

TOWN and AROUND



ISSUE 221 MARCH 2024

PRICELESS!

Local News • Events • Great Outdoors • Features

First word



Hello and welcome to your March issue brimming with news, events and articles.

Isabella is our delightful model on the cover. This image was taken at the Princess Party and you can see more photos on page 49.

Charles Joyce is back this month with his On the turf article that is about so much more than racing and you can find it on page 16.

It can't have escaped your notice that 2024 is an election year and we are delighted to welcome

a new columnist, Mackenzie Large, who will be exploring local political matters over the coming months. Her introductory article, 'The political pulse' can be found on page 42.

As we step into Spring the March diary (filling the centre pages) offers a variety of events. There's hardly a day to get bored!

Thank you to everyone who has written articles and provided information for this issue, and thanks to all our advertisers too, please support them if you can.

Hooray! British Summer Time begins on Sunday 31st March. Your teenagers will complain about losing an hour in bed, but the longer evenings are coming, and I for one am very happy about that.

With all best wishes for a brilliant March,

Elaine

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Town and Around

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The Golden Lion roars again

Built in 1846 and originally named The New Inn, The Golden Lion has stood overlooking the Wash for almost 180 years and following an extensive refurbishment and the addition of an orangery on the west side of the building over the past three months it plans to re-open (barring any last minute hitches) on 22nd March.

The owners, L & J Leisure, are a locally well-established family business who own the Lodge Hotel at Old Hunstanton and Briarfields Hotel at Titchwell as well as other accommodation, including the Lighthouse and local tourism-related retail businesses.

The Golden Lion is a Grade II listed building built from local carrstone and the new orangery is constructed of glass and timber. In addition to the extension, changes inside during this first phase include moving the bar into the former restaurant, converting the letting bedrooms all of which have new bathrooms, adding log burners and updating the kitchens.



Picture credit: Strata Architects

Managing Director Scott Lloyd said: "The garden here was underutilised, and adding the orangery means we have increased the number of covers to between 150 and 180 (depending on the layout) and our customers can enjoy the stunning sea view whatever the weather.

"We want to encourage the summer vibe, customers will be able to eat throughout the building and we even have a private dining room for smaller gatherings.

"The menu will be similar to our offering at The Lodge in Old Hunstanton; good pub food, done well, all made with local produce, and we'll be serving food all day.

"Looking ahead we are planning a play area in the garden and offering food outside."

Phase two of the refurbishment is also being planned and this is all about the former Beachcomber Bar, venue for many family celebrations over the years, that will be converted into more letting accommodation, all of which will be dog friendly.

During the refurbishment the business has been closed however Manager Giles Norwood explained that this didn't mean laying people off from work. "The team were all offered the opportunity of being



Giles Norwood (left) with Scott Lloyd

part of the refurbishment process and it has worked really well, they have moved materials and fittings around, stripped wallpaper, and generally supported the contractors; it's great they wanted to be part of it and it has meant a lot to us."



Some of the contractors taking a break during the renovation

Giles and the team will be taking off the high-vis jackets and preparing for the re-opening in the coming weeks. Recruitment started in February and training for the kitchen and front of house begins in early March.

Lisa Plummer heads up housekeeping and there will be a friendly welcome for locals and visitors from Nicky Montague on reception with her colleague Trish Earl-Brennan.

The Golden Lion is within walking distance from most parts of the town - what are you waiting for?

See you there.

Cliff fall

Dick Melton

Recently we had a fall of rock from the cliffs in Hunstanton of about 100 tonnes. The people who are supposed to be in the know said it was caused by the high tides, but this is not so, we have 718 tides come in each year but only about 50- 60 of these tides reach the cliffs.

Putting revetments out to sea and groynes would just be a great waste of money; what is needed as I have said many times before (and so have a lot other people) the reason these rocks fall is caused by the heavy rain and rain water that comes down the cliffs, therefore the best way to tackle this problem is to lay drainage pipes across the green above this would cost a lot less money.



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Norfolk Rapid-play Chess Championship

Organised by the Norfolk County Chess Association (NCCA), the Norfolk 2024 Rapid-play Chess Championship was held, for the second time, at Hevingham Village Hall on 28th January.

58 players competed over 6 rounds - where they were given just 20 minutes (and an additional 10 seconds per move) to complete all their moves in each of their games.



The joint winners of the Championship Section were IM Alan Merry* (from Suffolk) and Jaden Jermy (Broadland Chess Club). They both achieved a score of 5/6.

The Peter Burnett Cup (awarded to the highest placed Norfolk player) was won by Dan Joal Allwin (Norwich Juniors).

Other local successes included:

- Michael Harris (Bury St Edmunds Chess Club / from Watton) who came third in the Championship Section.
- Steve Moore (Norwich Dons) who won the U2000 Rating prize.
- Dan Joal Allwin (Norwich Juniors) who won the Challengers



From left: Championship 'Top Players': Steve Moore (Norwich Dons), Michael Harris (plays for Bury St Edmunds / from Watton), Jermy Jaden (Broadland) & IM Alan Merry (from Suffolk).

Section with a score of 5.5/6.

- Larysa Klepikovska (Lowestoft Chess Club) who won the U1450 Rating Section with a score of 5/6.

John Wickham (NCCA Chair and event organiser) commented: "Anyone interested in playing traditional long games, 'quick' (Rapidplay) or 'very fast' (Blitz) games can find details on the NCCA website (www.norfolkchess.org). Alternatively, they can contact their local club secretary or me via e-mail: j.r.wickham@btinternet.com or Mob: 07808-876785."

** Born in 1996 Alan Merry became an International Master in 2016 and is just one step away from becoming Grandmaster.*

Photos supplied by NCCA (Norfolk County Chess Association)

Hunstanton Town Council opens Community Centre Redevelopment Task & Finish Group

Hunstanton Town Council's Chair of Finance & Property Management Committee Cllr Mark Williamson explains the reasonings brought forward by the Town Council to open a Community Centre Redevelopment Task & Finish Group.

"Hunstanton Town Councillors had, at a meeting, discussed the need to look into the possibility of RAAC (reinforced autoclaved aerated concrete) at the Community Centre, Avenue Road and agreed a survey of the building would be needed as the safety of venue is their main priority.

A company has now been instructed to carry out the survey and report back their findings as soon as possible. Whilst this is in progress, council members have decided to look at the overall purpose/usage of the site with a vision of making the venue a building that is fully versatile for the people of Hunstanton. In essence, a community hub".

HTC appreciate this will be a long term ongoing project. All members of the community and venue hirers will be involved in discussions and suggestions as the project gets underway. Our priority is to ensure we see a green, eco-friendly, sustainable venue, however we proceed to redevelop.

The Task & Finish Group will be



investigating opportunities to include so much more viability to the building; Sports for all, offices, meeting places, better services for less abled with consideration being given to installing a 'disabled changing room' plus so much more that could support the people of Hunstanton.

Hunstanton Community Centre is a registered 'Fields in Trust' site and as such will be retained and used as a green space for community use and enjoyment, a public park,

playing field or recreation ground in perpetuity for future generations.

If you are a resident of Hunstanton and would like to offer suggestions or ideas for the future of the venue the council would like to hear from you. Why not pop along to any of their Full Council meetings, held the fourth Wednesday of each month in the Town Hall at 6pm. Alternatively, you can email clerk@hunstantontowncouncil.gov.uk.

West Norfolk Food & Drink Festival

"It's all about community & and breathing life into the High Street"

Following on from launching an exclusive resident's discount card for Hunstanton & and the local community, there is exciting news from the Norfolk Deli as it works on its biggest project to date, which it is doing with the support of The Hunstanton Advisory Group, The Hunstanton Events Team, The Town Mayor, Town Council as well as The Borough & County Council.

It's next to impossible to escape the fact that a reduction of high street footfall leads to business closures which in turn results in even lower footfall. As a member of Hunstanton's Advisory Group and The Hunstanton Event Committee Mark Kacary (Managing Director of The Norfolk Deli) has long felt that in line with the opinions of many retail experts, the high street needs to offer its customers (the public) an experience. something they do not or cannot get in the supermarket.

Mark believes that the high street should be the beating heart of the town, it should be where people meet their friends to catch up for a gossip, or to visit a retailer who always goes that extra mile to source an item that many a corporate business doesn't. "The high street is the soul of a town and without a living, breathing healthy high street you'll struggle to find a real sense of community".

An idea germinating since the back end of 2022 is coming to fruition on the 17th of

March 2024 along Hunstanton High Street. "We have managed to secure the attendance of some fantastic Norfolk producers," said Mark. Every business attending is a small Norfolk business. We have everybody from distilleries breweries, and vineyards, as well as businesses making doggie treats, cake/bakes & and sweet things, porridge, honey, chili sauces, chocolatiers, jam makers, and more. For those interested Mark has added a page to his website <https://norfolk-deli.co.uk/pages/wnfdf> which will be regularly updated as more producers confirm their attendance.

Mark also entered this idea into the "Love your Town" bid run by the Economic Development teams from County & Borough Council. The brief being to have an idea that would deliver life into an area and bring with it some economic benefits to the local community, having been shortlisted he had to deliver his address in a "Dragons-Den" style format to approximately 8 people. The idea succeeded and a small grant has been awarded to help launch the project, a grant for which we are incredibly thankful.

Something Mark feels is very important is that the event is not seen to be a profit-making venture. This event could not have happened without the support of a lot of people, including the town mayor, town, borough, and county council as well as the support of the businesses in the high street. We want people

who live in and around Hunstanton to reengage with the businesses on the High Street and to show off to others that there is more to see here other than the sea.

