

TOWN and AROUND

ISSUE 209 MARCH 2023
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Local News • Events • Great Outdoors • Features

First word



This month we not only bring you eighty pages full of local area news, information and a full diary of events, we are now printing 14,000 copies and distributing to a wider geographical area.

Once again there are two competitions you can enter and the details are on pages 71 and 73.

Our reports about the commemoration of the 1953 floods appear on pages 4 and 6. In Snettisham Prince William was the surprise visitor to the Memorial Hall and it was a delight

to meet him.

The cover photo taken by Ian Burt is of four-year-old Eden Bush who was visiting Snettisham Park and you can read about what's happening on the farm on page 48. In other animal related stories it was heartwarming to visit Norfolk Lodge when Daisy the miniature Shetland pony visited. See page 22.

Norfolk County Council's Cabinet Member for Finance, Andrew Jamieson, writes about all things tax, savings and spending. It's a big article and if you want to know where the money goes it is well worth sitting down with a cup of tea and turning to page 28.

From the number and diversity of events listed in the centre pages there's no excuse to be bored during March! And there's even more listed on our website - see link below.

Thank you to all our advertisers, writers, photographers and suppliers of information.

With best wishes to you all and until next month...

Elaine

Elaine Bird, Editor,

Town and Around

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Prince William joins villagers in Snettisham at the commemoration of the of the 1953 Floods

The Market Place in Snettisham was filled for the commemoration of the 70th Anniversary of the 1953 Floods on Sunday morning, 29th January.



About to leave home for the army, David Bocking was only eighteen years old in 1953 when he was called upon to identify the bodies of friends and neighbours who had died in the tidal surge in January 1953. Now in his late eighties Mr Bocking has spent the past few months organising the commemorative event that took place over this weekend with the help of his friend David Drewery. He said: "I was there and I have vivid memories of that fateful night."

A service led by Rev Dan Tansey in the Market Place was attended by members of the local community including Eric Linge, who with his brothers, Noel and Stanley, had saved, as Mr Bocking told the assembled crowd: "more lives than anyone really recognised", and Dept Lieutenant David Goddard who was representing King Charles III. Glenys Tombleson, accompanied by her daughter Sharon Frohawk, laid a wreath on behalf of her cousin who was the sister of Peter Beckerton who was posthumously decorated for his bravery and whose name appears on the Flood Memorial.



From left: Rev Dan Tansey, Stuart Dark MBE, Eric Linge, David Bocking, Glenys Tombleson, Sharon Frohawk and Dept Lieutenant David Goddard

Twenty five people from the village died that night and Mr Bocking read their names before wreaths were laid by the Dept Lieutenant, Mrs Tombleson, David himself, Eric Linge and Stuart Dark MBE.

A two minute silence and the singing of Abide With Me, and closing prayers concluded the service after which the assembly repaired to the Memorial Hall.



David Bocking read the names of those who died



Prince William was the surprise visitor to the Memorial Hall exhibition that included a film show, and he spent time talking to the survivors and heroes from 1953.



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Learning Lessons from the 70th Anniversary of the Floods

John Maiden

There can be little doubt that the emergence of the 'RAF Sculthorpe Heritage Centre' under the inspirational leadership of Ian Brown, played an important role in bringing together people whose lives were changed forever by the catastrophic Floods of January 31st 1953. This was highlighted by some pretty amazing reunions during the last weekend of January. Take for example the connection between Jackie Hartley, the Celebrant at the Commemoration in the Esplanade Gardens on Sunday 29th, and Alex Kilpatrick. Jackie is the daughter of Joyce Stubbins who was saved from the Floods by Alex's father - Freeman A Kilpatrick. Sadly, Joyce lost her father William, as well as her younger sister Marjorie and younger brother Derek, who was a good friend of mine at Hunstanton Primary School prior to my move to Wymondham College in September 1951.



*Alex Kilpatrick &
Celebrant Jacqueline Hartley*

It was there, on February 1st 1953, that I first learned of the tidal surge, which had claimed the lives of 31 people, including some very young children, occupying 'holiday homes' along South Beach Road. It was not until I came home for half-term that I found out just how close my own father had come to being another victim of the Floods. He was one of the part-time firemen on an appliance that became partly submerged by the tidal surge before it could reach any of the victims. He told me how he and his colleagues had to climb onto the roof in their sodden tunics, and then wait in the bitterly cold gale force wind until the USAF contingent arrived from RAF Sculthorpe and winched their vehicle to safety.

There were several courageous attempts to



Commemoration procession



reach the people inside their shattered homes, or those clinging onto rooftops, but only a few were successful. Neil Quincey's family were finally brought safely ashore by Reis Leming - whose wife Kathy attended the 70th Anniversary Commemoration after flying in all the way from Oregon - but Neil never forgot the crew of a USAF amphibious 'Weasel' who risked their lives by transporting Neil to his home, where the vehicle promptly sank after being swamped by a large wave!

Seventy years on from the Floods, I half expected some of those who had no first-hand experience of the Floods to question the point of commemorating those whose lives were cut short, as well as those who risked their own lives in rescue attempts. If there are such people around, they must be keeping their thoughts to themselves.

However, for the benefit of anyone tempted to forget all about the Floods I would just point out that there are lessons to be learned from the past, which could save lives in the future. Firstly, four years prior to 1953 some properties in South Beach Road had experienced tidal flooding to a depth of about two feet. When Geoff Searle and other people with extensive local knowledge risked their lives, by knocking on doors to warn of the impending disaster, there was probably a reluctance to move out of homes that had survived previous storms. Even more disturbing was the decision of the agency responsible for the sea defences to wait until

after the 1953 Floods before doing anything about filling in the so-called Hunstanton Gap!

As much as it grieves me to make the suggestion, I cannot help thinking that South Beach Road is likely to be even more vulnerable to serious flooding in the future due to climate change! Therefore, in the same way that the horrific loss of life in the recent Turkey/Syria earthquake could have been avoided if the buildings - on a well known fault line - had been designed with earthquakes in mind; what steps are being taken to ensure that no lives will be lost in the event of another tidal surge?



Images: Ian Burt

A genuine and recent case, as an example of where Equity Release has helped local people

James Batchelor, Principal of Evergreen Equity Release Solutions



Mr and Mrs xxxxx contacted us as they had an existing mortgage with a well known High Street Lender. The mortgage had previously been arranged on an interest only basis, meaning that no capital repayment had been. Therefore the outstanding amount owed to the Lender was the same as when the mortgage first commenced.

The Lender had recently informed them that the mortgage was nearing the end of its term, so would therefore require it to be repaid in approximately 6 month's time.

Approaching retirement age, when they would be reliant on the State pension and minimal personal pensions as their sole source of income, they required a method of repaying their existing £80,000 mortgage, which would have minimum or no effect on their

outgoings.

Mr and Mrs xxxxx have no children, so the common desire of many parents wanting to leave an inheritance to their offspring did not arise.

Like so many others these days, the couple were asset rich but cash poor.

With sufficient equity tied up in their property, the couple were able to release sufficient funds via Equity Release, to not only repay their mortgage, but also have the facility to drawdown additional funds at sometime in the future, if they required to do so.

In this case, the couple decided not to make any monthly payments towards their Equity Release scheme, but instead opted for the roll up facility, where the interest is added to the

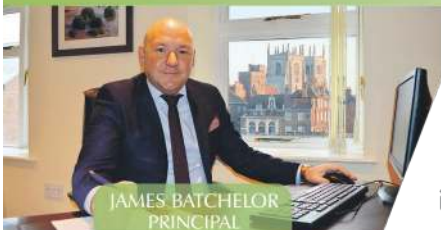
back of the loan. If the clients should ever change their minds and decide to pay either the interest or some of the Capital back, they can do so.

Mr and Mrs xxxxx have retained ownership of their property, not had to sell and downsize their property, not have the expense and worry of buying a new property, and have repaid their existing mortgage debt and reduced monthly outgoings.

Knowing that the Equity Release scheme has a "no negative equity guarantee clause" in it, the couple can now enjoy their retirement, living in their own home, not having to worry about future mortgage payments, and feeling that they are now in better control of their financial income and outgoings.

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Oil prices leave coastal and rural residents in the cold

Is community oil buying the answer?

Census figures released on 5th January reveal that 25.1% of homes in King's Lynn and West Norfolk are reliant on oil to heat their homes. However this figure gives an overall picture and in rural and coastal parts of the borough the figures vary widely.

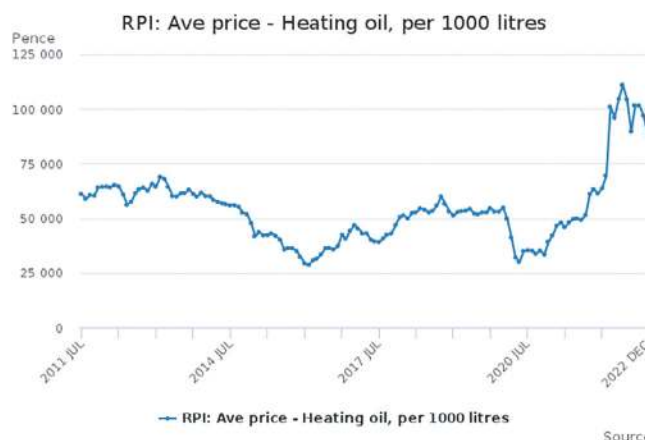
While fewer than 2% of homes are heated by oil in the centre of King's Lynn, the figure rises to 21.7% in Dersingham, 49% in Brancaster and Docking, 50.9% in Grimston and Gayton and 60.6% in Terrington and Clenchwarton.

Soaring energy prices have affected everyone, but unlike mains gas and electricity there is no regulation or price control for oil, and comparing prices for oil is difficult for the householder as the price fluctuates with the amount ordered, when it is ordered, and when its delivered.

So what help is available for householders using oil from heating?

Community oil buying through Community Action Norfolk's ThinkingFuel scheme has already attracted about 550 members across Norfolk. The charity has expert buyers who negotiate pricing that applies to all the members regardless of the amount ordered.

A spokesperson for the Borough Council said: "The more members they have, the more members can save when buying oil and we understand that people signed up for Thinking Fuel are currently saving around 20p per litre on oil purchases compared to some other commercial providers.



This graph from the Office of National Statistics shows the price of oil from July 2011 to December 2022.

"It's free to join and there is no obligation to buy.

"As the borough council we don't recommend one supplier over another but we are sharing this information to give borough residents the opportunity to think about the options available to them."

THE REALITY OF THE PROMISE OF 40 NEW HOSPITALS

Jo Rust

Remember when Boris Johnson promised us that his Conservative government would deliver 40 new hospitals in the UK? When did he say that?

Let's go back to 2019 and the flagship manifesto promise to replace the crumbling hospitals with shiny new builds and the hope and expectation many of us felt. Fast forward to now and we ask, where are they and what about the Queen Elizabeth Hospital in King's Lynn? Well, it's important to remember that our hospital didn't make it onto that list. We weren't one of the promised ones. We must all wonder why not, as everyone was aware that our hospital was past its best by date and should have been replaced in 2010. The MP of that time, Henry Bellingham, most certainly knew as he was a shiny new MP back in 1983, just three years after our hospital first opened its doors.

So, the fact that we weren't on the list of 40 promised hospitals is one issue to wonder about. But just looking at how long it takes to go through the process of delivering a new hospital it's quite evident that the Conservatives are not going to be able to deliver on that important manifesto promise in any case. Why? Well, only 10 of the 40 have gained full planning permission, that's why. Although the Exec Team at the QEH are working to try to ensure that if they do get granted the funding, they're good to go, at this stage it's looks increasingly difficult to ensure that we're going to have a new build by 2030, which is when our current build becomes obsolete.

The hospital have submitted planning permission to demolish the Inspire Centre which contains the Unison office, nursery and vaccination centre, and are applying for permission to build a multi storey car park. But they can't build the car park and start the process of the new hospital until they get granted the funding to pay for it.

Looking at the projects which were part of that 40, or thought they were at the time, how far forward are they? Well 12 of the projects haven't even had the first outline permission granted. 18 of them have only gained some form of permission, not enough to make them good to go for the full build. The New Hospitals Programme only has £3.7 billion earmarked so far. Bearing in mind that the current estimate for the building of the QEH is approximately £864 million, you can see that this initial investment isn't going to go very far. It costs money to plan and prepare for a new building as well as time and expertise.



None of this will be refunded to the hospital if we don't get agreement for funding leaving us further out of pocket locally. While we know that new building methods could mean a quicker construction time than previously planned for, it'll still be nigh on impossible to deliver our local project or any of the other ones that are already on the funding list, if they don't start this year. And ours actually needed to have started last year! So, we're already behind. But we need to add to the challenges the skyrocketing costs, driven by inflation. This will directly impact on the deliverability of the programmes as the money won't stretch as far as initially projected.

With regard to our hospital, we keep being told we're going to hear any day. We've been told that for well over a year. This is why we keep on campaigning to make sure our local needs aren't ignored. Most recently we were in Wisbech getting Valentine's Day messages for Steve Barclay signed, and in King's Lynn on Saturday 11th doing the same thing. We're then going to drive over to Steve's office in March and leave the card for him to discover. Hopefully he'll show us some love and fund a new build for us and his own constituents, but as I've said before, I'm not holding my breath!!



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Local Parish Council make roadside greener with help from Ingoldisthorpe Primary School

Ingoldisthorpe Parish Council has come together with East of England Apples and Orchards to create a greener roadside.

On Tuesday, 17th January, Ingoldisthorpe Parish Council planted ten indigenous fruit trees along the B1440 with aid from the owners of Just4You Fitness and the parish primary school.

Jennifer Shah, a former Parish Clerk, created the hyper-local scheme to increase the area's biodiversity and offer natural focal points of interest within the village.

The planting expands the parish's current scheme, where an orchard of remembrance was planted in 2019 within the parish's allotments. Each tree represents a serviceman lost in WWI and WWII.

Simon Lee, Parish Clerk, adds, "Planting a community orchard not only provides fresh, free fruit not only for people but also food birds and a wealth of insects. In the Spring, the flowers are an important pollen source for bees. The recent news that this project will be funded through the Tree Council's Branching Out Project is the icing on the cake"

With the backing and support of Norfolk County Council, Highways Department. Members of the Ingoldisthorpe Parish Council and pupils from the parish primary school. Braved the cold weather and were joined by a local gym - Just4You Fitness, to dig the ten



With the children from Ingoldisthorpe Primary School pictured from left: Michelle Young of Just4You Fitness, Debbie Jones (local resident), Parish Councillor Helen Beynon, Parish Councillor Kathy Wallace and Parish Clerk Simon Lee, Matt Franks of Just4You Fitness

holes and secure the trees in situ. Mel Stollery, Co-founder of Just4You Fitness, adds, "What a privilege to be involved in a forward-thinking project with Ingoldisthorpe Parish Council. At Just4youfitness, we are passionate about our members feeling part of a community. It was a great opportunity to be able to extend this ethos outside of our

facility."

This 'green scheme' by Ingoldisthorpe Parish Council is a forward-thinking approach to creating biodiversity within the local area and forms part of the village's more comprehensive plans for developing these natural focal points of interest.

West Norfolk residents need photo ID to vote at elections in May

For the first time, residents in King's Lynn and West Norfolk will need to show photographic ID to vote at this year's local elections. Residents are being urged to make sure they are ready to vote in May by checking they have an accepted form of ID.

Accepted forms of ID include a UK, European Economic Area (EEA) or Commonwealth passport; a UK or EEA drivers' licence; and some concessionary travel passes, such as an older person's bus pass or an Oyster 60+ card. Voters will be able to use expired ID if they are still recognisable from the photo.

Anyone who does not have one of the accepted forms of ID will be able to apply for free ID online at voter-authority-certificate.service.gov.uk/ or by completing a paper form.

The full list of accepted ID is available on the Electoral Commission's website, along with more information about the new requirement and details of how to apply for the free ID, at electoralcommission.org.uk/voterID.

Lorraine Gore, Returning Officer at the Borough Council of King's Lynn & West Norfolk, said:

"With borough elections taking place on 4 May 2023, it is important that those who want to vote make sure they have an accepted form



of ID. It may seem early but checking now means you will be ready to vote in May.

"Residents who do not have one of the accepted forms of ID can apply for free ID either online or by completing a paper application form and sending this to the electoral services team at the borough council. If you need any help with applying for the free ID or want to request an application form, contact the electoral services team by calling 01553 616773 or e-mailing elections@west-norfolk.gov.uk"

Anyone who wants to have their say in the

elections this May must also be registered to vote. It only takes five minutes to register online at www.gov.uk/register-to-vote. Voters wishing to apply to their council for free ID should first make sure they are registered to vote.

The requirement to show photo ID at the polling station, is a new requirement, introduced by the UK Government's Elections Act which was passed last year and comes into effect for the first time this May.

Key dates

- The election will be held on Thursday 4 May.
- The official notice of election will be issued on Tuesday 21 March.
- Nominations must be received by 4pm on Tuesday 4 April.
- Borough residents planning to vote must register by Monday 17 April.
- Applications for postal votes and changes to existing postal votes and proxies need to be received by 5pm Tuesday 18 April.
- New applications to vote by proxy must be received by 5pm on Tuesday 25 April.
- Applications for Voter Authority Certificates must be received by 5pm on Tuesday 25 April.
- Applications for emergency proxies must be received by 5pm on Thursday 4 May.



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Old Hunstanton Flower Festival

28-30 July 2023

Caroline Richardson

Now in its 48th year, one of the highlights of the North West Norfolk summer calendar has been St Mary's Old Hunstanton Flower Festival which draws visitors from all over the East of England. Crowds of enthusiastic flower lovers arrive on the Friday morning hungry for inspiration.

They are not disappointed. What was once a modest flower show, organised to raise funds for the church, has now grown in size and scope to become the Old Hunstanton Flower Festival and involves both the church and the village hall. A team of flower arrangers and their helpers spend many months planning and several days executing the most glorious displays of flowers in and around the church. In addition to the flower show in the church. Stalls are also to be found selling plants & bric-a-brac at the rectory, together with refreshments, cakes, books, clothes and jewellery at the Village Hall. Open Gardens, added in 2021, has proved to be such a success that it will now be held separately on Saturday 10 and Sunday 11 June.

Each year a theme is selected by the flower arranging team. This year's theme is "Seasons" which is open to a wide variety of interpretations - seasons of the year, seasons of life, sporting seasons, farming seasons... It will be fascinating to see how each flower arranger executes their own vision for the theme.

The theme of last year's flower festival was "Let's Celebrate!". And we did have a lot to celebrate - the late Queen's platinum jubilee and a cautious return to normality after the constraints of the previous two years caused by the pandemic.

Leading the team is Gary Bocking: a professional flower arranger for whom gardens and flowers have always been in his blood. Thwarted in his original plan to become a landscape gardener, he took a job aged 18 years managing the village shop. In the run-up to his first Christmas, Gary created a wreath for the front door. It was much admired by customers who asked him to create wreaths for their own homes. One thing led to another and a business was born. Gary left the village shop to set up his own business creating flower arrangements full time. Over the years he has worked with hotels and wedding planners, stately homes and private dwellings.

Five years ago, the Committee were thrilled when he agreed take over the running of the Flower Festival. He is ably supported by his wife, Sarah, who professes to have no creativity with flowers but is a superb organiser: "We love doing it because we have so much fun!", says Sarah, "it is a superb team to work with - very lively and supportive of each other."

Anyone who would like to join the team is welcome. No experience is necessary. Newcomers are carefully guided by Gary and his team. If you are interested in making an arrangement or just helping, please contact Sarah Bocking on bocking554@btinternet.com.

This year's St Mary's Old Hunstanton Flower Festival will be held on Friday 28 - Sunday 30 July 2023. For more information please contact Mike Tuffs on momtuffs@hotmail.com.



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A page from the Sage



Dick Melton
01485 535658

Hello everybody, this is the Boy Dick from Sunny Hunny also known as the Sage writing once more in the Town and Around for the March 2023 issue of this magazine.

Books

I was asked if there are any books about that tell you the history of Hunstanton; there are three very good books that were written by a Mrs Mary Rhodes who was born and brought up in the town. The first book she wrote was called Hunstanton Born and Bred, followed by the Hunstanton Story, and then a Hunstanton Miscellany. Mrs Rhodes also wrote a very good book about the 1953 floods but I do not have a copy of it and I cannot recall the title. Another interesting book of only 15 pages that is just called Hunstanton was written by the late Mr Ken Arnott. As well as a lot of information in this small book there are six good pictures of the town.

Other titles include a book all about the Le Strange family called Henry's Children, which is all about the family and Old Hunstanton Hall, Hunstanton and Wells-next-the-Sea, it is full of pictures of both towns then and now with a lot of the pictures in colour. A book full of sights of Hunstanton, and another that is of a lot of interest to people living in this part of Norfolk is a book called Listen to the Locals, it is all about the way local people like farmers, landworkers, fishermen and bait diggers tell the weather. The best book I have in my collection about Hunstanton is one by Mr L L Gore called The History of Hunstanton; there are over 400 pages and it covers everything about Hunstanton right from the beginning right up till the 1980s and is very interesting. I would think that all of these I have mentioned are likely to be out of print but you would be surprised at what you can find at car boots, old book shops and on the internet. I have a spare



copy of the History of Hunstanton if anyone would like one free of charge.

Amusement Centre

I have been informed that the amusement center on the edge of the green at Hunstanton has once again changed hands. This is the fifth time it has changed ownership since the end of the Second World War. I have been told that the company that now owns it has other amusement interests around Norfolk.

Hunstanton Pier

The eight hundred and fifty foot long pier stretching out to sea was constructed in 1870 with a few wooden buildings at the landward end people could walk along the pier and fish off the large platform at the end, lean on the rails or sit on the benches and watch the sun set in the west.

The walkway from the landward end to the seaward end had to be closed for a year in 1899 to renew the walkway for safety reasons, in 1939 the platform and huts at the seaward end of the pier caught fire and two ladies were trapped on the platform with a bit of luck the tide was in so they jumped into the sea and were helped ashore by holiday makers. The pier was mainly used for walking along and fishing from, but there was also a miniature railway that went back and forth along the pier for a small fee, also there has been an amusement arcade at the seaward end of the pier which for many years had a prize bingo in it. At one time there were nine prize bingos in Hunstanton, or possibly more.

As most of you know the film Barnacle Bill was made on the pier in 1957. The dear old pier survived the great storm and tragic flood but it gave up its battle against the sea after surviving the waves of two tides a day from 1870 till 1978 when most of it was washed away. There have been many people wanting to rebuild the pier but unfortunately no one ever comes up with the money, it will be interesting to see what these new owners will come up with.

Here is a bit more about the pier in 1963 when the sea froze over a lot of the old boys who fished off the pier and beach would walk out on the ice and pick up lobsters and cod that were frozen in the ice. I remember one morning in the nineteen seventies I was walking along the shoreline one morning at Hunstanton when I picked up nine lobsters, I sold eight to the landlord of the Wash and Tope for one pound each and I ate the other one.

When Mr Horace Brooks ran the pier just after the war in 1946 he got two men who had just come out of the army to paint all of the iron work on the pier; this took them nearly a year then after they had finished he gave them a full time job at the Kit Kat which he owned. I have been told that in the pier's one hundred or more years life time the iron work was only ever painted once.

In the nineteen sixties there was a small zoo under the pier on the same level as the promenade with birds, monkeys and other small animals; it was run by a lady from Skegness where she had another zoo. It was only there for two seasons as it never took off and then the space that it occupied was made into shops and a fish and chip shop. It is now a kiddies' amusement arcade.

Well now I have just had John Maiden's write up in the February issue of Town and Around read out to me by my wife. Before she started reading it I knew what it would be about, yes that's right Hunstanton Pier and the Pier Amusement Centre. I reckon if John can't get to sleep at night he counts piers instead of counting sheep.

As most of you know by now the pier entertainment centre has been bought for the sum of six million pounds. It has also come to my attention that the new owners of the Hunstanton Pier Amusement Centre have also acquired a pier at Great Yarmouth. They have said that they will not be doing any work or alterations to the Hunstanton Amusement Centre for the next six months.

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As for a new pier being built, ask the Borough Council to build one out from the site of the old Kit-Kat slipway site instead of building a new slipway that we have been told we would get after the old one was demolished and taken away in 1974.

70th Anniversary of the Floods

We had the 1953 flood parade along the promenade to the flood memorial in the Esplanade Gardens. The people went on to the Town Hall to see stuff all about this terrible night on the 31st of January 1953. I have been to many of these parades but unfortunately I am house bound and was unable to go but I followed it on my web-cam.

After the 1953 flood a chap asked the council if they could put a flood memorial in the Esplanade Gardens, the council had a meeting they then said that they said they could not build a flood memorial but they would let them have a bit of land opposite the War Memorial in the Esplanade Gardens. A group of tradesmen got together and decided to build the flood memorial themselves so they scrounged some sand and cement off a local builder and got some small rocks from the cliffs. At the same time the old toilets next to the pier building on the green was being demolished so they scrounged a slab of slate and one of the men took it home, put it in his shed on a bench and etched all of the victims' names on it.

When the Borough started mucking about with the Esplanade Gardens they wanted to move the flood memorial to another part of the gardens I told them straight that the memorial would just fall apart. Then we had a meeting about it at the Town Hall with over one hundred people in attendance, all of them voted for it staying where it was so then the Borough Council changed its mind, so we hope the Hunstanton Flood Memorial will stay in the same place for at least another seventy years.

That's about all for this month, you all just keep on a troshin'.

All the very best to you all.

The Boy Dick, Sunny Hunny

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"This company is amazing" - CATHERINE

Smithdon Student raises £3485 for Children with Cancer UK Charity

On behalf of the charity, Lady Romney accepted a cheque for £3485 from fifteen year old Hannah Burton on 31st January. Hannah's fundraising efforts included a Christmas sale and raffle, a sponsored dog walk (that she hopes to make an annual event) and sales of her handcrafted hedgehogs, angels, roses and anything else she can think of folding.



Hannah shows Lady Romney some of the gifts she makes

"She really is very creative," said her Nanny Monica Burton, having started with roses she now has a whole range of decorations that are absolutely unique."

Also present at the gathering in the Honeystone in the town were Borough Mayor Lesley Bambridge, Deputy Mayor of Hunstanton Michael Ruston, Christine Earnshaw, Cllr Carol Bower, Cllr Adrian Winnington, Cllr Adrian Eden, who is also a partner in By the Book in Hunstanton's High Street, Jean and Andrew Holland, Tracy Waldron from Chives who helped with the raffle ticket sales, Hannah's teacher Sian Wheeler and members of Hannah's family.

