half his age is a tall order. The last horse older than ten to win a class one non handicap race here was Moscow Flyer in 2005. A well supported six year old from the Willie Mullins stable or one from Olly Murphy looks the place to start. Later in the day the Ryanair Chase is due to be run. There was 12/1 around about Cyrname. That was clearly wrong for the highest rated horse in the country, if he was to go there even given his relatively poor record on left handed tracks. Willie Mullins may send Min. and Henry De Bromhead will be hoping that Rachel Blackmore can get A Plus Tard home. But on the new course at Cheltenham I have to be with Frodon if for no other reason than Bryony Frost's post-race interview. If she wins it will be worth watching just to see and hear her gush glowing about the horse.

In novice hurdle grade one races since 2005, 38 of the 42 winners were rated before the race at 135 or more, there were 3 winners that did not have a rating; 36 were five or six years old; 40 started at 33/1 or less; (Samcro at 8/11 in 2018 is the only favourite to win since Douvan at 2/1 in 2015. The last British trained favourite to win was At Fishers Cross at 11/8, in 2013) 36 finished in the first two last time they ran; 41 had been off the track more than 2 weeks, but less than 13 weeks; 31 had previously won a graded race (grade 1,2 or 3); 37 had won at least one of their last three races; 38 started at 8/1 or less on their last run; (15 were odds on the last time they ran, but that is from a total of 140 qualifiers) 32 had between 2 and 4 runs over hurdles; 35 had raced either once or twice in the previous 13 weeks. - No winner had raced more than 3 times in the previous 13 weeks: Some of the trends will be stronger than others, but they are all very rough guides to help find the winners.

If betting in handicaps be wary of jockeys claiming an allowance. The last winning jockey claiming more than three pounds allowance

was Nico De Boinville, in 2014, when Whisper won the Coral Cup. The last three jockeys to win a handicap claiming any allowance were female, Lizzie Kelly twice and Bridget Andrews.

Arctic Fire, in 2017, is the only German bred winner at the Festival this century from more than a hundred that have tried.

Sometime before the meeting bookmakers will go non-runner no bet. If looking to take a price that is the time to go in, because if your horse does not run in the race you want it to your money will be returned, and with so much doubt surrounding where some trainers will send their horses the insurance is well worth the wait. But if waiting to bet on the day you'll have a better idea of the opposition.

Before finishing off with the racing, the last ten winners of the Lincoln Handicap, due to be run on 28 March, had been off the track for at least five months; all were aged between four and six years old; all started at 25/1 or less; 9 carried at least nine stone but less than nine stone five pounds; 8 had an official rating of 98-104; William Haggas, Charlie Appleby and Richard Fahey have won six of the ten. So a horse of age, weight and rating trained by a top trainer is a place to look. This year Roger Varian has top weight Sharja Bridge who may well run with the intention of keeping the weight off Mutamaasik.

The first Saturday in March sees Chelsea play host to Liverpool in the FA Cup. In the last two rounds Jorgen Klopp has sent out a team devoid of most of the first team. The bookmakers underestimated them when going odds against in the Shrewsbury replay at Anfield. This will be a totally different test to that match, and who the German sends out will give us an idea of how he rates the FA Cup. Neither team will relish a replay with the second leg of the Champions League the following week. Maybe by the end of the month Liverpool could provide Town and Around with another winner by being beyond catching in the Premiership. Time will tell.

In the meantime as always. Remember the golden rule of punting. Pay the bills first and under no circumstances bet if you cannot afford to lose, because even the best professional punters lose more often than they win.

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Soup - with the Prudent Pensioner

Soup makers are becoming quite popular. I haven't invested in one myself; I still use a saucepan but I was pleased to hear from a lady who, using my recipe, had made tasty vegetable soup in her new soup maker. May be I will share that recipe next month, although I thought perhaps a cake recipe would make a change.

I would imagine this recipe would also work well in a soup maker. The flavour of the broccoli and the sweetness of the parsnip make a delicious way to take 3 of your 5 a day.

Broccoli Carrot & Parsnip soup.

Makes approx. 700ml/1¼ pints

1 med Shallot or small onion

A knob of Butter

Potato approx. 115g/4oz

Carrots approx. 115g/4oz

Parsnips approx. 115g/4oz

Broccoli Approx. 200g/7oz.

Chicken or vegetable stock cube dissolved in 500ml hot water.

Salt and Pepper to taste

Cut florets from broccoli and leave to soak in lightly salted water. Trim off and discard discoloured part at base of broccoli stalk. Peel stalk and cut into small pieces.

Peel shallot/onion and slice fairly thinly. Peel potato, parsnips and carrots and cut them into small pieces.

Put butter into a saucepan over a low to med heat, add shallot/onion, stir well and cook for 1 minute stirring constantly

Add potato, broccoli stalks, carrots and parsnips, stir and mix well. Carefully add stock, increase heat and bring to boiling point. Reduce heat and leave covered, simmering gently, for 10 minutes stirring occasionally.

Rinse broccoli florets in cold water and add to stock. Increase heat for a few seconds until liquid is simmering gently. Simmer for further 5-10 mins or until all vegetables are fairly soft.

Strain off most of the liquid into a jug, put aside while you either put vegetables into liquidiser or use a hand blender and whizz until pureed. Carefully return liquid to pureed vegetables in a saucepan, stirring gently to mix well. Season to taste. Reheat stirring gently. Serve and enjoy.



This recipe can be found in "Less Waste More Soup" 30 easy Budget friendly recipes for nutritious, delicious soup from a Prudent Pensioner Doreen Reed. Now available from Amazon (Amazon Books then search for Doreen Reed or direct from my website)

For details of my books and more of my recipes and 'How to' Video clips

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West Norfolk and King's Lynn High School for Girls Reunion

Ex pupils from the former West Norfolk and King's Lynn High School for Girls are invited to another great reunion on April 25th at Springwood High School.

A fantastic opportunity to meet old friends, reminisce about green berets, gym knickers and share fond memories. All ex girls and staff are welcome.

For further information email Sue: sue.oga@icloud.com or call Veronica on 07522 783638 or West Norfolk and King's Lynn High School for Girls Facebook page.

Crazy is good. Disappointed is not so good..

The last two months have been rather crazy in the office. Just when you think you can catch up on paperwork there are about a dozen out of office appointments which you know will take at least an hour plus travel. Plus people wanting to chat in the office – not that we mind as this is our job. So again, paperwork is pushed aside. However, the appointments lead to new properties and we can always do with these to offer our guests. Such a good thing. Even better is that a few of them are for small properties suited for couples or singles. So the more we have to offer from our register the better. And our register is growing! The Norfolk coast is not just seaside orientated for families with children, it is popular for smaller groups too and I don't think there are many one bedroom properties about. We are pleased with the booking achievements on the smaller properties we have but we have to turn people away. But now we have more one bedroom properties available. So please keep a mental note just in case anyone asks about smaller accommodation as we may be able to help.

Besides these gorgeous little properties we also have many two bedroom properties, a lot of them bungalows which are popular for those who 'do not do stairs for various reasons'. We cannot seem to get enough of these as bookings are always excellent. We have many larger family properties and what has surprised us, is a new fabulous five bedroom house (three ensembles) of a very high standard totally refurbished near to the cliff tops. Within a few months it has gathered many bookings for the forthcoming season and we are only in February. We hope that the families who have booked it, enjoy the quality it offers and will not be disappointed.

Last month we were offering something for FREE. Yes, FREE. No charge and in fact we would do the work for you. Again, I am asking businesses if they would like to offer a discount of their own choice for holiday guests – meals, entrance fees, etc. Just let us know what deal you may have on offer (including/excluding busy periods) and we can add your business to our Bonus Card. Take a look at our website on the Bonus Card section (details below). We need a logo (minimum size 600dpi in JPEG), in Word or PDF – what you offer, dates of offer, email and website please. Our guests may be tempted to use your business, recommend and/or return to you. Simple. Free advertising as you will have a link from our website and details are given to each holidaying guest when they arrive at our office. Call us if you need more info. Only one taker from Town and Around last month, such a disappointment.

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Heacham and Hunstanton at night

Terry Parish

As you read this Spring will be imminent. The 20th is the Vernal Equinox when the length of the day equals that of the night. It is also the first day of Spring.



Internet

On the 29th you will lose an hour's sleep when you put the clocks forward and British Summer Time starts.