With approximately 30+ traders expected on the high street alongside all the existing businesses in Hunstanton, there will be a lot to do and see. The first event takes place along Hunstanton High Street on 17th March 2024 starting at 10 am through to 3 pm. Details on who will be at the event and where you can find them can be found at <https://norfolk-deli.co.uk/pages/wnfdf> Details can also be found on Instagram <https://www.instagram.com/westnorfolkfooddrinkfest/>

"Norwich & North Norfolk have for many years been the traditional locations for farmers' markets, and food festivals, in comparison it's hard to think of many events like this in West Norfolk," said Mark. "I felt it was about time we do what we have been doing for the last 10 years and find a way to showcase the extraordinary range of produce made in Norfolk to the people of Hunstanton and the wider area, we are hoping for fine weather and for as many people as possible to come and support this".

If you are a Food and drink producer located in Norfolk wishing to be part of this event email Mark at The Norfolk Deli mark@norfolk-deli.co.uk for an application form.

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Sedgeford 'Wombles'



Litter Pick photo by Liz Wilce

Saturday 3rd of February saw a group of 30+ hardy Sedgeford parishioners give up their time and effort to tackle unwanted litter around their village. The litter pick was arranged by the Parish Council who hoped the exercise would result in the village being a nicer, cleaner place in which to live.

Borough Councillor Terry Parish provided litter picking packs, containing fluorescent jackets, litter pickers and bags, courtesy of King's Lynn & West Norfolk Borough Council. Refreshments were very kindly donated by a local resident.

Over thirty bags of rubbish were collected, in addition to various car parts and a discarded vacuum! Most of the litter was found on roadsides suggesting it is traffic related.

Thanks to Sedgeford Village Hall for hosting the event which was such a success that it is hoped that it will become an annual village event.

WI Supports Baby Basics



As part of their 100th birthday celebrations, Snettisham WI chose to support the local branch of Baby Basics as their charity of the year for 2023. They were delighted to hand over a cheque recently for the grand total of £400.

The money came from various events during the year, including the WI's Centenary Open Day, the village summer fair and a charity cake stall at the Snettisham Flea Market.

Janet Lane, outgoing Secretary of the WI, said: "We really enjoyed fundraising for such a wonderful cause, and some of our members were able to make knitted items too for inclusion in the bundles that Baby Basics prepare for new mums." She thanked everyone who had supported the events throughout the year.

Cheque presented to Maggie Anderson of Baby Basics West Norfolk by Janet Lane, Jean Frear and Marion Joyce. Photo T&A

Teenage Fundraiser does it again!



From left: Cllr Michael Ruston, Fundraiser Hannah, Lady Romney and Cllr Margaret Wilkinson

Smitthdon student Hannah Burton started fundraising when she was eight years old. Now sixteen and in Year 11 she will be taking her GCSE's this summer - and she is still fundraising.

Between 2013 and 2022 her charitable work resulted in a total of £15,374.07 and during 2023 she raised a further £2771.45. A cheque for this amount was donated to Children with Cancer at a reception at the Honeystone in Hunstanton on 5th February. Accepting the cheque on behalf of the charity Lady Romney said "Hannah is a remarkable young woman."

Hannah, who lives in Hunstanton has now raised £18,145.52 that has been shared between four charities over the years.

Attended the presentation were Lady Romney, Borough Mayor Cllr Margaret Wilkinson, Hunstanton Mayor Cllr Michael Ruston, Christine Earnshaw, Carol Bower, Jean and Andrew Holland, John Harris and of course, Hannah's family. *Images: Ian Burt*





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7 reasons to register your property

By Chris Cosgrave, Solicitor, Hayes + Storr

Nearly 10 per cent of land in England and Wales has never been registered at HM Land Registry, usually because the owner bought the property a long time ago or inherited it. This could put you at a disadvantage in future if you decide to sell or remortgage.

If you have the documents from your original purchase these will show whether the title to your property is registered.

Below we have highlighted several reasons why it is important to make sure your property is registered.

1. It is easier to prove ownership

Once registered, each property has its own title information document and plan. A solicitor acting for a buyer can obtain these quickly and cheaply and check the details of the registered owners and other matters affecting the title such as covenants.

When a property has not been registered, ownership is proved to a potential buyer using the original paper documents. This can be complicated and paper documents are sometimes lost or destroyed.

2. Investigate title

Ownership of a registered property is clearly set out in HM Land Registry's title information document and it is easy to check the plan showing the property's boundaries.

With an unregistered property, a solicitor

will need to check ownership through several documents.

3. A class of title and state-backed guarantee

Properties are registered with one of three classes of title. The most acceptable and most common, is 'title absolute'.

Registration also carries a state-guarantee which means that HM Land Registry will compensate those who suffer loss resulting from a mistake on the land register.

4. Conveyancing is quicker and more straightforward

A registered title shows clearly who the owner is, and which rights or mortgages affect the property. This makes conveyancing simpler and quicker.

5. Third parties may prefer registered land

With registered property you may find it easier to remortgage. Lenders will find it easier to check your title and to get a quick overview of your property.

6. Protection against adverse possession

Adverse possession is where a person with no true ownership of land can claim ownership by virtue of their occupation. It is harder for a squatter to displace the owner of registered land.

With a registered property, HM Land Registry will notify the registered owner, which gives them the opportunity to object and remove the squatter.



7. Protection against fraud

You can apply for the entry of a restriction against your registered title at HM Land Registry, which can be especially useful if your property is empty or you do not have day-to-day control over it.

There is no equivalent protection for unregistered land, where possession of the deeds can be taken as proof of ownership.

How we can help

We have extensive experience of dealing with both registered and unregistered land. If your property is unregistered, we can apply to HM Land Registry to register it on your behalf.

For further information, please contact Chris Cosgrave in the residential property team on 01328 863231 or email chris.cosgrave@hayes-storr.com.

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Wendy Warner's plant of the month

Dianthus

Dianthus is a large family of plants including perennials, annuals and biennials, some known as Border Carnations, Sweet Williams or Garden Pinks. A popular group is the 'Pinks' and although many are pink in colour, their name is actually derived from the serrated edges of their petals as if they have been trimmed using pinking shears!

Garden pinks are a reliable and versatile hardy plant for the garden as many are evergreen (or semi-evergreen in a harsh winter), scented and will flower for a long period of time through spring and summer with repeat flowering if deadheaded. Over recent years the more compact alpine pinks have become a favourite of gardeners to use in pots, window boxes and hanging baskets as well as the fronts of borders and rockeries. One of the most favoured varieties in recent years has been Dianthus 'Pink Kisses' and has broken records in its sales across Britain and Europe. It's a prolific bloomer with small, scented, bicolor flowers of rich pink with a magenta centre which with age fade to a softer pink at the outer edges, flowering at 20-30cm. It is semi-evergreen so can lose some of its fine, grey-green foliage in winter, but fresh new growth appears in spring. Similar in form to 'Pink Kisses' are Dianthus 'Peach Party' and 'Purple Wedding', colours as the names suggest.

Another very compact dianthus is the 'Oscar' series flowering at only 25cm. These have broader leaves and fewer, but double, flowers in colours including pink, red, salmon, and white.

The 'Scent First' range of pinks are early flowering and will carry on until the autumn and have an outstanding spicy-clove scent. They flower at 28-30cm and most have double flowers. If stem length allows, these can be used as a cut flower indoors.

For best results, all pinks require well-drained compost in full sun. Allow space around each plant as the compact foliage can become untidy if it is struggling to find the light through other plants. Keep



Dianthus 'Peach Party'

well-watered but avoid watering the flowers as this will cause damage or into the mound of foliage as this can cause the plant to rot especially in cooler weather. Once flowering feed fortnightly with a high potash fertiliser such as Tomorite. Most pinks will attract bees, butterflies and moths as they are rich in pollen and nectar.

There are so many other pinks and carnations I could mention, but space doesn't allow! Carnations are still one of the most popular commercially grown cut flowers as they travel well, will easily last two weeks in water and come in such a beautiful array of colours – these are the one cut flower I will treat myself to every so often!

Right: Dianthus Oscar



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Friends of The Walks Resurrected

Gary Walker

The Friends of the Walks group, which was originally formed as a volunteer group in 2007 but has not met since Covid, has recently been reconstituted and already has a newly formed management committee.

The group was set up to represent local residents in park management and planning decisions, in addition to arranging volunteers to open the Red Mount Chapel. This developed further in to the maintenance of a community garden and allotment as well as assisting with park improvement projects.

The Walks, an historic Grade II listed park, is the largest town centre public park in the county and is a fantastic public amenity, available to all both locals and visitors to the town.

It already hosts the weekly meeting for the weekly parkrun and regular musical concerts in the bandstand during the summer, together with other events such as the annual Gay Pride parade, Heritage Open Day and Fawkes in the Walks, to name but a few.

It has the potential to offer much more to the area, which Friends of the Walks are now keen to develop.

It is also looking for volunteers who can spare a couple of hours a week between May and September to open the Red Mount for which full training will be given.

Anyone wishing to become a Friends of the Walks committee member or a Red Mount volunteer guide should email Anna Gunn for further details: agunn.editor@btinternet.com.

Details about Friends of the Walks can also be found on their website: <https://www.thewalks.uk/>



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Aerial view of the existing site before the project



Aerial view of the finished scheme

A project in focus - Refurbishment, Conversion and Extension to Folly Barn

Brief

The clients for this scheme moved from the city and wished to make their new property their forever home. A converted farm and outbuildings would become a functioning modern family home but it was important to utilise the traditional materials and details of the existing building and local area.

Phase one involved converting and extending the existing farm outbuildings into a boot room, utility, workshop and principal entrance into the dwelling.

The brief for phase two of the project was to extend the property to create a home office, a playroom and much needed storage space including a new, double cart-lodge and garage.



The new oak porch



Photo of the finished extension from the rear

Design response

The porch adds a traditional focal point, welcoming space and character to the existing building. The sympathetic design of the extension and the cart-lodge maintain and mimic many of the features of the original barn whilst highlighting typical vernacular features of red-brick, flint and timber cladding.

The siting of the extensions and new cart-lodge create a courtyard which in turn assist with defining and separating public and private outdoor spaces. The design of the playroom and home office allows for optimum use of the garden; and maintains the views of the established trees and the rolling countryside.