Hannah is no stranger to fundraising and in January 2019 whilst still at Hunstanton Primary School she donated £2,517.75 for the same charity and that followed the £1,644 she'd donated in 2018.

The Hunstanton teenager doesn't confine herself to artistic pursuits, she has just been signed up for Fakenham basket ball team too!



Hannah with her teacher Sian Wheeler



From left: Deputy Mayor of Hunstanton Michael Ruston, Lady Romney, Hannah Burton and Borough Mayor Cllr Lesley Bambridge

New Traffic Working Group for Snettisham

Following increased contacts from members of the public with concerns about traffic problems, Snettisham Parish Council hosted an open meeting on 7th February to gather views on traffic issues affecting residents in Snettisham. Councillors welcomed members of the public to the informal event, where an open discussion identified areas of concern. Issues raised included parking, speeding, crossing points, congestion and road safety. Councillors and members of the public attending the meeting agreed that a working group would be formed to take these issues forward, working with other agencies it is hoped that some of these concerns can be addressed.

Parish Council Chairman Kevin Penty thanked all those who attended the meeting, and for their contributions throughout the meeting. He looked forward to seeing some positive results from the working group in the future.

The photograph shows some of the attendees and group members.

*Standing L-R Richard Bird, Claire Smith, Cllr Hannah Whyman-Naveh, Cllr Eve Bateson
seated L-R Andrew Younger, Avril Wright, Sandra Younger*



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Dear Elector,

I have been a Borough Councillor of Heacham for almost 7 years. In 2019, electoral boundaries changed and I became Ward Councillor for Sedgeford and Fring too. I have always been elected as, and remain, an Independent Councillor. I have never had any affiliation to any political party in my adult life. I live in Heacham.

I endeavour to ensure that **local issues affecting Heacham, Sedgeford and Fring** meet local needs and, where possible, improve. I have pursued many problems experienced by individuals and most have either been resolved or mitigated. I got nowhere with a few.

Heacham: I helped prepare the Neighbourhood Plan which contains policies which are recognised and used by the Local Planning Authority. Planning applications often take up a lot of time and I have helped resolve many of them in the best interests of the community. Details of the large Cheney Hill development are still awaited; I will endeavour to ensure villagers concerns are met when they emerge. Regular meetings with the Chief Executive of the Borough led to: the refurbishment of South Beach toilets; action against unsanctioned activities, and ensuring agencies work to improve poor sea water quality – ongoing. I investigated the difficulties people had collecting prescriptions, now improved, and the delay in paying energy support grants to park homes, assurances have been given.

Sedgeford: I have helped the Parish Council with planning matters, and supported their continuing concerns about the Heacham River. The County Council closed the primary school and I will endeavour to help ensure that plans meet the needs or expectations of villagers.

Fring: I was able to assist residents in two events, the flooding of winter 20/21 and in a significant planning application of late 2022.

Best Wishes, Terry Parish (full name Terence Parish)

This advert produced and paid for by Terence Parish

Election Agent is: Jim Moriarty, Heritage View, Castle Acre, King's Lynn, PE32 2AJ

Buying a property with cash

By Nic Sheldrake, Property Director, Hayes + Storr

If you're searching for a new home, you may have come across the term 'cash buyers only.' In these cases, the agent is looking to sell to someone who does not need to borrow money and can proceed quickly.

There can be distinct advantages to being a cash buyer, or selling to one, however, it is important to be clear on what this actually means.

What is a cash buyer?

A cash buyer is someone who can finance their purchase without a mortgage or selling another property. They must have enough money available to buy the property at the time they make the offer. Having proof of your funds to hand will boost your credibility and help speed up the process.

If you are selling your home, your estate agent should confirm how the proposed buyer will pay for it. Ask yours how they will verify a buyer's status.

What are the advantages of being a cash buyer?

Cash buyers can proceed more quickly because they do not have to wait for a mortgage or for their own sale to complete. As a cash buyer, you may be able to negotiate a lower price or negotiate other benefits.

Cash buyers will also find it easier to buy at auction or buy properties considered unmortgageable, for example, ones of non-standard construction or which have structural or title problems.

Keeping you and your investment safe

All sellers and buyers must provide proof of their identity and address to comply with anti-money laundering regulations. The requirements will depend upon your solicitor and whether you are meeting them face-to-face. You should have your current passport or photocard driving licence and a recent council tax or utility bill available as this will help avoid delay.

As a purchaser you will need to show the source of your funds not only to the agents but also your solicitor who will need to confirm your funds are from a legitimate source. This is to comply with legislation aimed at reducing criminal activity. For example, if you are funding your purchase from savings, they will ask to see bank statements showing regular payments into your account and your savings building up.

Due diligence

Cash buyers should be wary of any pressure to complete before they are ready. Be cautious about dispensing with any of the recommended searches or investigations into title. Your solicitor can advise you of the risks involved and if necessary, ways of mitigating this, for example by taking out indemnity insurance.

Be wary of so-called buy any property companies, which regularly advertise on the internet or in local media. While some are genuine, others are only middlemen for third party investors. Others may use dubious tactics such as making an initial high offer then reducing it before the sale goes through.

How we can help

For further information on any aspect of the home buying process, please contact Nic Sheldrake in the residential property team on 01328 863231 or email nic.sheldrake@hayes-storr.com.

This article is for general information only and does not constitute legal or professional advice. Please note that the law may have changed since this article was published.



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How to avoid getting ripped off when buying a second-hand car - Part 1

Abigail Brown

The used car market is a minefield, to put it lightly. Sadly, you wouldn't believe the amount of times we have to inform customers that the car they've just bought is not in the condition they believed it to be. If you're in the market for a second-hand car, there are some things you can do to mitigate the risk of being cheated, and we'll share them all with you in the next few columns.

NEVER buy a car without its MOT

First and foremost, if a car's MOT has expired, do not buy it. This is practically a sure sign that the seller has something to hide. If a car's MOT is due in the next couple of months, the best thing to do is ask that the seller takes it for its MOT early. You can offer to pay the extra money for the test and the seller should cover any repairs needed.

Always do a thorough background check

It's vital to do a review of a vehicle's history before you go to view it. There's a lot you can find out about a car online; certainly enough to determine whether it's worth seeing or not. First, do an MOT check - www.check-mot.service.gov.uk is the place for that. You already know what to do regarding the MOT due date, but make sure to take note of the

MOT history as well. Check for any advisories, particularly those that are on the most recent MOTs that may not have been dealt with and make a note to ask about them when meeting the seller. It's also wise to do a HPI check. The most comprehensive ones aren't free but it's a small price to pay for complete transparency. The report will tell you whether the car is on finance, if it's been written off, or marked as stolen - all massive red flags!

The proof is in the paperwork

Request the seller sends you screenshots of the vehicle's service history to confirm whether it's up-to-date on its maintenance. As a general rule, the vehicle should have had a service every year, alternating between a full and interim service in its most basic form (although it's better if it has stuck to the service schedule recommended by the manufacturer - read last month's column!). If you do decide to view the vehicle, ask to see proof of ownership in the form of a purchase receipt and make sure you get the physical copies of the service history. The logbook doesn't prove ownership but it's vital that you're handed this also; if not, you won't be able to tax the vehicle.

Next month, we'll cover mileage - if it looks too good to be true, it probably is! - and

how to thoroughly check a car's condition beyond any scratches and/or dents.

For more information, visit www.kbrownautoskingslynn.co.uk. Or call our garage in Hunstanton on 01485 533786 or King's Lynn on 01553 763763.



Testimonial

"We are incredibly pleased with the work Town and Around has brought us and are getting lots of new customers which we know come from your magazine, so, thank you." K Brown Auto Repairs

'We are just getting started!' say EA Mobility after installing nearly 500 bathrooms in 2022

King's Lynn based mobility bathroom specialist, EA Mobility has reported a successful 2022 that was dominated by significant growth and the expansion of its services, with 18 new team members joining the business and almost 500 projects completed.

A year of growth and expansion

The company, which was founded in 2017, has enjoyed a period of rapid growth since then. Its success was reflected by the fact that it achieved turnover of over £5 million in 2022, up from £3.3 million the previous year. EA Mobility also saw its customer base increase by over 50 per cent across the UK.

The company's managing director Kevin Carvell said that this had been helped largely by its ability to offer 'a comprehensive range of installation services including adapted kitchens and bathrooms, wet rooms, hoists, access ramps and specialist bathing equipment for people with disabilities or long-term health conditions affecting their mobility'.

Enabling the less-abled in the comfort of their own home

An ability to live more independently is a key part of EA Mobility's mission. The company has always been at the forefront of providing innovative solutions to make life easier for the less-abled in society, and has over 20 years of experience in this area.

The company has worked in partnership with occupational therapists and healthcare providers to develop customised solutions for customers and end-users, including adapted kitchens and bathrooms. They have also worked with a number of care homes to provide specialist equipment such as hoists and baths, which can enhance the quality of life for their residents.

Kevin Carvell, EA Mobility's managing director said:



"We look forward to another successful year creating safe yet stylish accessible bathrooms for our customers across England and Wales. With the team's expansion in 2022, we are able to offer fast turnaround on most projects with start dates within just 4-6 weeks while maintaining the highest level of service and quality."

"I am immensely proud of what the team has managed to achieve despite the lockdowns and supply chain issues that have been affecting all businesses in construction - 472 completed projects is a big achievement, but we are fully committed to improving this further in 2023."

He continued: "We believe that employing our own workforce is something that makes us stand out from competitors - it shows how much we care about providing high quality but fast turnarounds without any typical issues that often pop up when customers source all contractors independently."

About EA Mobility

EA Mobility specialises in enabling the less-abled in the comfort of their own home through adapted bathrooms, wet-rooms, kitchens, access ramps and associated building works. With over 20 years of experience, we take great pride in enabling people to remain in and enjoy their homes safely - which is why we are offering nationwide coverage for projects, whatever the shape or size of your property.

EA Mobility is approved and accredited by Trading Standards Approved Code, Which? Trusted Traders and Safe Local Trades and Services. Our installers, surveyors and project managers are fully trained and DBS cleared.

Call on 0800 955 0176 to request a full colour brochure or a home visit to discuss your needs and issues. Visit EAMobility.com for more information.

EA's advertisement is on the inside back cover.



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Daisy brings joy to Norfolk Lodge and Driftwood House

Twenty nine residents at a Hunstanton residential home that specialises in dementia care and seventeen more at a mixed care home had a visit from Daisy the three-year-old miniature Shetland Pony on Wednesday 8th February.



Daisy's owner, Nicky Hill runs Miniature Dreams of King's Lynn and is a qualified Nursery Nurse and Early Years Practitioner with 25 years' experience who also loves ponies. Nicky said: "I always dreamed of having my own pony in my back garden, and now I have that and my dream job creating opportunities for young children (and older people) to experience the joy of ponies."



Margaret tries her hand at grooming

Nicky has been visiting nurseries, schools and private houses over the past year and receiving great reviews. Miniature Dreams has even been mentioned in an Ofsted report where the inspector reported their visit as: "showing a great example to widening children's experiences" at a nursery rated Outstanding.

This was Nicky and Daisy's first experience of working with people in a care home and the reception they received from residents was a joy to witness.



Fred's smile says it all

Registered with CQC, and manager of Norfolk Lodge and Driftwood House, Leah Guy had arranged the visit. She said: "We like to offer our residents lots of different and interesting things to do and animal therapy has been proved to be really beneficial.

"When it is cold and we can't get out we like to bring the outside in, and today the mental stimulation that the visit has given our residents is plain to see.

"Doing things like this is good for the staff too."



Thomas, age 3 whose mum Hilary works at Norfolk Lodge was thrilled by Daisy's visit as was Barbara pictured below who said: "What an enjoyable morning; I'm so pleased that Daisy and Nicky came to see us today, what a lovely experience for us all."



Nicky can be contacted on 07958 783552 and her FB page is Miniature Dreams for Tiny Tots For enquiries about Norfolk Lodge and Driftwood House contact Leah Guy 01485 532383 or nl@armscare.co.uk

Indoor photos: Ian Burt

Classy and fabulous at Allez Chic

Coco Chanel once said that: “a woman should look classy and fabulous”. To many this means elegant and stylish, and perhaps the image of Audrey Hepburn comes to mind. The fact is that half a century on from her classic films when she managed to look chic but down-to-earth women still look to her as a style icon.

Classy doesn't mean boring or expensive which is great news for women who want to wear fashion that is individual, feminine and yet affordable. In store at Allez Chic you'll find clothing for every occasion and alongside a great selection of high quality brands such as including Adini, Lily & Me, Marble, Micha and Pomodoro they have a stylish range of costume jewellery, bags, accessories and shoes to complement your outfits.

The fashion pundits tell us that pastel pink and cobalt blue are set to be the stand-out shades of the season and flower power is back for spring and summer 2023, with floral dresses the on-trend choice for the dressy casual wedding. Pomodoro's new collection of easy to wear dresses and eye-popping colours (see advert) are perfect to lift the spirits this spring.

Anyone who has watched the 2006 film 'The Holiday' starring Kate Winslet as Iris will know that Arthur (played by Eli Wallach) encourages her to be the leading lady in her own life. So ladies, here's your invitation to look classy and fabulous with the help of Cheryl and her team at Allez Chic.

Testimonials

"I get loads of work from Town and Around. Advertising with you is the best thing I've done." Ben Whyman

"I have received so many of my new clients from the advert in your magazine." Sarah Naveh



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Hunstanton Eye Care blog

Did you spot what was missing from February Town & Around? Yes Hunstanton Eyecare blog. Sorry about that, it was entirely my fault. Just as our lovely boss was taking us out for our Christmas lunch, I went and fell down the stairs, and quite a few of them. My name is Ball, but I certainly don't bounce, and unfortunately broke my left wrist and shoulder, and I'm left-handed. A silly trip has resulted in weeks off work, something quite unfamiliar to me, and much inconvenience to many kind folks. You must feel for Mr B at home too, who has had to do ALL the chores and look after silly old me. Everyone at work has rallied round and Julien, our General Manager is standing in for me. I may not be back until Easter time but I can still scribble an article, well tap on my laptop as I can't hold a pen as yet. I also have to say a very heartfelt thankyou to all those at QEH who have been and are still involved in putting me back together.



GLAUCOMA

Let's talk about GLAUCOMA, a common eye condition that can have an impact on vision, but generally only if it is left undiagnosed and untreated. Progressive damage can be caused to the optic nerve, the sensory route which sends visual images from the eye to the brain. The most common cause is a rise in the pressure inside the eye, but we have to look at three factors when considering Glaucoma, Eye Pressure, Optic Disc Appearance and the extent of Visual Field. As part of our routine eye exam, these three factors are always checked at Hunstanton Eyecare. Eye pressure used to be checked with the "puff of air machine" that everyone hated, but these days our modern equipment measures it without you even realising it's been done. The Optic Disc is the head of the Optic Nerve which we can see as we look into your eye. Our OCT machine measures the optic disc size very accurately and takes photographs so sequential records can easily be compared, we will be alerted to any unusual changes in good time. This is another good reason to always have the OCT scan at your eye exam, it is such an essential tool and gives information that we cannot gather in any other way. Visual Field is the term given to the extent of visual awareness, and we include a visual field screening during an eye exam. If we have any concerns we can perform a more detailed exam but we may book you in at a later date. One of the significant symptoms of Glaucoma is a gradual reduction in visual field, and if the condition is left untreated then patients suffer "tunnel vision". For those having to renew a driving licence, you will probably be required to have a visual field exam to satisfy the DVLA, as the rules require a certain extent of field of view.

Glaucoma is an insidious condition as it doesn't generally have any noticeable symptoms until the disease is quite advanced, and by then treatment is probably ineffective. Those at most risk are over 40 years old with a family history of glaucoma, so the NHS contribute to the cost of your eye exam. If diagnosed, treatments are very effective and will preserve good vision in the long term. So the message is, have a sight test at least every two years and always include the OCT scan.

We look forward to seeing you soon

Annette

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Wild in Westminster and West Norfolk

Having grown up in North Norfolk, I am fortunate to have been brought up in an area of outstanding natural beauty so I understand how essential it is to protect and enhance our environment.

Five years ago, the government's 25-year environment plan set out a vision to halt and then reverse the decline in nature. That vision has just been refreshed through the newly published Environmental Improvement Plan which sets out measures to leave the environment in a better state than we found it in. This is vital as nature is crucial to our survival, food security, clean air, clean water, as well as for health and wellbeing.

That is no small task. For too long nature has been taken for granted, used freely as a resource with little thought for the consequences. So fixing some of the challenges we face is not as easy as we may like. Instead, this is necessarily a long term plan but with milestones along the way to demonstrate progress and prompt action.

One of the issues that rightly attracts a lot of attention is the state of our coastal waters and rivers. Swimming in the sea at Mundesley or along the coast was something I first enjoyed - or endured depending on the weather - as a little boy. People coming to enjoy our coast should be able to enjoy good quality bathing water.

The use of storm overflows by water companies is unacceptable which is why I voted for action by this government in the



Environment Act to make water companies take steps to significantly reduce them, prioritising bathing areas and chalk streams. That includes requiring the largest ever investment - £56 billion - by those companies to improve water infrastructure.

Unfortunately due to Victorian infrastructure the alternatives to overflows are also unpleasant such as sewage backing up into toilets in people's homes and businesses. Sadly there is no quick fix for this problem - and people who say there is are simply posturing. But we can and are taking positive steps in the right direction and major investment and new powers mean water companies and regulators should now be held to account to deliver. Any fines for breaches will now be reinvested in improving water

quality and maximum fines will be increased.

The plan also renews the commitment to protect chalk streams by supporting the chalk stream strategy - I welcome earlier funding for the River Hun and as a member of the Gaywood River Improvement Group, convened by the Norfolk Rivers Trust, I am supporting efforts to improve that chalk stream.

The plan also commits to reducing agricultural pollution by paying farmers to protect and enhance watercourses through new farming schemes, and investing in improved slurry storage and management, and ensuring farmers are meeting legal standards of responsible farming.

We also need to value water as the precious resource it is. That means cutting the huge amount of water lost to leaks every day and new water efficiency labelling to allow consumers to make informed choices when purchasing washing machines or other goods.

A frequent criticism of politics is that it is too focused on short term issues and the here and now. Our approach on the environment is long term to deliver sustainable improvements but with clear timelines and transparency on performance.

House of Commons

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Pride in our Neighbourhoods 68

Andrew Murray

As mentioned last month, the public hearings to determine the soundness of the Borough's Draft Local Plan came to an abrupt halt on 11 January when the two Inspectors announced the cancellation of the remaining five sessions. The Inspectors have now written to the Borough detailing the reasons for the adjournment and the further evidence that they require to be produced to enable the examination to continue.

One of the concerns is that 40% of the housing allocation is in the West Winch Growth Area (WWGA). The two outline planning permission applications for that area suggest that it is to be developed in a piecemeal fashion with public transport only added as an after thought. The residents are likely to rely on car and road based transport. Furthermore access is initially on to the overloaded existing A10 Road. In contrast, comparatively limited housing development is proposed for Downham Market (6%) and Watlington (0%) which have the benefit of main line railway stations and should therefore be more sustainable locations. This anomaly is at variance with the Spatial Strategy in Policy LP01.

The WWGA was allocated at least 1600 dwellings in the 2011 Core Strategy but the evidence to support the increase to 4000 is lacking, particularly in relation to the operation and safety of the transport network, the air quality, landscape character and local amenity.

Whilst the policies identify Key Rural Service Centres (KRSCs) as a focus for most new development in the rural areas of the Borough, only 9 of the 23 centres will have any allocations remaining to meet housing needs after 2027/28. The provisions are largely based on carrying forward existing allocations from the 2016 SADMP and windfalls. The Plan does not seem to be positively prepared to meet the needs of rural communities.

The Inspectors propose to give the Borough Council until 28 April 2023 to produce further evidence to justify their Spatial Strategy; the Settlement Hierarchy; the ability of WWGA to accommodate the increased allocation; to draw together transport strategies and show how they may offer a genuine choice of travel modes supporting a modal shift away from dependence on the car; and the Housing Land



Supply. Once that evidence satisfies the Inspectors, they will ask the Borough to undertake public consultations on the further evidence and provide them with a summary of the representations. The hearing sessions may resume in the early autumn.

At the national level, The Department for Levelling Up, Housing and Communities is consulting on wide ranging proposals to update the National Planning Policy Framework NPPF. The consultation period closes on 2 March 2023.

News From The Woottons

Richard Coates

As regular readers of this column in Town and Around will know, I do a lot of work for The Woottons and, recently, one thing in which I'm involved has taken me out and about visiting Wootton people and talking to them about their life here. One thing that has come over to me is how utterly charming Wootton people are! O.K. not everyone, of course, but the vast majority are. And it's so interesting talking to local people. Some of them are local born and bred but most of them have moved here from somewhere else and I'm always interested to know what attracted them to The Woottons. The most common reason is that they've got family or friends in The Woottons or close by and that tells you something about people in the area that others want to come and join them. They say that they like the facilities here and that they feel comfortable living here. Not once have I found anybody who regrets having moved here.

You may have heard of rightmove.com which is an online property for sale listing company where estate agents list the properties that they've got for sale for the public to look at. As a bit of a sideline, they run an annual competition to find the Happiest Places to Live but I've never seen The Woottons, King's Lynn or Hunstanton get listed and that has always disappointed me. So I've looked at the criteria that they judge these things on and it became clear that small towns can never become contenders because it's voted for by the residents. I have thought about persuading the Editor of Town and Around to run a similar competition in West Norfolk but it would be a lot of work and I know she'd say "yes" to me, providing I do it and I just haven't got the time but, if I had, I'm sure The Woottons would show up well as one of the happiest places to live in West Norfolk. What's that you say? So would your town or village? Maybe we will run that competition one day then!

Last month I told you about the success we had had in getting Allison Homes to stick with the original planning permission to build the roundabout on Edward Benefer Way before they start work on their housing estate as this will save Wootton people a lot of extra traffic hassle during the construction phase. It'll be bad enough just building the roundabout without the extra construction traffic of the housing estate as well. No sooner have we got that settled than the developers for the very big estate off Grimston Road have applied for planning permission for a "temporary construction access" from that road. A



covering letter says that it's required to construct the roundabout and will remain in place until the roundabout is operational. It infers that the roundabout will be built first but it doesn't actually say that! In fact the access isn't near where the roundabout will be so it's quite likely that the "temporary construction access" will be used for constructing much of the building site and the roundabout could well be built later! Ward councillor Greville Howard has also spotted this and has "called in" this planning application which means it can't be approved by the planning staff and must come before the Planning Committee for the councillors to consider in public session in the same way as Allison Homes' Edward Benefer Way

recent planning application. I'll be putting in my own objection to add a little further weight to this one. We can't stop the main building estate going ahead but we can stop them twisting the approval from what had been agreed.

There's planning permission for 1,175 new houses over these three new housing estates. Quite where all these people are going to be coming from to buy these houses I don't know. We hear on the national news about people having problems not being able to afford to pay their mortgages as interest rates increase yet developers think they can sell all these new homes in South Wootton! Rightmove.com seems to be reporting lots of properties with reduced asking prices so I asked three local agents how they were finding the current market for properties in The Woottons. One didn't respond, one did so but only in general terms but Sales Manager Bec Nally at Sowerbys told me "Whilst the media had suggested that the property market coming into the new year was going to be "doom and gloom", we are experiencing anything but. The ever-popular Woottons have enjoyed a particularly strong start to 2023, with several properties agreeing sales in recent weeks. It is worth noting that the properties which have experienced the most interest are those which have been sensible with their pricing, with the post-pandemic furore behind us. North and South Wootton continue to appeal to a wide audience, whom we are speaking to daily, who appreciate all that the community has to offer." It's what I've often said: The Woottons is special and it's a great place to live!

If you live in The Woottons, send your email address to richardcoates@inbox.com and I'll send you my weekly email of Wootton News and Diary Dates.

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COUNTY COUNCIL TAX, SAVINGS, SPENDING AND THE COUNTY DEAL

Andrew Jamieson, County Councillor and Cabinet member for Finance at Norfolk County Council

At £60 million, the scale of the Budget gap identified in the Medium Term Financial Strategy in February 2022 was one of the largest that the Council has sought to bridge. While I am extremely relieved to be able to set out a balanced Budget proposal for 2023/24, it has not come without costs. Principal of these is the necessity to increase Council Tax, both general and the Adult precept, by the maximum allowable before resorting to a referendum: 4.99%.

County Council Tax

The £23.356m thereby raised goes some way to covering an increase in costs of over £148m. Total savings of £59.704m are budgeted for to help pay for these. The balance of the costs are largely met by additional funding announced by the Government.

This means, of course, that we are spending more money next year than last year: £494million vs £464million on Norfolk's services.

I do not have to tell you that since the Budget last February, there have been very severe headwinds in both the wider economy and in public finances which have inevitably served to increase the costs that this Council faces:

- i) The 2022/23 pay award was approximately £8.1m more than originally budgeted (this includes the Fire service, which has yet to agree a settlement);
- ii) This feeds through to increased pay award assumptions for the year in question of £6.8m;
- iii) So pay awards add £14.9m. Then, because so many of our external contracts, with Care Homes, for example, are linked to CPI/RPI, we are budgeting for at least another £7.4m inflationary pressures
- iv) We have seen a significant overspend of £20 million in Children's Services in the current year, which will need to add to the coming financial year's base. There has been a sharp rise in the cost of placing children, together with a sharp increase in more complex cases. This, together with significant increases in the cost of Home to School Transport, means that the County will be spending a total of £232.5 million on this Service next year. All I would say is that the ability to handle an in-year overspend of this magnitude and adequately cover such a significant financial response to rising demand, is an indication of the inherent solidity of the Council's budgeting process.
- v) There is a significant impact from the rise in the National Living Wage, particularly for 3rd party contracts. Indeed, we recently announced that we have provided an additional £30 million, an increase of 9.5%, in order to maintain this key economic and societal sector in Norfolk.
- vi) In addition to the £20million additional revenue funding to Childrens Services

mentioned above, we are providing an additional £5.5m next year, and in each of the following five, to address increased costs in the High Needs part of our education provision. This alone is more than a 1% increase in Council Tax.