February certainly was 'February Fill Dyke' and contrived to steal 'March Winds' too, although I suppose March could be even windier. The weather, once again, conspired to hide the skies though there were several frosty nights when the stars glittered.

Venus shone down so brightly it pierced even thin cloud and I saw it adjacent to the crescent Moon too. The planet continues to hang high in the SW this month, setting at about 10pm on the 1st but not until after midnight as April begins. It will have a magnitude of minus 4.3 (see last month).

Uranus, the green-blue ice giant discovered by Herschel, is in the apparent vicinity of Venus on the nights of the 7th and 8th. Binoculars held steadily on Venus should also show a greenish 'star' about a thumb's width to the left. This is Uranus, some 1.75 billion miles beyond Venus.

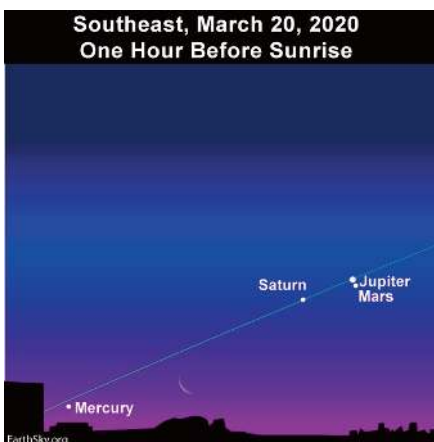
Venus is a very hot, rocky world about the same size as Earth. It is covered in a very dense atmosphere of carbon dioxide and nitrogen that supports clouds of sulphuric acid which reflect light well. Uranus is a frozen world almost 5 times the diameter of Earth with an atmosphere composed of hydrogen, helium and methane.

Venus and Uranus do have one thing in common, their spin is retrograde, opposite to that of the Sun, though Uranus complicates matters as it is tilted right over.

On the evenings of the 28th and 29th, the Moon, Venus and The Pleiades are all in the same area of sky that can be covered by a fist.

Other planets are early morning apparitions. Between the 15th and 20th look low down in the SSE from 5.30am. Strung out with the Moon will be Saturn, Jupiter and Mars. Jupiter rises from 4am and is a bright -2. Mars and Jupiter are very close and in conjunction, closest, on the 20th. If you have a telescope, on the 23rd from 4.30am. look just to the left

and above Mars; the faint dot you might see will be Pluto. On the 31st, at 6am, Saturn and Mars are very close together.



Internet. A crescent Moon will also be following the same track.

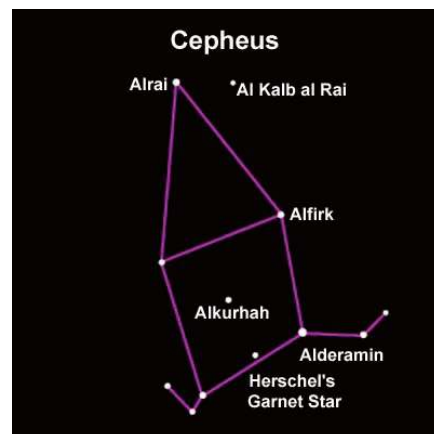
Warmer spring evenings might tempt you to stay out longer and look at the stars. To the north find the constellation of Cepheus which looks like the gable end of a house. Cassiopeia, the W, is to the west. Cepheus is at the edge of the band of light which is the Milky Way. Scan along the bottom of the 'house' with binoculars and find fuzzy blobs some of which are entire galaxies, others are star clusters and nebulae.

In the same area a red star will be found, the Garnet Star. One of the largest in the Galaxy, if placed where our Sun is, it would encompass the orbit of Jupiter. Cepheus also contains another red supergiant, 5000 light years distant, 1,400 times as large as the Sun; it has a blue companion.

The first star discovered which is now described as a Cepheid Variable is, unsurprisingly, in Cepheus. It pulses in brightness over a period of 5 days and 9 hours. Many other such variables have since been found and it is known that the frequency of their pulsation is directly related to their absolute brightness. Measuring their apparent brightness from Earth and comparing it to their (calculated) absolute brightness means their distance can be determined. This 'ruler' was and is important in determining the size of the galaxy and the distance to other, nearby, galaxies. Type 1a supernovae provide another yardstick for greater distances.

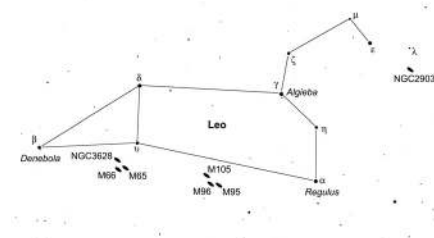
Last, but not least, Cepheus is the home of a Quasar (Quasi Stellar object) which has one of the most massive black holes known at its centre – 40 billion times as massive as the Sun. As gas falls into the black hole from the accretion disk around it, vast amounts of energy are released in the visible spectrum. This quasar is one of the most energetic objects known.

So, look towards Cepheus and wonder.



Internet

Look South to find the constellation of Leo, the lion that Hercules slaughtered – not very correct today. I get Leo mixed up with Lenny the Lion. Anyway, Regulus, on the top of the left foreleg, is the bright star in Leo. It rotates once every 16 hours – so fast that the star bulges around its equator. The star Algibea, the lion's shoulder, is a nice double through a small telescope. And Denebola is the tip of the lion's tail. Distant galaxies lie under the lion's belly.



Internet

Space mission activity: The Spitzer space telescope was shut down in January, ending a 16-year exploration in infra-red astronomy. Not as publicly lauded as Hubble, Spitzer has likely done a lot more science and has looked back to a universe which existed 13 billion years ago.

A fourth batch of Starlink satellites has been launched, making 240 in total. Space X intends launching over 700 by the end of the year. Other companies are doing the same and the forecast is for more satellites to be visible in the sky than stars. Observational astronomy is being compromised and many scientists are outraged.

China's Chang'e lunar lander has completed a year on the farside of the Moon and remains in full operational order.

The joint NASA /ESA Solar Orbiter mission is on its way.

This year, Boeing's starliner and Space X's Crew Dragon will start taking crews to the International Space Station.

There will be a number of missions to the Moon this year. Look out for OMOTENASHI – Outstanding Moon Exploration Technologies, demonstrated by a Nano scale, Semi Hardened Impactor (Japanese of course).



Internet. A recent Chinese selfie on the far side of the Moon.

Mars missions will be avoiding each other as the red planet is in favourable opposition on October 13th (just like in War of the Worlds). Launch windows start in July.

So, hope for clear, dark nights with no rain or wind, look up and count satellites.



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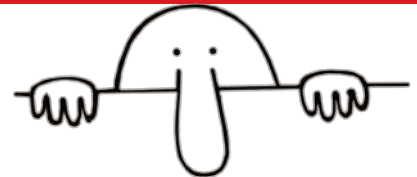
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Letters to the Editor

Letters for the April edition can be e mailed to:
 editor@townandaround.net
 or sent to the postal address on page 2

Regeneration of Hunstanton

As an owner of two businesses on & just off the High Street I felt compelled to comment on the letter written in the February edition of Town & Around regarding the Regeneration of Hunstanton. There are some good points made alongside some where frankly very little can be done. To compare Holt a town with Georgian architecture and a longer history than Hunstanton feels a little unfair and yes it looks pretty but it too suffers from the same issues facing businesses in Hunstanton. The ownership of many shops in Holt at times appear to be like a game of musical chairs. If you are like us infrequent visitors to Holt due to the fact that we are in our businesses working it never fails to surprise us that often within the space of 6 months a shop you visited has already been replaced by something else. Having an attractive facade therefore isn't the issue or the problem.

As to the question where will people shop when all the new developments have built because of the limited range of retail outlets it should be pointed out if it is not blindingly obvious that if the population of Hunstanton used what was there more regularly then a bustling thriving high street encourages other businesses to open. Success breeds success and businesses go to locations where they feel they can be successful. The deeper question as to what Hunstanton wants to be is something which I believe is being asked constantly but whatever the answer you'll always have people against the plans. There are those who don't want things to change and yet want more retailers to choose from. And those opposed to change and modernisation and a general "dragging the place into the 21st Century" There is no reason why the town couldn't offer everything a seaside resort offers holiday makers whilst at the same time offering a more extensive retail experience. However this requires greater efforts by those in a position to influence and promote the location and for there to be a concrete plan in place as to how many visitors the town can cope with, what they will do when there are here, how many the town can comfortably cater for in terms of parking, public transport, and general facilities which would be required. Ideas and plans and activities and additional reasons for people to visit the town outside of times purely suited to sitting on the beach as it's not coincidence that the high street I never as busy as people would think it would be on really high days.