Taking inspiration from the local vernacular architecture of Norfolk, the new structures meet the client's expectations and aspirations for their new home, with a complementary, harmonious, style throughout. Facing brick, flint work and exposed timber are featured in a way that expresses the purity of the materials through detailing in a successful way. These additions provide a subtle transition between old and new yet enhance the appearance of the existing converted barn to create a beautiful home.



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Photograph by John Tym



Photograph by Paul Kozlowski



On the turf with Charles Joyce

The big news as regards racing is that Milton Harris is to appeal the decision of the British Horseracing Authority that he is not a fit and proper person to be a licensed racehorse trainer. Harris began his training career in 2001, but due to financial issues had an enforced 7 year break, returning to training in 2018.

The BHA made its decision in January following a 4-day hearing after Milton Harris's accepted the extent of the breaches of the conditions already on his licence which were imposed in 2018 and his lack of candour when dealing with the BHA in respect of those breaches when the BHA was offering Milton Harris the opportunity to remedy those breaches. His misconduct in dealing with others including Simon Earle another licensed trainer; And safeguarding issues arising out of Harris's conduct with young people working in his stables. The panel found he "behaved inappropriately and in a manner designed to exert inappropriate control and power over the personal and private lives of young and vulnerable employees."

A Lovely Young Girl is one way a man in his sixties may describe a girl aged 14 or 15 years old to her parents and family. Amongst its findings the panel found it hard to believe that some of the Whats-App messages sent by Harris to a girl working at the stable were entirely innocent and platonic as the trainer claimed. The avatar used included a depiction of a nude adult female, and the panel found he at times was willing to enter conversations with sexual connotations in messages and drive the conversation back to adult topics.

It's not clear if Piers Morgan and Rishi Sunak will be reported for illegal gambling after they bet each other £1,000 that ministers would not be able to send asylum seekers to Rwanda by the time of the next election. The proceeds are to go to a refugee charity. But had either made the bet with a registered bookmaker and lost he would have been referred to an enhanced affordability check restricting his ability to bet without supplying some very intrusive financial and personal information.

There is a view growing in the country that Rishi Sunak and the Tories have lost the next election, because whatever they do from here on in will not be heard or welcomed by many people who will vote as they did in 1997 just to get the Tories out. Keir Starmer is no Tony Blair, but opinion poll after opinion poll makes very unwelcome news for the Tories. Since 1966 when Derek Page was elected there has only been one General Election won by Labour in North West Norfolk. That was in 1997 when George Turner rode in on the Tony Blair landslide. During that campaign George worked very hard. Out every day, all

day throughout the 6 weeks running up to 1st May. There were many willing helpers with around 30 people knocking on doors one afternoon in South Lynn.

It may seem trivial to some people, but since last May there are more Labour borough councillors than Conservatives in North West Norfolk. Not since the days of Blair has that been the case.

Whatever happens at the General Election is not known and much can happen between now and then. Defending communities such as Heacham, Snettisham, Wolferton, Dersingham etc. against the incoming sea must be a top priority for any local Member of Parliament. It has been suggested that to do so would be difficult and involve prohibitive costs. Splitting the atom, deciphering the enigma code, eradicating smallpox or rapidly developing a Covid-19 vaccine were difficult. HS2, renewing Trident and spending over £7 million a week on hotel accommodation for people arriving in small boats via the English Channel are prohibitive costs. In comparison engineering answers to protecting thousands of local people their homes and businesses is not beyond the wit of man and doesn't amount to more than small change.

On funding local services, I don't envy local county councillor Andrew Jamieson having to find savings of £43 million even when he is dealing with a budget in the region of £1.5 billion. With care homes for the elderly costing anything between £1000 to £1500 a week and it's several years since providing care for some children costed over £10,000 a week. (Yes, that is ten thousand pounds a week.) The

answers are bound to offend some people without pleasing others. At the borough council the requirement for next year's (2024/2025 financial year) budget which was approved by the council's Cabinet and set to go before the council on 22 February is expected to be £24.3 million. Last year (2022/2023 financial year) the budget was originally set at £21.55 million which in the year of double-digit inflation and exorbitant energy prices came in under by £1.6 million. There was an additional £200,000 from central Government which had been unexpected and was due to added energy costs of internal drainage boards, but this was a one off. The final spend this year (2023/2024 financial year) will not be known until later, but it was originally set in February 2023 at £22.3 million.

This means that the borough council's element of the Council Tax will almost certainly increase by the highest amount possible without a Referendum. In very broad terms for every pound the borough council takes in people's Council Tax Norfolk County Council takes ten pounds. The police and parish councils take the rest. From the pound the borough council takes over forty pence goes to the Internal Drainage Boards. It was once the case that Governments of all political persuasions refunded the borough council 100% of the drainage boards' costs, albeit a year later. But the Tory and Liberal Democrat coalition changed that and now as a general rule of thumb central Government refunds nothing meaning local Council Taxpayers and farmers have to fund the drainage boards.

I'm being told of cuts in services by the borough council with earlier closing times at the Oasis Centre and restrictions being placed on under 16s wanting to use the facilities. Such measures as these don't seem to be aimed at increasing income. It's as if there is a deliberate policy developing to run the Oasis Centre down rather than invest in leisure facilities in the North of the Borough. The question is how long it will be before visitor and local alike decide the Oasis Centre is beyond its use by date and the borough council closes it.

On the future racing front Cheltenham dominates the month of March, and barring mishaps Willie Mullins will dominate Cheltenham. Looking at the graded races everything begins on Tuesday with the Supreme Hurdle. Out of the last 26 runnings All 26 winners had run between 2 and 5 times that season; 23 have been won by a horse that won its last race; 23 winners either did not have a UK rating (8) or were rated at least 142 by the UK handicapper; 23 were among the leading 6 in the SP market (18 were in the first 3 in the SP market including 7 favourites); 23 had run between 2 and 6 times in the previous 12 months; 22 were either 5 years old (9) or six years old (13); 22 had an SP of 12/1 or less; Since 2013 Willie Mullins has won the race 5 times (6 in total). Nicky Henderson after many drought years has won the race 3 times since 2016. At time of writing Ballyburn is top price 7/4 favourite following a very good win in a Grade 1 at the Dublin Festival. Next in the market is the very regally bred son of Galileo and Annie Power the unbeaten Mystical Power. Both are trained by Willie Mullins and have more than one entry. Nicky Henderson's the unbeaten Jeriko Du Reponet has just the one entry coming in 3rd in the present ante-post market. Anyone looking for an each-way bet could do worse than Firefox who remains the only horse to lower Ballyburn's colours but appeared to be caught out when stepped up in trip last time out in a grade 1 at Naas. For me Nicky Henderson has made his intentions clear with Jeriko Du Reponet, but he's only rated 132. So, it has to be Mystical Power assuming he shows up for the gig. On the same day the Champion Hurdle looks to be a rerun of last year with Constitution Hill beating State Man, Zarak The Brave could be the one to follow home the front 2 in the market. Wednesday brings us the Novices Chase won last year by the Real Whacker. 19 of the last 26 winners were 7 years old. 23 finished 1st (15) or 2nd the last time they ran. 19 winners were to be found in the first 4 in the starting price market (9 favourites). 25 were either not rated (7) or rated at least 143 by the handicapper. 22 had raced between 3 and 5 times in the season. 21 were bred in Ireland. With Grangeclare West out for the rest of the season Grey Dawning fits the stats the best,

but I do have a sneaking feeling Stay Away Fay will be difficult to beat following his finishing 3rd to Capodanno and last year's winner The Real Whacker and he beat Grey Dawning on his seasonal return. The Champion Chase again looks only the 3rd place is in doubt as El Fabiolo beats Jonbon. Different tactics worked for Edwardstone last time, but will he run is the question. It will be some training performance if Willie Mullins can get Fenny Hollow ready. In the ownership of Cheveley Park Stud he has not run since Christmas 2021 when he won a Grade 1 chase. He had previously won the Champion Bumper at the Cheltenham Festival in 2020, the meeting some claim should not have gone ahead because shortly after the meeting concluded Boris Johnston locked the country down. Later that year in a maiden hurdle Fenny Hollow beat Bob Olinger who went on to twice win grade 1s at the Cheltenham Festival. If he's fit to do himself justice the 9 years old will be no push over. At this stage I'm a bit tempted by Captain Guinness.

In the Champion Bumper Willie Mullins doesn't have the favourite, but his 5 years old that won last time will likely be in the mix and not necessarily the one son Patrick chooses. At this distance Baby Kate has already run at the track when winning a Listed race in November.

Thursday looks very difficult with many multiple entries. Friday brings the Triumph Hurdle for 4 years old. All 26 last winners had over 2 weeks off the track but no more than 2 months. 24 of the last 26 winners were placed first (19) or 2nd (5) the last time they ran. 15 winners last ran at either Kempton (6) or Leopardstown (9). 3 others last ran at Cheltenham and 3 more ran at Sandown last time out. 5 of the last 6 winners were trained in Ireland. Odds on in the ante post market Sir Gino was impressive when he beat Royal Ascot winner Burdett Road in a grade 2 at Cheltenham back in January. I like Kargese. The French bred won a race at Leopardstown at the Dublin Festival where the winner went on to win 2 of the last 3 Triumph Hurdles and another finished 2nd. Friday is Gold Cup day. It looks as if Galopin De Champs will double up on last year with the best British hope being L'Homme Presse.

I don't have the runners for the handicaps, but keep in mind those Dan Skelton hurdlers whether or not they are ridden by his brother Harry. On Tuesday the Fred Winter Hurdle named after the great jockey and trainer is restricted to 4yos. This handicap has produced several winners at a working man's price.

This may sound a bit convoluted, but it has found the winner of this race in 9 of the last 12 years. The horse was an Irish or French bred that ran in a non- handicap last time it ran which was more than 2 weeks and less than 2 months previously where it finished either 1st or 4th, 5th, 6th or 7th but had won one of its last 3 runs. Its early odds were not between 22/1 and 33/1 in the early morning odds market. Although it did miss Noel Meade's 80/1 winner it still managed to identify winners with a starting price ranged from 7/2 to 40/1.