County Council Savings

Over the past three years we have been able to fund cost increases by doing more things better but for less money. Most of the £60,000,000 savings this year fall into this category. In particular, I would highlight three:

- i) During the year we launched a comprehensive review of how we deliver services. This Strategic Review covers both looking at how to meet needs in a different way, with less input required from staff on the lower value add activities; second it means applying a consistent approach across NCC to layers of management and how many people an individual manages. This means looking at spans of control and management layers that could be changed to sustainably remove staff costs and increase an individuals ability to solve smaller problems themselves. This will take over £17 million out of our cost base and covers all departments. Further plans are already being drawn up to build on this first phase of the Strategic Review. Additional benefits to ways of working and resulting financial savings are anticipated to be identified for 24/25 and 25/26 as new proposals are brought forward that continue to strengthen the Council's resilience and deliver efficient and effective services.
- ii) During 2022-23 we launched Adults Services 'Connecting Communities' programme. This programme underpins a substantial proportion of this departments financial benefits and will deliver over £18m of recurrent savings when it is wholly finished. 2023-24 will be a really important year for the roll-out and implementation of this programme but put simply, it centres round a continued focus on value for money and accountability. Getting the basics right is vital to managing what is the largest budget that the Council has.
- iii) A similar transformation programme, which we are calling New Roads, has been very successful in keeping children out of care. Without it, the cost to the Council of the huge increase in placement costs would have been significantly higher.

County Council spending

So, as I say, the vast majority of savings do not mean a reduction in the level of service that you get from us. One of the reasons for this are the transformation programmes already described. The other is the careful use of capital spending to support our services. It is the capital programme that will allow us to focus on the things which really make a difference: it is by improving educational

outcomes, growing the skills our key sectors need, helping to create good quality jobs, and putting in place the appropriate infrastructure to attract those jobs, that we will improve the life-chances of our residents and strengthen our economy.

For us in West Norfolk, there are some significant increases to the capital spend. First, the library and bus station in Hunstanton. Hunstanton is the fourth busiest bus terminal in the County. By providing £1.2 million to develop into a fully functioning transport hub, we will be able to provide more frequent, direct services, a dropping off point for coaches, a connecting point for rural services, a hub for cyclists and walkers to spread out and use some of the long distance paths and cycleways that we are creating. At the same time, we are rebuilding a larger library on its original site, allowing us not only to provide the many services our libraries already offer but to deliver some adult and children's services from there as well. There will be Tourist Information Centre and somewhere for a coffee too. Other improvements for bus transport in West Norfolk include:

- i) A149 Castle Rising to Knight's Hill and QEJ - Investigation into low-cost options to provide bus priority along this corridor, to assist with summer peak traffic flows
- ii) King's Lynn: Hardwick Roundabout to Southgates - Inbound bus lane - links to sustainable travel plans as part of the LUF bid
- iii) King's Lynn: Portland Street and Bus Station Access - Junction changes to prioritise buses
- iv) A149 Lamsey Lane Junction - Contribution to works to reconfigure junction to provide easier access onto A149 for buses
- v) King's Lynn: Queen Elizabeth Hospital exit - Reconfigure junction to provide priority for bus movements
- vi) A149 Norfolk Lavender Junction - Reconfigure junction to provide priority for bus movements
- vii) A148/A149 Knight's Hill junction reconfiguration - to provide priority for bus movements, with a section of bus lane on the A148
- viii) In Hunstanton and at main stopping points we will be installing real-time passenger information and new bus shelters.

I mentioned the new library in Hunstanton. Additionally, Norfolk County Council have provided the core funding needed to enable the new library, or multi user community hub, in Kings Lynn to go ahead. This scheme will provide Kings Lynn with a much needed heart in the landscape of its Town Centre by providing inspiring spaces and facilities for individuals, communities and businesses; create a strong base for our own outreach and community support work, as well as supporting smaller community groups and partners to have a local presence. This we

believe will attract more people to the town centre as a cultural anchor, and complement the great work being overseen there by the Town Board to rejuvenate the centre of Kings Lynn.

Elsewhere, some of you might have used the new broad-walk on Holme dunes. This means that we now have access for wheelchairs from Thornham harbour right round to the Firs and beyond. This year we will be upgrading the stretch from the Beach road in Brancaster as far as Brancaster Staithe. This extends the path we finished last year, from Brancaster Staithe to Burnham Norton church. Last year Norfolk County Council committed £900,000 to the Platinum Jubilee Trails: two of which are in West Norfolk. One, the Elizabeth Way, running from Heacham through to Kings Lynn, via Sandringham and the Wootons, will launch later this spring.

You may remember Norfolk County Council's commitment to net Zero carbon emissions by 2030, some 20 years before the Government. To that end, we are investing an initial £4 million in our own buildings and £9 million in our County Farms to deliver decarbonisation and carbon reduction schemes.

We have an ongoing programme to deliver additional Housing with care schemes for Norfolk: one of which is scheduled for Hunstanton once the Borough has issued planning consent.

County Deal

So we have some major schemes being undertaken in West Norfolk which, I have to say, have largely been possible due to County and Borough working collaboratively together. And that leads me to my final point:

You may have heard about County Deals recently. I believe that this an extremely exciting first step towards delivering greater autonomy to Norfolk through Devolution. It offers us a generational opportunity to unlock significant long-term funding and gain greater freedom to decide how best to meet local needs and create new opportunities for the people who live and work in Norfolk. Some decisions and funding previously controlled in Westminster will now be decided by Norfolk, for Norfolk.

If the devolution deal is agreed, it will provide Norfolk with new powers, devolved funding and additional investment of £612.9m over the next 30 years to help us to boost our economy through jobs, training and development; improve our transport network and support our environment.

A Deal for Norfolk will mean that, from 2024 onwards, we can:

- target funding and resources to Norfolk's own priorities, with a new investment fund of £20m per year for 30 years
- unlock housing and employment sites with an injection of £12.9m capital funding in this Spending Review period and new powers to drive regeneration, housing and development priorities
- invest in the skills we know we need, with

devolution of the adult education budget and input into the new Local Skills Improvement Plans

- invest in local transport planning and consolidate transport budgets to direct funding to better meet our local needs and priorities
- strengthen the local business voice to inform local decision making and strategic economic planning through the future integration of New Anglia Local Enterprise Partnership
- raise our influence regionally and nationally, enabling our voice to be better heard by Government and internationally to shape future policies and funding decisions for the benefit of Norfolk.

Because we would be able to borrow against part of that annual £20 million, in practical terms this means a substantial injection of capital into projects that we would like to see happen: a new Oasis for Hunstanton for example, or a restored and rejuvenated Prom. In recent years, the vast majority of funding, especially non-ringfenced funding, has gone to those authorities who have signed up to some form of devolution plan. Mostly these have taken the form of Counties or Metropolitan areas combining to make a single authority; a recent example is the combining of Nottingham, Derby, Nottinghamshire and Derbyshire into a single entity. In 2016, we were offered a similar opportunity to work with Cambridge and Suffolk but our then District Leaders turned it down.

Norfolk has fought its way back from this and is now taken much more seriously by Government once again. Together with Suffolk and Cornwall, we are the first counties to have been offered a County Deal that works for Norfolk alone, without combining with our neighbours and which, crucially, does not require yet another layer of local Government, which is would a Combined Mayoral Authority would mean.

Instead, residents will get the opportunity to directly elect the leader of Norfolk County Council. He or she would continue to be responsible for what the leader is currently responsible for, but would have the new powers and additional finance back them up: the people of Norfolk would have a direct say in who will deliver this and I think this is key to better engagement with residents and their local government.

Under the Deal, all Norfolk districts and boroughs remain sovereign organisations and will not lose any powers or duties. Mayoral Development Corporations would be set up and each Borough/District would exercise their powers within them.

Consultation will start shortly and will last until mid-March. I hope as many of you as possible go online via our hub or our Deal For Norfolk Survey. There will be non digital routes in libraries and community hubs; we want to reach as broad and representative a range of people, groups, businesses and councils as possible. I will be happy to speak on the matter at a public meeting in early March as well.

Re-think over Hunstanton's Bus Station site

Hunstanton could benefit from a new multi-user hub and travel interchange that will include a new library and adult education facilities, toilets and changing facilities, and improved public transport.

The Westgate site originally had planning permission granted for apartments, retail units and a new library in March 2021. But changes in building and fire regulations, along with rising costs due to the pandemic, meant that the site became unviable for developing homes in the foreseeable future.

As a result, officers have been considering possible alternative proposals, including one brought forward by the county council that would include a multi-user hub (including a library) and additional facilities, with an Active Travel Hub next to it. This is the proposal they are now recommending to the borough council's cabinet and R&D panel.

The original proposal included 47 flats, a new library and retail units. Changes in building regulations, announced while the planning application was being considered, would have necessitated a commercial-grade sprinkler system to be installed, which was not required when the application was made.

Further changes, this time to fire regulations, were announced after the application was approved. Officers explored an extensive range of options for how the scheme could be amended to accommodate these changes but with changing market conditions, increased global construction costs caused by the pandemic and rising inflation, it became apparent that none of these options could viably be developed in a reasonable timeframe.

In the meantime, the county council was considering public transport provision plans and, as it is the 4th busiest interchange in the county, it was keen to ensure high-quality facilities in Hunstanton that would encourage use of public transport. It also needed to ensure re-provision of the library, which is currently in a temporary location on Valentine Road, and tourist information provision. At the same time the town council approved its neighbourhood plan last summer, re-stating its desire to retain a library and bus station in the town.

The pre-existing bus and library provision on this site made it an attractive candidate for the county to consider so borough officers, having established that development was not currently a viable option, that NCC had funding to deliver its new aspirations for the site, and taking into account that the borough council already owns the site, are now putting a change of plan to councillors for a decision.

The council is also considering how housing need in Hunstanton can be addressed in future and how it can work with partners to pursue development opportunities for the town more generally. New homes in Hunstanton will be available on the Southend Road site from spring 2024.

Round the bend with Dean Baker

Winter's Not Done Yet or You Know The Drill By Now!

March already! Almost a quarter way through – how did that happen?

Let's get the grim bit out of the way – energy bills. If you're anything like the Bakers, and I'm writing this on 10th February, you're in debt or debit to your energy provider. Don't worry over the Summer you will ease back into credit.

I've speculated before as to when the nights start to get chilly, I think in our corner of North West turns towards chilly in mid-August. I think if your still in debit to your energy provider by August you will need to consider making a one-off payment. But, that's a way off ...

Statistically there is more chance of snow at Easter than there is at Christmas!

So, what to do with your home if it turns very cold again – stick



to the drill. Keep yourself warm, keep your bed warm. Electric blanket, draught excluder - it won't be for long.

If you're leaving a holiday home unattended, then turn the water off at the stop cock leave the heating on constant and turn

Round the Bend



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the thermostat down to 12 degrees. If the weather does turn cold, this will save you the dreaded 'frozen pipe'. Leave a light on timer switch too!

Last but not least – boiler servicing. I don't do it anymore, but its very important. It's never

too late, its' been a cold Winter so far, your boilers worked hard – get it checked out!!!

Until next month, all the best.

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A recipe from the Prudent Pensioner

I recently made a beef and vegetable casserole in my slow cooker; I added extra vegetables knowing there would be some tasty gravy left. Next day I simply put the gravy and vegetables into a jug and, using my hand blender, whizzed it for a couple of minutes, reheated it and enjoyed it as a soup with nice chunky bread. This recipe makes a similar tasty, nourishing soup.

Beef and Vegetable Soup.
 50g/2oz Minced Steak
 1 medium size Carrot
 1 medium size onion
 1 medium size Parsnip
 1 medium size Potato
 Beef or vegetable stock cube
 Cooking oil or fat
 Salt and pepper

Trim peel and thinly slice onion.
 Trim off ends of vegetables, peel and cut into small pieces.
 Dissolve stock cube in 500 ml of hot water.
 Add a little oil or fat to a saucepan and over a low to medium heat fry onion and minced steak for a few minutes stirring constantly breaking it up.
 Remove from the saucepan, cover and keep to one side. Don't worry if you cannot get all of meat from saucepan.
 Stir in other vegetables and mix well, add stock, bring to boil, reduce heat and simmer for 15- 20 minutes, or until vegetables are soft.
 Strain off most of liquid into a jug, put aside while you either put vegetables into liquidiser or use hand blender and whizz for a couple of

minutes Return liquid to pureed vegetables in saucepan, stirring gently to mix well, add salt and pepper if required. When all liquid mixed in, add cooked onion and minced steak, reheat, stirring gently. Turn off heat and enjoy.

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



Children's literacy charity Schoolreaders is urgently looking for enthusiastic volunteers who can help spread the joy of reading to children in local primary schools – especially around Hunstanton.

The much-needed charity recruits volunteers to listen to children read weekly in primary schools, focusing on schools with the greatest need.

Every year 1 in 4 children leave primary school unable to read well which can have life-long consequences¹. Furthermore, government statistics show it is the youngest and most disadvantaged children who have been set back the most in reading following the disruption to education caused by the Covid pandemic².

Schoolreaders volunteers act as positive role models, not only helping children improve their reading age but also their reading fluency, enjoyment and comprehension³.

Antonia, retired, and a Schoolreaders volunteer, explains her experience, "Being a Schoolreaders volunteer has exceeded my expectations and is one of the best parts of my week. I can see the difference the reading makes to the children particularly in their punctuation. Being able to read is the greatest gift you can give a child. They can go on to cook, build a rocket or run the country."

Jane Whitbread, who founded Schoolreaders ten years ago and which now provides over 12,000 children with a weekly one-to-one reading session, concludes, "Schoolreaders are needed more than ever, especially for the youngest and most disadvantaged pupils to help them catch up on their reading."

"Children who leave primary school unable to read well will have trouble accessing their secondary education fully which can have life-long consequences."

"The beauty of our reading scheme is that not only does it benefit children and schools, but it also gives our volunteers a huge sense of satisfaction in sharing their love of reading."

Find out more about becoming a Schoolreaders volunteer at www.schoolreaders.org

Cleanliness is next to Godliness

Cleanliness is next to godliness does not appear in the Bible apparently – it derives from somewhere else which I will leave you to 'Google'. But what I can say is that cleanliness does play a huge part in holiday home cleaning but with standards that do vary with owners, guests and ourselves (our rules that is). God will come into the story later.

For those holiday home owners who employ housekeepers/cleaners, it can be a nightmare to trust a third party to have cleaning standards which will not lead to complaints from guests. Cleaning your own house can be an issue itself if you have busy lives. Cleaning another one becomes more important with stringent rules as you are inviting the public in and you would be embarrassed or shamed if it was dirty. You are also inviting complaints if yours and your house keepers standards are not maintained high on the scale of cleanliness.

Covid 19 probably opened our eyes to how clean we should or can all be but should we all be as clean as this anyway? Holiday homes need to have all their surfaces spotless, so the answer is probably yes, in this case. High surface areas - door and picture frames, etc; low areas such as skirting boards and chair legs, all need attention. Favourite areas which are usually missed are microwaves (especially the tops), bathroom extractor fans and air vents. If you have guests sitting down in the evenings, the low level cobwebs can catch the eye, careering across furniture bottoms or the odd web threading the curtain tops where the resident spiders have trapezed their way, will scream 'DIRT' or 'UNCLEAN' to a holiday guest. That is just the start. Then the fun starts as they will now look for more signs of unfussy housekeeping;

fridge shelves, under the toilet seat, the cooker, down the settee and another favourite is the kitchen cutlery drawer – full of nasties. Locations which take time and will get missed. But this is not good enough if they are. All the holes and corners, nooks and crannies, and not moving stuff to clean behind, under or around it just does not work. A 'holiday home clean' must be a perfect clean otherwise the aforementioned problems open up a whole can of worms. Agents take the backlash from guests, and when we report issues to the owners we know we will get a similar answer to 'Oh my God, what shall we do?' He cannot help, but my rule is 'three strikes and you are out'. This is where the varying standards come into the story. The first report can be ignored, unless considered serious of course. Guest may be exaggerating and their standards may be exceedingly high. Or, they may be out to secure a refund. Second report about same issues, mmmmm, mention it to housekeeper so she knows and should know better for next time. Report to owners so they are aware. Third report, tell owner that a better housekeeper is needed. Owners and ourselves cannot afford wasted in chasing after lousy daisy cleaning ladies or gents. Standards have to be high and maintained to strict guidelines.

So, if you are thinking of hiring a housekeeper, get the right one – make sure her cleaning is religiously and rigorously maintained to immaculate hygienic standards – Godly in fact. Or woe betide her or you when you get complaints.

Sandra Hohol
 NORFOLK HOLIDAY HOMES
 01485 534267
 info@norfolkholidayhomes.agency
 www.norfolkholidayhomes.agency

A FEW TIPS FOR PRE-5 APRIL 2023 TAX PLANNING

By Kathryn Gigg Chartered Accountants, Hunstanton

Now that the 2022 Tax Returns have been filed and the end of the current tax year is nearly upon us, it is well worth setting some time aside to look at what needs to be considered in the next few weeks to see if it is possible to use the available tax reliefs as fully as possible by 5 April. Please note that the suggestions below only refer to the TAX consequences of various courses of action. Advice from a qualified Independent Financial Adviser will be needed regarding the investment aspects of any decision.

Some of the key areas are:

Personal Allowances

Make full use of your personal allowance, savings allowance, starting and basic rate bands. Equalisation of income between spouses/civil partners with children where possible may also ensure that your income remains under the £50,000 threshold for the High Income Child Benefit Charge.

Dividend Income

The tax-free dividend allowance (originally £5,000 and now £2,000) will be reduced to £1,000 in 2023/24 and £500 in the following year. Wherever possible, assuming the company has sufficient distributable reserves, consider bringing forward the payment of dividends to ensure that as many shareholders as possible benefit from this relief whilst it is still available.

Capital Gains

The Capital Gains Tax Annual Exemption will drop from £12,300 to £6,000 on 6 April and then to £3,000 in April 2024. Those with latent Capital Gains should certainly consider realising up to £12,300 before April. The Annual Exemption cannot be carried forward or transferred so it is lost if not used during the tax year.

Individual Savings Accounts

Individual Savings Accounts (ISAs) are probably the most straightforward way of investing tax efficiently and shouldn't be overlooked. Every taxpayer can make use of an Individual Savings Account (ISA) within which no CGT or dividend tax applies. The maximum annual contribution is a generous £20,000, (or £9,000 into a junior ISA).

Inheritance Tax Exemptions

Turning to Inheritance Tax, although the annual reliefs have not been increased for many years, they can still be valuable, particularly where they are used regularly. Individuals can each make capital gifts of £3,000 annually, and the allowance can be carried forward for one year, so if nothing was given in 2021/22 the exemption available up to 5 April this year will be £6,000 or £12,000 for a married couple. In addition, £250 can be given to anyone who has not received part of the larger amount.

Pension Contributions

Pensions are a very tax efficient tool, which, subject to taking advice from an Independent Financial Adviser, can be used as part of a wider wealth and tax planning strategy. Pension contributions are particularly attractive to taxpayers who suffer the progressive tapering of their personal allowance as income in this band suffers a marginal rate of 60%.

Remain aware, however, that there are special rules where the total of all contributions, whether employee or employer contributions, exceed the Annual Allowance of £40,000 and unused relief brought forward. Hence, professional advice should always be sought before proceeding.

Charitable Giving

Contributions to charity under the Gift Aid scheme by a taxpayer will extend the normal tax bands. At the basic rate level, the charity receiving the money will be able to recover 25% on the amount gifted. For those with income between £100,000 and £150,000 the effects can be quite startling. A gift of £10,000 made by a taxpayer in this bracket would result in the charity receiving £12,500 and the taxpayer reducing his/her tax bill by £5,000.

Capital Allowances

Businesses will normally be able to claim relief for qualifying capital expenditure within their accounting year (which will not always be the fiscal year) so those with a 5 April or 31 March year end may wish to review capital expenditure plans in the light of expected income, with a view to accelerating or deferring it for best tax effect.

Check your NIC Record

Those planning to claim the UK State Pension should check their National Insurance record before 5 April 2023 in order to identify any shortfalls in their NI history. Currently voluntary contributions can be made to plug gaps back to April 2006, but this will be curtailed from April this year. Specific financial advice must always be taken when making the decision to make voluntary contributions.

N.B. This article was written in February, and therefore needs to be considered in the light of any announcements made before 5 April. For further advice please contact Kate Gigg FCA or Nicola Tarry FCA at Kathryn Gigg Chartered Accountants, Hunstanton on 01485 534800 or kate@kathryngigg.co.uk.

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

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SNETTISHAM WI CELEBRATES ITS CENTENARY

Janet Lane, Secretary, Snettisham WI

The 100th birthday party for Snettisham Women's Institute was held on 9th February, with members led by current President Lesley Marriage and many special guests. These included several former members, the Chairman (Margaret Collingwood) and Secretary (Louise Casson) of Norfolk Federation of WIs, and WI Advisor Coral Batchelor. Also present was a representative from USAF Lakenheath, Senior Master Sergeant Sarah Mrak.

Snettisham Women's Institute was formed on 15th February 1923 by Lady Strickland of the Old Hall, Snettisham. The first President was Lady Green, as Lady Strickland was travelling abroad with her husband, General Sir Peter Strickland who had been posted to Egypt. Membership fees were two shillings a year (10p today), and ladies had to be invited to join by her Ladyship. However, you were allowed to bring your maid, who could sit beside you!

Barbara Strickland was awarded a DBE in 1923 for her work with the Red Cross, and was President of Snettisham WI for many years, remaining a member till her death in 1977. She is commemorated in the village by a bench at the top of Strickland Avenue, and is buried alongside her husband in St Mary's Church cemetery.

Meetings were held initially at The Old Hall, and there are many photos of garden parties held there. The group had their own hall for some time, actually a tin hut which fell into disrepair so it was sold and meetings were transferred to the Church Hall in Station Road. In recent years the ladies moved to the British Legion Hall in Church Road.

With around 100 members, the WI was extremely active right from its inception, with ladies being involved in everything from clearing rubbish (the WI nationally actually instigating the Keep Britain Tidy campaign), to making jam during the war years. Over 4,000 jars of jam were made, and in one afternoon they canned 50 cans of apple puree. There was a choir and drama group, and many fundraising events for local charities, which continues to this day.

In 1961 the WI donated a new village sign which was unveiled by Lady Strickland. The sign has been refurbished several times but still stands proudly today on the Ingoldisthorpe road. The Snettisham Institute included Ingoldisthorpe for many years, until that village gained its own group in the early 1970s.

Members have been busy for the past few months making a new banner which was unveiled at the party, replacing the previous one which was at least 50 years old! Also on display were old scrapbooks and minute books, prompting some fascinating memories.

One of the committee members, Jean Frear, had made an amazing two-tier cake, the top section being raffled off afterwards. Entertainment was provided by The Cats, a duo from Downham Market who played favourite tunes from past decades, and finished with everyone joining in for the WI anthem Jerusalem.

All guests were given a souvenir bookmark and card on leaving, which included the following poem written by secretary Janet Lane:

Speakers to entertain us, we'll have a ball;
National and Norfolk, we're part of it all.
Events for everyone to enjoy,
Tea, coffee and cake, oh what joy!
Time to campaign on issues far and wide;
Ideas galore, come along for the ride.
Sing our anthem 'Jerusalem' and rejoice;
Handicrafts too, you'll be spoilt for choice.
Anniversaries to celebrate, one hundred this year!
Make some new friends: 'Do come in, my dear'

Walking and lunch groups, great book club to try;
It's a wonderful life in the WI!

The celebrations continue with planting a tree in St Mary's churchyard, and there will be an Open Day on 24th June when all the memorabilia will be on display for the public to see.

Photos by Ian Burt



(from left) Jean Frear, Lesley Marriage, Anthea Langford & Janet Lane



Lesley Marriage, Senior Master Sergeant Sarah Mrak & WI federation chairman Margaret Collingwood



Janet Lane & Lesley Marriage in 1920s dress with the new banner

NEWS FROM BRANCASTER VILLAGE HALL (BVH)

Geoff Wingrove

Hot Spot lunches

The first lunch was held on 18th January and was a huge success, with more than 40 guests enjoying a delicious lunch prepared by local volunteers. Further lunches will be held on 22nd February, 22nd March and 26th April. Places can be booked by ringing Babs Wade on 01485 522273 or emailing hotspotlunches@gmail.com

A Surge of Memories

This is a film made on behalf of the Coastal Partnership East which brings together the coastal management resources and expertise of North Norfolk District Council, East Suffolk Council and Great Yarmouth Borough Council; it marks the 70th anniversary of the major floods across these areas. The film will be screened across a number of locations, including BVH. Proceeds from this screening and from the money raised by the Brancaster Community Choir event before Christmas will support the Brancaster branch of the National Coastwatch Institution.

Raising Cain Productions

This professional theatre company will bring their village hall tour show "Last Shot and Confess" to BVH in March.

Race night

Following the great success of this virtual horse racing event, another evening is being organised on 8th April.

Other events

Discussions are in hand to organise Wine Tasting and Beauty and Wellness evenings: details will be posted on the BVH website (see below). For details of all future events at BVH and our regular activities, please visit our website: www.brancastervillagehall.co.uk and for enquiries: brancastervillagehallcommunitybookings.co.uk

FROM THE BRANCASTER VILLAGE HALL ARCHIVE:

ROUND-TOWER CHURCHES

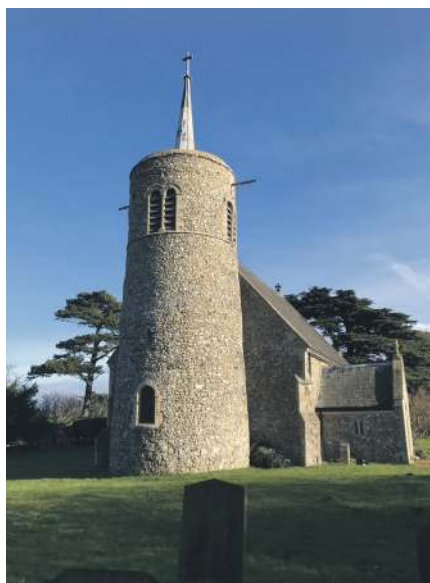
Round-tower churches are largely found in Norfolk, where there are about 124 surviving examples of the 185 in England as a whole. A number of Western European countries have some round-tower churches, which seems to indicate a Saxon origin.