Those responsible should treat this no differently to a sales process. Setting targets of people to get into the area. Setting targets for people to come to the high street and therefore looking throughout the UK at regions and areas where a high street has successfully revitalised, what it did, how it did it and what could be done to start the process here in Hunstanton. I've regularly seen people dismiss plans such as the planned building on the Kit Kat club site and or the proposed budget hotel and say we don't need things like that we have enough businesses offering bed and or we just need more green spaces and they miss the point that what they're advocating is to do nothing. Which is of course fine, the town could just do nothing but if nothing is done we can't complain if the high street doesn't inspire us all.

Best regards

Mark Kacary, Managing Director

Regeneration of Hunstanton

As a "local", I felt compelled to reply to Mr Harris. I think that is why he wrote so provocatively! If we all just read and stay quiet, the powers-that-be may think we all agree with him!

A prosperous, thriving town is good for locals. This must be the first consideration. We are the people who committed to living here.

The first priority must be a town where the infrastructure can support the growing population. This includes GP's, dentists, education.

Then the transport links must be improved. It is time for a rail link to King's Lynn. The present A149 is not fit for purpose. A reliable and reasonably priced link to King's Lynn and on to Cambridge, London and the rest of the world will open up the boundaries for our young people, offering access to further education, training and employment.

Our housing stock must include more homes for people on low

incomes who live here permanently.

Our beautiful environment could be the backdrop for providing high quality facilities for both the study of long term illnesses and the care of patients. This would provide residents with training, employment and care as their need arose.

Tourism was and is part of Hunstanton but this cannot be based on retail outlets - that era has passed. Better to promote and share the natural beauty of wildlife, seascapes. This would include appreciation of the mellow stone buildings. We have plenty of examples in the town where the old has been replaced by the new - for instance, the buildings erected in the '60's - do they really enhance the environment or attract tourists?

There will be many other points of view. Let's hear them!
 Hunstanton Local (name & address supplied)

Letters about everyday matters

Dear T & A, as we've entered a new year and decade, I'm relieved to say that so far in your letters pages I've read nothing about the never ending saga of the Pier! Am I not the only reader who is whole heartedly sick and tired about reading about covenants, deeds, and 99 year leases!

It seems to be the same old subject, being written about by the same old contributors, and being dragged back up and regurgitated at every opportunity, so can we please draw a line under this white elephant, and concentrate the letters page on matters that actually affect your readers daily lives!

We live in a town where the Police Station's front desk is now closed to the public, [save for a 2 hour weekly surgery], the yellow "Hotline phoneline to Norfolk Constabulary" goes unanswered [I know this as I once tried 3 times on a Saturday morning -hardly peak hours], and you hardly ever see a uniformed "bobby on the beat" patrolling the town centre, especially in the busy summer months.

Drug taking is rife around many areas of the town, [I've even witnessed it in Tesco's car park at teatime!], vandalism, and anti-social behaviour appears to be on the rise, and on one summer walk last year, on a warm Saturday evening, I spotted 4 lots of law breaking in one hour long walk along the promenade, with no Police presence at all.

Our town enters a virtual curfew when we get the annual summer run of Gypsy Travellers coming through en-route to Walsingham, and in recent years the local Police have advised bars and cafe's to close early, as they couldn't guarantee an adequate response if trouble occurred, due to their lack of numbers. [I bet this wouldn't be allowed to happen on the Sandringham Estate! Was nobody else shocked by the numbers of uniformed officers guarding the Royal walk to Church at Xmas?]

Meanwhile us council tax payers are left unprotected, so can we please use your letters page to concentrate on what matters in our day to day lives, and maybe hold our local councillors and politicians to account over policing numbers, and Boris's pledge to recruit 20,000 more.

Cheers MW, "Sunny Hunny"

Farming and the environment

Following Robin Limb's article in the February issue, I would like to make a few additional comments. Firstly, however, may I make one correction. The pink-footed geese he refers to are not on migration from Iceland to Russia. Our Norfolk landscape is their winter destination and they remain here for around 5 - 6 months before returning to Iceland to breed. There can be anything up to 250,000 of them spread along the North Norfolk coast and therefore there needs to be enough sugar beet and other foodstuff to sustain them for this lengthy period.

It is certainly laudable that many farmers leave the beet tops for them, and some also allow them to feed on other crops, but there are additional factors at play which affect the fortunes of these wonderful

wild winter visitors. As Robin says farmers are largely at the whims of the market, and by and large if the price is right they will grow beet, but the production is also affected by current legislation, subsidies (both UK and EU), and the costs of transport and processing. So the fortunes of these birds are very much at the mercy of many decisions made by humans – and not only just in this country.

Whilst it is true that much of our landscape, and the countryside we enjoy so much, has been created over the centuries by farmers and farming practices, during the past 70 to 100 years those practices have changed dramatically, with loss of hedgerows and ponds, drainage of winter flood meadows, small mixed farms turning to large fields of monoculture, and the increasing use of pesticides. All this has also led to a massive decline in wildlife in general and farmland bird species in particular, all of which would benefit tremendously from areas of scrubland, gorse bushes and bracken. Many environmental organisations are calling on the Government to introduce strong wildlife-friendly measures in its new Agriculture Bill.

It is a good thing, as Robin says, that where our food comes from and an eye to it being “local” is gaining more support, but there is no doubt that a vast amount still comes from overseas, and the supermarket shelves he talks about are filled up with imports. So, much as a good number of us would like, our farmers are not providing us with three square meals a day, but only a small proportion of them. Many farmers and consumers are now finding that they can be both economically viable and supply local, more organic produce.

In conclusion, the title to Robin’s article was “Farming and the environment can live together”. Well, yes as long as farmers are prepared, as many are, to adopt practices that are more wildlife friendly, as long as politicians can be persuaded and are prepared to adopt legislation with real teeth to protect wildlife in the agricultural environment, and as long as we, the public, are prepared to maybe spend a bit more buying more organic and local food.

Roger Fickling
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Hunstanton Lifeboat Station

Geoff Needham

With no shouts to report since last issue, training and exercises go on, the equipment and craft have to be ready to answer to a shout whenever the time comes, one never knows what the nature of the shout until you arrive at the boathouse and are briefed on the incident, and when you arrive on scene the situation has changed to what you prepared yourself for, weather conditions alter, casualty situation alters, the crews train for whatever the situation, and information is passed back to the CG and boathouse, so that back up can be arranged if required, the crew are the frontline, backup support can be arranged its all about team work.



Sunday 26th January the annual exercise with our flank station Skegness took place off Hunstanton, we started this way back in the early 80s, as a swapping of Christmas trees, and a meet up at sea, a chance to try out the different craft, a combined exercise and seasonal meet up, we still meet up, but the Christmas tree ritual has been kicked into touch, but a good chance for all to have a trip on different craft, Skegness have the all-weather boat a Shannon, we have the Atlantic 85 and Hovercraft. Our other flank station Wells is due to get a Shannon.

Monday 10 February our Hovercraft returned to station, having been away for an extensive refit, it arrived on a lorry, which was fitted with a crane, and unloading for the changeover, made life so much easier and quicker, picture shows both craft being changed over, the relief craft will go back to base.



Saturday 18th January the crew held their Christmas Dinner, this year the crew chose to go to Searles Hunstanton. An excellent meal and the staff worked hard to make the evening a huge success. John Payne RNLI Community Life saving Director, on behalf of the Institution,

presented certificates of service to long serving members of crew, including Robin Rafferty, our former Lifeboat operational manager. Robin reached the age of compulsory retirement, as far as the RNLI retirement age for operational management goes. Robin joined Hunstanton RNLI in 1987 as crew and going on to becoming a helmsman, until he reached the compulsory retirement for seagoing on ILBs, after a five year spell with the local coastguard, he was asked if he would take on the role of L.O.M. replacing the late David Harrison, and has given sixteen years of dedicated service to running Hunstanton station. His knowledge of what was required, made sure that the crew were well equipped with all the necessary equipment, and oversaw several improvements to the station. Robin was accompanied by his wife Dagma, she was presented with a bouquet of flowers, On behalf of the station we all wish you both a long and happy retirement.