Pay particular attention if Gordon Elliott has a runner identified.

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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TAX TIPS FOR 2023/24: USE IT BEFORE YOU LOSE IT!

By Kathryn Gigg Chartered Accountants, Hunstanton

Now that the 2023 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 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, then £2,000 and currently £1,000) will be reduced to £500 in 2024/25. Wherever possible, assuming your family 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 £6,000 to £3,000 on 6 April. Those with latent Capital Gains should certainly consider realising up to £6,000 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

Inheritance Tax (IHT) is a particularly vexed topic, with opinions split between those who think it should be increased and those who think this should be abolished. 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 2022/23 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 £60,000 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..

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.

Business Taxes

There is a particular complication in 2023/24 for those with non-fiscal year ends – as part of the “Making Tax Digital” regime all unincorporated businesses will be taxed on a fiscal year basis for 2023/24 and subsequent years, and 2023/24 will be a transitional year which can potentially include almost two years accounting profits. There are special provisions enabling the one-off-tax uplift to be spread but those in this position need to be aware of the new rules and to budget for the additional liabilities in forthcoming years.

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.

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

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with Louise Barby, Balanis

"Spring is when you feel like whistling, even with a shoe full of slush."
– Doug Larson

Embracing March: Gardening in Norfolk with Biodiversity in Mind

As the chill of winter begins to loosen its grip and the promise of spring beckons, gardening enthusiasts and beginners alike, eagerly prepare for the awakening of their green spaces. March marks a pivotal moment in the gardening calendar, where the delicate balance of nature is rekindled, and opportunities for enhancing biodiversity abound. Explore a few ideas for increasing biodiversity in your space. Maybe engage in bird or bug surveys, and research upcoming garden events.

Nurturing Biodiversity

Norfolk's diverse ecosystems provide an ideal canvas for fostering biodiversity in gardens. March presents an opportune time to cultivate habitats that support a plethora of flora and fauna. Here are some suggestions:

1. **Native Planting:** Embrace Norfolk's indigenous flora by incorporating native plants into your garden. Species such as Norfolk hawthorn (*Crataegus monogyna*) and Norfolk reed (*Phragmites australis*). Wild primrose (*Primula Vulgaris*) not only add aesthetic appeal but also provide vital resources for local wildlife.
2. **Wildflower Meadows:** Create mini wildflower meadows within your garden to attract pollinators like bees and butterflies. Sow seeds of native wildflowers such as meadow cranesbill (*Geranium pratense*) and oxeye daisy (*Leucanthemum vulgare*) to form vibrant patches of color.
3. **Pond Creation:** Install a small pond to enhance biodiversity and invite amphibians, insects, and birds into your garden. Even a modest water feature can support a myriad of life forms, from aquatic plants to dragonflies and frogs.
4. **Compost and Mulch:** Utilise compost from kitchen scraps and garden waste to enrich soil fertility naturally. Mulching with organic materials helps retain moisture, suppress weeds, and provide habitat for beneficial organisms like earthworms.

Engaging Surveys

Participating in bird or bug surveys adds a layer of excitement and scientific contribution to your gardening endeavours. Norfolk's rich avian and insect diversity offers ample opportunities for observation and documentation. Here are some fun surveys to consider:

1. **Big Garden Birdwatch:** Join the RSPB's Big Garden Birdwatch initiative to record bird sightings in your garden. Set aside an hour during the last weekend of January and report the species and numbers observed. Your data contributes to national research on bird populations and habitat trends.
2. Also see Norfolk wildlife trusts spotter survey. <https://www.norfolkwildlifetrust.org.uk/wildlife-in-norfolk/wildlife-spotter-survey>

3. **Butterfly Conservation Surveys:** Keep an eye out for butterflies fluttering amidst your blooms and participate in Butterfly Conservation's surveys. Record sightings of different butterfly species, noting their abundance and behaviour. Your observations help monitor butterfly populations and inform conservation efforts.

4. **Bug Hotel Monitoring:** If you've constructed a bug hotel or insect shelter in your garden, monitor it regularly for occupants. Document the diversity of invertebrates taking refuge in the structure, from solitary bees to ladybirds and lacewings. Your findings contribute to our understanding of urban insect ecology.

5. **Walking in our area :** We live in such a beautiful, species rich area. Just walking in more wild areas will provide so many opportunities to see wildlife/wildflowers. Please see link below for an excellent start in spotting key species.

<https://www.discoverwildlife.com/how-to/watch-wildlife/british-wildlife-in-march>

Upcoming Garden Events

Norfolk's vibrant gardening community comes alive in March with a host of events celebrating horticulture, conservation, and community engagement. Keep an eye out for these upcoming garden events:

1. **Norfolk Spring Garden Show:** Held at the Norfolk Showground, this annual event showcases the region's finest plants, garden accessories, and landscaping ideas. Explore displays by local nurseries, attend informative talks by gardening experts, and find inspiration for your own green space.
2. **Wild About Gardens Week:** Join in the nationwide celebration of wildlife-friendly gardening during Wild About Gardens Week. Organized by the Royal Horticultural Society (RHS) and The Wildlife Trusts, this event promotes sustainable gardening practices that benefit both people and nature. Attend workshops, guided walks, and community planting projects throughout Norfolk.
3. **Community Garden Open Days:** Many community gardens and allotments in Norfolk open their gates to the public in March, offering tours, workshops, and volunteer opportunities. Take advantage of these open days to glean insights from seasoned gardeners, exchange tips with fellow enthusiasts.

March heralds a new chapter in Norfolk's gardening calendar, brimming with opportunities to cultivate biodiversity, engage in surveys, and connect with like-minded enthusiasts. By embracing native planting, participating in surveys, and attending garden events, you can play a vital role in nurturing Norfolk's natural heritage while enjoying the therapeutic benefits of gardening. So, roll up your sleeves, dust off your trowel, and embark on a journey of discovery in your Norfolk garden this March.

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Hunstanton Eyecare blog Myopia Management '2'

As Myopia Management is such a hot topic at the moment, well in our optical world it is, I thought I would chat about the other important factors regarding children's eyesight/specs/fitting etc.

As I have been in optics for over 40 years, I have seen great changes in the way dispensing spectacles is taught. Looking back, it seems that in my early career we took measurements that these days seem rather basic. We are trained to measure all ages but in recent years there has been greater focus on the fitting of spectacles for children.

For several years I was an examiner for our governing body, ABDO, and witnessed the many adaptations to the exams that were necessary in order to keep up with new developments. Dispensing is a practical subject; you need to handle spectacles and how they fit a face/head. At the practical exams we had some lovely volunteers who be our 'patients' so that candidates could show us their capabilities of fitting spectacles. When it comes to children it was a problem because no way could you have a young person or a toddler sitting around all day. So ABDO went to the people who make waxworks and had some children's heads made. They were absolutely brilliant as you can see from the photos, we had various ages from toddlers to teenagers, and the bonus was that they didn't make a sound! Mind you they are so realistic that it gives you quite a fright to see these heads looking at you when you first walk in the room unawares.



So, what's so important about fitting children? Particularly with the emergence of special lenses for myopia control it is vital that the lenses are held in the correct position to be effective, so a perfect fit is essential. Up until recently, frame manufacturers have made the mistake of taking an adult frame and just making it smaller. The problem is that children's facial features are not just a smaller version of an adult. The main difference is the bridge of the nose is much flatter and lower, and unless the bridge of the frame is of a correct design, the child will be peeping over the top of the specs because they sit too low. Many children have lovely long eyelashes and with a flatter bridge the frame may need to sit more forward so the lashes don't bash the inside of the lens. The frame sides must be easy to adjust, generally shorten so that a snug fit is achieved and specs don't end up slipping down all the time. Frames must be robust to withstand day to day child wear and tear, but lightweight enough to ensure comfort, it's impossible to persuade a child to wear uncomfortable specs, and why should they? A very clever lady at ABDO, Dr Alicia Thompson, now Director of Education, Research and Professional Development, conducted her own research into children's facial features and development and gained a PhD. This work was presented to frame manufacturers and they listened, taking all her recommendations on board. Now we have manufacturers falling over themselves to bring out new children's frame ranges that actually fit, hooray! About time too. So, if your youngest needs specs, take time with your dispensing optician to select a frame which fits well and is enjoyable to wear.

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CHAT Club moves to Snettisham

The popular CHAT Club (Conversation Hearing Aids and Tea) run by the West Norfolk Deaf Association (WNDA) on a monthly basis is moving to the Memorial Hall in Snettisham and the first meeting there will be on 11th March.

WNDA has delivered the free-to-attend social group and provided specialist practical help for people with acquired hearing difficulties in Hunstanton on a monthly basis for several years, starting at the Methodist Hall and moving to the Community Centre in the town after Covid.

Anna Pugh from the WNDA said: "This move will enormously improve access for people living in the villages.

"Our records indicate that a significant number of people from the villages between Brancaster and Kings Lynn regularly request and use our hearing support services instead of needing to travel to QEH Audiology services, and moving to Snettisham will make getting the help they need even easier for many of them.

"It is important to stress that we shall continue to provide NHS hearing aid maintenance and support to people in their homes and in residential care settings in Hunstanton, as we have always done, and our regular attendees of the social club will be invited to continue to attend the new group. No-one in Hunstanton will be without our services or support."

The CHAT Club has planned a programme of talks and activities for the coming months, and Rebecca Vass, the WNDA Audiologist, together with the team of volunteers can't wait to meet people in Snettisham.

All private audiologists are regulated by the Health and Care Professions Council and Anna Pugh, herself a qualified audiologist, sits on the Fitness to Practice Panel.