In Norfolk round-tower churches were built in late Saxon/early Norman times, i.e. 10th/11th century. There is some academic argument as to why round-tower churches were built in this period. It is thought that Norfolk was lacking in normal building stone

and therefore buildings had to use the knapped flint which is commonly found on local land. The flint was not particularly good for forming precise corners, hence the thick round walls. It has also been suggested that, at the time of their building, the round-tower churches may have had a secondary purpose. The east of England was subject to Viking raids, and the towers may have offered some protection for the local community.

We are fortunate to have three such churches hereabouts – at Titchwell, Burnham Deepdale and Burnham Norton. This article will concentrate on the first two, as both are churches closest to Brancaster within the Saxon Shore Benefice.

ST. MARY'S CHURCH, TITCHWELL



A church has existed at Titchwell since the end of the 11th century, and it is mentioned in the Norman Domesday Book: much of the existing building dates from that time. St. Mary's was linked with Thornham from 1925 until 1971, when it became part of the Saxon Shore Benefice.

Like many ancient churches, St Mary's has undergone a number of restorations down the ages, resulting in a thorough rebuild in 1890. A particular feature of the church is a spirelet at the top of the tower which can be seen from some distance. The original church was much smaller and narrower, but a restoration in the 15th century brought the building in line with the Perpendicular style prevalent at that time. Another key feature is the tub font, which is from the 11th century. It served for some time as a drinking trough in a field outside the church before being restored to its proper use

and being given a new base in 1890.

The church also displays some fine stained glass windows, with that in the west window of the tower (which is Victorian) showing a "sower" – representative of Titchwell being a farming village.

ST. MARY'S CHURCH, BURNHAM



DEEPDALE

The church at Burnham Deepdale also has a round tower dating from the 11th century: the tower contains a 14th century bell cast by Thomas Derby of King's Lynn. St. Mary's is believed to pre-date the Norman Conquest and to be influenced by Saxon ideas; like most other churches of this age, it has had extensive restorations down the years, with major works being carried out in 1870.

St. Mary's has great charm and interest, with two outstanding features. The Norman font stands on the south side: made of Barnack stone from Rutland, it displays a unique calendar, called "The Labour of the Months", which shows the farming year. There is also a totally unique collection of medieval glass windows, depicting biblical scenes, which has been recently restored.

Both the Titchwell and Burnham Deepdale churches are well worth a visit: further detailed information on their features can be obtained either online or from pamphlets available on the premises. Information on round-tower churches in Norfolk can also be found online. The pictures show the unique round tower of Titchwell church and one of the outstanding and unique medieval stained glass windows of the church in Burnham Deepdale.

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HISTORY OF HOLME NEXT THE SEA

By Terry Hegarty

Links View, Beach Road

My parents moved to Links View in late 1944. The house "went with the job" of farm foreman for Nancy Wheeler at Home Farm.

Before my parents moved in Links View had been in use as a canteen for the local Home Guard. Because of 'Black Out' rules the electric lights had been modified so that when any of the outside doors were opened, all of the lights went out.

My father told me that one of his first memories at Links View was whilst digging the garden one Saturday afternoon, when he heard a V1 rocket popping and banging in the sky above him. The sound of the engine stopped which meant the rocket was on the way down - a pretty terrifying situation - but after a few seconds the engine restarted and the V1 continued on its way, probably to land somewhere in the London area.

Due to the electrics, and Links View being almost impossible to heat, my parents moved to Corner Cottage (now Columbine Cottage) in late 1945, and we lived there until 1963.

WW2 and aftermath

Holme was thought to be one of a number of likely landing points for an invading army. Shallow water, no cliffs etc. If the invaders could quickly draw a line from the Wash to Bristol, they could effectively cut the country in half. Once the south had been subdued, (assisted by many other landings in Norfolk, Suffolk and the South east) it would then be the turn of the North to be dealt with.

There was a strong military presence from 1940 through to 1945. The beach was mined and there were miles of barbed wire and other anti personnel and anti tank items. Collecting samphire and crabbing did not happen in the war years!

An artillery gunnery range was set up with the targets being on the land now occupied by the Norfolk Ornithologists. The guns were usually fired from the top of the first ridge, south of the A149, Geoff Renaut's farm land. Not sure whether they closed the road or not during firing, wasn't much traffic in those days anyway.

A number of gunnery range support buildings, constructed for the most part underground, still exist, as do traces of tracks along which moving targets could be propelled.

Many of the shells fired by the artillery were "Overs" and would land on the beach quite close to the crab grounds. Significant numbers did not explode on impact so were still "Live", despite being regularly covered by salt water.

In the 1950s and 1960s it was not unusual to be able to count dozens of these shells during the course of a walk along the waters edge when the tide was out. Despite many visits by the Army Ordnance Disposal units it was still possible to find unexploded shells in the 1980s and 1990s. When a big tide scours the beach all sorts of things are uncovered with the most famous of course being Sea Henge.

The village suffered a light bombing when a German plane jettisoned the last of its incendiary and High Explosive bombs when running for home, with apparently the RAF in hot pursuit. I am only aware of the destination of two incendiaries and three High Explosive bombs, but there may have been more.

One of the incendiaries created a small hole in a roof tile of Burton's small shop (opposite the White Horse pub) but did not ignite, having got caught in the rafters. It was found by roofers in the 1960s and made safe by the army. All those years with a deadly piece of ordinance in the middle of the village, and no one knew.

The other incendiary also failed to ignite having become entangled up in the branches of an apple tree in Nancy Wheeler's orchard. Nancy recognised it for what it was (a butterfly bomb), filled a bucket of water and rigged the bucket up with ropes so that the bomb was immersed.

The Bomb Disposal Unit were busy, so the incendiary stayed hanging in the tree but immersed in the bucket, for the best part of a week, before it was made safe.

Talking to Nancy about this in the 1970s I asked whether or not she was nervous when dealing with the bomb. Her response was that she

always "lacked the imagination to be aware of the likely outcome of her actions". Probably more likely it was because she was a product of an English girl's boarding school, followed by finishing school in Switzerland. Anyone surviving that lot could probably deal with anything. If there had been an invasion, she was supposed to stay behind and conduct sabotage operations. I have little doubt but she would have.

The high explosive bombs fell in what was known as Richardsons Field, now known as Park Piece.

In the early 1950s the bomb craters were filled in so that the whole field could go back to agricultural use. The soil used for infill was none to stable. When crossing the field one Saturday afternoon, I became stuck fast. Attempts by a number of girls from the village failed to extricate me. I believe Jane Smith's wellington boots are probably still somewhere underground in that field, as indeed are mine, plus my short trousers and long socks. By the time my father was called I was up to my waist, and in something of a muddle. Planks of wood had to be laid for the ten yards or so to reach me. Dad then had to crawl along the planks so that he could pull me out. Despite being an extremely strong man, it took him almost half an hour to rescue me.

The volume of discarded WW2 ammunition around the village was enormous, if you knew where to look.. Small boys quickly established that hedgerows and ditches were good places to search, because temporary ambush points were set up in such places by the Home Guard, and ammunition was often discarded or simply forgotten.

"Bunny" Smith and I must have found many hundreds of rounds of 303 rifle ammunition during the 1950s. We used to dismantle the rounds to get to the sticks of cordite so that we could try to make bombs. The bombs never worked, they would burn nicely but not explode. I suppose we were lucky to get away with it.

Older boys in the village told me about two aircraft which crashed during the war - both British. One crashed on Geoff Renaut's land, near the wood known as the Half Moon. The crew were apparently all killed. Some parts of the plane were salvaged with the remaining wreckage being consigned to the Chalk Pit.

The other aircraft apparently made a forced landing on the beach with both the crew and plane largely intact. I am told that recovery of the plane resulted in the need to straighten/smooth the Z bend in beach road beside the property Little Holme, which was then occupied by the Rev Ulyatt, his wife and their daughter Pam. You can certainly still see the former more acute line the road used to take.

Editor's note:

This is Part 2 of Terry Hegarty's memories, mainly from the Beach Road area in Holme-next-the-Sea during the 1940s - 1960s that have been sent to T&A by his sister Mary Christodoulou. Mary tells us that Terry died last August after a serious illness. Look out for Part 3 in the April issue.

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Borough Mayor Hosts Visiting Students on the EU Erasmus+ Exchange Programme

The Borough Mayor, Cllr Lesley Bambridge, hosted a large group of foreign students and their teachers, visiting the town under the EU Erasmus+ student exchange programme.

The visit, under the EU funded programme, involved 25 students from a wide range of countries including Germany, France and Italy. It is an introduction to the wider programme, which has been running since 1987, where students are offered the possibility of studying or doing an internship abroad, for a period of at least 2 months and maximum 12 months per cycle of studies.

Springwood School are the lead for the programme in this area, with Tammy Churchyard, the schools head of IT, being the visit coordinator, who had planned a busy week for all involved, this including visits to Cambridge and London.

The weeks activities started with the visit to Trinity Guildhall, where they were introduced to the Mayor, who gave them a guided tour of the historic building. The visit culminated with a presentation by the Mayor, of commemorative Queen's Jubilee coins to each of the students. Visit coordinator, Tammy Churchyard said "it was a real honour for the group to meet the Mayor and to leave with the wonderful surprise gift of a Jubilee coin,



something I am sure they will all treasure."

The visit to the Guildhall was followed by an historic town tour by Town Guide, Gary Walker, who said "there was a great deal of interest in the town from the group, with some coming from the German cities of Hamburg and Lubeck, who were particularly interested

in the town's historic trading links with the continent through the Hansa League."

Each of the students is being accommodated with a fellow student from Springwood, with all those involved getting the chance to take part in a reciprocal visit to the continent later in the year.

Making Sunday special - Burnham Market tea parties

Sarah Reed

Our Burnham Market monthly tea parties for guests aged over 75 have been making Sundays special since 2014. Twelve generous hosts (one for each month of the year) invite us into their homes for a free, celebratory Sunday tea. A wonderful, committed team of regular volunteer drivers collect local guests and we all spend a couple of hours together with conversation and laughter, while enjoying a delicious tea! Our small community group is part of the national charity www.reengage.org.uk which supports over 12,000 older people across the country.

We are making life just a bit nicer for older people living here. Our current guests have a combined age of some 438 years – so you might imagine the fascinating stories of adventures and experiences they share with us! In the dark winter months, the tea parties make a real difference to their lives – and ours too, offering regular, friendship and fun.

Volunteers contribute their time freely as annual hosts, or as monthly, or bi-monthly drivers. A

few are host/drivers who are able and happy to contribute their time more frequently.

The afternoons we spend together once a month are very rewarding. After all, what's not to like about spending a couple of hours with good friends on a regular basis, especially when enjoyable conversation and delicious homemade sandwiches and cakes are all part of the mix?!

If you live alone and would be interested to join us, or you know a friend, neighbour or older relative who might benefit from being part of our genial group – or if you would like to join us as a volunteer, please contact us.

A little bit about loneliness and wellbeing...

A number of international studies report that social isolation is associated with a significant increase in the risk of dementia, depression and other serious medical conditions. The link between loneliness and poor health confirms what many of us have known from experience for many years and which COVID highlighted so starkly: human contact and relationships are

vitaly important for everyone's wellbeing. Yet keeping up friendships and social connection can be increasingly challenging for older people, as social circles and health, diminish. Socialising has been shown to be a key factor in improving people's mood, their cognition, memory recall and also, healthy behaviours – and that's just what we see in our group.

Sarah Reed 07976 287952



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March diary

Friday 3rd

World Day of prayer Hunstanton Methodist Church. 10.30am

Coffee & Brunch morning at Snettisham Memorial Hall 10am-1pm

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

Saturday 4th

Hunstanton Promenade parkrun 5km run,
jog or walk. Meet outside the Sailing Club,
North Promenade, at 8:55am for 9am start.

United Services Club Hunstanton
entertainment: Hi Definition Band 60s
Onwards 8.30pm

Sunday 5th

10 a.m. onwards, Recruitment drive at
Hunstanton Lifeboat Station Boathouse, if
you think you would like to become part of
our station, come along, various roles need
filling.



Bridge String Quartet at Thornham All
Saints Church 4pm Tickets £15 from
Thornham Deli or Princess Theatre or cash
on the door. The concert will be a delight for
music lovers and will include items by
Schubert, Cooke, Holst and Haydn.

Monday 6th

Anmer Social Club Bingo Night – Club
opens at 7.00p.m. “Eyes Down” at 7.30 p.m.
£6.60 for a book of 10 cards & £1.75 for a
“Flyer Card”. Fully licensed bar and Raffle
– Donations of prizes welcome. For
information email events@anmerclub.co.uk

Tuesday 7th

King's Lynn Arts Society Talk at West
Winch Village Hall 2pm ‘The Imperial
Easter Eggs of Carl Faberge – After the
Revolution’

www.theartssocietykingslynn.org.uk or
info@theartssocietykingslynn.org.uk

The Jolly Sailors Brancaster Staithe. Jolly
Charity Quiz teams of 6 £2pp for The Big C
cancer charity.

Thursday 9th

Holme History Group talk Holme-next-the-
Sea between the wars. Raising funds to buy
an archive cupboard. 2.30pm inc tea and
biscuits. Village Hall Holme-next-the-Sea
PE36 6LH

King's Lynn Community Cinema Club
present Mrs Harris goes to Paris. 7.30pm in
St George's Guildhall, King Street. £5 cash
on the door

By the book ‘Night at the Oscars’ at The
Terrace, Hunstanton featuring readings from
books made into movies. Red carpet,
canapes and bubbly 7.30pm Tickets £19.99
from By the book 01485 522349

Friday 10th

King's Lynn u3a at Gaywood Community
Centre PE30 4EE. John Marrow who will
be speaking about the work and features of
The Wildlife and Wetland Trust's reserve at
Welney; and also Carole Gibb who will give
us a light-hearted look back over her career
as a classical/opera singer.

Doors open at 09:30, with our speakers
beginning at 10:45 (ish) after Coffee and
Biscuits. Entry is £3pp, on the door.

RNLI Fish and Chip Lunch with Speaker
Lord Bellingham, former MP for NW
Norfolk ‘Reflections on the house of Lords
two years on. £15. BYO cutlery, sauces and
drinks. Book: Angie 07775 775362, Terry
01485 512005, Sandra 07904 305174

Anmer Social Club Film Night –
Fisherman's Friends: One And All -12A
The club opens 7.00 p.m. – Film starts 7.30
p.m. Admission £4 at the door. For further
information email films@anmerclub.co.uk

Friday 10th – Sunday 12th



King's Lynn Fiction Festival at the Town
Hall, Saturday Market Place PE30 5DQ

Saturday 11th

Hunstanton Promenade parkrun 5km run,
jog or walk. Meet outside the Sailing Club,
North Promenade, at 8:55am for 9am start.

Fincham Memorial Hall PE33 9EJ NTL
encore performance of ‘The Crucible’ by
Arthur Miller. Doors open 7pm, showing
starts 7.45pm. Licensed bar available. Book
through Eventbrite or pay at the door £5
United Services Club Hunstanton
entertainment: Kenny Lee & Hustler 60s
Onwards 8.30pm

Monday 13th

The Arts Society North West Norfolk lecture
at Sedgeford Village Hall 2pm. Artists' view
of Australia – Aboriginal, Pioneer, botanical
and Impressionist. Lecturer Caroline Holmes

Wednesday 15th

Talk hosted by the King's Lynn Music
Society at King's Lynn Town Hall Singing in
Secret: William Byrd, Queen Elizabeth &
Worship Under Wraps - by Sandy Burnett.
Coffee from 7pm. Visitors welcome - £10
donation suggested. Free to under-18s and
students.

Friday 17th



King's Lynn Festival Coffee Concert:
Soloists from the Yehudi Menuhin School at
King's Lynn Town Hall 11am, coffee from
10.30am £15 (under 25's 50% off)

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

Saturday 18th

Hunstanton Promenade parkrun 5km run,
jog or walk. Meet outside the Sailing Club,
North Promenade, at 8:55am for 9am start.

Beetle Drive & Fish n Chips at Holme-next-
the-Sea Village Hall 6.30pm Tickets,
including Fish & Chips, are £15 (regular) or
£10 (mini). For tickets, contact Sandra
Betterton on 07724 805674 or email
sandra.betterton@btinternet.com Bring your
All proceeds of the event support St Mary's
Church, Holme-next-the-Sea.

Anmer Social Club Fun Games Evening –
Admission Free – Club opens 7.00 p.m.
Fully Licensed bar – Raffle

Fincham Memorial Hall PE33 9EJ
Live Music with Travis Graham at 7.30pm.
Licensed bar available. Bring your dancing
shoes and singing voice or just sit back and
watch as others join in. Book through
Eventbrite or pay at the door £5 entry.

United Services Club Hunstanton
entertainment: Laurie Hayley Duo All Eras
8.30pm

ry of events

Monday 20th

Hunstanton u3a Community Centre, Avenue Road. 2pm Saffron Summerfield: Musical Journey from Milton Keynes to Mississippi!

Further information can be found at hunstantonu3a.org.uk

Tuesday 21st

By the book: Arsenic and Sold cakes at Petals Tea Room, Dersingham 3pm. 'You are cordially invited to a murder', said Agatha Christie. Tickets £22 from By the book 01485 522349

Thursday 23rd

New Hunstanton Women's Institute meeting 2.15pm at Methodist Church Hall. Entertainment by King's Lynn U3A Handbell Ringers. Visitors welcome £3.00. Enquiries 01485 532174.

Friday 24th

Anmer Social Club Quiz Night – Club opens 7.00 p.m. Quiz starts at 7.30 p.m. Entry £2 per person Fully Licensed bar – Raffle

United Services Club Hunstanton entertainment: Quiz Night £50 First Prize £4 per person including supper 8pm

Saturday 25th

Hunstanton Promenade parkrun 5km run, jog or walk. Meet outside the Sailing Club, North Promenade, at 8:55am for 9am start.

Hunstanton Light Parade. Norfolk Goldwings presents its annual charity event for East Anglia Air Ambulance Static display on The Green in Hunstanton between 12noon - 4pm. Followed by the light parade through the town centre and down the front at 7:00pm, finishing with a static display on Beach Terrace Road by the bus shelter.



Syderstone Village Screen presents The Lost King (12A) 7.30pm Amy Robsart Village Hall. In 2012, having been lost for over 500 years, the remains of King Richard III were discovered beneath a carpark in Leicester. The search had been orchestrated by an amateur historian, Philippa Langley, whose unrelenting research had been met with incomprehension by her friends and family and with scepticism by experts and academics. The Lost King is the life-affirming true story of a woman who refused to be ignored and who took on the country's most eminent historians, forcing them to think again about one of the most controversial kings in England's history. Starring Sally Hawkins, Steve Coogan and Harry Lloyd.

Fincham Film For All is showing the classic film 'The Sting' starring Paul Newman; Robert Redford & Robert Shaw on. Doors open 7pm. Licensed bar available. Book through Eventbrite or pay at the door £3 entry. Fincham Memorial Hall PE33

United Services Club Hunstanton entertainment: Deano Singer All Eras 8.30pm

Sunday 26th

Sunday afternoon social at Dersingham Village Centre 2-4pm Chat, cards, games. If transport is a problem call Judy 01485 540271 or 07425 138160

Tuesday 28th



Dersingham Village Cinema The Duke (12). Dersingham Village Centre. Doors 7pm. £6 and under 16s £3 incl tea, coffee, squash. Licensed Bar.

Wednesday 29th

Beach View Residential Home, 2 Lincoln Square, Hunstanton PE36 6DL afternoon tea 3-4.30pm £2. All welcome 01485 535328

Snettisham Gardening Club 7.30 pm in the Memorial Hall, Old Church Road, Snettisham Richard and Rosie Ernst from Houghton Hall will be speaking about their work there. Any further information can be obtained from Gail on 01485 541279 or Addie on 01485 544754.

Friday 31st

Race Night at Old Hunstanton Village Hall in aid of RNLI. Doors open at 6pm with the first race at 6:45pm. £20 per person, including a 2-course meal. Raffle on the night in aid of RNLI. Tickets are available from 07918 911716

Anmer Social Club Pie & Mash Supper – Club opens 7.00 p.m. Food served 7.30 p.m. Email anmerchair44@gmail.com for further information and to book

Please send items for inclusion in the diary to: editor@townandaround.net
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Borough Council News Heacham, Sedgeford and Fring

Cllr Terry Parish, Independent Borough Cllr. Heacham Ward which includes Sedgeford and Fring

Warmer days are coming which will be welcome as energy costs have adversely affected most people. Whilst these have been tempered, a little, by Government subsidies, those who live in park homes are still awaiting theirs (at time of writing 10th Feb). The latest date promised is the 27th February when it is supposed to be put in the hands of local authorities to administer. I hope that is the case. I will ask the Borough to do what they can to expedite matters.

The last full council ended in a bit of disarray. My motion on the proposed County Devolution Deal had scarcely begun when the meeting was closed as it had met the three-hour deadline (it can be extended by a vote but it was not to be). My motion asked for more information about the deal other than the rather biased road show from NCC. A little more has emerged since which convinces me that the deal is anything but open and transparent and a hidden agenda likely exists for forthcoming years.

The carrot is £20m/year for 30 years (to the County). This is not index linked and will not be available for essential services. The stick (elected leader) effectively decides what projects the money is spent on. That leader cannot be removed during the term of office. There is consultation on The Deal but no public vote. County Cllrs will decide for you.

My other motion was asking for a statement that the Borough is neutral on proposals for a Wash barrier and that it, the Borough, would act as a receptacle for the views of Parish councils, organisations and businesses likely to be affected one way or another (should the idea gain traction). An extraordinary council meeting has been called on 9th March for this and other matters to be concluded.

Three matters which took up all of the time at last Council were: 1. The West Winch Growth Area Masterplan where the debate was whether it should be ratified or not. The current Local plan examination had been suspended with matters concerning West Winch left unclear; a very close vote levered it through. 2. The Council Tax Support Scheme; moves to improve the offer this makes to hard pressed residents was very narrowly defeated. 3. Parkway Development Update, where the proposal was to increase the budget for this by a further £6m. This is the development which, after much pressure from locals and the opposition, was halved in size. It is now facing increasing development costs which will likely add to council financial problems down the line.

The budget for the Borough Council has been the subject of numerous presentations. It will have come before full Council at the end of February. The simple picture is that a balanced budget has been achieved for the next three years with no increase in service charges and the 3% increase in Council Tax permitted by government. This has been achieved by running down reserves from their existing high levels to a necessary 5% safety margin.

In fact, the budget will be reviewed by Jan 2024 and it may be that fees and taxes will then have to be increased to demonstrate to auditors and watchdogs that there is a plan to avoid the significant deficit (around £5m) in 2026 when there will be no reserves to fall back on. There is a possibility that salvation will come from a government

review into how councils with significant flood risk, like West Norfolk, fund Internal Drainage Boards. Though the latter do an excellent job, currently they take far too a high a proportion of Council Tax.

I mentioned the Rural Prosperity Fund last month. More has been revealed and the words describing elements of it are not always clear, e.g., 'impactful volunteering'. Details will shortly be available on line and via Parish Councils. I have put a marker in for an element linked to 'community' and hope that small businesses in the Ward might also be eligible to apply.

Rubbish – a word you might apply to my wanderings and anything 'political'. However, I mean unwanted stuff disposed of at the recycling centre, via your bins, or unlawfully thrown onto verges one way or another. The County is still minded to reduce opening hours at recycling centres, comments to your county councillor please. The amount of rubbish on roadsides has suddenly increased hugely. One reason is that hedges have been cut back revealing trapped rubbish which no-one thought to have cleared by a vehicle following behind. In addition, litter collection by the Borough appears to have stopped or been reduced. I can't tell you what is true because, to date, they won't tell me. I am pursuing the matter.

I don't usually comment on Hunstanton but the fact that a travel 'hub' is now going to be developed at the site of the bus station is good news for my Ward too. This is not a result of sudden common sense by the County and the Borough but is pragmatic. The bus station was going to be a mixed development of retail and flats and both councils argued that a bus station was not needed. Building regulations have stopped those plans and money for rural travel has, serendipitously, been made available.

Locally, you may have read of the application for a watch tower at North Beach which failed. The story was clouded by assumptions and misleading statements. The application was principally for a new build holiday home in a place where such construction would contravene the Borough's Local Plan and several policies in the Heacham Neighbourhood Plan. The Environment Agency and the local flood officer also refused the application and the planning committee voted unanimously against it. The 'watch tower' on the holiday property was not underpinned by any management structure which would actually ensure its use in a meaningful way.

Neighbourhood Plans in Heacham, Sedgeford and Hunstanton were created after much work and public consultation. It was disappointing that a neighbour, Hunstanton, sought to ignore or dismiss Heacham's at this planning committee.

Still no update on the Cheney Hill development, Heacham. Apparently, developers really are taking the Neighbourhood Plan into account.

Happy Spring, Terry Parish



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What was the name of the spaceship from which the final lunar landing took place? Which Middle Eastern city is also the name of a type of artichoke?

If you know the answer to any of the above questions join us on the third Wednesday of the month.

There is a cash prize for the winning team, and we will be serving a selection of favourite's from our Pavilion Menu.

ENTRY FEE £2 PER PERSON

Wednesday 15th March 2023

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WE ARE IN THE TOP 10

THE SUNDAY TIMES

The 10 best fish and chip shops in the UK



6. Fishers, Hunstanton, Norfolk

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



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Hunstanton Society news

HUNSTANTON SOCIETY SETS UP ITS OWN HISTORY GROUP

On Thursday, 9th February a number of members and Heritage Centre volunteers met at the Centre in what was an inaugural meeting of a group that would carry out work studying the many aspects of the history of Hunstanton, its buildings, people, events and anything that can be recorded and of interest generally. From this meeting terms of reference will be created and the group formed. Those attending provided much enthusiasm for this section of the Society and decided that it should meet probably monthly. Watch this space as arrangements firm up and routines are established.

Change of name

In 2022 the Society celebrated its 20th anniversary, a good time for the committee to take stock and plan for the next 20 years. In conversation with members of the public it had become clear that many people have no idea what the term “civic” stands for, what the Society does or what relevance it has to their lives; some think that the term “civic” is old fashioned and “stuffy” and implies some form of council administrative service. Several other civic societies across the country have reported similar feedback. So, we are making some changes to adapt to today’s cultural environment and to build the foundations of a sustainable future for the Society and its Heritage Centre.

Alongside our Annual General Meeting (AGM) in December 2022 we held an Extraordinary General Meeting (EGM) at which members passed two Resolutions that we put to them. The first was to change our name to Hunstanton Society. Our aims and area of benefit remain the same, but the name change will give us the opportunity to make it clearer to people what we do – research, record and preserve local

heritage (the past), actively promote “pride in place” through community activities (the present) and help to shape change in Hunstanton through interaction with local bodies (the future).