Victor Dade was presented with his certificate and badge for 40 years service, having joined when the station reopened in 1979. Victor has served as crew, tractor driver, Helmsman and hovercraft pilot, and is still serving.



Brian Penty received his Certificate and Badge for 30 years service. Mrs Leggett was presented with a Bouquet of Flowers and certificate of service, on behalf of her late husband, Andrew Leggett, who served as a tractor driver, and who sadly passed away last year.

Date for your diary

Friday March 13th Fish and Chip Lunch. Sedgeford Village Hall, Coffee 10.30a.m. for 11 a.m. Tickets £15. Please pay in advance. Contact Terry Morris

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Zumba Fitness is coming to Snettisham Memorial Hall!

Having recently started a second Zumba Gold class at Dersingham Village Centre, Julie-Ann Rayner has now secured a further Zumba Fitness class to complement her Thursday evening classes at Thornham Village Hall.

From Tuesday 10th March @ 18:30 Julie-Ann (aka North Norfolk Zumba) will bring her fantastic, fun filled Latin & Pop based dance fitness classes to Snettisham Memorial Hall. Zumba Fitness is suitable for all age groups but is generally a higher intensity exercise class. That said, everyone is welcome and if you have a varying level of fitness there is even someone to help modify the routines to a lower intensity to help you build up your strength and really enjoy the class.

Zumba was created on the principle that a workout should be fun! Exercise can seem like a chore most of the time and Julie-Ann wanted to create a friendly, welcoming class that is designed to help lose weight, keep fit, maybe make some new friends and most importantly 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, it really is a fantastic way to get fit.

For further information on any of the classes that Julie-Ann runs please get in contact with her at northnorfolkzumba@gmail.com or call her on 07795 246364.

NORTH NORFOLK ZUMBA



Zumba Gold:
Snettisham Memorial Hall
Mondays @ 10am
Dersingham Village Centre
Wednesdays @ 9am



Zumba Fitness:
Snettisham Memorial Hall
Tuesdays @ 6:30pm
Thornham Village Hall
Thursdays @ 6:30pm

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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 5th March meeting will be 'Russel the Rail dog - the story so far' with children's author Rachel Greaves

The 2nd April meeting will be a presentation from Andrew England about War Memorials in Norfolk

In May there is no meeting on Thursday but there is a fundraiser Plant sale and coffee morning instead on Saturday 2nd May in the village hall.

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

Date for your diaries.
Monday April 13th 2020
At St Mary's Church
Holme-next-the-Sea
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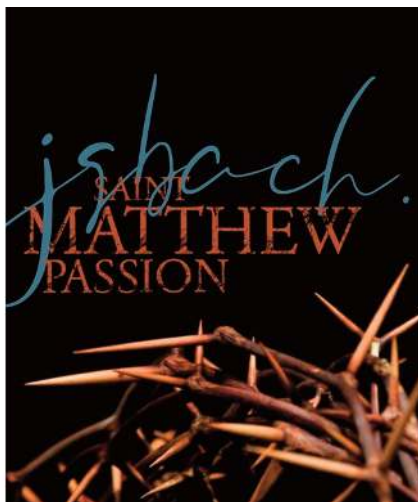
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GREAT EASTER PERFORMANCE OF EPIC WORK

King's Lynn Festival Chorus will perform the mighty St. Matthew Passion by that giant of composers, J.S.Bach, in time for Easter. This epic work is not often performed, especially in this part of the country, partly because of the personnel it requires. For a start, it requires two full mixed voiced choirs as well as two orchestras.

We, as a group, have worked very hard this past year raising funds in order to subsidise the cost of tickets to a reasonable level so this masterpiece may be experienced and appreciated by as many people as possible. Fund raising efforts have ranged from Catch-a-Copper (coin collection) to marathon walking and sky diving!

For this performance, we are joined by the professional Meridian Sinfonia, an orchestra of baroque instrumentalists performing on period instruments. Soloists, all prominent musicians, include West Norfolk's own Angela Brun, ex Sydney Opera House, now



of West Bilney.

The final days of Christ are well known to most. However, Bach weaves four

simultaneous strands throughout the work - the narration of the events by the Evangelist in a 'spoken' style, personal reflection and meditation on events (arias, sung by soloists) and 'community' hymns sung by penitent sinners. Finally, the role of the choirs, like a Greek chorus, is to set the scene by taking on many different roles: the crowd who are with Christ to begin with; later turning into one baying for His crucifixion; mocking Him on the Cross and then being hopeless sinners.

Tickets at £26, £20 and £16 are already on sale from the Corn Exchange (tel 01553 764864) or online www.kingslynncomexchange.co.uk. Please note that the performance begins at 6.30 p.m. on Saturday 4th April in St. Nicholas' Chapel, King's Lynn.

Further details may be found on our website www.kingslynnfestivalchorus.co.uk or follow us on Facebook and Twitter @kl_festchorus.

ART EXHIBITION - by local artists

There will be an exhibition of work by local artists at Hunstanton Town Hall on May 23/24/25th for the first time this year.

Organised by local artist Chris Peel for the HDFA. Who says,

"Local artists are invited to enter up to three pieces of original work. They can be either paintings, sculpture, ceramics, textiles, drawings, original prints, photographic work conceptual pieces and installations."

As this is the first of its kind there will be no entry fee to the artists or to the viewing public.

The HDFA is a non-profit registered charity supporting The Arts and Artists in and around Hunstanton. It is supported by Kings Lynn Borough Council and Hunstanton Town Council.

For further information and an entry form please contact Chris Peel 07951913108 or; email cpel50@yahoo.co.uk



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Call Felicity 01485 210891 to reserve a seat.



www.theartsocietynwnorfolk.org.uk

Hunstanton Drama Festival Moves Venue

The annual Hunstanton Drama Festival will take place on July 3rd 4th and 5th this year at The Hunstanton Town Hall Theatre.

Festival Director Stephen Hayter said, "The change of venue is because of the excellent new facilities at the Town Hall Theatre now has to offer and its friendly community atmosphere. We have the entire building for three whole days and We expect each session to be packed full of interesting and different and exciting plays. Original plays by new writers are particularly welcome. You can also enter part of an existing 3 act play if you wish."

Drama groups from all over the Eastern area are invited to enter to share their work with a wider public. There should be three different plays each session and each play must last no longer than 50 mins to include setting and clearing the stage. There will be a 15 minute interval between performances when a full bar and refreshments will be

available.

Entries to groups cost £45.00. This includes the technical help of an experienced stage crew and stage lighting advice. Tickets for the public will cost just £8.00 per session or £25.00 for a season ticket. There are two matinees on Saturday and Sunday at 2.30 and 3 evening performances starts at 7.30.

Tickets will be available shortly from the Tourist Information Centre in Hunstanton.

Information and Drama Festival Entry packs are now available from The Festival Director stephenhayter@btinternet.com



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World's Biggest Pub Quiz

Friday 13th March 2020 - 8pm at The Lodge, Old Hunstanton Road, Old Hunstanton, Norfolk PE36 6HX

01485 532896 info@thelodgehunstanton.co.uk

Once again, The Lodge will be supporting the World's Biggest Pub Quiz on Friday 13th March from 8pm.

£10 per team, max of 4 per team. A raffle will also be drawn on the evening. All proceeds will go towards this year's World's Biggest Pub Quiz chosen charity, Action Against Hunger.

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Whatever the reason you may be struggling with in life, you are not alone. I have helped many people like you to change their stumbling blocks into stepping-stones, so that they may take control over life issues confidently. You don't have to struggle any more. Contact me for your first free session, where we can discuss your concerns and where I can explain therapy. You will experience complete confidentiality and empathy in a safe environment with no judgement.

In my years as a Counsellor/Hypnotherapist I'm aware that having someone to talk to and who you can trust with your problems, and who is there just for you, is good. I will offer the best guidance and support and hopefully help you make the changes to lead a happier and more fulfilled life.

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Report includes "Alice in Wonderland accounting" claims councillor

By Town and Around's Special Investigator

There were 'many weaknesses' in the Borough's Council's handling of KLIC says all-party report

On a miserable February Monday night in the council chamber the Borough Council's audit committee met to discuss the Council's own internal working party's report on the KLIC fiasco. Initially chaired by Angie Dickinson (the Gaywood councillor not the star of the 1970s Police Woman TV series) she stood down while she presented the working party's report.