She explained that professional audiologists are concerned about the sudden growth of the number of people offering earwax removal services, it is an invasive procedure, and urges people to ensure that they check that anyone they are thinking about using is fully trained and regulated by the professional organisation. "It is an unregulated

area and we've seen people buying an earwax removal kit online and setting themselves up in business with no training and presumably no insurance either." Her message is clear, take care.

WNDA auctions rare book



From left: Nick Bright, Sarah Cox and Debi Mackee at the Downham Market Shop with the rare book. Credit WNDA

As part of their fundraising activities the WNDA has a shop in Downham Market and recently a rare nineteenth century book on Euclidian Geometry was donated to it. Realising this book was something rather special the Edinburgh auction house of Lyon and Turnbull was contacted and the book was sold at auction for a whopping £4,400 in early February.

"We are grateful for all the donations to our shop, and this one in particular will make a tremendous difference to the work we do in West Norfolk." Anna added.

Baba Yaga - Monday 25 March, Shakespeare's Guildhall, King's Lynn Sky Carver

As part of a community cohesion event - Wish Dare Inspire presents Baba Yaga, a new and enchanting, fabulously fun musical specifically for children and families based on a much loved European folk tale.

Performances are 10am, 1pm and 7.30pm.

ALL PERFORMANCES ARE BSL SIGNED.

We are hoping to encourage the Eastern European and indigenous populations to come together and enjoy the Arts. We are working in partnership with West Norfolk Deaf Association too, to make this opportunity as inclusive as possible because we know that BSL signed performances are rare in Norfolk.

To book call 01553 764 864 or book online



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SNETTISHAM GARDENING CLUB

We hold our monthly meetings in the Memorial Hall, Old Church Road, usually on the last Wednesday of the month at 7.30 pm.

Our 2024 programme is now available as are the schedules for the 2024 Open Show in July, open to all. Classes vary from flowers and flower arrangements, vegetables, as well as cookery through to Crafts and Photography. There are classes for Children and Adults, with prize money for winners.

Our March meeting on Wednesday 27th will bring Kate Craven to give us a talk on the activities of the RNLI. You will be most welcome to join us.

Any further information about our club can be obtained from Gail on 01485 541279 or Addie on 01485 544754.

Warm welcome at The Bridge

Community Hot-Spot awarded £2000 to offer a safe, warm space in King's Lynn town centre.

The Bridge for Heroes were awarded funding from Norfolk Community Foundation, through the Community Hot-Spot programme, to support the local community by providing access to a warm space with hot food and drink in February and March.



The Bridge for Heroes is a King's Lynn-based charity providing mental health and well-being support to the Armed Forces community. Their 'Drop-In' centre on South Clough Lane is a warm and welcoming space where beneficiaries can access practical and emotional support, as well as a home-cooked meal. Staff and volunteers are on hand to provide a friendly face, a cup of tea, or even a game of dominoes! As with many charities, The Bridge relies on external grants and fundraising to pay for the service it delivers. This boost from Norfolk Community Foundation's Community Hot-Spot programme will allow the continued provision of the service across the winter months.

Helen Taylor, Chief Executive of The Bridge for Heroes, said: 'The value of sharing a meal in a warm space cannot be over-stated. We are grateful for the grants that enable us to continue offering this simple, but not insignificant, act of hospitality.'

Claire Cullens, Chief Executive of Norfolk Community Foundation, said: 'Norfolk Community Foundation is delighted to support this much needed project that will make a real difference in the community. We wish them every success with their work.'

If you'd like to find out more information about The Bridge for Heroes please visit www.thebridgeforheroes.org or contact Kerry.Allison@thebridgeforheroes.org. For further information on applying for funding go to Norfolk Community Foundation's website www.norfolkfoundation.com.

Save The Date



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NEWS FROM BRANCASTER VILLAGE HALL (BVH)

Geoff Wingrove

As we emerge from a wet, windy and often cold winter period, it is good to report that BVH continues to fire on all cylinders. The latest development is the establishment of a "pickleball" facility on the BVH site. The Brancaster Community Sports Club (BCSC) has installed a new surface on the tennis court, which has enabled the marking out of a pickleball court. Pickleball, which is a cross between tennis, badminton and table tennis, can be played by people of all ages and is a great way of keeping fit.

The Hotspot Lunches and all our regular groups continue; days and times can be found on our website (see below); details of BCSC membership can also be found there.

Bar 71 continues to be a venue for darts, skittles, quiz nights and pool; it will also be showing many of the Six Nations Rugby games. All are welcome, and you will be sure of a warm reception.

The shop and Post Office continue to offer a successful vital service to the village and want to hear from you if you have any suggestions for possible improvements.

For full details of all events and activities, please visit our website: www.brancastervillagehall.co.uk and for enquiries: brancastervillagehallcommunitybookings.co.uk

FROM THE BRANCASTER VILLAGE HALL ARCHIVE: NATIONAL COASTWATCH INSTITUTION (NCI) BRANCASTER: PART 3

My previous two articles have described the history of the National Coastwatch Institution (NCI) and the development and role of NCI-Brancaster. This article will focus on the more personal aspects of the service in terms of stories of four of the volunteer Watchkeepers who crew the service station based on the beach in the grounds of the Royal West Norfolk Golf Club.

Frazer, who lives in Hunstanton, worked for the Construction Industry Training Board as a training manager before working at Head Office in Bircham Newton as business services director. In 2010 he set up his own business, providing planning and building control services and management of building projects.

Looking to life in retirement – and being something of a workaholic – he looked for a role in the voluntary sector to keep him busy. A leaflet in a café in Old Hunstanton pointed to a role in the NCI and a discussion with John, the Station Manager, seemed to offer training to acquire a new set of skills and knowledge. The training was comprehensive, involving the use of the radio, vessel and flag recognition, tidal movements and chart work amongst other aspects. This training is ongoing, in order to ensure the safety of the public in using the beach at Brancaster or the coastal waters.

Watches last for 4 hours in summer and 3 hours in winter; there is a need to undertake a number of functions during each watch, perhaps the most crucial being keeping the Official Log. Watches vary between summer, when the beach is often crowded, and winter, when only hardy dog walkers are present. Frazer feels the service has a major role in reducing accidents and making the beach and coast safer, as experience has shown – even in the sparsely populated winter periods.

Frank lives in West Winch and still works part time. His career was in the Royal Navy as a marine electrical artificer, working as a nuclear power systems operator and supervisor on RN submarines. On leaving the RN he worked in many countries as a country manager. Looking for a way in which he could give back to the community, he saw a leaflet in Old Hunstanton about the NCI and, on contacting John, the Station Manager, was quickly signed up. Having had service in the RN, Frank was already well-acquainted with a variety of sea matters.

His experience in the RN meant that Frank was already used to practical issues, but still needed to do his homework on NCI matters in order to become certified as a Watchkeeper. Watchkeeping also came naturally, but still requires good observation skills, particularly when there are busy sailing days and many people kite-surfing, on sailboards or in kayaks. Special care is also needed with tidal conditions, particularly as people still try to get out to Scolt Head Island. Frank

enjoys what he is doing and understands the crucial role the service plays in ensuring that the coast and beach are safe.

Katt and her husband moved to this area relatively recently and found a leaflet about the NCI in a local café. The role described in the pamphlet looked to Katt like a way of making a positive contribution to the community and assist in keeping people safe. She found the training very thorough and has learned a lot about navigation, tides and charts, how to plot vessels and use the radio.

Katt states that the job is continuously to observe and monitor the beach, the sea and the local weather and to keep an active listening watch on the radio. There is always much to do in sunny weather when the beach is crowded and, of course, the Log Book needs to be updated on a regular basis. Like all the other volunteers, Katt feels that the most important aspect of the role is helping to keep people safe as they enjoy the sea and beach at Brancaster. As an extra bonus Katt, along with other Watchkeepers, enjoys the opportunity to take in all the natural sights the beach attracts, such as the birdlife and occasional seal. The beauty of the changing weather conditions across the seasons may also be appreciated.

Anthony's former career was as an insurance broker in various EU countries. He has also co-founded a charity funding scheme, which he now chairs. Like other volunteers, Anthony read an NCI leaflet – in his case, on a visit to Burnham Surgery – and the role described seemed to fit in with retirement. Anthony had a nominated person to act as his trainer, with whom he would also share watches. It was expected that training would take 3 to 4 months, as there is a need to become very familiar with the NCI handbook. An important part of the training involves working the radio and knowing when to call in emergency services, such as HM Coastguard or the RNLI. Training continues, as there is always more to learn.

Anthony has found that no two watches are the same: events on the beach and coast are constantly changing. He sees what he is doing as making a positive difference and can save lives, as well as being rewarding in terms of being part of a team effort.

The pictures show Anthony, Frank, Frazer and, separately, Katt.

If you would like to know more about NCI Brancaster, please contact Richard Burrows, Deputy Station Manager and Watchkeeper, on 0735 612777.



Crossword solution
Across: 1. Strand, 4. Athletes, 9. Remark, 10. Excuse me, 12. Pram, 13. Colon, 14. Dupe, 17. French polish, 20. Depreciation, 23. Aces, 24. Snoot, 25. Mesh, 28. Celerity, 29. Broods, 30. Demolish, 31. Shifts
Down: 1. Strip off, 2. Rampages, 3. Nark, 5. Tax collector, 6. Land, 7. Tied up, 8. Skewed, 11. Compare notes, 15. Scree, 16. Oscar, 18. Hived off, 19. Enthusias, 21. Rancid, 22. Bedlam, 26. Ural, 27. Arch

NATIONAL COASTWATCH INSTITUTION (NCI) BRANCASTER

Since the last report it has been a quiet time on Brancaster beach, with no incidents reported. However, watches have still needed to be staffed throughout what has been a cold, windy and very wet period; it has become clear that the new leak-and-draft-proof station cannot come too quickly. On this front, it is expected that the groundwork for the station will be completed by the middle of February, in anticipation of its delivery by the end of the month.

Three Watchkeepers have passed their certification assessments: congratulations to Chris M, John and Hilary W on their success.