The second Resolution passed by members relates to the status of the Heritage Centre, run by the Society in the heart of Hunstanton. As a charitable company limited by guarantee, we rely on volunteers to staff the Centre and on visitor donations to cover operating costs. We had been advised that we needed to add an additional object that specifically gives us the authority to ‘promote and preserve for the benefit of the public a museum and local study centre’. Following on from this, the committee has now formally applied to the Arts Council (in association with SHARE Museums East) for acceptance to begin working towards accreditation as a museum. This will give us access to professional advice, potential funding streams, and regular training opportunities in our quest to raise the profile of the Centre and attract a greater number of visitors of all ages.

Our website and print publications will be updated over the coming weeks to reflect these changes, and we will also be announcing other new initiatives that are in the pipeline as and when they come to fruition.

In the meantime, we warmly welcome enquiries from anyone wishing to become a member of the Society or interested in volunteering at the Heritage Centre.

Amanda Bosworth, Chair: Tel. 01485 534007;

chair@hunstantoncivicsociety.org.uk

Sheila & Stephen Kent, Secretary & Treasurer:

Tel. 01485 534200;

secretary@hunstantoncivicsociety.org.uk

treasurer@hunstantoncivicsociety.org.uk

Carers' Day - 11th March

Carers' Days are organised by the West Norfolk Methodist Circuit and have been taking place for many years. They provide an opportunity to come together to meet as those offering pastoral care in our churches and communities, share stories, encourage one another and explore opportunities for resources and support.

Anyone who is involved in caring in some way is welcome to attend whether you are visitors, class leaders or someone who offer care simply by being a good friend or neighbour! also invited are friends from other denominations (especially those with whom we have ecumenical partnerships), anyone who might be considering becoming a pastoral visitor and colleagues from the wider community involved in caring roles.

On Saturday 11th March 10am-3.30pm at Hunstanton Methodist Church, Austin Street, Hunstanton we shall be exploring ‘How to listen well’ with thoughts from a Spiritual Director and members of the Samaritans.

Agenda

10.00 Coffee and welcome

10.30 Opening devotions

10.45 – 12.30 – “Listening well”

12.30 Lunch (please bring packed lunch – tea and coffee provided)

13.30 – 15.00 The work of the Samaritans

(followed by an opportunity for questions)

15.00 Closing devotions & Holy Communion

(Please feel free to join in for all or part of the day – there is no charge, but contributions to the cost of the day will be welcome)

For further details and to book please contact Deacon Lynne on 01485 540839 – 2tonges317@gmail.com

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Wendy Warner's plant of the month

Nemesias

When looking for plants for using in pots and containers, it's always nice to discover ones that have a long flowering season. Most Nemesias are initially frost-tender if purchased in the early Spring as they have usually been grown under glass or in polytunnels. Therefore, they should be hardened off and planted out when the likelihood of frost has passed. Sometimes in milder winters they will overwinter once established, especially if they are grown in pots in a sheltered position.

These compact plants are covered with pretty, two-lipped flowers, in white, cream, pink, purple, blue, yellow and red. They will flower from Spring through to the first frosts. The flowers can be single, bi- or tri-coloured with contrasting centres. Many varieties are sweetly scented. Nemesia 'Wisley Vanilla' has delicate white flowers with a yellow



centre emitting a vanilla fragrance in the evenings. Another with pastel flowers is 'Easter Bonnet' with pale pink to lavender upper petals, white to pale yellow lower petals, and a yellow eye. Others have darker flowers, Nemesia 'Evening Dusk' has deep blue and cerise petals with a bright yellow centre and 'Myrtile' has plain deep purple-blue flowers.

They grow best in full sun, in well-drained soil and dislike shade or waterlogging, which can cause stem or root rot. When growing in containers, add perlite to the potting compost to improve drainage. They need to be kept well-watered throughout the growing season and fed regularly with a high-potash feed. Remove spent flower stems to encourage more buds for continuous flowering. If the plant becomes straggly, trim back any stray stems to neaten the shape.

Use them in the front of borders, in pots or containers, on their own or mixed with other seasonal plants that enjoy the same conditions. It is best not to overcrowd Nemesias, leave space around them so the air is able to circulate. Position them near the door or on a patio or seating area where you can appreciate, not only their beauty, but also their fragrance in the summer evenings.



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SNETTISHAM GARDENING CLUB

Our next meeting will be on Wednesday 29th March at 7.30 pm in the Memorial Hall, Old Church Road, Snettisham when Richard and Rosie Ernst from Houghton Hall will be speaking about their work there. Any further information can be obtained from Gail on 01485 541279 or Addie on 01485 544754.

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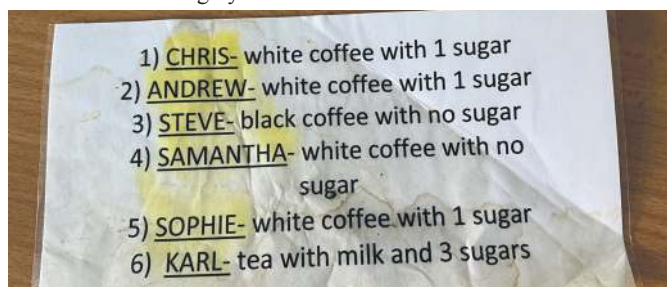


At Town and Around we like to support our advertisers whenever we can and so knowing that we had trees needing attention we called in Chris and his team from Tim's Tree Services (pictured above).

Their quotation was really acceptable and Chris advised the appropriate time to do the work for the trees in question. The team turned up on the day with all the equipment including a shredding machine.

We were really pleased with the service they provided and their invoice matched the quotation.

We would thoroughly recommend them.



As an aside, when we offered refreshments a laminated list was supplied! What a good idea.

THORNHAM JUBILEE MEADOW



What's Been Going On?

Quite a lot has gone on since our Questionnaire on the future of the Charity Field.

- The results showed overwhelming support to develop the field as a wildflower meadow/tree memorial garden.
- At Stephen Greef's suggestion the field has been renamed Jubilee Meadow.
- The Working Party has secured Grants which enable us to go ahead.
- Drove Orchards will develop a four acre Heritage Orchard at the west end of the field, featuring rare and endangered species of apple and pear trees.
- We have secured sufficient funds to develop two thirds of the field as a meadow. The remainder will be left as rough grass land to encourage species such as barn owls, skylarks etc.
- There will be a 10 metre strip planted with annual flowers running parallel to the permissive path by the A149. These will provide colour in the short term.
- The remainder will be planted with perennial wildflowers. These will take a number of years to become established.
- Work will start on the memorial tree garden once the work on the meadow is completed.
- We have engaged the services of Ed Cross from Abbey Farm, Flitcham as our Consultant. Ed has 20 years experience in developing wildflower meadows.

Everyone we have spoken to has been very supportive, from the Norfolk Coast Partnership, NWT and the Norfolk Rivers Trust, and we have been fortunate to secure enough funding to get at least two thirds of the meadow done as part of stage one.

How's it being Funded?

Everyone we have spoken to has been very supportive, from the Norfolk Coast Partnership, NWT and the Norfolk Rivers Trust, and we have been fortunate to secure enough funding to get at least two thirds of the meadow done as part of stage one.

Here is what one of our Sponsors, has to say.

"Norfolk Rivers Trust (NRT) is delighted to support the Thornham Jubilee Meadow Project by working closely with Thornham United Charities and the Norfolk Coast Partnership. With funding provided through our partnership with Air Wick and WWF, NRT is providing on-the-ground delivery and advice to restore 2.8 ha of grassland to a diverse, species-rich meadow. This will provide an array of benefits including improving biodiversity, carbon absorption and flood risk mitigation, as well as aesthetic value for the pleasure of the local community." To find out more about the work of the Norfolk Rivers Trust visit <https://norfolkriverstrust.org/project/airwick>

We are also very grateful to Thornham Parish Council and the

BagLadies of Thornham, both of whom have made generous contributions which enable us to get the project off to a good start. Many thanks!

When will things start to happen?

They already have! These photos show Rory Hart planting hedging and trees provided, free of charge, by the Woodland Trust to complete the gaps along the A149. Over the next few weeks, fencing will be put in along here as a further health & safety and boundary measure.



Not much will happen after this until about June, when the whole area will be sprayed to kill off the current vegetation. Then, in September, the field will be ploughed, followed by harrowing and completion of a bed ready for seeding. With luck, we will have a show of annuals in 2024. The perennials will take much longer – a number of years, before the full effect will be seen. We hope to keep things local, and have asked Bluestone Farm to do this work for us, under the supervision of our Consultant, Ed Cross.

David Brooks has volunteered to make a number of nest boxes for the meadow. These will go around the perimeter, either on trees where they are strong enough, or on poles. The first one has just gone up and we hope to end up with about 50 of a variety of boxes, suitable for great and blue tits as well as robins and flycatchers. The nest boxes will be numbered and a record will be kept of breeding successes. You can sponsor a nest box and follow its progress, for a donation of £10. If you would like to take part, please email johnwarham@hotmail.com for details.

If you would really like to splash out, we are looking for a sponsor for our pole-mounted barn owl nest box, which we hope to have in place this Spring. This is available for a donation of £100 which is a contribution towards the cost. Please email the above address if you would like to support this exciting opportunity.

What are we aiming to do?

The overriding objective of the Jubilee Meadow Project is to provide an open, free access area from which the whole community, visitors and residents alike will benefit. The 7.08 ha. site will be converted to a wildflower meadow and a tree planted, memorial garden. A separate heritage orchard covering 1.6 hectares will be developed as a separate venture in conjunction with Drove Orchards.

In addition to providing the wildflower meadow and memorial trees which will be the key and major part of Jubilee Meadow, the area will also encourage species diversity by the provision of extra habitat for barn owls, skylarks and other ground nesting birds. Quiet seated areas with easy access will allow areas for thought and reflection. Additional hedging will provide pollen, seed, berries, and nesting habitats for birds, small mammals and early flowers for butterflies. Information boards will inform, and educate visitors, and access will be encouraged by carefully cut pathways through the meadow area.

A heritage orchard covering 1.6ha. will be developed as a separate venture in conjunction with Drove Orchards. This will conserve and preserve rare and endangered apple and pear tree species, which have suffered significant losses over the last 80 years.

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Lambing at Snettisham Park

Colleen Walters

Lambing season is a very special time of year here at Snettisham Park (formerly known as Park Farm). It is a reminder to us all that Spring is on the way and the excitement of new life is always welcome – especially after the uncertainty of recent times. Our 329-acre farm was established as an open attraction in 1986 with the aim to offer countryside access to all, whilst witnessing real farm life throughout the seasons. Since then, thousands of visitors come to the farm every Springtime to enjoy the lambing season!



This year we have over 250 ewes to lamb. These are managed in two flocks which are made up of homebred Suffolks or North Country Mules (Blue Faced Leicester x Swadedale). All our sheep are cared for 24/7 by the farm's shepherd Paul Herbert and his assistant Leon Hawkins with the help of Trevor Walters, Snettisham Parks Proprietor/Manager. Our first flock lambed during February and our second flock will lamb during March ready for the Easter School Holiday period. All our ewes lamb safely indoors enabling our visitors to see "lambing live", as well as ewes with new-born lambs at foot taking their first steps – it's a truly special experience!



Livestock assistant Issy Wagg with some new born lambs

We have to bottle feed the orphan lambs ourselves at regular times just like human babies, and traditionally, once the lambs are old enough, our 'visitors' help us with this at set times on our activity timetable. Orphan lambs come from a set of triplets as mum can only feed two successfully. With over 380 lambs expected, 150 will be twins or triplets meaning there will be lots of hungry little bouncy lambs to bottle feed. This activity is a wonderful experience and great fun for all ages!

This year there is the bonus of fifteen supercute and curious little goat kids to enjoy (see the beautiful cover picture of four-year-old Eden Bush who visited us with her mum Alex). We are also looking forward to the arrival of two more miniature Shetland pony foals. All being well, these are due in June to Daisy and Georgia. During school holidays we are also able to offer children's short pony rides or half hour lead rein treks – this is lovely as many of the children have never had the chance to sit on a pony before!



Our wonderful and unique Deer Safari ride is always very welcomed by all visitors! Stunning Red Deer close up, beautiful wildlife and landscape help us to appreciate nature and offers the opportunity to see these magnificent animals close up.

The 2 ½ miles of walking trails allows people to enjoy the beautiful countryside and River Ingol. The views are breath-taking and as locals we often take these for granted as we are so familiar with them. Our warm and friendly licensed tearoom offers delicious home baked light lunches and refreshments which is welcomed by all! Even our four-legged canine visitors have to opportunity to run free in a large onsite dog paddock (pre-booked separately).

Our opportunities really are unique, and every year Snettisham Park is involved in the training of several students on Animal Care/livestock Courses from local Agricultural Colleges needing hands on work experience to complete their qualifications in a real farm setting.

As we look forward to warmer weather, we hope to see many of you and wish you all a good and prosperous year ahead!



Colleen Walters

Images: Ian Burt

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Nature notes with Carrie Carey

Don't dismiss the marsh

Take the main path from Titchwell's visitor centre to our wide expanse of beach and you'll encounter a montage of wildlife rich habitats along the way. Rustling reedbeds stand guard over hidden pools their feathery tufts flirting frivolously with each passing breeze. Visitors peer expectantly into the throng of golden sentries hoping to catch sight of a coy bittern or a family of bearded tits. Further on, fresh water inlets resonate with the sounds of yapping geese and other waterfowl while overhead, raptors confidently prowl the skies for a quick meal. White breasted gulls gather on shallow islands or fill the air with their shrill calls as they fly out to sea. Leaving behind the bird filled lagoons they pass over a mosaic of sinuous muddy channels. To many onlookers this unflattering landscape is a place to hurry past, not to hurry to, yet it is an incredibly productive ecosystem.

A medley of twisting creeks are entombed between land and sea. They were fashioned over time by receding waters ebbing and flowing across surrounding tidal flats. Close to the shoreline, fine particles of



Volunteer Marsh credit Lucy Ferrer



Spoonbill credit Les Bunyan

clay and silt were deposited by incoming tides and eventually, the sediment level grew sufficiently high enough to allow vegetative colonisation. Flood tolerant species such as glasswort trapped windblown particles in their fleshy leaves increasing the growth and spread of this coastal wetland. This constant process of sediment deposits and tidal erosion has created a capillary system of winding, boggy waterways that supports an array of biodiversity.

Coastal salt marsh is a dynamic habitat that preserves shorelines, protects communities, maintains the health of marine environments and is a vital climate change ally. While man is busy putting carbon dioxide into the atmosphere, salt marshes are working hard to remove it! Incoming tides transport carbon in the form of sediment and deposit this in the network of channels that fan out across the salt marsh. Decaying plant material is layered over these deposits slowing down decomposition and forcing the carbon to get 'locked in'.

The squelchy, sticky mud contains a veritable assemblage of tidal invertebrates. Salt marsh water has a low oxygen content. Many species have adapted to this extreme environment by developing telescopic breathing tubes or taking up residence in the air pockets of plants. Above land, you might discover beetles and other insects scurrying through the short vegetation. Spiders enjoy the cover of taller plants often swaddling them with their tiny sheet webs. The wide variety of worms, shrimps and shellfish attract wading birds and waterfowl so you might catch sight of a spoonbill alongside brent geese and shelduck. The number of bird species that use this habitat for foraging, nesting or just as a short refuelling point is quite extensive and many areas of salt marsh in the UK are now 'protected areas'.

Humans have harnessed the bounty of coastal salt marshes for thousands of years. Edible plants such as samphire and sea purslane thrive off the high salinity of the tidal waters and a variety of fish spawn and raise their young here. Man has even modified the landscape to support grazing cattle or grow food. Much of Titchwell reserve's saltmarsh was once farmed so is considered 'immature' having only been re-established for the last 70 years. These zones provide a nature-based solution against increasingly high storm surges and tides thereby protecting our communities, homes and local economies. And in addition to all their other roles, they can lock in pollutants in the same way that they secure carbon.

It might only appear to be an expanse of straggly vegetation bound by clumps of muck, but this valuable biome is in reality a hard-working ecosystem. You might even say that salt marshes are our eco-coastal guardians.



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The Barking Bugle News

Recently mum has been getting up very early on a Saturday morning and leaving the house whilst we are still snuggled up in our duvets. Where could she possibly be going at this time we were wondering? What is going on and why isn't she telling us, and more importantly, why have we been excluded?

So Ziggy Bear and I decided to investigate and last Saturday morning, soon after she had left the house, we sneaked out and followed her. We are so lucky because we live very near the coast and it wasn't long before Mum stopped on the Hunstanton promenade to speak to several other humans. In fact there were loads of people around and even some dogs and a big sign saying 'Park Run'.

"I was reading about the Park Run in Hunstanton Town and Around," I woofed. "It's a 5k run or walk which takes place at 9am every Saturday to help keep the humans fit."

"OMD!," wailed Ziggy Bear, "are you saying mum is regularly going out without us to walk or even run? What's going on? Will she stop taking us out altogether, does she not love us anymore?"

"Oh, do stop being a drama queen Ziggy Bear. I'm sure there is a perfectly good explanation as to why we've not been invited, although it had better be a good one," I woofed back.

With that we headed back home, determined to have it out with mum at the first possible occasion!

"I'm very sorry Miss Zsa Zsa and Ziggy Bear, but you can't join me on the Park Run," said mum when we tackled her.

"Why not?" we demanded. "We saw dogs on the promenade taking part and we've googled Park Run and it says it is all about inclusiveness and wellbeing, and dogs are very welcome to take part."

"Yes, that's true," said mum, "fit, well behaved dogs are welcome but I'm afraid Ziggy Bear is too noisy, she howls all the time and is not well behaved, and you, Miss Zsa Zsa, dart about all over the place and could easily trip someone up!"

Whilst we were somewhat disgruntled at mum's reply we

did have to admit there was a grain of truth in it. Maybe the Park Run wasn't for us but for any doggies who would like to have a go here are some tips.

Before taking part make sure you speak to your vet and they give you the go-ahead. Not all dogs will be able to take part due to age, health, weight and previous injuries. Some breeds, particularly brachycephalic dogs, or dogs who have short noses, are not suited for running. These include Pugs, Bulldogs, French Bulldogs, Boxers, Pekinese, Shih Tzus, and any other dog with shortened snouts or faces. These dogs' respiratory tracts are in a smaller space, which means they overheat quickly and have more difficulty breathing.

Don't go too far too soon. Build up endurance steadily. Just like humans, some dogs may need their own version of Couch to 5k if they aren't used to running. Even those that are more athletic need to build up their stamina.

Make sure your human is paying attention to you for any signs that you may be giving them, i.e. are you getting hot, over panting, struggling to keep up or limping? It's important to remember that sometimes the natural urge to run and play can override pain.

Be aware of the heat! No dog should be out running when it is hot.

Park Runs allow one dog per human which must be under control on a short lead. We recommend wearing a harness instead of a collar so you don't hurt your neck or throat (note park runners are not permitted to use waist harnesses).

Make sure you have poo bags and ample water! A dog's way of cooling down is panting, which can quickly lead to dehydration.

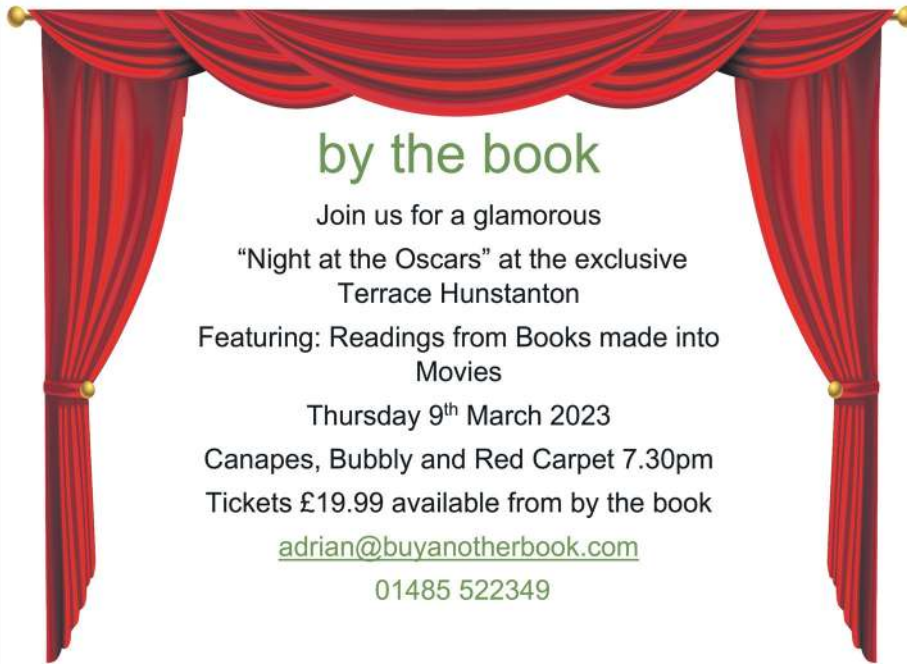
Never be embarrassed to stop and walk, or even walk the whole course, remember it's about taking part and having fun!

Woofs Miss Zsa Zsa & Ziggy Bear

For all the latest doggy news visit www.thebarkingbugle.co.uk.

To find out more and details of a Park Run near you visit <https://www.parkrun.org.uk>

Image - Caroline and her rescue dog Amber - above left.



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New Hunstanton Women's Institute

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Members were shown her beautiful lacework. All money raised goes to Prostate Cancer Charity. At the February meeting, which is the Annual Meeting, President and Committee will be elected and on March 23rd we will be entertained by the King's Lynn U3A Handbell Ringers. Visitors will be made very welcome £3.00.

Enquiries 01485 532174.

April issue copy date

Please note the copy date for our 210th issue is 12th March.

If you are sending photos would you send them as separate jpegs and not embedded in Word documents. Thank you.

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On the turf with Charles Joyce

In the early part of this year there have been some stiff sanctions handed out by the racing authorities in both the UK and Ireland. In January, jockey Danny Brock was disqualified for 15 years for deliberately stopping 3 horses in 2018 and 2019. In 2 races it was alleged that Brock made sure a horse trained by Jane Chapple-Hyam did not win. It was noted that significant lay bets were placed on the Betfair betting exchange. (A lay bet is when a punter bets that a horse will lose, it's irrelevant which horse wins so long as the horse laid does not win. That may sound easy, but it is far from that and a punter can lose a lot of money if choosing to get involved when the horse laid wins.) In the third race it has been suggested other people won around £100,000 betting against Brock's mount in a 2 horse race which was won by the odds on favourite. 4 others were also sanctioned. They were Sean McBride son of trainer Philip McBride who was disqualified for 7 years. It's not known if the disqualification means he can not enter his father's stables. Eugene Maloney, Luke Howells and Andrew Perring were also disqualified from racing for 15 years.

In early February Brock who had been training greyhounds for a few years has subsequently been banned from greyhound races for an indefinite period confirming a suspension imposed after the results of the British Horseracing Authority's decision were published. It is not known if Brock will appeal any of the judgements.

In Ireland Ronan McNally who trains in Armagh on the Northern Ireland border was disqualified for 12 years. Along with the disqualification the Irish Horseracing Board's panel ordered McNally to pay €50,000 in costs in relation to the IHRB's investigations. He was also ordered to repay €13,000 of prize money. The disqualification related to the running of Dreal Deal who won at Navan in September 2020 when backed in from 20/1 to 6/4. Any such dramatic fall in odds will raise eyebrows. The horse went on to win its next 5 races culminating in a Grade 2 hurdle win in the following January. It rose from a rating of 84 to 145 in the handicapper's view. Included in the inquiry was The Jam Man who won the Troytown Chase at Navan in 2020. The investigation found that McNally had caused "serious damage to the interests of horseracing in Ireland", treating the rules of racing in a "cavalier manner". Other people were also disqualified for their involvement in various breaches of the rules. McNally has until 1st of March to appeal.

I assume most T&A readers know I'm not a great supporter of the present Government. Notwithstanding that sound noises had been coming from Paul Scully MP who had taken over as Parliamentary Under Secretary at the Department of Digital, Culture, Media and Sport but he has followed former Culture Secretary, Michelle Donelan to the Department for Science, Innovation and Technology. Many in the racing industry consider that is a major blow to horseracing, mostly because Paul Scully had actually shown an interest and was willing to listen to all sides in the debate over affordability checks. He had even met with punters' representatives the Horseracing Betting Forum. Giving Paul Scully the task of bringing forward proposals with a strain of realism in them would be the same as making David Davis MP the Home Secretary. Unfortunately the Prime Minister prefers to keep Jeremy Hunt as Chancellor. The one-time Health Secretary who laid much of the foundations for the problems in the NHS today is intent on keeping taxation high causing hardship for the average working person. The hopes for common sense in gambling now rests with Lucy Frazer the new Culture Secretary who is the MP for the constituency that includes the Newmarket July course and the National Stud. Last year she was involved in the campaign against a solar farm which could neighbour the Newmarket Limekilns training gallops. Already Labour MP Aunty Carolyn Harris has called for a white paper to be published on gambling reform. In February 2021 Aunty Carolyn invited Nicole Elkabbas to speak at what has been described as an anti-gambling parliamentary event. A couple of months prior to the event Nicole Elkabbas had been convicted of defrauding people out of £45,000 by claiming she had cancer. She was ordered to repay £5 (five pounds !!!). Later in May 2021 Aunty Carolyn resigned as Parliamentary Private Secretary to Keir Starmer.