In the absence of Labour leader and committee vice chair, John Collop, Cllr Tom Ryves took the chair. Heacham councillor, Stuart Dark and Dersingham councillor, Judith Collingham both sent their apologies for not being able to attend the meeting. In presenting the report Cllr Dickinson suggested that it happens that not all projects brought forward by the public sector will produce a positive financial return. After Cllr Dickinson had presented the working party's report Cllr Ryves asked for comments. South Lynn councillor Alex Kemp, a member of the working party herself, commented that her "Chief concern is the lessons learned have yet not been implemented."

Invited as a guest under the council's standing orders Cllr Charles Joyce, a long-time critic of the Borough Council's handling of the King's Lynn Innovation Centre addressed the committee. The first to call for an external inquiry into the KLIC, he



acknowledged that the benefit to the public from schools or hospitals does not come in monetary terms. He claimed the "Alice in Wonderland accounting" in the report did not reflect the reality of the situation. He said initially there was a £4 million cap on the cost of design and build of the KLIC, but the working party's report showed over £6 million had gone into the project. Pointing out that to get the building to a value of £2.38 million identified in the report, it was necessary to include the value of the land it stood on, but that this had not previously been included in the value. Questioning the return of over 6% on the money spent and the net annual return of £150,000, claimed in the report,

he said this falls well short of 6% of £6 million. But that overriding everything else that the working party had still not identified where the £6 million was spent, suggesting that a forensic accountant should be tasked with looking at the issue.

The working party's report was critical of the lack of due diligence carried out by the Borough Council before handing over money to the company. The issue of the default was highlighted, when Cllr Joyce explained that following the opening of the building the company came back to the Borough Council for a further £250,000 loan in September 2016. It was this that alerted the then chairman of the council's audit committee to the very real

possibility that repayment of the original £2.5 million was at serious risk of default. The then audit chairman attended the Cabinet meeting where he expressed those concerns, but the council's Cabinet still passed the extra money over to the company.

Council leader, Cllr Brian Long, spoke to the committee acknowledging that the procedures followed by the council were not as robust as they should have been, but that in his opinion this was outweighed by the benefits the council now had from the building. Responding Cllr Joyce pointed out that greater direct involvement by the council was ruled out at the beginning of the venture, and the present situation was forced on the Borough Council following the company defaulting on, 30 November 2018, on its previous commitment to repay monies liable to the council. Borough Council Cabinet member for Business Development, Cllr Graham Middleton, suggested that the wounds will not heal while they are still being picked at.

The committee agreed the recommendations set out in the working party's report. These will now go to the council's Cabinet, and the report will be made available to the independent external investigation which is led by Alison Lowton.

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HUNSTANTON and DISTRICT ROTARY CLUB PRESENTATION



The Coastal Stroke Support and Carers Group were delighted to welcome Hunstanton & District's Rotary Club President, John Crofts, to one of our regular support group meetings. John presented a cheque for £500 to volunteer Debbie Peel (Group Secretary) and our stroke survivors who will benefit from this kind donation, providing arts and craft activities.

The Rotary Club held one of their annual fund raising events at Norton Hill Railway, Snettisham, last summer raising money for many local charities and is a supporter of our group – thank you Rotary!

If you have some spare time and maybe looking to become a volunteer and would like to do something really rewarding, please come along and have a taster session at our group, you never know it might be the thing for you.

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HUNSTANTON AND DISTRICT INNER WHEEL AN AUDIENCE WITH ANN WIDDECOMBE

Sue Trewin, Club Correspondent

Question- what do all the following have in common? Strictly Come Dancing, Big Brother, novels, TV documentaries, parliamentary escapades, Dartmoor. Answer - Ann Widdecombe. Inner Wheel members were amongst a large audience at the Princess Theatre, Hunstanton to meet Ann, be entertained by her and enjoy her 'to the point' 'no nonsense' delivery. Her auto biography 'Strictly Ann' - title chosen by yours truly while travelling down the motorway with her editor, my late husband Ion - is an excellent read and book sales were brisk.

In life we all meet someone memorable and Ann is that for me. I am delighted that Hunstanton Inner Wheel were able to have the opportunity to meet her.

During 2020 as a club we will be getting together for some social activities so watch this space for what we get up to and alongside of socialising we will, of course, continue to work hard for our chosen charities.

Pictured right: Veronica Welham, Hunstanton Inner Wheel member meets Ann Widdecombe.



Jesus's Christianity

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

In the church in the western hemisphere we have presented Christianity as a product that is all good with no reference even to the words of Jesus such as "In this world you will have trouble." John 16.33

People have been told "come to Jesus and all your problems will be solved". Try telling that to the Christians in Baghdad where one church of which we know has had over 1000 members killed just because they are Christians, tell the church in China where the church has had to go about its purpose in secret, or North Korea where you get executed for just owning a Bible, or Pakistan or Afghanistan or any of a hundred or so other countries. Being a Christian in those countries is not a social thing you do to appear OK, a sort of Sunday country club; it is a result of a conviction in the spirit of a person that Jesus Christ, part of the godhead, came to earth, lived a sinless life and died to pay the penalty for our sin so that we have the opportunity to live in eternity in heaven with Him. If you think all your problems are going to be sorted by becoming a Christian please think again.

As a church we believe what the Bible teaches and try to live it out, but we are also living in a world where sin has been dominant, and so our lives are not perfect. We preach that God still heals today, but we see people with all sorts of problems. Currently I have two conditions neither of which is healable in medical terms, and both of which are potentially life threatening. But I do know this - God loves me and He still heals today. So I am hoping for my healing.

I have been healed in the past. I had glaucoma, a condition that can be controlled medically but cannot be healed. It was detected in every eye test I had over a period of about three months while it was being investigated. It is a hereditary condition and after I'd been diagnosed I learned that it was the reason my grandmother had been blind. But in a meeting with just a few members of our church present I received prayer for healing, and the next day at the hospital they found no trace of it, and over the following months all the peripheral loss of vision that had been measured in my eyes was recovered. That was something the doctors did not expect because once the retina dies it does not regenerate - they said. But it did!

Recently I was told by a specialist that I have a form cancer that is not able to be eliminated. It is something that I will have to live with. It was a shock when we were told, but by the next day we knew an amazing sense of peace about it, and have ever since, despite hospital trips and various scans. In John's gospel Jesus said "Do not let your hearts be troubled. Trust in God." (John 14.1) and "Peace I

leave with you; my peace I give you. . . . Do not let your hearts be troubled and do not be afraid." (John 14.27) Further on Jesus says "I have told you these things, so that in me you may have peace" (John 16.33). But in the same verse he also says "In this world you will have trouble" We are not promised a problem-free life. Just that God will be with us. He is with us whatever our circumstance. He has promised "Never will I leave you, never will I forsake you". (Hebrews 13.6)

Maybe you are feeling that you need some peace in the storm you are facing. If that is the case we are here to help you. Our prayer ministry is not dependent on you being a member of the fellowship.

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Once again the Stations of the Cross followed by a simple hunger lunch will be held every Friday during Lent starting at 12 noon. The first will be 28th February at our Parish church, Hunstanton and the second on 6th March at St Edmunds Anglican church, Hunstanton, alternating between the two churches each Friday during Lent. Anyone is welcome to come, why not take time out and spend it spiritually preparing for Easter.

World Day of Prayer this year held at St Cecilia's Catholic Church, Mountbatten Road, Dersingham, on Friday 6th March 2020. Refreshments served from 10am and the Service starting at 11am. It has been prepared this year by the women of Zimbabwe and the theme is "Rise! Take your mat and walk". This is an ecumenical service and all the churches in the local area have representatives involved in this service, which is celebrated in over 170 countries. For further information and resources go to the website wwdp.org.uk. 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

Hunstanton & the Saxon Shore

Dear Friends,

It seems that Spring is here now and we have many beautiful sights to see in our gardens and local landscape. This is great isn't it... so why is it that even when things seem to be looking to warm up we can feel a bit 'flat'? It may not just be during Spring, it could be at other times. Perhaps there is a family celebration when you know you should be happy but somehow, you just don't seem to feel the joy. It is not unusual to experience times like this but I think it is important to recognise and admit our emotions.