Her Royal Highness Princess Anne is the Royal Patron of the NCI; she has taken a keen and active interest in the work of the Institution. The Princess Royal visited the Cromer NCI station in late January to talk with the volunteers who staff this station. Brancaster Station Manager John A and Deputy Station Manager Richard B were honoured to be invited to meet Her Royal Highness, who was interested to hear about the new station and the progress being made at Brancaster, an area she obviously knows well.

For further information about NCI Brancaster, please contact Richard Burrows, Deputy Station manager and Watchkeeper, on 07535 612777.

Charity event at Hunstanton Bridge Club

On Friday 9th February £680 was raised by Hunstanton Bridge Club for Kings Lynn Night Shelter. 58 participants played bridge, and volunteers (pictured) provided delicious home baked cakes and savoury nibbles in order to raise funds for this important local charity.

Pictured right: Moira Wesson, Brenda Cox, Trish Bailey, Jo Andreae, Mary Williams, Laurent Bernard & Sarah Warnes.

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THE BARKING BUGLE NEWS

All of us here at the Barking Bugle really hope you have had a very Yappy New Year so far and continue to have loads of fun! We have been busy as usual, out and about trying to find cool things that you doggies can do with your humans.

We absolutely love the annual Snowdrop Walk at Walsingham Abbey. I hope you had a great time if you have already been, but please hurry if you'd like to do this because the snowdrop season finishes soon on Sunday, 3rd March.

Recently my sisters Miss Zsa Zsa, Clara and I went to Holkham Beach on the North Norfolk coast for the first time and wow, it is absolutely amazing there! We know our brothers Frodo, Gizmo, Will-i-am and Pupstar (who sadly are in doggy heaven now) used to really love going there and we now know why! You can walk for miles and miles through the woods and on the pawsome beach and have a really good splash about. Be careful not to get too excited though and chase the birdies or they will get very tired and frightened. The area is a nature reserve and so it is very impawtant that we don't disturb the wildlife there. We thoroughly recommend visiting Holkham Beach. There's even a café near the car park with loads of information about the reserve and the birdies for your humans to enjoy after the walk. We are definitely going to go back there again soon!

If you fancy a bit of retail therapy then why not go shopping with your 2 legged friends? We went to the lovely city of Norwich a few weeks ago and we had a great time sniffing out the latest bargains. My sister Clara is such a diva, flirting with all the shop staff and snapping up the trendiest gear!! Did you know that there are lots of very woof friendly shops there that will allow doggies inside, including Joules, Jarrolds, Mountain Warehouse, John Lewis and Sea Salt to name but a few? How pawsome is this!

We have really good news if you are an XL Bully doggy who wants to go on holiday. Sadly this breed has been in the spotlight recently for



not the right reasons. However, East Ruston Cottages will allow you Bullies and your humans to spend some time away in one of their supaw comfortable cottages. The lovely humans that run the business have won many awards for their pet friendly service over the years. Indeed, it doesn't matter what breed you are because you will all be welcomed with open paws. There is no limit to how many doggies a human can take which is totally unique! Go on, check it out if you don't believe me!

We really hope you all continue to have fun in this very dog friendly county of ours whatever you do. Don't forget to drop us a line and some peggies if you can!

Woofs Ziggy Bear,

Senior Repawter of the Barking Bugle. Visit our website for all the latest doggy news www.thebarkingbugle.co.uk



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Hunstanton Lifeboat Station news

Our crew launched on their first 'shout' of 2024 after a fisherman suffered a severe cut to one of his hands out in The Wash.

Hunstanton RNLI lifeboat Spirit of West Norfolk was quickly on the scene around five miles offshore after being tasked to assist by HM Coastguard on Thursday, February 1.

After assessing the man's injury and administering some initial care, we brought him ashore to the lifeboat station, where a colleague was waiting to take him to hospital.

On Saturday, February 10 it was the hovercraft's turn to be called to an emergency.

Our volunteers flew to the assistance of four people and a dog who had found themselves cut off by the tide as darkness fell at Thornham.

Hunstanton Flyer made her way to the marshes, where the crew located those at risk and brought them ashore as a high spring tide flooded the low-lying area.

Our volunteers have been out training in all weathers throughout the winter to make sure they're at the top of their game when it comes to dealing with emergencies just like this.

They're ordinary people, who do extraordinary things thanks to state-of-the-art equipment and world-class training from the charity that saves lives at sea.

January saw us teaming up for exercises with colleagues from both our flanking stations, Skegness and Wells.

For our crew and theirs, it was a chance to



refresh our knowledge about our different craft and their capabilities, from our fast inshore lifeboat and hovercraft, to the RNLI's latest Shannon class vessels.

All play a vital role when it comes to keeping people safe around our coastline.

This year marks the 200th anniversary of both a lifeboat service being established at Hunstanton and the founding of the RNLI on March 4, 1824.

Like more than 200 stations around the UK and Ireland, we'll be commemorating our proud heritage, celebrating the achievements of our present-day crew and looking to inspire people to become involved in both

Hunstanton RNLI and the lifesaving charity which it's part of.

Our station on Sea Lane will be opening up to visitors again at weekends from Saturday, March 30 (10am - 4pm).

We'll be open daily to visitors (10am - 4pm) from Monday, April 15. More than 23,000 people visited our station last year.

If you'd like to find out more about the ways you could help our lifesaving work, we train at the station on Sunday mornings or you can e-mail hunstanton@rnli.org.uk.

Stay Safe, Respect the Sea

Photo credit RNLI/Chris Bishop

Valentines Day card for coastal walkers from Hunstanton RNLI

Roses are red, violets are blue - we could not save lives without people like you

That was the message inside a special Valentine's Day card to a couple walking around the UK coastline for the RNLI, when they arrived at Hunstanton lifeboat station on 14 February.

Antony and Sally Brown set off from Bude lifeboat station in Cornwall on 15 May, 2023 to trek the 6,000-mile coastal route around England, Wales and Scotland to raise funds for the charity that saves lives at sea.

Nine months and 4,300 miles later, their tired feet brought them to Hunstanton, where personnel at the busy station which operates a fast inshore lifeboat and a search and rescue hovercraft were on hand to greet them.

Hunstanton RNLI chairman Charles le Strange Meakin handed the Browns a card with a greeting from the station.

It said: 'Roses are red, violets are blue - we could not save lives without people like you.'

Charles added: 'The incredible work of this station and more than 200 like it would not be possible without people like Antony and Sally, who raise funds for our charity.'

The couple, both 59, have so far raised £6,450 via their Justgiving page.

They hope to complete the walk by 22 May, which is Sally's 60th birthday.

Sitting down for a cuppa with some of the Hunstanton crew before setting off on the next stage of their trek to Thornham, the Browns said they had always lived by the sea and wanted to give something back to the RNLI for the job it does around our coastline.



Photo credit RNLI/Chris Bishop

RNLI 200th anniversary

Members of the public are invited to join lifesaving RNLI crews, fundraising volunteers and their families for a special bicentenary Evensong service at Norwich Cathedral to commemorate 200 years of saving lives at sea.

The service, on 17th March 2024 takes place from 3.30pm and will pay thanks to the bravery and commitment of past and present volunteers of the Royal National Lifeboat Institution.

The service will be led by The Very Revd Dr Andrew Jonathan Braddock, Dean of Norwich Cathedral, and sung by the boys of the Cathedral Choir with the Lay Clerks and Choral Scholars directed by Director of Music Ashley Grote.

Heacham Freemasons raise nearly £3000 for good causes

One of Heacham's Freemason Lodges, Ephraimites Lodge No.9442, has had a super year raising funds for a number of charities and good causes.

Last year's Worshipful Master of the Lodge, Rigil Kent, and his wife, Sarah, have raised nearly £3000 by putting on a number of events during Rigil's year at the helm.

In June, they held a summer social at Heacham Manor where members, friends and family enjoyed a hog roast and live music. They raised £300 which went to a number of good causes via the Norfolk Freemasons Charity (Norfolk Provincial Festival 2027).

In October, they held a black tie ball which over 100 people attended. Again, Freemasons, their friends and families helped raise over £2500 on the evening. £1000 went to the Norfolk Festival, to be used towards many local and national good causes, and £1500 went to Young Minds, a national charity which supports young people with mental health issues.

Freemasons across the country raise millions each year for charity and support everything from very local, good causes to more national and international charities.

If you would like to know more about Norfolk Freemasonry, please visit joinnorfolkfreemasons.co.uk

Pictured right are: (right to left) Rigil Kent, his wife Sarah Kent, their daughter Darcey Kent and The evening's MC, Luke Loades



The stage is set.....

Sandra Hohol

The sun is out shining bright with panoramic blue skies as I write this. The weather forecast today is a cold night with the days for the week getting warmer. This is how it should be as we gradually move into Spring. Lighter nights, the day time temperature will start to rise as will the numbers of holiday makers and day trippers to our coast.

When the sun shines at weekends, the town is more lively than the weekdays at the moment. This last Saturday must have been a bonus to the shops and takeaways as it was like a busy Spring day, albeit still early February. Some visitors were even in shorts! The Green was buzzing with families, takeaways were more popular than usual and there was an air of positivity after the unbearable days we have suffered with wind and rain lashing our coastline and buildings.

We all need sunshine and blue skies to better our mood and bring positivity to the summer ahead, especially in the holiday industry where weather counts for a lot. A few days of sunshine, brings more bookings, day trippers and holiday makers to the coast. Therefore, our businesses can settle in to the season, like auditoriums waiting for the cast to appear. We, the people on the stage, will be nice, polite, friendly and helpful to those who visit - the ones we have to 'entertain'. We will all act out our jobs accordingly, in the hope that we will have returning guests and customers. The latter all looking for happy days, glorious food, places to explore, making memories and much more, which we as businesses can all supply. Eyes and teeth everyone – smile and your eyes shine too –

your face becomes totally different in a pleasing way (whether you feel like it or not!). And for those temporary patrons of our town who are not as good mannered as we would prefer, we have to be the good-mannered ones, override their trials and tribulations and pander to their needs as of course, the customer is always right. (Of course they are!) We are all actors, playing our part in the barrage of summer guests whether they are singles, couples or families who visit our Victorian town seeking a perfect stay. What could possibly go wrong? Many of us in the town have had our businesses for many years, our lines for our parts in the season's 'play' already well-rehearsed but sometimes we still have to 'ad lib' for individuals, good or bad.