Looking forward to this month the Dubai Carnival comes to end on the last Saturday in March. Before we get there the Cheltenham

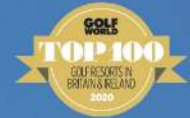
Festival takes pride of place. I hope T&A readers followed the advice to stay away from some of those short priced favourites, because the Cheltenham trials weekend and the Dublin Festival brought about some radical changes. It doesn't mean those favourites can not win at Cheltenham only the prices on the day will almost certainly be more rewarding if they do win. The festival kicks off with the Supreme Hurdle. In the last 25 years 22 winners had won their last race. Only 4 winners went off at 14/1 or bigger, and 21 winners were either 5 years old or 6 years old. All 25 winners had run between 2 and 5 times in their winning season. Nicky Henderson waited a long time before Altior won in 2016 he has won twice more with Shishkin and Constitution Hill. Willie Mullins has won the race 5 times in the last 10 years. All the winners in the last 10 years had a minimum rating from the handicapper of 144 and that was a Gordon Elliott runner which won at 25/1. The other 9 winners were rated at least 148. The Champion Hurdle is also on the first day which is Tuesday. I can't see beyond Constitution Hill. But his odds are prohibitive. If I were to bet it's likely to be on the first 3 home in the correct order. Constitution Hill, State Man and Vauban. In the Mares Hurdle that follows the Champion Hurdle 5/2 about Honeysuckle looks inviting. One bookmaker is already 9/4 with best odds guaranteed and your money back if she does not run. At this stage that is a better shout. Wednesday brings the Champion Chase. Energumene has drifted after finishing only 3rd on trials day at Cheltenham, Blue Lord blotted his copybook at the Dublin Festival. The safest bet looks to be Edwardstone. Although on the day things may change. In the Champion Bumper a very simple system of backing all of Willie Mullins runners in the last 25 years would have shown a very okay profit with 11 wins. Of those 11 wins 9 were 5 years old and 2 were 6 years old. The 5 years old produced a profit not so any other age. As 22 winners won their last race looking for a Willie Mullins runner 5 years old that won its last race could be the way forward. A race I have liked for several years is the 3 miles plus novice chase run on Wednesday. It was won in 1963 by Arkle. I tend to look for a 7-year-old Irish bred horse, especially if it won its last race. The one that looks ideal is The Real Whacker who has won twice this year at Cheltenham. He comes from a small stable and a reasonable price maybe available on the day.

Thursday brings the Ryanair Chase, but with Allaho a short priced favourite and not had a run earlier in the season it looks a race to avoid. The Stayers Hurdle has been opened up by Blazing Khan still unbeaten when he has something to jump. But Teahupoo is around the same price and has claimed the scalp of Klassical Dream and Honeysuckle. If he shows up he will be hard to beat. On Friday, it's Gold Cup day. Galopin Des Champs won well enough at the Dublin Festival. But not well enough to justify a top price of 13/8 ante-post. Noble Yeats seeks to become the first horse to win the Grand National and then the Cheltenham Gold Cup unless you count Golden Miller who won 5 Gold Cups in the middle of which he won at Aintree. Ahoy Senor came back to some kind of form last time, but it's asking a lot of him to win this. Conflated seems to have been forgotten as does Bravemansgame either of those two seem the logical choice. But for an each-way Minella Indo who won a point to point in March 2018 with the only other times he has run in March was at the Cheltenham Festival with his record of 2 wins and twice 2nd and he is a previous Gold Cup winner. So 20/1 does not seem out of the way especially with your money back if he does not run along with best odds guaranteed. Remember pick your bookmaker carefully. For anyone who likes a Hail Mary punt in the handicap hurdles races Dan Skelton is a trainer worth checking out. For a top trainer he has an overall poor record at the festival. But in the 5 years old plus races. So 4 years olds excluded he does win the odd handicap hurdle at some very rewarding prices, especially on the betting exchanges. He has shown he can lay out a handicap hurdler for this meeting. Check him out especially in the County Hurdle which is run on the Friday of the meeting. But he could produce a winner in any of those handicap hurdle races.

Good luck to everyone. But remember the golden rule of punting. As always pay the bills first and under no circumstances bet if you cannot afford to lose, because even the best professional punters lose more often than they win.



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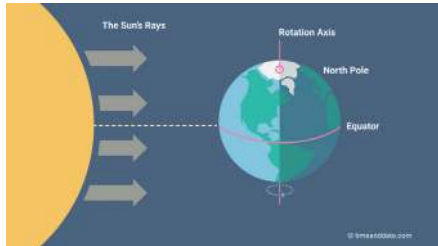
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Heacham and Hunstanton at night

Terry Parish

Here today and gone tomorrow; Spring Marches upon us. The 20th is the Spring Equinox when day and night are equal in length. It happens at 9.24 pm. And don't forget to Spring Forward as British Summer Time starts at 1am on 26th.



Equinox, day = night due to the Earth's axis being at right angles to the Sun's rays.
Internet

A comet at the end of January and the first half of February made the news, it was green and only appears every 50,000 years. I never mentioned it as comets rarely live up to expectations. At the time of writing, 3rd Feb, I still haven't seen it though circumstances limited my own observation opportunities. I will persevere. I do know people who did and had wonderful photos so it must be there! (It is still around the first half of this month but much fainter).

This month begins with the note I made at the end of last month; on the 1st a very bright (magnitude -4.0) Venus is very close to a much fainter Jupiter mag -2.1). I did view Venus last month when it was just over the top of a neighbouring bungalow and it was nice to scan from that along an arc which ended over my head. That's where Mars lay and, in between was Jupiter. You will be able to make a similar move this month, though Jupiter will be much closer to Venus as the gas giant heads ever closer to the western horizon, vanishing by the end of the month.

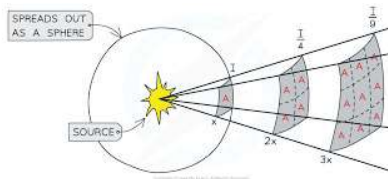
On the 23rd, there is a nice alignment of Jupiter, Venus and the Crescent Moon. Catch it early, from 6pm, before Jupiter slips below the horizon. The next night, around 7.30, the crescent Moon is much closer to Venus. The last time I saw that, the sea nearly breached the dunes at North Beach.

Venus will get higher as the month progresses and, by the end, won't set until 11pm so the goddess is obviously partying on.

Shy Uranus is close to Venus in the last week. It is faint at magnitude +4.8 and this month is the last decent opportunity to try and find it. Good, steady binoculars on a clear night should do the job. A blue dot floating in infinite darkness (though Venus will spoil that).

Mars is still around but much fainter than in earlier months. The Earth has sped away from it and distance means everything; brightness diminishes by the square of the distance – double distance divide brightness by 4, treble distance divide it by 9. And, as the alignment of outer planet, Earth and the Sun deteriorates so less light is reflected from the

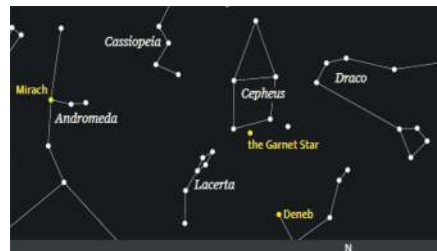
planet.



The Inverse Square Law which all energy abides by. Internet

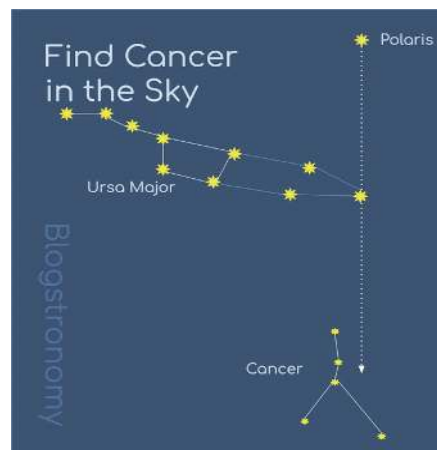
Anyway, Mars doesn't set until the early hours and it will be a little below the fat Crescent Moon on the 28th. 8pmish would be a good and civilised time to look.

A little stargazing to do. Look due north between 10 and 11pm and about a third of the way up the sky try and make out a gable ended house – Cepheus. Just to the west of this is, perhaps, the more easily recognisable W of Cassiopeia. Just below Cepheus, where the sewer to the house might be, is the Garnet Star.



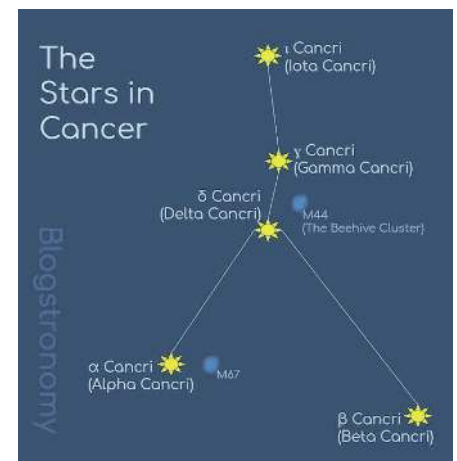
Cepheus sharing the sky with other notables. Note the position of the Garnet Star. Internet

This star is 1000 times bigger and 100,000 times brighter than our Sun. It transcends supergiant, it is a hypergiant. Dim in our skies because of its distance of, maybe, 3,200 light years (according to Gaia space telescope). Its distance appears controversial as different techniques produce different results. It is variable and on the path to becoming a supernova – it will revert to a different type of star and then explode.



Read the following paragraph and use this diagram as an aid too. Internet

Look south, back to the ecliptic, and follow it from Venus, through Mars. On that line, almost due south will be the centre of Cancer, a three-legged pattern of stars. Just above the centre you may see a faint fuzziness which is the buzzing bees of a cluster of stars (Beehive cluster or Praesepe which means 'The Manger'). Steady binoculars will reveal them. There is a mixed bag of around 1000 stars ranging from red giants to white dwarfs about 600 light years distant. The cluster has similarities (spectral type, mix, age) to the Hyades cluster which will be well over to the west, above and beyond Orion. They may have started life together, or not.



Messier 44 is what I am taking about above. Messier 67 is a much fainter cluster as it is around 3000 light years distant. It is called the King Cobra or Golden Eye Cluster.
Internet

I went to a talk on the history of Chinese astronomy which was not influenced by Greek mythology. Ancient Chinese names for patterns in the sky are more prosaic. They have animals, parts of buildings and references to emperors. They do have a dipper which refers to a rice dipper, not a big. The Chinese noted events in the sky accurately, several thousand years before the West.

A miscellany:

The failed satellite launch from Cosmic Girl, operating from Spaceport Cornwall, was due to 'an anomaly' which covers all possibilities I suppose.

There is enough wind at Mars's poles to power wind turbines; Octopus will need a long cable though.

It is possible that if you travel through a wormhole to a far-off place in the universe you could send a message back through it. However, the wormhole would then collapse and you couldn't return so 'Goodbye' seems an appropriate communication.

Make the most of dark evenings as they will soon vanish. Catch Venus and the Moon together and think of a suitable message to send as you travel through that wormhole.

David Elsey's cryptic crossword

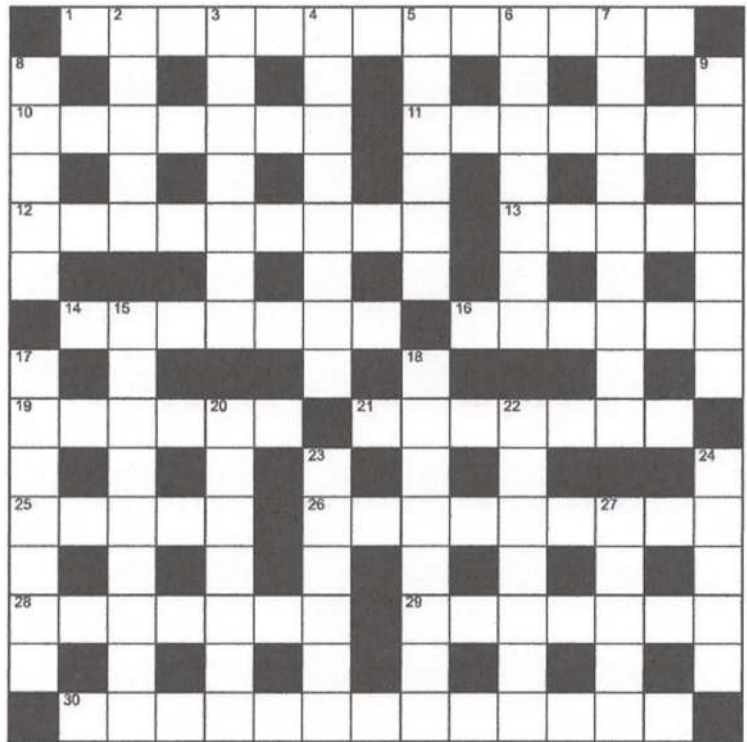
CROSSWORD CLUES

Across

1. Aim to be an exceptional person (3,2,1,7)
10. Well, goods seen in first shop are bargains! (7)
11. Tutor will return in future if I desire (7)
12. Old man in France meets Greek in Spain, being a traveller (9)
13. Look across endless countryside: a grassy plain in South America (5)
14. Water supply to sink is firmly established (4-3)
16. Being raised at sea, not at home, we hear (6)
19. Scheduling exam for the morning isn't right (6)
21. A Parisian family gather around bishop's throne (7)
25. Some stars on Love Island seen hugging right at start (5)
26. Team with several excruciatingly slow starters gets an early break (9)
28. Response to stimulus by cattle is relative, but small (7)
29. State of Kane's club, as reported by some in London? (7)
30. Observe cool card game (5,8)

Down

2. Queen is about to cut a large African flower (5)
3. Sounds like bad flyer could be banned (7)
4. One on the way down is able to rise anew (8)
5. Letters from India indicate it is wrong to pen wild goats (6)
6. Old law I resurrected is invalid (4,3)
7. Rusting box is uncovered, with papers and a metal ring inside (9)
8. Has to perform exercises to get into this? (5)
9. A roll with cheese – Morag expresses disappointment at filling (7)
15. English test, one on Anglo-Latin, is moved (9)
17. Bleat about weight when taking up fine old musical instrument (7)
18. It is made after cat got loose (8)
20. Forgetting name change is upsetting to Charlie? (7)
22. Where to find a comb and wax for hairdo? (7)
23. Becomes less intense when tenancy expires (4,2)
24. Soprano undergoes a voice test (5)
27. Patient, as stated, has to come in (5)



Promises, promises, promises

Re: QEH rebuild

Labour leader at the Borough Council, Charles Joyce, says. "The Government has promised, promised and promised again. I'm not holding my breath believing anything after so many promises. Unless it is ever increasing taxation of ordinary people this Government is long on promises short on delivery. It's time for people's money to be spent on the people's priorities. A new general accident and emergency hospital is top priority."

Crossword solution on page 59

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Council leader presses Secretary of State for QEH decision

Borough Council of King's Lynn & West Norfolk Leader Cllr Stuart Dark, MBE, met with Steve Barclay, MP, Secretary of State for Health and Social Care, in London, to once again push the case for a new hospital in King's Lynn and urge an imminent announcement on funding.



A unanimously-supported motion to council on 8 July 2021, stated that 'this council will continue to urge, on its own and with others, the Secretary of State for Health to urgently approve a new build hospital to replace the Queen Elizabeth and to fast track its build and design.'

The council's leadership has since regularly pressed for a new Hospital both in writing and in face-to-face meetings with central government, and staff established a community petition, which gained 15,000 signatures. The latest meeting took place in London on 9 February 2023 with the Secretary of State for Health and Social Care Steve Barclay MP.

Cllr Stuart Dark, Leader of the Borough Council of King's Lynn & West Norfolk, said: "I was pleased that the Secretary of State was able to see James Wild MP and myself in London last week, particularly given his diary commitments.

"At our meeting I was able to once more state this council's long-standing, united, cross-party position that the QEH needs to be urgently replaced and that the delay in an announcement of a funding decision was causing continuing concern.

"I was heartened that the Secretary of State clearly understood the serious challenges faced by the QEH specifically, and RAAC hospitals in general, and took on board the issue of our community needing as early an announcement as possible.

"This meeting, and the response from The Chief Secretary of the Treasury to James Wild's question in parliament earlier this week, has given me much optimism for the outcome of the QEH bid."

The Borough Council of King's Lynn & West Norfolk is committed to supporting its QEH colleagues and the case for a new hospital in King's Lynn, and will continue to do everything it can to magnify the messages and bring pressure to bear on the decision makers.

James Wild MP said: "This was an important opportunity to underline to the Health Secretary the strong local support for the QEH to be included in the new hospitals programme and to support his welcome priority to fix the RAAC issues.

"I've worked closely with Cllr Stuart Dark on this campaign and value his steadfast support on behalf of the people of King's Lynn and West Norfolk to ensure we get the new hospital that patients and staff need.

"We will keep campaigning to achieve that."

Editor's note:

See pages 8 and 57 for more views about the QEH from Jo Rust and Charles Joyce.

Mudpies & Butterflies

With Louise Barby, Balanis

"March, when days are getting long, let thy growing hours be strong to set right some wintry wrong." Caroline May

With the cold winds and lots of frost last month, you may not have been inspired to get out in the garden. Lets hope for some dry, sunny days to motivate us.

Bare root plants & perennials

March is the last opportunity for bare root purchases, including trees, roses and hedging. 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. Or if the soil is good quality already, try a bark mulch. This will suppress weeds, but also ensure the ground does not dry out too readily in late spring and summer. I hope this will allow you to enjoy your garden more this summer, rather than digging it. A no dig garden is wholly possible.

Shady borders?

A lot of us have a shady area to our garden or terrace. It can be hard to know what may suit the area best. Try some shade loving bulbs, such as bluebells and snowdrops. Shrubs such as fatsia japonica and skimmia, will add colour and structure, with mop head hydrangea adding the wow factor in mid summer.

Summer flowering bulbs

To fill gaps easily, add extra colour and complement your existing planting, try adding some summer flowering bulbs.

Try gladioli, dahlia – there really is one for every taste, agapanthus or hemerocallis. Or for something totally different, try eremurus. Fabulous, tall and elegant in any size garden.

Sowing time

There's 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 sweet peas, purple bells (rhodochiton astrosanguineus) or morning glory (ipomoea), all look amazing mid summer on an obelisk, or simply grown up a 'wigwam' of pea sticks. Don't be put off by the exotic sounding names. These climbers are really easy to grow from seed and their beautiful flowers will bring you such joy over the summer months.

Make sure that you sow some annuals that are 'simple' flowers. These are often best for bees to access the pollen and bugs often prefer less complex forms too. Grasses with seed heads are also invaluable.

What ever 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.

Happy gardening!

Crossword solution

Across: 1. One in a million, 10. Haggles, 11. Edifier, 12. Peregrine, 13. Llano, 14. Well-set, 16. Aweigh, 19. Amoral, 21. Tribune, 25. Orion, 26. Elevenes, 28. Kinesis, 29. Arizona, 30. Clock patience

Down: 2. Niger, 3. Illegal, 4. Abseiler, 5. Ibexes, 6. Laid low, 7. Oxidation, 8. Shape, 9. Brioche, 15. Emotional, 17. Bazooka, 18. Artefact, 20. Amnesic, 22. Beehive, 23. Lets up, 24. Assay, 27. Stoic

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March Hare?!! - Mad about modelling?

Esther Boehm

Having been born in the city of Edmonton, Canada, I was baffled when a friend told me about the Mad March Hare and suggested my incorporating it into this article. Of course I'm familiar with the March Hare in Alice in Wonderland but isn't it the Hatter that's Mad?



So what does google say? The March hare is indeed mad (as a hatter?). Maybe that's why they make such a good pair. ;-)

Hare behavior mostly seen in March include boxing matches, jumping around, running in circles and crazy chases. This madness is the hares mating ritual.

The hare has also become a favourite theme in my clay modelling class and some people are mad about making one. Modelling isn't restricted to hares. Other animals, the human figure, imaginary characters and monsters or even abstract shapes

can be modelled out of clay.

Clay modelling is one of the most rewarding ways of doing sculpture and it is actually quite safe. In contrast, with carving, every thing you do is finite. Once something is removed there is no putting it back.



Hare work in progress

The beauty of modelling is that you can experiment without committing to what you have tried. If you don't like it or it doesn't seem right, you just take it away and try something else. You get to put your hands into the clay and get a feel of the material push, pull, squeeze and move it around.



Hare work in progress

First, the rough shape is blocked out. Then more detail is added. This is refined, again through adding and taking away, until the piece is 'declared finished'. It is a very personal process that should not be rushed but enjoyed. It can also be very meditative.

Once the sculpture is completed, it is dried to leather hard. Then it is cut in half and hollowed out. The two halves are joined together and finished again around the seam.

When the sculpture dries it can be fired. Usually I fire slowly to a lower temperature (bisque or bisquit) to give everything the best chance of getting through the firing. (So far everything has come through well.) This also gives the opportunity for further steps such as adding colour before firing to the final temperature.



Hare after bisque firing

Here are a couple of quotes from people who have taken my course:

"I thoroughly enjoyed my first attempt at ceramic sculpture.. and was well pleased with the result. I have tried throwing pots on a

wheel before but under Esther's guidance managed to create my arctic hare sculpture."

"I enjoy Esther's workshop because all participants have the opportunity to create what they want to make. If you are a beginner, she gives suggestions about what you could make and shows you how to successfully achieve it. If you know what you want to make, she will support you as necessary. I like the freedom of self-directed work and am very thankful for her sensitive guidance when required. She is very inspirational and helpful and the results are beautiful, diverse and express the creativity of the individual members of the group."

You will be treated to a cup with "Drink me" on it as well.

If you would like to join a class please contact me: Esther Boehm, Studio @ 55, 55 High Street Heacham, PE31 7DW
<https://www.studioat55.com>
 eb@estherboehm.com
 T 01485 570 506
 M 07538 986 235

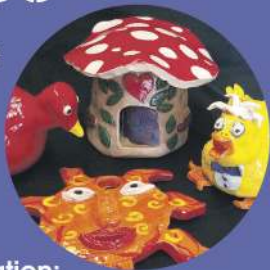


Arctic hare finished with white underglaze

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New Leaders for Baby & Toddler Group

Little Lights is a baby and toddler group that operates at Hunstanton Town Hall Hub (basement) for children aged 0-5yrs and their parents/carers.

Initially started by Suzie and Sam Abramian, the group is known for being a friendly and welcoming place for families and has continually grown in popularity in the area, even through the Covid 19 years.

Now after 7 years leading, both Suzie and Sam are handing the baton over to new leaders Kerry Farr and Charlotte Coulson, who will be assisted by a wonderful team of helpers and other parents.

The group runs on Thursdays, term-time only and can be contacted at littlelightshunny@gmail.com or Facebook @LittleLightsHunstanton.

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Picture shows L/R Suzie, Kerry, and Charlotte with their children. T&A magazine and 'Donate', will continue to help and support this group whenever possible.

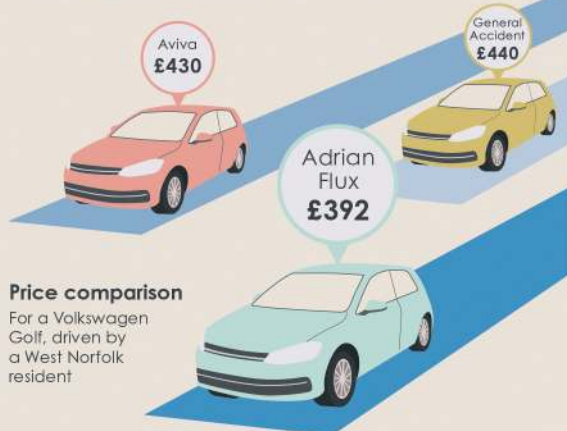
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Lucy's work experience in 2 Michelin starred restaurant

On Saturday January 28th 2023 sixteen-year-old Lucy Reed of Hunstanton was very fortunate to carry out work experience at Michel Roux Jr's 2 Michelin starred restaurant "Le Gavroche" in Mayfair, London.



Arriving at 2pm ready for prep Lucy was given a tour of the kitchen by Rachel Humphrey, the executive chef. She was as introduced to the brigade of chefs and shown each section of the kitchen. Work then began. Cheese had to be grated for the soufflé suisse, and grapes to be washed for the cheese board. The next job was in the veg section, where new knife skills were learnt in the preparation of parsnips, brussel sprouts and Jerusalem artichokes, radishes were also turned



into flowers to garnish a starter.

One of the starters Lucy helped to prepare was grilled langoustine, shell fish jelly, black radish, radish meat and sea herbs. She helped to prepare the langoustine, shellfish jelly and was able to taste the dish too.

Other tasting included a Madeira sauce to accompany mushroom filled pasta and red wine braised ox cheek.

Arancini balls in 16g weights had to be rolled, the shape perfected to ensure consistency. These were trayed up ready for service. Lucy learnt a technique to ensure the cheese soufflé rose and practised how to quenelle the soufflé.

After an afternoon of prep it was time for the staff break. Everyone tucked into cous cous, Ox cheek and chicken in a honey glaze, freshly baked bagels and a parsnip salad. There was chocolate torte to finish.

Then service began under the watchful eye of Michel Roux Jr and Rachel Humphrey. Lucy spent time at each section seeing how orders came in, how everyone worked together to get



orders out together and how dishes were plated up and presented. Presentation was delicate and intricate, the environment was very calm and everyone worked as a team. It was also interesting to see how the sommeliers chose the wine and advised how it complements a dish.

At the end of the shift Michel Roux Jr gave Lucy a signed copy of the menu, wished her luck and hoped she enjoyed the time in his kitchen. Lucy gifted Michel a bottle of Norfolk port as a thank you.

Lucy's words were: "It was a wonderful experience and one I will never forget. I am very grateful to all the staff at "Le Gavroche" for organising this inspiring experience"

Lucy studies her A Levels at Wisbech Grammar School (including A level food and nutrition), works part time at Alive Oasis as a lifeguard and Beach Patrol Officer in the season also. Lucy has also been invited by head chef James O'Connor of Congham Hall for a behind the scenes experience day on February 16th, another exciting opportunity for our Hunstanton girl!

Hello Readers from 1st Hunstanton Rainbows

Snowy Owl, 1st Hunstanton Rainbows

It has been a while since I last updated you on our activities. We have certainly been busy. I am excited to inform you that our unit has grown rapidly since returning in September. We now have 14 Rainbows.

In December our unit joined forces with 3rd Hunstanton Brownies and 1st Hunstanton Guides to decorate a tree for the Hunstanton Christmas Tree Festival. The girls had great fun decorating mini Christmas jumpers to hang on the tree.

We had our District outing in December too. Rainbow, Brownie, Guides and Ranger units from Hunstanton, Heacham and Docking all went to the Princess Theatre to see the incredibly funny panto Cinderella. We all had a brilliant time and really enjoyed our afternoon.

To start off our new year, We had the lovely Emma from Emma's Hedgehog Hotel come to our meeting to show us two of the hedgehogs from her rescue. The girls listened intently while Emma told us how her non-profit rescue works, how they take care of the hedgehogs and what the Rainbows themselves can do to help the hedgehogs at home.

In January we also visited Beach View care home in Hunstanton. We made Valentine heart decorations with the residents. Both the girls and the residents had a fantastic time with lots of smiles all round. The Rainbows were amazed to learn that the care home is where the residents lived and thought it was like a big sleepover. They cannot wait to visit again. We are incredibly proud of our girls for being kind and helpful.