These days we are encouraged to talk to someone if we are feeling low or we are slipping in to a negative place in our lives. Despite this positive help, it is often so much easier to say "I'm fine" when someone asks how we are than tell them the truth. Why do we do this? Perhaps we don't want to burden others or maybe we hardly admit to ourselves how things really are. If this is description chimes with you perhaps now is the time to be bold and talk to someone about how you are really doing. There are people out there who are more than happy to listen who will not judge but offer support. It may be that a friend knows you are not in a great place and is waiting for you to start the conversation. Perhaps you are the friend and you are concerned about someone... don't leave having a chat until later, today may be the day you need to initiate a heart-to-heart.

I believe that we have someone else who wants to hear how we are really feeling. We are told in the Bible that God loves us and wants us to talk to Him and tell him about everything that is worrying us. I was reminded about this recently when, one of the Psalms for the day was

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 are 10am in St Theresa's Convent, 27 Sandringham Road, Hunstanton, during the winter months, 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

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CALLING ALL WALKERS

If you are walking thro' **Hunstanton Hall Park** stop and have a cup of real coffee or tea with home made cakes at **St Mary's Church** every Thursday 10.30 - 12.30 from April 16th

Psalm 23. I was concerned about something and then I read this Psalm again, and I was brought up short. I hadn't talked with my Heavenly Father about what was worrying me. I wasn't 'walking through the valley of the shadow of death' but I was in need of a reminder that I don't ever walk alone. If you are in a place where you feel down why not read Psalm 23, talk to God, talk to a member of the clergy team, talk to a friend or, do all of the above and call The Samaritans on 116 123.

This Spring may you know the comfort of God, the friendship of good people and the joy of this month.

Rachael. Team Rector

Finding Hope

So much of the news content these days seems to be negative and depressing and hard to ignore, but rather than feeling overwhelmed, we can discover uplifting ways of dealing with these feelings of hopelessness and inadequacy. Throughout the Bible, there are many accounts of people facing up to and overcoming daunting and difficult situations, by turning to God in prayer. Today, we seem to be confronted with floods, hunger, contagion, drought, war, etc., but so were Noah, Moses, Nehemiah and other prophets and especially Christ Jesus and were able to overcome these situations by radically relying on God for guidance, answers and ultimately deliverance. We, too, can rely on God for help when we focus our thought beyond the human picture and understand our spiritual relationship as His loved children; to see that God is Love. Mary

Baker Eddy, the Discoverer and Founder of Christian Science, relied on God for guidance and answers to difficult and challenging circumstances both personally and in the wider world. She writes in her major work, Science and Health with Key to the Scriptures, "God never punishes man for doing right, for honest labor, or for deeds of kindness, though they expose him to fatigue, cold, heat, contagion." Christ Jesus also understood that right motives were not punished by God, and that no problem was too big or complicated for God.

Our church services are every Sunday at 11am at Christian Science Society, 10 Queens Drive, Hunstanton. We also hold a service on the first Wednesday of each month at noon and everyone is most welcome. Free magazines are available from the box outside the church and for more information on Christian Science please visit www.christianscience.com or follow us on Facebook.



WHO IS GOD.....?

This is a story about a young man who left home to find himself and hopefully his fortune. Instead of finding himself (or his fortune) he found drinking, smoking and gambling etc. (please fill in what you think the etc. means as it is unlikely you will be wrong)

This life continued well into his twenties where he got married and had two children and yes began to make his fortune and a belief (so he thought!) in God.

Within 9 years his life was totally ruined by the death of his wife, losing his job and given 2 years to live unless his lifestyle change.

Where was God in all of this? Nowhere as far as he was concerned and realised, he had little or no faith at all and didn't want or need such a thing anyway.

What happened next?

No he didn't find God, in fact believed there is only this life and nothing else so might as well do what he wanted. Don't get me wrong he had a new beginning, a new fortune (relatively) and marriage but there was still a void, an emptiness which he couldn't explain.

Did he eventually find God? Thankfully yes, and even more thankfully God hadn't stopped looking for him.

How do I know, because it was me.

This God whom maybe you find difficult to believe in or is a laughable construct gave me my life back and showed me what being alive really means.

Do I still like a drink – yes! Do I still smoke – no! (only because I'm told its unhealthy) Do I still like a flutter – yes occasionally! Have I lost the fortune I gained? – yes. The etc – all finished with!

Life isn't always easy and sometimes God and I argue about what happens in the world. But no matter how difficult things are he stands with me through thick and thin, who allows me to question and doubt, who loves me with an unconditional love no matter what. And perhaps

No Uniform Required

In 1878 The East London Christian Mission changed its name to The Salvation Army. Up to that point the Mission, which had been established thirteen years previously, amounted to a total of eighty members. The change of name and the adoption of military terms for aspects of worship, administration and practice, including the wearing of a uniform fired the members' enthusiasm and soon The Salvation Army was increasing in number and spreading across the globe. Today The Salvation Army is at work in 131 countries and its members number over two million.

Soldiers in The Salvation Army still wear a uniform today but you do not need to be a soldier or wear a uniform to worship with us on a Sunday or take part in any of our weekday activities.

The purpose of the uniform is to make Salvationists easily identifiable and is a witness to our Christian faith. On the lapels of our jackets you will find two 'S's' which stand for 'Saved to Serve'. Every Salvation Army Soldier is available to serve their local community. The two 'S's' also stand for 'Saved to Save' an indication of our role as messengers of the gospel of Jesus Christ.

The other purpose of our uniform is that we all look the same. It is a great leveller and even the General of The Salvation Army wears the same uniform as the newest soldier.

I'm sure you all remember when female soldiers wore a bonnet (see picture above). These were phased out some 30 years ago but are still fondly remembered by Salvationists and public alike. These bonnets

even more importantly I have been forgiven all the mistakes I have made.

Now here I am with a clerical collar on trying to help other people to find what I found through a belief in God through Jesus.

What a difference a faith makes!

Rev Steve Oliver, Hunstanton Methodist Church.

were actually first introduced as protective headgear. In the early days of The Salvation Army there was great hostility towards us and whenever there was an open air meeting the rival Skeleton Army would cause mayhem and throw bricks and other things at the soldiers. The bonnets were designed to protect the ladies' heads from whatever was being thrown at them. Unfortunately, this did not stop some Salvationists being killed by the Skeleton Army.

Everyone is welcome at our Sunday worship at 11am. You do not have to wear uniform to come and worship with us so why don't you come along and enjoy our informal style of worship.

We have many other activities going on during the week which you are welcome to attend too and on Saturday 21st March between 9am and 11am we have a Community Breakfast where for £5 you can enjoy a full English Breakfast.

I look forward to seeing you at The Salvation Army soon!

Alison Kirby
Corps Leader Snettisham Salvation Army
01485 579079

Alison.kirby@salvationarmy.org.uk
www.salvationarmy.org.uk/snettisham



SEDGEFORD PRIMARY SCHOOL

John Davis

Topic

We thoroughly enjoyed our celebrations of the Chinese New Year back in January. We celebrated with some dragon dances, plate painting and making Chinese lanterns.



We have now moved on to 'Britain Today' – learning about the Capital cities, Counties, main rivers and mountains in each of the constituent countries that make up Great Britain and Northern Ireland.

D & T

Our D & T work links in with our topic by considering the wide variety of traditional British foods – the origins, constituents etc of such tasty delights as cottage pie, Welsh rarebit, shortbread and much more (hopefully the children might have a chance to sample some of these).

Science

'Earth and Space' is the exciting title of our science work this half term. We are looking at phases of the moon, night and day and why we have seasons. Then we'll be moving on to the characteristics of the different planets. At the time of printing we are currently looking into the possibility of hiring a mobile planetarium which will be an incredible experience for the children in bringing to life some aspects of what they have been learning in class.

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Hunstanton Primary School

We start our new Breakfast Club at Hunstanton Primary School after half term on Monday 24th February to give families in the area opportunity to drop their children off earlier at school so that they can get to work and we can help support them with this. The Breakfast Club will start at 7.45am until 8.45am and will include craft making activities and breakfast.

Thank you to Hunstanton Women's Institute for giving us a kind and generous donation of £200.00, which will be spent on equipment for our new Sensory Room.

Our Year 6 pupils will be going off to Aylmerton Field Study Centre for their Residential Trip after half term. We are sure they will thoroughly enjoy all the activities there including a Seal Trip, Splash Swimming Pool and Amazonia Zoo.