Our young novices who are employed for the summer will soon learn how to act to each individual scene.

How many visitors we will have in Hunstanton, we don't know but I do know that our holiday homes are filling up and we all need to pray for more sunshine, better weather and then the scene will be set. Set from Easter to October with a difference audience each day.

And at the end of the season, we can all curtsy, take a bow, smile, breathe and relax.

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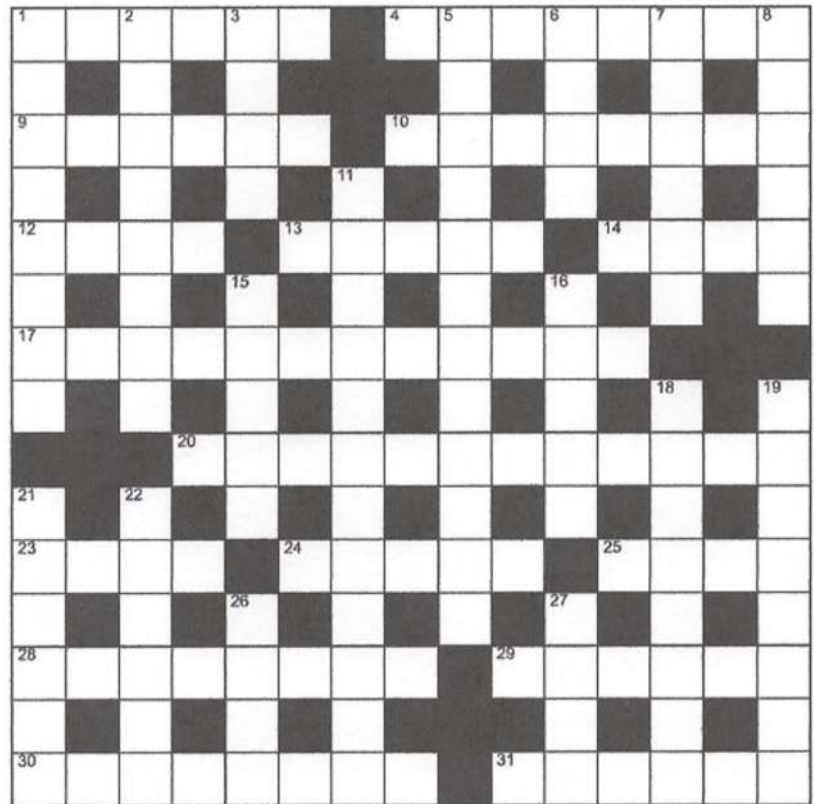
David Elsey's cryptic crossword

Across

1. Bear right to gain access to beach (6)
4. The least distracted of runners (8)
9. Offer opinion on old vessel after going round most of lake (6)
10. Reason for this guy to attend dance (6,2)
12. One's pushed to get head of government to adopt right approach to begin with (4)
13. Settler cut first and last section of canal (5)
14. Parking charge conceals scam (4)
17. Shiny coat has Parisian elegance (6,6)
20. A nice peridot cut to make a drop (12)
23. Some old flyers and cards (4)
24. Look, nothing – repeat, NOTHING – will spoil Morag's party (5)
25. Harmonize – I'll be quiet (4)
28. VIP taking heart from expedition (8)
29. Clutches sibling then starts to organize dad's supper (6)
30. Protest by left is hard to break up (8)
31. Slips and strains – hospital visit required (6)

Down

1. Way to remove plaster and lay bare what's underneath (5,3)
2. Get butter on sheets, resulting in tears (8)
3. Talk randomly, content to lie back in grass (4)
5. Someone employed to pick up nails is picked up by Revenue (3,9)
6. Celebrate successful audition (only a small part) (4)
7. Made fast time when dropping married daughter at university (4,2)
8. Biased speaker at summit waited in line to be heard (6)
11. Exchange ideas on romance poet's work (7,5)
15. Climbers creep over loose stones on slope (5)
16. Outstanding motorists are put up for an award (5)
18. Withdrew from busy workplace by way of lift (5,3)
19. Waxes lyrical over a couple of letters, so absorbed (8)
21. Was in charge of detectives according to rank (6)
22. Hit the hay before ensuing pandemonium (6)
26. Flower seen when heading away from the countryside (4)
27. King, in answer to Church, is mischievous (4)



CROSSWORD SOLUTION IS ON PAGE 24

PROBUS POSERS BY REG EATON

At this month's Probus luncheon at the Le Strange Hotel, the members were given the usual 3 bygone items to try and identify.

At our last gathering in January, despite having invited the member's ladies to luncheon and to add their erudition in identification, the score was the usual nul point!

However, at our February meeting, 2 members thought that one item had something to do with reloading shotgun cartridges, and so it proved. Now readers of Town & Around can test their knowledge by identifying the items in the 3 photos.

A. A bench-mounted gadget, in which a short cylindrical item can be inserted.

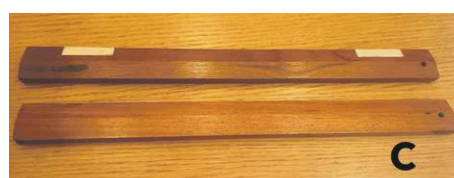
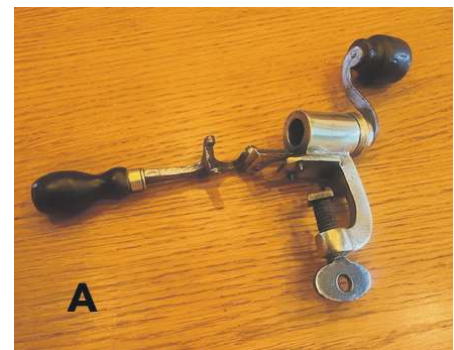
B. A long-handled tool with a sharp serrated blade.

C. A pair of 17" mahogany lathes, 1 with inlaid ivory strips to the edge.

To find out more about Probus meetings and membership please contact: David Dickinson, hunstanton.probus@outlook.com

If any reader has an interesting bygone, Reg will endeavour to identify it and give some idea of its value, call 01485 535337

Answers on page 37



Snettisham Art Group



2024 EASTER ART EXHIBITION

with associated crafts will
be held at the British Legion Hall,
Church Road, Snettisham

Friday 29th March to Monday 1st April
OPEN

from 10.00 am until 5.30 pm each day

Entry Free - Donations welcomed for British Legion
Telephone Les. on 01485 572370 for further details

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 I beg you, bear with one another in love

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SERVICE begins at 10.30a.m.
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Tuesday March 26th at 7:30pm
THE UNLIKELY PILGRIMAGE
OF HAROLD FRY (12)
 Starring: Jim Broadbent; Penelope Wilton; Earl Cave
 Harold is an ordinary man who has passed through life, living on the side lines, until he goes to post a letter one day...and just keeps walking.

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Entry £6; Under 16s £3
 (Entry includes tea/coffee/squash)
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23 MARCH 2024
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kingslynnfestivalchorus.co.uk

EASTER FUN
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 10AM-12 NOON
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 Thinking caps on for a challenging quiz in and around the church
 Entry £3.00
Easter Bonnet Parade
 prize for best entrant.
 Raffle
 Activities for children
 Entry £2
 Homemade refreshments in the village hall.

HELP HOLME CHURCH GROUP
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 and **Fish & Chips**
 Saturday 2nd March
 18.00 for 18.30 start
 Village Hall, 24 Kirkgate, Holme-next-the-Sea PE36 6LH
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 £5 beetle drive only
 includes an interval with a fish & chip supper and raffle
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 Ticket Sales Contact Kate on 07553 964878
 Please bring your own bottle.
 Raffle tickets on sale on the night.
 All proceeds of the event support St. Mary's Church, Holme-next-the-Sea.

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Hunstanton Society
 Presentation by
 Pat Richardson
Farming an NCC Smallholding in the Good Old Days

 Wednesday, 20th March 2024 @ 7.30pm
 in the Heritage Centre
 Admission £1.00 Members, £4.00 Non-Members
 Refreshments included

Ingoldisthorpe Church Hall
Plant Fair
Sat 27 Apr
10am - 12pm
FREE ENTRY
 Bring along your seedlings, seeds, indoor/ outdoor plants, local produce, anything garden/plant related to sell. Plant stalls will be outside.
 Hot drinks and cakes will be for sale inside.
 £10 per table/ pitch to sell
 To book or for more info pls email - kathrynibithray@hotmail.co.uk
 All proceeds and donations will go towards the Church Hall.


Plus size is no barrier to great style because beautiful isn't a size

Anna Raurell said "Bodies come in many different shapes and sizes. Some of us have broader shoulders, narrower hips, and some of us are curvier. We're all a little bit different, it is one of the things that makes us all unique."

Allez Chic's Cheryl Daubney has introduced a new label to the Castle Rising store, it is called Wasabiconcept, from a Danish company whose mission it is to bring everyday fashion to all women who sigh for high quality curvy fashion. They call it comfortably uncomplicated, and their fitted range includes styles for ladies from size 42-58.

The perfectly fitted silhouettes that are just as comfortable as they are pretty, the prints are bold, the colours on trend, and most importantly the shapes and fits are perfectly flattering for ladies to dress well – and exactly as the woman you are.

Cheryl said: "I'm really excited about this new range that I'm sure curvy ladies will love."

WA-Charlie 1 (featured in the advertisement) is an elegant blouse with a feminine boatneck, 7/8 sleeves, a pleated design and a light fit. For a classy look style this lovely shirt with the matching trousers that have a high waist, an elastic waistband, a loose fit and a nice, pleated design and print. Both items made from 100% recycled polyester.