Hunstanton Brownies and Guides

Brownies

The Brownies have had a very busy term, working towards their "Take Action Theme Award" badge. To earn this badge the girls have to complete 3 parts, an interesting badge, a skills builder and 3 hours of meeting time.

We have looked at the effect we have on the environment and what changes we can make to help this, we collected recycled bottles and created animals from these bottles.

We solved the mystery of who stole the Chocolate bar, by completing mini challenges, that gave us clues to work out the culprit.

We worked on our listening, speaking and mirroring skills and put them to test in lots of games.

Guides

We allow the Guides to plan as much of their programme as possible, therefore the Guides have had a very varied programme this term.

We celebrated Burns night with shortbread, felt thistle sewing and hamma bead flag making.

We competed in task master challenges, made an apple crumble and finished the half term off Rollerskating, were two Guides made their promise on the rink.

Both Units are looking forward to making pancakes for pancake day and celebrating our annual Thinking Day.

If your daughter is interested in joining either group please registered your interest at www.girlguiding.org.uk or contact myself.

The Brownies and Guide Groups meet every Wednesday during term time.

Sarah Dennis-Burrell
Leader of both groups

Hunstanton & District Inner Wheel

Perhaps you have been lucky enough to listen to Briony Bax talking about the Saidia Children's Home in Gilgil, Kenya. She has given several talks to local groups, including the Civic Society and U3A.

Part of Briony's talk was the offer for people to accompany her to the Orphanage to see for themselves what it was like, and Hilary Farrell, a member of our Inner Wheel Club took this opportunity to go with Briony to Kenya.



Upon her return Hilary said "I have been volunteering at an orphanage in Kenya with four other ladies. Saidia Children's Home caters for 60 children from birth to 18 years and I have spent an enjoyable time playing with the children, teaching them songs and games and helping them to produce Christmas cards and bead bracelets. It was very satisfying to see the children well fed, happy and enjoying learning, the home was like one big family. I did also manage a few days holiday on a tropical beach too!"

At Gilgil there was also the chance to give the children a day out at Lake Niavashu, known for its birdlife and Hippopotami. The children were excited to be going on a bus and to be having a picnic, but the highlight for them was to be able to hire bicycles to ride, such fun for everybody!

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HUNSTANTON & DISTRICT ROTARY COLLECTION

In response to the devastating earthquake in Turkey and Syria, Rotarians ran a collection point at the Tesco store in Hunstanton over the weekend of 11th-12th February.

Rotarian Jean-Marie Vernon supplied the photograph below and said: "Well your generous donations over this past weekend has bowled us over completely."

"With your help we have raised so far the fantastic amount of £2218.00 and we still have the street collection on Saturday 18th to add to it. So thank you everyone who took part and those that donated so generously."

"The total amount will go directly to help those in Turkey/Syria."



Photo: T&A

Letters to the Editor

Robert Hines

Does anyone know the whereabouts of Mr Robert Hines? Mr John Richardson met him at the Queen Elizabeth Hospital some 30-40 years ago.

We last heard of him in Docketing and would like to make contact with him again.

Please contact Mrs Leach on 01945 739342

Human angels

Our car broke down at Tesco Hunstanton on 23rd January and unfortunately we had neither a mobile phone nor our AA membership card with us and were stranded for seven hours in total.

A wonderful elderly couple in a small red car came to our aid. They were very concerned about us and kindly managed to contact the AA breakdown service for us. They were so attentive and didn't want to leave us until they knew we were o.k.

We do want them to know just how grateful we are for their kindness and hope they can read this in the T&A.

Our faith in human nature is restored through people like these who make the world a better place.

Two OAP readers from Old Hunstanton

Chinese Boxing

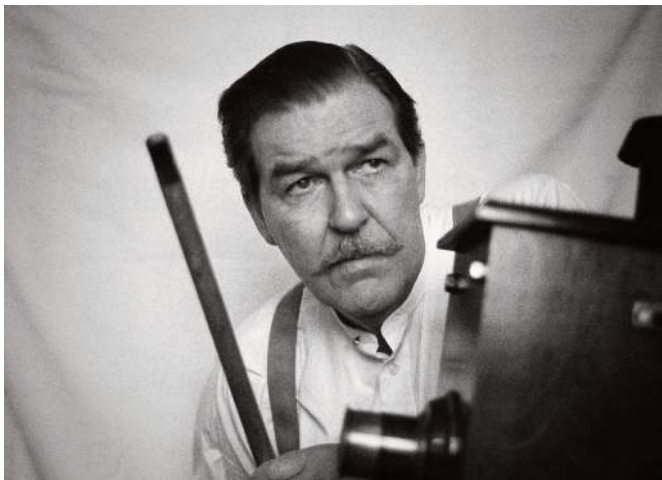
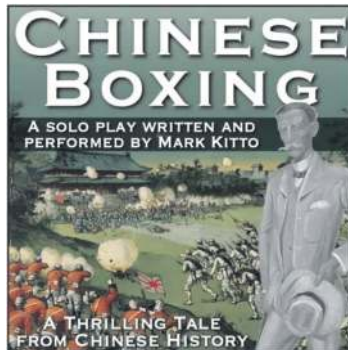
by Mark Kitto

Saturday 4 March, 7.30pm

Directed by Henry Maynard and Marlie Haco

North Norfolk actor and writer Mark Kitto brings his provocative and entertaining one-man show, 'Chinese Boxing' to Sedgeford village hall on Saturday 4 March.

Is there going to be a clash between China and the West? Ukraine is the crisis of the moment but it is China's rise that will dominate the 21st Century. How might it happen? Why? 'Chinese Boxing' is a bold, innovative piece of theatre that tackles the question from both sides, with no pulled punches.



Mark Kitto as Sir Claude MacDonald,
British Minister to Peking, 1900

Turning to the past to talk about the present – a traditional Chinese way of addressing difficult questions – the play is set in 1912 as an evening lecture to the fictional Royal Asiatic Society's West Norfolk branch. The speaker is Sir Claude MacDonald, former British Minister to Peking in 1900 during the famous Boxer Uprising. Sir Claude commanded the defence of the Foreign Legations (diplomatic quarter) when they were besieged by the peasant rebel 'Boxer' army. The siege lasted 55 days until it was lifted by a multinational force and was described in the newspapers of the day as 'the most exciting episode ever known to civilization'. (It was also the subject of the 1963 epic film, '55 Days at Peking', with Charlton Heston and David Niven.)

Sir Claude wants to discuss China and the West 'today' – that's 1912 for him, today for us. 1912 was the year of the foundation of the Republic of China; a new country, a rising power the world must accommodate. Sound familiar? But he starts by 'taking you back to Peking in 1900' and accidentally does just that, to the Imperial Palace, where you hear the story from the Chinese side. It is not straightforward and will challenge your view of the past... and the present.

Mark lived in China for 18 years. He performed with the Shanghai People's Arts Theatre and others. He has written two books about the country and countless articles. He was Prospect Magazine's China columnist for many years. After the show he hosts a lively Q&A session.

For more details about the show go to www.chineseboxing.co.uk

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Hunstanton Lifeboat Station

Geoff Needham, LPO

With no shouts to report maintenance and training carries on. Figures released from HQ up to December 31st 22 show we had 49 launches last year, 36 Lifeboat & 13 Hovercraft. They ranged from walkers cut off by tide, surfers, inflatables, swimmers, kayaking/canoes, windsurfing, paddle boarders, yachts/ motor vessels, Houseboat. Dog being taken out to sea on strong current. The crew met with a variety of situations, thankfully no fatalities.



On Sunday 12th February, Hunstanton Lifeboat 'Spirit of West Norfolk' went round to Wells, one of our flank stations. The occasion was to say farewell to Wells Mersey class Lifeboat, which has served the station for 32 years. It has been replaced by the Shannon Lifeboat, the start of a new era for Wells along with its new boathouse. From all at Hunstanton we wish Nikki and his crew all the best. With Skegness our other flank station having a Shannon and we have an Atlantic 85 and Hovercraft, the RNLI provides first class cover for this part of the East coast and the Wash.

RNLI developed its power driven boats, from rowing to sail and on to engines, and as an ex-stoker, I looked up as to what part steam played in the fleet. Steam-powered lifeboats were introduced to the fleet in 1890, when the Duke of Northumberland went on station in Harwich. Six steam-driven lifeboats were built before their development was abandoned in favour of petrol.

In the early 1900s, the RNLI began to experiment with putting engines on its lifeboats. The first motor-driven lifeboat to be sent to a station was the J McConnell Hussey, which went to Tynemouth in 1905. Early lifeboat engines could be unreliable, so sail rigging was also prominent on these boats. In 1890 a second Harwich Lifeboat Station was opened. The first in boat was called the 'Duke of Northumberland' and was built in 1889. This was the first ever steam 50ft lifeboat and

was a revolutionarily design. Water was drawn in through the hull and forced out at great pressure through the vents in the side of the boat. During its short stay at Harwich it was moored afloat near Halfpenny Pier. This boat was transferred to Holyhead in 1892. Replacing the 'Duke of Northumberland' was the new lifeboat 'City of Glasgow' built to the same design but 2ft longer. It was designed by the Institution Naval Architect Mr G Watson and was built by Messrs R & H Green of Blackwall London. It was named 'City of Glasgow' as the cost was funded by the Glasgow Lifeboat Saturday Fund. Presumably this was the equivalent of today's Lifeboat Day. The "City of Glasgow " arrived on station at Harwich on the 7th November 1894. The coxswain was instructed that exercises would be quarterly in accordance with the Institution policy, but the Chief Engineer was to raise steam and work the engines for four hours once a month. The 'City of Glasgow' remained at Harwich until 1901 when it was sold out of service.



Spring into a Garden open for the National Garden Scheme

Three Spring gardens are opening across the county to support the National Garden Scheme charities during March. The brightly coloured bulbs of spring are emerging ready for a splendid show for our garden visitors.

These early gardens offer opportunities to get out into the countryside, enjoy woodland walks, and a time to appreciate narcissus and

all the other spring flowers, as well as that essential cup of tea and piece of cake.

Sat 18th March East Ruston Old Vicarage, NR12 9HN (12-5.30) Adm £13 Chd £2. Light Refreshments. Variety and all year-round interest to explore in this amazing 32-acre exotic coastal garden.

Sun 26th March Gayton Hall, PE32 1PL (11-4.30) Adm £6 Chd free. Home-made teas. 20 acres where paths wind through a watery landscape, slightly wild and wooded with an abundance of spring bulbs. Dogs on leads.

Sun 26th March Mannington Estate, NR11 7BB (11-4) Adm £6 Chd free. Light Refreshments. 20-acres feature shrubs, lake and trees. The garden surrounds moated medieval manor. A special feature is the garden wildlife. Variety of trees and shrubs Dogs on leads.

County organiser Julia Stafford Allen said "It can be so lovely to get outside at this time of year and these great gardens have opened for us for many years and we are so fortunate to have them in the Scheme"

Before visiting a garden, please check the website www.ngs.org.uk for up to date information.

Photo right: Gayton Hall



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Brancaster School news

We have now done the RSPB Big Birdwatch, putting our own bird food out to attract different birds. We saw lots of lovely birds and they came really close. We are still feeding them and like to see them through the window. We have even seen a goldcrest now.

We have had some wonderful music lessons inspired by bird song, listening to some famous pieces like "The Lark Ascending" and also composing and performing our own music.

After half term, we are having "Living Eggs" that will hatch into chicks. We will have them for 2 weeks before they go to a good home on a farm. We are really looking forward to this.

We are also excited about "Pancakes in the Church" and going to Church for Ashing on Ash Wednesday.

Our Mother's Day Service is March 20th at 2pm in Brancaster Church. Term finishes on Friday 31st March ready for Easter.



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Sedgeford, Norfolk

GLEBE HOUSE SCHOOL UPDATE

What was your New Year's Resolution? Ours at Glebe House School certainly appears to be 'make the most of every opportunity'. As you will see from our update, there has been lots for the children to get involved with and enjoy during the first half of the Spring Term.

Pre-Prep

Pre-Prep enjoyed a visit to Hunstanton Library and a trip to St Edmund's Church where they took part in a traditional Christingle service. On both occasions the children were able to embrace the winter sunshine as they walked to each event. As well as weekly visits to our school library, we actively encourage our children to take advantage of the excellent service offered in the town and like to give them the opportunity to regularly engage with the array of children's books at the library. The visit to the church enabled the children to learn more about St Edmund's role in Hunstanton's history, which is important to us at Glebe as one of our house teams is named after him. Each child made their own Christingle to use within the service, they sang songs they have learned at school and raised money for the Children's Society, the national charity associated with Christingles, whose belief that every child deserves a good childhood aligns with our beliefs at Glebe.

Prep

Prep have not only been working very hard in the classroom learning about the view of planet earth from space, creating topic presentations, acting out individual interpretations of Romeo and Juliet, and using hands-on learning to find out more about digestion; they have also been demonstrating great commitment out on the sports' pitches and up on the performing arts stage. The Prep children have had a busy half term of sporting commitments, including cross country, table tennis, netball and hockey. And when they have not been aiming for the win, they have been learning their parts and working very hard in rehearsals for both the Junior Play and the annual Prep Show which take place later in the school year.

Character Education

Each term, throughout the school, Glebe focuses on a character trait and this term the focus is on respect. Every Monday in assembly there is an emphasis on a different aspect of this characteristic, which includes respect shown to others, to adults, to the school and to equipment as well as being taught about the importance of respecting other people's differences. Character education is a core part of life at Glebe and we have enjoyed recognising children's efforts in displaying our focal characteristic at our weekly Good Work assemblies.



Pre-Prep trip to St Edmund's

Children's Mental Health Week

Every year we embrace the opportunity to support Children's Mental Health Week. This year our timetable included Pyjama Day which highlighted the importance of rest and sleep to our mental health and wellbeing and Pause Day when children enjoyed a day away from the curriculum and embraced a variety of activities with their classmates.



For Pre-Prep activities included cooking, junk modelling, water colour painting, using the Chromebooks and different mindfulness activities, and for the Prep school options included nerf gun activities, board games, toasting marshmallows over an open fire as well as art activities and reading by the fire in the headmaster's office. As a school we find such value in this week, as it allows us to truly highlight and support such an importance

issue whilst creating great excitement for the children as they spend time exploring and trying out new things.

Informal Concert

Parents and staff enjoyed another wonderful Informal Concert courtesy of our children who are either in choir or learning a musical instrument. The Pre-Prep Choir performed their topical Pancake Song and there were both solo and duet performances from Prep singers. Children from across the school also shared renditions on the piano, flute and recorder. These half termly concerts bring great joy to both the children and parents, and are a fantastic opportunity for the young performers to build their confidence.

Nursery News

Outside of the main school, our younger children in Nursery have had a great start to the New Year. Throughout all three rooms, the children have celebrated the Chinese New Year, joined in with the RSPB Big Garden Birdwatch, celebrated winter and had the opportunity to meet a paramedic and a lifeboat crew member as we learned about different occupations and people that help us.

Governor News

The New Year heralded the appointment of several new governors to the Glebe House School Trust. The Governing Board expanded to include a number of new skill sets as well as announcing a new Chair Phil Haslam, taking over from Nick Crane who served as Chair for four years. The larger board now hosts a wealth of experience and specialism in areas including Arts & Culture, Boarding, Compliance, Education and EYFS, Finance, HR, Legal, Marketing, Safeguarding and Sports.

Come and see us!

We hope you have enjoyed catching up with our news! If you would like to find out more about life at Glebe House School or to have a look round, please don't hesitate to contact us. We are currently registering for Reception 2023 and do have limited spaces throughout the school. We would love to hear from you. Please contact Tamzine Fraulo on 01485 532809 or email tjf@glebehouseschool.co.uk.

'We can only acknowledge and appreciate'

Let us acknowledge the Lord; let us press on to acknowledge him. As surely as the sun rises, he will appear;..... like the spring rains that water the earth. Hosea 6:3

Spring is one of my best seasons, no doubt many of you will agree with me. Spring does seem like a great escape from the long-dreaded winter. A sigh, a feeling of new life and hope. The sun light becomes stronger and warmer, the days become longer. Vegetation begins to appear, our gardens become alive again, both of activity, nature's own and our own as we enjoy nature. Signs of new life. Snowdrops, daffodils, you name it. Nature becomes a great spectacle.

I am not a good gardener, for example, I am not always good at naming plants in my garden, but I can see, beauty when it's there in front of me. There is something that spring inspires in me, a kind of energy, excitement, and love. I feel a love for nature, a love for being, all around me seems loving, beautiful, and adorable. It's something I cannot debate, doubt or question, it's something perfect, I can only acknowledge, this is great handiwork! It is in this season that we mark Lent, leading to 'Good Friday', then Easter. A season of life, rebirth and new life, for whosoever believes in him (Jesus Christ), receives the completeness of what life means!

By Rev Dr Rich Ncube
Methodist Church

Union Church

I started working at the Co-op Pharmacy on March 14th 2022. After spending 15 years working in 3 local hotels here, this was very different work for me.

My respect for this Industry, be it Dispensing Assistants, Technicians, Team Leaders, Pharmacists, all are needed to make this all work, even down to my level, Medicine Counter Assistant.

I would like to say that, along of course with Doctors and teams in surgeries, patients are made as good as new

This is something we say about God. He makes us new when we ask His Son Jesus into our lives, into our hearts. This might sound a strange thing to say, as how on earth do we do that you might say?

God sent His Son to be born over 2000 years ago to Mary and Joseph, and to die on a cross 33 years later, a horrific, horrendous death just for us. Why would He do that you might ask? Because we have all sinned and fallen short of the Glory of God. We don't know this when we are born of course.

I learnt this during my upbringing I had with my wonderful Mum and Dad and two wonderful sisters.

I had to learn this and accept it for myself of course, which I have, and I can't explain how much my faith helps me every day. I have had as everyone has, things in my life to deal with and God has helped me and still does, not always as I would have hoped, but because God knows what is best for me, I can trust that whatever happens I can rely on and believe that the right outcome will be His not mine.

I hope this Christmas we will all think about what God did for us and try and think about Jesus' birth and not just about the presents etc. I love Christmas, the cards and presents, the trees and lights and the lovely food and meeting with friends and family.

My mother Miriam Hodson used to write for Town and Around, either individually or for Union Church, and my father Raymond Hodson was named the oldest paper boy in town at the age of 90 when he used to take the T and A to their neighbours in Silfield Gardens, and both my parents were very involved in the local community and Union Church and we attended the other churches for different events too, as my husband Steve and I now do too.

May God Bless you all.
Penny Tong

St. Mary's Church, Titchwell

Dear Friends, on Sunday mornings during the weeks since Christmas, we have been following the story in Luke's Gospel about Jesus' infancy and childhood, and we heard how he received his name when he was eight days old at his circumcision.

Now, you may be familiar with these words: "What's in a name? That which we call a rose by any other name would smell just as sweet." William Shakespeare used this line in his play Romeo and Juliet to convey his opinion that the naming of things is irrelevant. But the name Jesus was given is anything but irrelevant to who he is. In Hebrew the word is Yeshua, and means The Lord is my Salvation: the dictionary definition of Salvation being "the prevention of danger, loss or harm".

During March the Stillness Group will be looking even further into who Jesus is by considering his use of the phrase "I am", which in Hebrew constitutes the all-holy name of God. The Gospel of John lists seven such instances:

I am the bread of life (6:35), the light of the world (8:12), the door (10:7), the good shepherd (10:11, 14), the resurrection and the life (11:25), the way the truth and the life (14:6) and the true vine (15:1).

Do come and join us at 4pm on Friday afternoons during March as we gently consider these with reflections from the book The Great I AM by David Adam.

With my prayers and best wishes for you all, James Monro (Assistant Priest).

Catholic parish

The World Day of Prayer service is on Friday 3rd March at the Hunstanton Methodist Church, corner of Austin Street. Starting at 10am with refreshments, followed by the start of the service at 10.30am. This year's service has been prepared by the women of Taiwan and entitled "I have heard about your faith". It is, as usual an ecumenical service, all are welcome.

Our prayers are with the continued efforts to help all those people affected by the earthquakes in Turkey and Syria. If you would like to make a donation, please go to cafod.org.uk/give.

If you would like to be on the distribution list for the weekly bulletins straight to your inbox, please send your email address to hunstantonparish@rcdea.org.uk. Also, if you are new to the parish, there is a form in both church porches to fill in your details to welcome you to the parish. Feel free to ask if you can't see them.

Unfortunately, the Fair-Trade Company has been placed in Administration but Caroline will continue the fair-trade stall on the first Sunday of each month for as long as she has stock.

The Pope's prayer intention for March; for victims of abuse: we pray for those who have suffered harm from members of the church; may they find within the church herself a concrete response to their pain and suffering.

We are now looking for people to join our new SVP Conference within our parish. If you would like to find out more information about the St Vincent de Paul Society, please go to www.svp.org.uk. The dates of the meetings are published on the website and in the weekly church bulletins and anyone interested in contributing in any way is more than welcome to attend or speak to someone and pass on ideas.

We have regular Rosary prayer meetings at St Cecilia's every Monday from 2pm. and there is also a Mothers Prayers group which meet at 2.30pm Monday fortnightly at OLSE.

Sr Danuta is guiding a regular parish study/discussion group at the Convent every Tuesday, 4.00-5.00pm, looking in more depth at the readings for the following Sundays. Anyone who is interested is welcome to come along to any of the meetings and take part. Why not make it part of your Lenten practices.

Please contact the Convent direct about daily Masses there on tel. 01485 532837.

For Parish news including Mass times and prayer requests, please see the Parish News page on our website. For information about live streamed Masses in the Diocese and related matters, including Coronavirus updates see the Links page of our website at, www.hunstantoncatholicparish.org

Sporting corner with Tim Keogh

The Hunstanton Soap Box Derby is back!



After a three and a half year absence the popular Hunstanton Soap Box Derby returns at on Sunday, 2nd April (10am registration, 11.45am first race). This famous Derby has been running through the streets of Hunstanton, on and off, for over 70 years with the first race being held in 1953. The event always draws a large and vibrant crowd and it is expected this year's race will prove even more popular than ever.

There are always spills and thrills. Well known local kart racer, Dave Curtis, famously crashing on the final bend in 2017. Unfortunately (or, fortunately, in Dave's case), it was his co driver who came off worst, receiving a nasty gash to their arm and banished by his wife from ever racing with Dave again.

Last run in 2019, the race has been rubber stamped by the Borough Council and is eagerly anticipated by racers and spectators alike. Nearly 50 carts took place in the last race and it is hoped the early launch of the 2023 event will give people time to design their Easter themed creations.

Councillor Graham Middleton said, "It's a day packed with family entertainment, a carnival atmosphere and the chance to watch racing through the streets of Hunstanton. It's an ideal opportunity to start the Easter holidays with a massive splash of colour, 'eggitement' and 'eggsilation'. This is going to be an Easter 'eggstravaganza'".

Mayor, Maureen Howard, commented, "Hunstanton Town Council are delighted to see this popular event returning and will work with the Borough Council to ensure it is an occasion to remember".

There are four categories you can enter: 10-12 years, 13-15 years, 16+ years/adults, Over 65s. There are prizes for team's finishing first, second or third in each category.

To enter this year's event please go to west-norfolk.gov.uk/soapboxderby.



From left: A/Insp Howard Elvidge, Cllr Graham Middleton, Cadet Katie Hayes, Sgt Darryl Grief and Cadet Finley Grief. Car built by Cadet Finley Grief with his grandad for the 2019 race.

A humbling experience in Nepal

Ian Smith is a former international Scottish Rugby Union player and runs the Grange Dental Practice in Snettisham. Town & Around are running excerpts from his forthcoming book, "Have Teeth, Will Travel", due out later this year. Here Ian talks about a humbling experience in Nepal.



It was, I think, the 7th of November, 1973, that the man in the photograph died. I was working as an Army Dental Officer in the British Gurkha Centre in Dharan in Nepal. Part of our remit was to treat not only Gurkhas, and former Gurkhas, but also local people as well.

He was a tribesman who had walked down from the foothills of Mount Everest which would have taken him more than a week. He was only there because he wanted to see a dentist. I first caught sight of him the day before, sitting patiently in the gardens outside my dental centre, waiting to be seen. That wait in the outside was to last all night, but that wasn't an infrequent occurrence.

I took that photograph in the evening expecting to see and treat him, amongst quite a few others, the next morning. He was a very handsome man, and when he didn't appear I discovered he had died during the night. It brought home to me even more forcibly the lack of any real medical care in the hills of Nepal at that time which was of course fifty years ago, and how quickly and without much fuss locals lived and died.

At 7.30 am the next morning just after I had learned of his death, I saw and began treating a very old Gurkha pensioner. Through an interpreter he asked if I would make him false teeth, because he could not smoke cigarettes anymore. On examination he had a large round hole in the roof of his mouth.

We then took a preliminary impression of his mouth using the pink wet alginate material that many readers have experienced at one time or another. You will remember it tends to run down the back of your throat and in extreme cases even cause you to vomit.

Well, in this case it all went through the hole in the roof of his mouth and appeared as two large pink blobs hanging out of his nose! It took 45 minutes to get him back to normal, and an impression using putty, which didn't flow, was taken and all was well. It then took a couple of weeks to finally make the denture.

After it was fitted this old man, who was probably no more than 65 but due to the harshness of his life appeared much older, sank to his knees and kissed my feet.

The interpreter said he thinks you are the greatest sahib, because he can now smoke a cigarette for the first time for twenty years. You see because we had closed the hole in his palate with the denture, he had a seal and could now draw on a cigarette.

The interpreter then told me my elderly patient had won a Military Cross and another gallantry medal in Italy during the Second World War when he had been known as the 'Lion of the British Army'.

It all made me feel very humble and moved beyond measure.

Sporting corner with Tim Keogh



Armchair Sports Trivia

Sponsored by Berni Beans of Hunstanton

Win a delicious afternoon tea for two (worth £19.95pp, total £39.90) courtesy of Berni Beans.

QUESTION: Since Italy joined Rugby Union's Six Nations in 2000, which two countries have never 'won' the wooden spoon?

Answers to: editor@townandaround.net or by post to: 18, Tapping Close, Snettisham PE31 7FF

Closing date: 15th March 2023

From a large number of correct answers to the February trivia question about American Football's Super Bowl, Walpole Cross Keys reader, Kim Willing, was the lucky winner. Congratulations Kim.