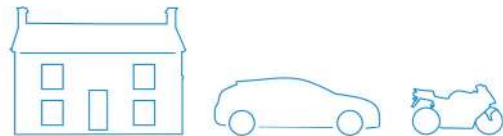
We have relaunched our Parents' Forum. The Parents' Forum is a group of parents who are representatives of each year group in school. The aims of the Parents' Forum is to:

- work together to improve the education provided for our children
- share information, knowledge and skills
- meet in a mutually supportive environment
- further improve communications between parent/carers, staff and governors

We ran more Discovery Cafés for all year groups just before half term. Parents were invited to come into school and take part in an activity with their child (ren). This time they were practising their book making techniques, so our little authors could write their own books.

Thank you to our wonderful PTA who have already organised a Film Night for our pupils this year together with a Valentine's Day fund-raising event when the children wore something red or pink for the day.

Field School continues every Thursday come rain or shine! Our pupils really benefit from this outside activity to explore our school grounds and learn about wildlife, practise new skills such as fire making and den building and use our outside kitchen to concoct delicious mud pies.



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Scholarship for Glebe Head of School

Head of School, Ethan Newton-Walters, has been celebrating this week after finding out he has been awarded a supported place at Bedford School. Ethan's selection was based on selected merit of academic results from the entrance exams with other additional skills such as sport and music adding to the decision making process.

Headmaster, Louis Taylor said, "We are all very proud of Ethan. He has worked exceptionally hard this year to prepare for his exams and has rightly been rewarded with this offer. Ethan has been with us since nursery and I believe very strongly that staying with us in Year 7 and 8 has helped Ethan become the all-round achiever that he is."

Glebe House School is an Independent School with a difference. They welcome pupils from many different walks of life, with financial support available, with the one thing that all pupils and parents have in common being aspiration, as demonstrated with the success Ethan has accomplished in his time there.



Quote from Ethan's mum: "Ethan worked very hard indeed for this but it would never have been possible if he had not been for the years of preparation at Glebe House School. The last two years have been even more so with academic and music teaching staff going way above and beyond what I could have ever imagined to prepare Ethan, all of which was bespoke and tailored to his needs. We were totally confident that he was prepared academically, musically and personally. The emotional support meant that he handled everything with great maturity. We are so very grateful."

Glebe has not just been a school, it has been a massive part of Ethan's childhood and the care and professionalism of the staff has given Ethan the best and brightest opportunity for his future.

If you have a child in any age range, but especially moving into Year 7 in September, please contact the Registrar at Glebe at tjf@glebehous-eschool.co.uk. Perhaps your son or daughter can follow in Ethan's successful footsteps.

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Evening Meals Served 5pm - 8pm (Fri & Sat)

Mothers Day Lunch

Sunday March 22nd

2 Courses £14.95 - 3 Courses £17.95
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12noon and 3pm sittings.

View our Menu on our
Facebook Events Page.

Live Music

Sat 21st March 8.30pm

Craig Powell

Craig first began singing at the age of 14. Together with his band 'Uniting Nations' he has sung live on 'Top of the Pops' and around the country at 'Party in the Parks'. Come and see Craig perform songs from the 50's to the present day.



Follow us on Facebook for more Live Music dates.



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South Beach Road, Hunstanton, Norfolk PE36 6BB T: 01485 536 010

March 2020 Diary

- | | |
|---|---|
| <p>1 United Services Club, Homefields Rd, Hunstanton PE36 5HL. 01485 533360. Karaoke evening. 8.30pm</p> <p>2 United Services Club, Homefields Rd, Hunstanton PE36 5HL. 01485 533360. Cash Bingo. Eyes down 8pm</p> <p>3 Dersingham Village Centre Friendship Lunch; 1pm; for two course lunch; to book call Shirley on 01485 540644</p> <p>5 Stanhoe & Barwick WI meeting at 2pm: Rural Life in a Distant Country: Juyna Lewis on her Bangladeshi Childhood. All visitors welcome; we charge just £3, including refreshments. The Reading Room, Cross Lane, Stanhoe PE31 8PS. For further information about Stanhoe & Barwick WI, please contact Valerie (01485 576261) or Sandra (01485 518744)</p> <p>5 United Services Club, Homefields Rd, Hunstanton PE36 5HL. 01485 533360. Cash Bingo. Eyes down 8pm</p> <p>7 United Services Club, Homefields Rd, Hunstanton PE36 5HL. 01485 533360. Entertainment: Kenny Lee and Hustler Band 50,60,70s. 8.30pm</p> <p>8 Dersingham Village Centre Social Afternoon; 2pm to 4pm. All welcome</p> <p>8 United Services Club, Homefields Rd, Hunstanton PE36 5HL. 01485 533360. Karaoke evening. 8.30pm</p> <p>9 United Services Club, Homefields Rd, Hunstanton PE36 5HL. 01485 533360. Cash Bingo. Eyes down 8pm</p> <p>10 Dersingham Village Centre Village Voice Live; 7.30pm; talk by former Ch Supt David Reeve; £5 includes raffle and refreshments</p> <p>12 United Services Club, Homefields Rd, Hunstanton PE36 5HL. 01485 533360. Cash Bingo. Eyes down 8pm</p> <p>14 United Services Club, Homefields Rd, Hunstanton PE36 5HL. 01485 533360. Entertainment: Simon Lee 60s to present. 8.30pm</p> <p>14 Hunstanton Conservative Club St Patrick's celebration with Irish Stew, plus music by Justin Lovell, from 8.30 p.m.</p> <p>15 United Services Club, Homefields Rd, Hunstanton PE36 5HL. 01485 533360. Karaoke evening. 8.30pm</p> <p>16 U3A meeting at Hunstanton community centre 2pm. Speaker Bernard Lockett on Social and Political Satire of Gilbert & Sullivan</p> <p>16 United Services Club, Homefields Rd, Hunstanton PE36 5HL. 01485 533360. Cash Bingo. Eyes down 8pm</p> <p>17 Dersingham Village Centre Friendship Lunch, 1pm; for two course lunch, to book call Shirley on 01485 540644</p> <p>19 Hunstanton Gardeners' Association meeting at Hunstanton Town Hall, The Green PE36 6BQ at 7.30pm. Panache Plants Nursery talking on Hardy Exotics and Unusual Plants.</p> <p>19 United Services Club, Homefields Rd, Hunstanton PE36 5HL. 01485 533360. Cash Bingo. Eyes down 8pm</p> <p>20 Syderstone Village Cinema, with the support of Creative Arts East, presents MRS LOWRY & SON (12A). Venue: Amy Robsart Village Hall, Syderstone PE31 8SD Start time:</p> | <p>7.30pm Advance tickets £3.50 Tel. 01485 578171 or 01485 578244. Email cinema@syderstone.com</p> <p>20 Anmer Village Social Club Film Night MRS LOWRY & SON (12A) Admission by ticket £4 at the door. Doors open at 7.30pm. Film at 8pm. Email: films@anmerclub.co.uk or telephone 01485 579465 New members and guests welcome. For details visit our website at www.anmerclub.co.uk.</p> <p>20 United Services Club, Homefields Rd, Hunstanton PE36 5HL. 01485 533360. Entertainment: Quiz night with food £3, 1st prize £50. 8.30pm</p> <p>21 United Services Club, Homefields Rd, Hunstanton PE36 5HL. 01485 533360. Entertainment: Hot Wired 60s to present day. 8.30pm</p> <p>22 United Services Club, Homefields Rd, Hunstanton PE36 5HL. 01485 533360. Karaoke evening. 8.30pm</p> <p>23 United Services Club, Homefields Rd, Hunstanton PE36 5HL. 01485 533360. Cash Bingo. Eyes down 8pm</p> <p>24 Brancaster Camera Club. Battle vs Hunstanton Camera Club. Judge Ian Ward. For more details contact Jill Till on 01485 210013 or Wendy Calow on 01553 674725</p> <p>26 Hunstanton W.I. Meeting, Methodist Hall, Austin Street, Hunstanton. 2.15pm. Speaker John Maiden - Hunstanton Heritage Centre. New members welcome. Visitors £3.00 including refreshments. Contact 01485 532174.</p> <p>26 NWT Talk by Dr Ian Bedford : Bugs on the Move. How insects and other invertebrates find food, mates and habitats. 7.30pm Hunstanton Methodist Church Hall, Austin St. £2.50 members/£3 Visitors</p> <p>26 United Services Club, Homefields Rd, Hunstanton PE36 5HL. 01485 533360. Cash Bingo. Eyes down 8pm</p> <p>27 United Services Club, Homefields Rd, Hunstanton PE36 5HL. 01485 533360. Entertainment: Cabaret night in upstairs function room. Drag artist, hypnotist and our very own compare Mick. Tickets £15 pp available from barman or Jeff, doorman. Pay on night £20. 7pm till late</p> <p>28 Dersingham Village Centre: Easter Sugarcraft workshop. £5 (children £2.50) includes materials and refreshments. 10am-12noon. To book call 07707 832295. Also on April 2nd.</p> <p>28 Docking Horticultural Society Show. Classes in the show include cookery, crafts, flower arrangements, vegetables and more. Entries at 30p to members & 50p to non-members. Entries & Staging on the day between 12.30pm and 1.15pm. Open to the public at 2.30pm. Ripper Hall in Docking. Prize money for 1st & 2nd placings. For more information email dockings@hotmail.com</p> <p>28 United Services Club, Homefields Rd, Hunstanton PE36 5HL. 01485 533360. Entertainment: Tobacco Road trio 50s to 80s. 8.30pm</p> |
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- 28 Hunstanton Conservative Club Music and dancing to Simon Rose from 8.30 p.m.
- 29 United Services Club, Homefields Rd, Hunstanton PE36 5HL. 01485 533360. Karaoke evening. 8.30pm
- 30 Heacham History Group, Old Friends Hall, Sunnyside Close, Heacham, PE31 7DU. 7.30pm. 'Norfolk Treasures'. Kevin Elfeet. Admission £3 (Members £2) including refreshments. Everyone is Welcome.
- 30 United Services Club, Homefields Rd, Hunstanton PE36 5HL. 01485 533360. Cash Bingo. Eyes down 8pm
- 31 Dersingham Village Centre Village Cinema; 7:30pm; Finding Your Feet; £5 includes tea/coffee; licensed bar

Easter Trail

Special event for children up to year 6 from March 2nd to April 3rd at Dersingham Village Centre. Entry Forms at Dersingham Post Office or via local schools. For information, call 07707 832295.

Looking forward to April

- 2 Stanhoe & Barwick WI meeting at 2pm: Claire Barker, with ideas for keep fit exercises, suitable for all. For further information about Stanhoe & Barwick WI, please contact Valerie (01485 576261) or Sandra (01485 518744)
- 2 Dersingham Village Centre: Easter Sugarcraft workshop. £5 (children £2.50) includes materials and refreshments. 10am-12noon. To book call 07707 832295.

Hunstanton Library Events March 2020

NEW Crafternoons! Every Saturday from 12noon £1 per child. Come along to our drop-in art session. Draw, colour, create some quick crafts. Materials provided. Craft some gifts for Mother's Day on the 21st.

Women's History Month! Saturday 7th March. Join us to celebrate women all over the world! Learn about some inspirational ladies from the past and present and borrow some of our non-fiction titles on display.

Shakespeare Week! 16th to 21st March. We're celebrating Shakespeare Week with its Art and Design theme. Contribute your own work or view the pieces on display. Borrow some books and films.

Tolkien Day 25th March. Celebrate Tolkien Day by borrowing some of his fantastic stories. Read about Tolkien's life or watch the film adaptations.

Top Tips Gardening Group Wednesday 4th March 10.30am
A monthly group run by the Friends of the Library to share ideas and tips for gardening. Refreshments provided, donations are welcome.

Coding Club Wednesday 4th and 18th March 5pm – 6pm
Come along and learn how to code, have fun and share your skills with others.

Hunstanton Book Club Monday 9th March 2.30pm
New members always welcome. Held on the second Monday of the month. Ask staff for details of the books being discussed. Refreshments provided, donations are welcome.

Crochet Along Monday 2nd and 16th March 10.30am – 12noon
Come along and crochet, share tips and ideas, with the experienced, novices welcome too. Refreshments provided, donations are welcome

Colour me Calm Tuesday 3rd and 17th March 10.30am -12noon
Join our group for calming colouring, and postcard design, writing postcards to the housebound and isolated. All cards will be sent via West Norfolk Befrienders. Bring your own book or try some of our collection. Refreshments provided, donations are welcome.

Knit and Natter Thursday 12th March 10.30-12.30pm
Come along and knit with our group, have a chat, swap patterns and ideas. Refreshments provided, donations are welcome.

Jigsaw Puzzle Group Monday 9th and 23rd March 10.30am – 12noon
Come along and pull out a jigsaw puzzle! Help complete a larger size as a group or do a smaller one on your own. Share photos of your completed jigsaw puzzles at the group or on our social media pages.

Walk and Talk group Tuesday 10th March 2pm from the library
A short walk around the town and then refreshments at the library afterwards. This walk is perfect for those wanting to gently build up their walking stamina.

Quiet Time Wednesday 11th March 5pm – 6pm
A quieter time to visit, ideal for people who may have autism, dementia or if you would like a calm environment.

Who Dunnit? Wednesday 18th March 5.30pm
Come and join the new crime book club, held on the third Wednesday of the month at 5.30pm

Friends of the Library meeting Wednesday 25th March 2.30pm
We meet on the last Wednesday of the month to organise events and activities for Hunstanton library, come along and join us.

Journaling for Wellbeing Friday 27th March 1:30-2:30pm
Come along and make your own journal with monthly/weekly diary plans, mood and sleep trackers, colouring pages and more for the following month. Catch up at the following session on Friday 24th April and create the next month's section. Refreshments provided.

WEEKLY EVENTS:

Stay and Play! Every Tuesday 10.30am
and Play is a self-serve activity. Tea and coffee available.

Job help session Every Tuesday 11-12noon (Booking essential)

Games Evening Every Tuesday and Friday 4-6pm

Find My Past Support Wednesday mornings (Booking essential)

IT help session Every Wednesday 4:45-6:45pm (Booking essential)

Just a Cuppa with In Good Company every Friday 10.30-11.30am.

Board Games with In Good Company every Saturday 10am.

For further information about events and to book please call 01485 532280 or email Helen at helen.senior@norfolk.gov.uk

Little Lights receive cheque for £250

Many readers will have seen the 'Donate' ads in T&A over recent months (see page 50). In February Little Lights received a cheque for £250 from Richard Bird's fundraising efforts. This will go towards running costs of the Little Lights Baby and Toddler Group that meets in Hunstanton Town Hall Basement on Thursdays from 9.30 to 11.30 during term time.

The group has around 30 children and 40 adults attending each week and leader Suzie Ambramian pictured right with husband Sam, son Joshua and Richard said that the youngest member of the group was just four days old on his first visit and the oldest are the 80+ year old helpers.

With soft play, messy crafts a reading corner and refreshments area the group offers friendship and advice for young families with plenty of opportunities to share and chat. Family Support Workers also attend for weighing etc on a regular basis.

Thank you to everyone who has given their old cars to the Donate project. All of the money goes to local groups and charities.



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What's on

MARCH 2020



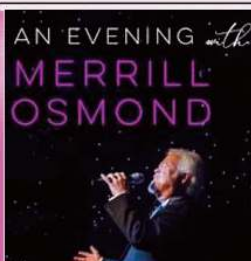
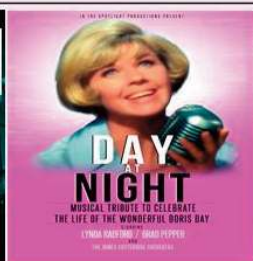
Tuesday 3rd

Wednesday 4th

Thursday 5th

Saturday 7th

Sunday 8th



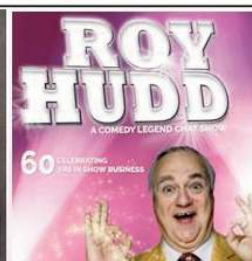
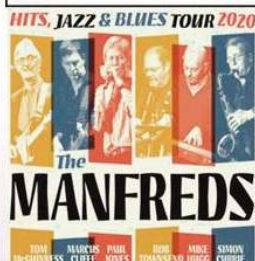
Tuesday 10th

Wednesday 11th

Friday 13th

Sunday 15th

Wednesday 18th



Thursday 19th

Friday 20th

Saturday 21st

Wednesday 25th

Friday 27th



Saturday 28th

Sunday 29th

Tuesday 31st

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