White Horse competition winner

In our December 22 issue we ran a competition with a prize of dinner for two at Brancaster Staithe's White Horse.

Lynne Swainston was the lucky winner drawn randomly by Marion White's bingo machine at the United Services & Social Club. Lynne, pictured with husband Stuart are pictured below at The White Horse in February.



Copy date for the April issue is
12th March

Please send to: editor@townandaround.net



Victoria Kirk manages The Terrace restaurant with husband Dan. Having worked in the hospitality industry for over twenty five years, Victoria realised her dream of running her own restaurant when she opened The Terrace.



Name: Victoria Kirk

Age: 53

Star Sign: Aquarius

Where Born: Kings Lynn

Occupation: Restaurant Owner

Family: Husband Dan Kirk, mum and 2 sisters

A Cats or dogs person: Cat but the rest of the family are Dog people

Team Support: None

Biggest achievement: Climbing Ayers Rock in soaring heat!

Hardest challenge in life: Climbing Ayers Rock in soaring heat!

Funniest catering memory: Can't think of a funny one but best moment was cooking over a fire on an island in the Atlas Mountains

Sporting hero: Bjorn Borg

Hobbies: Walking and camping

Favourite international meal/cuisine: Should say Tapas really but love Japanese too

Favourite drink: Any kind of wine

Favourite holiday destination: Visited so many places but fondest place would be Mallorca where we met some great friends and have great memories

Three items for a desert island: TV, auto replenishing bottle of wine, fishing rod

Favourite band: Not really into music but for fun would have to be ABBA

Pet hate: Rudeness

Biggest achievement in life: Making it through Covid with The Terrace

Best advice ever given: The advice never taken

What would you change in the world: Poverty

Like to live forever: No

Sporting corner with Tim Keogh

Local Snooker season reaching an exciting final

Since September, local snooker clubs and teams have been battling out to claim bragging rights in the local snooker league.

Ten teams play in a league format every Thursday across West Norfolk. Teams consist of five players with five games played each match. The highest break of the season so far is 95 by John Pesci IV.

The final round of league matches take place on Thursday, 6th April. Gayton are presently leading the way, with Conservative Club A a close second. Last year's champions, Conservative Club C, are 8th.

The Conservative Club hosts the Witley Cup Final on the 11th April, whilst the United



Services Club will host the popular finals and presentation evening on the 18th April. Last year over £270 was raised for the Stroke Association, after League Chairman, Steve Kirk, unfortunately suffered a stroke during

	TEAM	PLAYED	WON	FRAMES
1	Gayton	13	7	39
2	Conservative A	13	9	38
3	US Old Town	12	9	36
4	Conservative B	13	8	35
5	Massingham B	12	8	33
6	New Bops	11	6	30
7	Old Bops	13	5	27
8	Conservative C	13	4	25
9	Bitcham	13	3	24
10	Massingham A	11	3	23

COVID.

The Snooker community in West Norfolk is as strong as ever. The league has been going for over 40 years with, at one point, 16 teams participating. Anyone wishing to join a team or, indeed, set their own team up can contact Geoff by emailing him at geoff.hitch54449@btinternet.com.

Hunstanton Croquet Club

Caroline Harper

Anticipation is building for the start of the 2023 season. There will be morning work parties on the 18th and if necessary, 19th of March, when the black tubing will be put back out round the lawns; the slabs swept; the clubroom spring cleaned and all the little odd jobs done. Coffee will be on tap for helpers (there may even be biscuits!). Do check the website and fb page for final details - all help welcome. If you are thinking of joining the club this season it is an ideal opportunity to meet some members.

On the 23rd March, weather permitting, the hoops will be set. This involves lots of very long lengths of string criss-crossing the lawns; white marker spray; pegs; mallets; strange looking metal measuring contraptions; a few people who actually know what they are doing and several more anxiously trying to follow instructions. At the end of this process each lawn will have two sets of six hoop holes - one set for our club afternoons and social play and one set which is reserved for tournaments.

The first club afternoon will be Monday 27th March. Fingers crossed that the weather will be kind - last year a mad group played their first game of the season in freezing sleet!

Our annual 'Come and Try' day will be on 22nd April. There will be more details in next month's column, on the website, fb and posted in the community - look out for our advertising and let our secretary know if you would like to attend. We look forward to seeing you.

www.hunstantoncroquetclub.co.uk



Gwenda Mackenzie operating a reel of string

Deepdale & Brancaster Staithe Tennis Club

You might like to know that our lovely courts are available for play throughout the year. They are situated at the end of the playing field beside the Village Hall in the middle of Brancaster Staithe.

To gain access you need to book a court through our website www.clubspark.lta.org.uk/DBSTennisClub (or just Google Burnham Deepdale Tennis Club) for up to an hour and a half per day. Your confirmatory email will contain the code for the courts. Visitors can play as well as members. The court fee for visitors is £10 per hour payable online.

Ladies, for a spring time resolution, why not take up tennis again and join our Social Tennis Morning on Wednesdays 9-10.30am. We play all through the year when the weather permits and we would be delighted to see some new faces. Contact Verily Borthwick by emailing DBSTennisClub@outlook.com

Good weather for the Mart!

Crowds gathered in the Tuesday Market Place on Valentine's Day for the opening of the King's Lynn Mart that can trace its history back to the sixteenth century.

Leader of the Borough Council Stuart Dark MBE read the proclamation and there were speeches from the Borough Mayor Cllr Lesley Bambridge and John Thurston, President of the Showmens Guild. The blessing was given by the Bishop of Lynn.



Fire Service March Update

Chris Guy

The start of 2023 has been busy for the crew in respects of call outs and training.

We have responded to numerous RTC's so far this year, thankfully most resulting in minor injuries to those involved. The crew also attended a building fire in Wells which involved the attendance of 6 fire appliances and the aerial ladder platform from Kings Lynn. In addition to these we have responded to several calls to assist the ambulance service gaining entry to properties and automatic fire alarms.

The crew trains every Monday between 18.30 and 21.30 during this time we have a set of skills and knowledge that we must maintain quarterly, thirdly, yearly or two yearly depending on what it is. Some of the training is delivered through lectures, others are carried out on the drill yard, and some involve formal assessments either at King's Lynn or one of the training facilities at Bowthorpe or Coltishall. January saw us heading to King's Lynn for our Watch Manager and one of the Crew Managers two yearly Skills Check. This involved them each running a simulated 2 appliance incident whilst being formally assessed to confirm their Incident Command skills. Both passed with flying colours.

The start of 2023 has also seen 2 potential new recruits starting through the selection process, both have passed the application, interview and fitness test phases and are awaiting dates to attend the recruit selection day at Bowthorpe which will involve a series of physical and dexterity tests they will need to complete. We will bring more details of how they are proceeding as the year progresses.

Our safety message for the month is road safety. As I am writing this there is talk of a potential cold snap arriving in March whether this occurs or not is another matter, but regardless during the winter months you should maintain the fluid levels in your car, check tyre treads and pressures regularly. Clear your car of any snow or ice before travelling, if bad weather is forecast plan your journey accordingly allowing extra time to arrive and in severe weather don't travel unless necessary.

We still have vacancies within the crew, for anyone interested in joining you can contact Watch Manager Rigil Kent on 07452940635 or drop by the station on a Monday evening between 1830 and 2130.

Mart photos: Credit Ian Burt

Left: Stuart Dark MBE reads the proclamation.

Below: A hair-raising ride is a favourite with these youngsters



The Terrace

Tim Keogh

The Terrace restaurant in Hunstanton, which opened in 2019, is about to launch their summer season menus and welcomes all locals and holidaymakers down to sample their wide variety of tasty dishes.



A popular destination for breakfasts, brunch and lunch, this cosy restaurant also host their popular Tapas Menu in the Summer evenings with themed Tapas events throughout the year. They also offer speciality breakfasts as well as a full vegan and gluten free menu.

The restaurant and outside terrace area have the luxury of a sea view, which customers can enjoy whilst relaxing in the ambient setting. Refurbished to a high standard, there are few establishments in Hunstanton that can boast such panoramic views in such a relaxed setting. Dogs are welcome on the outside terrace area.

Throughout Winter, The Terrace provide Sunday lunches and this is regularly accompanied with live, easy listening music. The Tapas evenings, usually fully booked well in advance, are held on Saturday evenings. With Greek, Thai and Irish tapas evenings on the agenda, the restaurant also hosts seafood, mussel and curry evenings. Presently, the restaurant is open shorter hours in the Winter will open every day from Easter.

Dan Kirk, who owns the restaurant along with wife Victoria, is no stranger to the restaurant and hospitality industry in Hunstanton, his grandfather, Alfie Haynes, ran the Bingo & Social Club (now the Town Hall) whilst his uncle Jim ran Jim's Fish Bar (now Sally's). As a consequence, they are both passionate about supporting other local businesses, offering discounts to bed and breakfasts and ensuring their ingredients are purchased locally. Dan felt the business opportunity was fate, "when we used to holiday in Alcudia, Mallorca, our favourite restaurant was the La Terraza". (See photo of the couple there on p71).

The Terrace is also available for private hire, where a £3 a head corkage applies. The restaurant can accommodate up to 30 people inside and, weather permitting, an additional 30 outside.

For more information about forthcoming events, please visit the website at www.theterracehunstanton.co.uk or calling 07554 760036. Gift vouchers are also available whilst The Terrace also provide outside catering with any theme accommodated.

Competition

The Terrace are offering Town & Around readers the opportunity to win a meal for two at one of their Tapas evenings. For a chance of winning, please answer the following question and email your entry to tim@townandaround.net no later than Friday, 17th March. Question - Assuming you haven't got a six foot long neck, which iconic Hunstanton feature can be seen from: The Terrace, the Princess Theatre, the Golden Lion Hotel or Pier Amusements?

The King's Lynn Fiction Festival

10-12 March 2023

Building on its reputation as one of the friendliest and most intimate Literary Festivals on the circuit, King's Lynn will be welcoming both familiar and new faces at the Fiction Festival to be held in March.

The two-day event will take place in the magnificent Town Hall on the Saturday Market Place in King's Lynn, over the weekend of 10-12 March 2023. As well as mingling with writers between readings, audience members are also invited to join them for lunch in nearby restaurants on both the Saturday and Sunday.

A strong headliner is Michelle Cahill with her stunning debut novel "Daisy and Woolf", raising questions around race, class, feminism, and post colonialism, while Jane Feather's fourth novel, blending fiction and memoir, is a raw and graphic description of identity, sex, and obsession. Sally Emerson, writer of poetry and prose, who had her six novels republished in 2017 in the Rediscovered Classics Series will be reading from her first collection of short stories. Guinevere Glasfurd uses fiction as a means to interrogate the past with feminism and censorship as themes from her latest book. Stephen May presenting his fifth novel, "Sell us the Rope" is set in the context of the 5th Russian communist party held in London in 1907 and shows the sinister young Stalin ruthlessly forming alliances with Lenin, Trotsky and other leading figures. Carol Birch is well known for "Jamrach's Menagerie" which was shortlisted for the Booker Prize and "Turn Again Home" which was longlisted for the same prize. And of course, regulars will recognise two Norfolk based writers from Norwich and frequent visitors to Kings Lynn - Rachel Hore and D J Taylor. D J Taylor's most recent collection of stories "Stewkey Blues" (aka Stiffkey) is firmly grounded in East Anglia and echoes this county's unique geographical and social range.

During the course of the weekend, a well-stocked bookstall manned by knowledgeable staff and featuring the writers present will be open in the Stone Hall. There will also be refreshments available throughout the day, and a bar at the evening events.

Tickets are £10.00 for each session and a weekend ticket can be purchased for £40.

For further enquiries contact lynnlitfests@gmail.com

The copy date for the April 2023 edition of
Town and Around is 12th March.
Please don't be late!

The Heacham Songsters

The Heacham Songsters, who for some years have been presenting concerts to local community groups, residential establishments, etc in and around the area, placed a notice in the local press a year ago announcing we were back in business following Covid. Resulting from this we gained a number of new 'clients'. However we still have capacity to deliver some further concerts.

If your organisation has either had concerts from us in the past or would be interested in receiving a concert from us in the future then please telephone Peter Francis on 01485 534031. Please leave a message if there is no answer.

Additionally we are always looking for new singers to join our group, particularly men right now to help achieve tonal balance, so if you are interested in singing with a friendly bunch then please give us a try. You do not need to be able to read music.

We do not charge for concerts. However we combine any donations we receive throughout the year and make contributions to local charities.



Michelle Cahill



Jane Feather



Sally Emerson



Guinevere Glasfurd



Stephen May



Carol Birch



Rachel Hore



D J Taylor



The Annual General Meeting of the Hunstanton & District Festival of Arts is on Wednesday March 15th, 2023, at 6.30pm at the Conservative Club Function Room High Street, Hunstanton.

At the AGM the officers of the Committee will be elected: Chair, Vice Chair, Treasurer, Secretary and the members of the General Committee. There will be a short break for refreshments at 7.20 and the first full Committee meeting will continue after at 7.45.

The HDFA are also looking for an energetic Festival Director who can share their knowledge of up-to-date culture and suggest new events to include in our programme for 2023/24.

If you love the Arts in all its forms then please come along to this meeting to volunteer or find out more. You can contact The current Secretary on 01485 533933 for more details.

Check out the website www.festival3.com or our Facebook page Festival3by the Sea for up to date news about our Summer Live Music Festival, Art Shows and Professional Theatre Performances.

The Hunstanton & District Festival of Arts is a registered Charity supported by grant by Kings Lynn Borough Council and Supported by Hunstanton Town Council. We are an independent body.

STRICTLY ARTS

Christine Earnshaw

Hunstanton & District Festival of Arts has some exciting projects planned for the 2023 but first a reminder that we are very keen to recruit new people to join our committee. If you have an interest in seeing events in town that might include your children or grandchildren you might be keen to give them that opportunity by organising public speaking or a musical competition for young people. And there are plenty of other possibilities to entertain young and old that we haven't been able to include. We just need more help! Our AGM is on March 15th in the function room of the Conservative Club at 6.30 so please come along to find out more about us.

New for 2023 we have asked our old friends Heartbreak Productions to perform 'Bad Dad' by David Walliams on the Community Centre field on June 22nd. Suitable for all ages it will be a romping comedy throughout!

Can you keep September 2nd free for a Barn Dance also in the Community Centre with the Whirligig Ceilidh Band. Always great fun.

Our annual Music Festival is on Saturday July 8th from 12 till 8pm. A brilliant line up of artists will be headlined by the Dependent Variables. Again, we are on Lower Green by the Bandstand so please bring seating, a picnic and clothing to suit whatever the weather. Last year over 2000 people attended this event! Busker's Corner returns on June 10th and September 9th – another free event.

The popular Craft Fairs return to Hunstanton Town Hall on April 29th for their 20th season continuing every month till November 18th. Stalls can be booked via www.festival3.com. Only high-quality hand made goods can be accepted.

More details next month about a Coronation Gala on May 13th at 2.30 in the Town Hall and an Art Exhibition in June calling on both amateur and professional artists to display their work and indeed to sell if they want to.

Our full events brochure will be out soon or contact the website on www.festival3.com or our Facebook page Festival3 by the Sea. Further info. Dawn Davies 01485 779746 Publicity and (Craft Fairs), Christine Earnshaw (Chair) 01485 533367, Ian Wells 01485 297342 (Music), Ann McKimm (Sec) 01485 533933

On Thursday 9th March King's Lynn Community Cinema Club will be screening the hit British comedy drama Mrs Harris goes to Paris. The film, starring Lesley Manville, tells the heart-warming story of a widowed cleaning lady Ada Harris in 1950s London who falls madly in love with a couture Dior dress. She decides that her lonely life might change for the better if only she could have one of her own. After she works, starves and gambles to raise the funds to pursue her dream, she embarks on an adventure to Paris. Once there her irrepressible charm wins over the Parisian elite and she ends up changing not only her own outlook, but the very future of the House of Dior.

So if you missed it when it was in the local cinema's come along and catch it for this one night only. The film will be screened at 7.30pm in St George's Guildhall, King Street and as always is free to KLCCC members, but all are welcome to come along as day memberships can be purchased for £5 cash on the door. Anyone wishing to find out more information about the club and its events can see their Facebook page or website www.klccc.uk. For any general enquiries or to join the club you can email the club at communitycinemaclub@googlemail.com

The Arts Society King's Lynn

In a change to their published programme, on Thursday 9th March The Arts Society King's Lynn will be presenting a talk called 'The Imperial Easter Eggs of Carl Fabergé – After the Revolution'. The most precious of the iconic eggs were made between 1885 and 1916 by Carl Fabergé. There were fifty jewelled eggs which were Easter presents from Russia's last two emperors to their wives. Since the brutal murder of the last tsar and his family in a Siberian basement, these eggs have become the most famous surviving symbols of the Romanov Empire: both supreme examples of the jeweller's art and the vulgar playthings of a decadent court. After going missing in the Revolution, most of the eggs re-emerged in the storerooms of the Kremlin, where they were immediately identified as a source of much-needed foreign exchange. Their subsequent history holds up a mirror to the twentieth century and encompasses Bolsheviks and entrepreneurs, tycoons and heiresses, con-men and queens. The eggs have been sold and smuggled, stolen and forged. Now, as they gradually return to Russia, their history seems to have come full circle. There are still eight eggs which remain missing. What prospect is there that they will ever emerge, and if they do, will anyone believe that they are genuine? The lecture is illustrated with pictures of the eggs today and their owners, and with archival material showing some of the missing eggs and promises to be a vivid and engrossing story. The speaker is Toby Faber author of 'Fabergé's Eggs' amongst other books and is the former managing director of his family's publishing company. He is an experienced lecturer and public speaker.



The talk will take place in West Winch Village Hall where there is ample free parking available and starts at 2pm. TASKL meets once a month on the second Thursday from September to May and anyone is welcome to become a member for just £52 a year or can go along to individual lectures as a guest for £10. Anyone interested in finding out more about TASKL can visit their website at www.theartsocietykingslynn.org.uk or to join the Society contact the membership secretary on 01366 328648 or via email at info@theartsocietykingslynn.org.uk.

WHY INDIGENOUS ART IS SPECIAL

Lesley Nadel

The traditional people who come from the land are the indigenous, so-called as the descendants of those who lived in a country or region at the time when people of different cultures and ethnic origins arrived. They inhabit large areas of the world, from the Arctic to the South Pacific, approximately some 300 million people. Since the beginning of time, indigenous people have used and continue to use art as a means of storytelling to establish the knowledge, events and beliefs of their people.

Often the common theme is the strong ties to the land, nature, seasons and animals. The connection is through the four elements of wind, water, fire and air, along with attention to physical, spiritual and intellectual realms. Many forms of media can be used, including wood and rock carving, rock and sand painting, body painting, sculpture, weaponry. The incorporation of symbols has been used to record significant cultural issues, such as the Aboriginal "Dreamtime", as well as teaching the ways by which traditional people from previous generations survived on the land. It is not an ownership of the land, more a custodianship.

Contemporary arts practices undertaken in remote areas promote the use of natural resources, which gives the incentive to indigenous people to cultivate the use of their ecological knowledge so that these resources are protected and managed sustainably. The environment also benefits when traditional people reside on their land. For example, customary fire regimes are continued and maintained to reduce fires that destroy raw material inputs to the arts.

The oldest known civilisation on earth is believed to be the Aboriginal Australians, dating back some 75,000 years. Their rock art paintings are believed to be the oldest art by human beings, by some thousands of years, and their culture probably the oldest in the world. Rituals and ceremonies involving spirits were also recorded with body and sand



THE ARTS SOCIETY
North West Norfolk

THE ARTS SOCIETY - ENRICHING LIVES THROUGH THE ARTS

Next lecture: **Monday 13th March 2023**
Sedgeford Village Hall at 2pm

Artists' View of Australia - Aboriginal, Pioneer, Botanical and Impressionist
Lecturer: Caroline Holmes

Inspired by the Australian landscape and the major art galleries in various cities of Australia, this lecture explores the patterned hands of ancient Aboriginal cave paintings, the dreams of pioneers, the unique botanical treasures, the Heidelberg School (Australia's own Impressionists), and finally the rediscovery of its indigenous art.



Come and join our friendly society. Membership has many benefits besides lectures. For more information visit www.theartsocietynwnorfolk.org.uk or ring Lesley Nadel on 07909 918890.

Registered Charity No. 1105490

paintings. This art, dating from between 30,000 and 80,000 years ago, has been hidden in remote locations, and the surviving examples have mostly been discovered in caves and rocks. For centuries no respect was shown to their culture until a gradual change in attitude from the 1970's. As late as the 1980's real examples of their art would not have been seen by most white Australians.

Indigenous visual arts and crafts play a meaningful role in today's art sector, particularly in economics, with benefits felt by individual artists and their communities, the art industry, commercial sectors and nations as a whole through domestic and international tourism. Success does not always translate into financial success and better living standards for many artists, such as the Aboriginals. Whilst they are vital to the success of indigenous art, they often earn a small part of the overall "take". This cash income is vital, especially in remote areas,

where the concept of sharing is significant and the money derived from the art may be the only non-governmental income supporting the community.

It has been said that 'Australia's greatest cultural gift to the world' and their 'most profound, significant and important cultural export' is the indigenous art of The Aboriginals. The benefits and aspects are numerous. For example - health, self-esteem particularly amongst the young, pride, maintenance of culture, inter-generational learning, social and spiritual benefits, and the provision of much of a nation's 'corporate identity'.

You can explore the patterned hands of ancient Aboriginal cave paintings and much more on the Artists' view of Australia at the next lecture of the Arts Society North West Norfolk, 13th March 2023, Sedgeford Village Hall, 2pm.

Exciting year ahead for Music in the Burnhams

Music in the Burnhams moves into the community in 2023 with concerts in Burnham Market Primary School, All Saints Church Sutton cum Ulph and Burnham Overy Staithe Village Hall.

It was always the intention to bring a broad range of music of the highest quality to a wider audience and our successful Music Supper Clubs through the winter at the village hall in Burnham Market has proved that.

This year we have Bach to Beatles, Baroque to Beat and we kick off the season with a celebration for the new reign of King Charles 111. On Saturday May 20th at 5pm the Norfolk close harmony ladies' group, The Samphires will perform British songs of the last 80 years. Britten to Karl Jenkins, Vaughan Williams to the young composer Sarah Quartel. The recital is in All Saints Church Sutton cum Ulph and cakes and bubbly will be served from 4pm. Admission £10. Proceeds to the church.

May 27 at 7.30 The Victoria String Quartet with Leon Bosch (double bass) and Peter Hewitt (piano) at Burnham Overy Staithe Village Hall. Proceed to support funds for these concerts. Tickets £20 The programme will include a special arrangement for sextet of Beethoven's Piano Concerto No 1.

June 11 at 3pm: Leo Popplewell (cello) programme to include unaccompanied Bach sonatas at Sutton Church supporting All Saints Church. Tickets £10

June 15 / 16: Jodie Wiggins (soprano) Callum Adkins (tenor) and Gill Smith (piano). Two day school workshop with costumed performance on Friday night June 16th at 6pm. All in Burnham Market Primary School and in aid of school funds. Tickets £10

June 24 at 7pm The Galaxy Big Band at School in aid of school. Real toe tapping music from this East Anglian Band. Tickets £20

More information on musicintheburnhams.com

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Behind the Scenes...

Hello everyone! Welcome back to another edition of Behind The Scenes. We are already in the month of March, although it feels like Christmas was only a few weeks ago! With the year off to a quick start, our theatre keeps up the pace; make sure you're ready for the variety of acts we have this 2023. In this month's edition, we will speak about what to look out for during March, including the performance of the highly anticipated Peter Andre, who returns to Hunstanton once again.

But first, February saw an excellent month for the Princess Theatre! With the return of our Cinema and Film Club, some great films were shown and enjoyed by guests. Alongside this, we have had some brilliant shows, and I have had the pleasure to watch a couple of these myself. Coming to the theatre with friends or family really makes for a wonderful evening. The atmosphere of a live audience is something that can never be recreated, and each time the experience is completely unique.

Looking towards March, get ready to party 'All Night Long' with Endless Love on March 4th! This electrifying evening celebrates the music of the legendary hitmakers – Lionel Richie and Diana Ross. Perfect for a late Valentine's Day date night, or to come along with a group of friends, this show is guaranteed to get you on your feet. Featuring authentic live arrangements taken from both Lionel's and Diana's original touring shows, this night can't be missed, book now!



Jemma Hall - Author



As mentioned, returning to the Princess Theatre in mid-March is Peter Andre with his 30 Years Celebration Show. In a recent video that Andre filmed for the Princess he states to guests "be a part of the birth of something new", and that the show will feature audience interaction. He continues to describe the show as a "new experience" and that people can "come and be a part of his life in a very different way". This indicates that you can come along and share Peter's amazing journey through a new lens, and possibly learn about some of Andre's recent adventures. There will also be a Meet and Greet held within the auditorium, giving patrons the opportunity to meet Peter Andre and share a laugh and picture together. The 18th of March is the date to put in your diary, as we welcome this loved Aussie personality back to Hunstanton.

Towards the end of March, it's time to get Lost in Music. If you're a fan of the 70s and Disco hits, then this is the show for you. With a huge selection of classics, from artists such as Donna Summer, Gloria Gaynor, Earth, Wind & Fire, Sister Sledge and Chic, this will be a night to remember.



Well, that's it from me. Thank you for reading through this month's edition, and for the support you have shown our theatre. A full what's on page for all the shows we have performing over March can be found on the back page. We look forward to seeing you again soon, as we start to warm into spring, but until then, break a leg!



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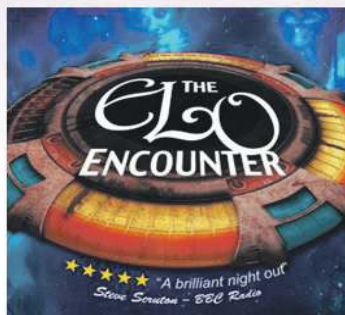
Saturday 4th



Sunday 12th



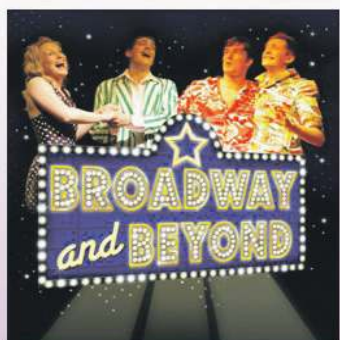
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