For a relaxed pub lunch, the WA-SARINA 3 T-SHIRT (right) is made from a lovely blend of viscose, polyester and elastane. This t-shirt has a soft v-neckline, short sleeves, and a regular fit. Style this t-shirt with a pair of jeans for a pretty, everyday look.

Wash all of the above at 30 degrees but do not tumble dry!

Allez Chic, The Old School House, Lynn Road, King's Lynn
PE31 6AG Tel: 01553 631915 allezchic.co.uk



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History of salt-making on Gaywood's North Marsh uncovered

New light has been shed on the salt-making history of Gaywood's North Marsh thanks to the development of homes and the Greenpark Avenue School in the area and the subsequent publication of the archaeological findings in a new book.

Archaeological research was funded by the borough council and carried out, in partnership with Norfolk Property Services and Lovell, as part of the preparatory works for the development of homes and a new primary school on the site off Green Park Avenue. This area was formerly known as Gaywood's North Marsh. Oxford Archaeology carried out a programme of excavations between 2017 and 2019 and the resulting findings have now been published in a book.

The work uncovered extensive evidence of salt-making which would have been a vital part of the coastal economy in the middle Anglo-Saxon (7th/8th century) to medieval period. The marshland, which at the time was to the east of the Wash and to the north of the ancient inlet known as the Lyn, was rich in salt or 'white gold' which was gathered from the brine-saturated muds of the marsh.

Research following the excavations included examining medieval documents and historic maps, many of which are reproduced in the book. Together with scientific dating, this shows that this industry was

in decline by the 12th century and by the 13th century it was no more. However, tell-tale signs of the practice of salt-winning remain with the existence of numerous mounds or hillocks which would have been formed through the accumulation of waste deposits from the process.

Principal Project Manager James Grant said: "While this book is quite a technical read, it is fascinating to learn about the industry that would have occurred on the site all those years ago. It gives quite an insight into the area's importance to trade and its role in the development of the wider town."

Lead archaeologist for the project, Graeme Clarke, said: "There was much anticipation as each mound was opened to see what lay inside and a growing realisation, as each group of salt-making remains was brought to light, that important discoveries were being made. This book highlights this industry's role in shaping the landscape of Gaywood that we see today."

The book 'Salt-winning on the Lyn' is published by Oxford Archaeology (www.oxfordarchaeology.com) and would be of interest to people interested in how the town developed in Anglo-Saxon and medieval times. The book is part of the East Anglian Archaeology series (eaareports.org.uk) and will be available from Oxbow books.

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Stanhoe & Barwick WI Annual Report 2023 - Summary

2023 must have been one of our busiest ever years, with nearly 30 teas, walks, visits and crafting sessions on offer to our members, as well as our 12 monthly meetings.

We have once again increased our membership, ending 2023 with 44 members from 19 different towns and villages.

Our President, Nicki Smith, has headed a lively committee of 7, who have organised diverse speakers and events throughout the year.

Our highlights include:

A Coronation Celebration tea after our May meeting

Our Annual Garden Meeting

The introduction of a Book Club

Visits to the gardens of Dale farm and a guided tour of Binham Priory

Soundbath sessions

Guided walks of King's Lynn

Our annual charity walk, ending with tea at Bircham Windmill

Craft sessions in Geli painting, decoupage and glassmaking.

We are proud that our reputation as a lively and friendly WI extends far and wide. We begin 2024 with a strong membership, healthy finances and the promise of many more enjoyable meetings and outings.

Valerie (01485 576261)

Next meeting: Thursday 7th March Kate Craven from Hunstanton RNLI

New Norfolk Film Office opens county up to filming opportunities

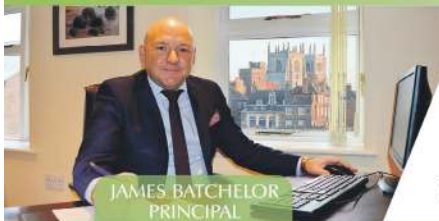
Norfolk County Council has awarded a 2-year contract to Norfolk Screen to represent the county as its official Film Office. The combined spend by film and high-end television production (HETV) in the UK reached £6.27 billion in 2022, the highest ever reported. The two-year Norfolk Film Office pilot programme will proactively promote Norfolk and its assets as a location for TV and film productions, as well as act as the front door for any location enquiries to ensure Norfolk capitalises on the growth of the sector. Any increase in economic activity for the county via additional filming activity will confirm the viability of a stand-alone Film Office.

Large-scale TV or film productions generate an increase in business for a wide range of companies surrounding a filming location, from cafés to taxi companies, accommodation businesses and retail. They also provide opportunities for local film companies to loan equipment or hire out studio space, and for local freelance film professionals from make-up artists to camera and sound technicians to have the opportunity to work closer to home. The new film office will support a dynamic and growing screen sector cluster within Norfolk.

As a voluntary service over the last 3 years, Norfolk Screen has already supported a number of notable productions including Spencer, Good Luck To You Leo Grande, Chemistry of Death, The Shepherd and Mary and George.

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JAMES BATCHELOR
PRINCIPAL

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Valentine's Day opening for 818th King's Lynn Mart

Wednesday 14th February, saw the official opening of the 818th King's Lynn Mart at midday in the Tuesday Market Place.



There was a procession through town from the Town Hall that finished in the Tuesday Market Place. The Mayor of King's Lynn & West Norfolk, Cllr Margaret Wilkinson, gave an address and the proclamation for the Mart was read by Cllr Terry Parish, Leader of the Borough Council.



The Mayor delivers her speech to the crowd

Dignitaries, including many Mayors, from across Norfolk joined the procession and followed the opening ceremony with the traditional ride on the dodgers.



Deputy Mayor at the wheel

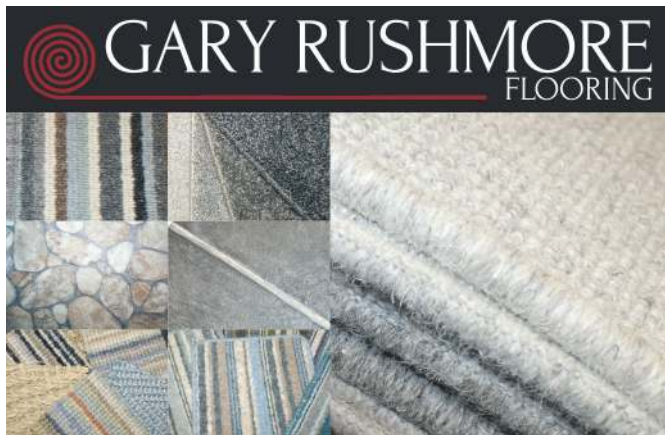


The proclamation for the Mart was read by Cllr Terry Parish, Leader of the Borough Council



There was also an exhibition by 7th generation Showman Sheldon Chadwick, PhD at Liverpool John Moores University and the National Fairground and Circus Archive at the University of Sheffield.

It's All a Show: Fairground Showmen, Identity and Mental Health explores what it means to be a Showman in the twenty-first century and the relationship between identity and mental health in that community. The display draws from Sheldon's PhD research and showcases ground-breaking statistics about the fairground Showmen community.



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forward to *welcoming*
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SCAN FOR



INSTAGRAM

Two of Hunstanton's landmarks that are richly steeped in the town's history

Sophie Hooker

When you think of Old Hunstanton, what springs into mind? Quite likely, it is an image of the white, magnificent lighthouse atop of the cliffs. With stunning views atop the lighthouse, including the gorgeous stretch of sand that runs to Holme, the Ruins of St Edmund's Chapel and the stunning sunset across The Wash; these all serve as a reminder that Hunstanton Lighthouse continues to silently watch over the town despite losing its navigational function long ago.



Though coastal navigation had been assisted by open fires or lamps lit with oil since pre-Christian times, the origins of a fire first being used on the cliff top of Hunstanton date from the 16th century. Charles II issued a royal warrant in 1663 to enable John Knight to erect a light at Hunstanton, financed by tolls on passing shipping.

A wooden lighthouse was built on the cliffs in 1665 at a cost of £200 (£43,000 in today's money) and each night an iron basket was set alight and placed at the top of the building. This burnt down and was replaced in 1776 by an oil lamp with a parabolic reflector at a cost of £860 (£130,000 today) and proved a far more powerful beacon than the iron basket.

The modern lighthouse that still stands today was erected in 1844 with a lantern that measured twelve feet in diameter and was hoisted forty-nine feet into position. The lighthouse housed a prison cell in the basement below which housed smugglers before they were transferred to Norwich prison.

The lighthouse served until 1922 when the lighthouse and two keepers' cottages were sold to Charles Alfred Le Strange to the tune of £1300 (£72,000 today). The lighthouse was transformed into a residential dwelling and the cottages turned into cafés until 1939. It subsequently fell into disrepair until it was purchased in the 1950s by a builder from Dereham.

The lighthouse fell into the hands of Hunstanton Town Council for a brief time before it was sold to a Cambridge architect for £4,670 (£93,000 today) in 1964. Since then, the lighthouse has been used as a holiday home and is available to let from Norfolk Coast Holidays.

Hunstanton Hall, located near St Mary's Church in Old Hunstanton, was the ancestral home of the eminent Le Strange Family, who were one of the most powerful families in Norfolk from the 15th and 16th century.

The principal building of Hunstanton Hall (listed grade I) is a moated country house and is entered through a 17th century arched gateway, leading into a grass outer courtyard bounded to the south by an embattled carrystone wall. Forming the western boundary is the moat with a 15th century red-brick gatehouse. Flanked by wings of carrystone with brick battlements constructed in Gothic and Jacobean style.

Further beyond the gatehouse is another courtyard with a porch of Jacobean Mannerist style that stands alone in the centre following the fire of 1853. The north wing remained roofless for thirty-seven years following the fire of 1951. There is a three-storey High Victorian domestic range added in the 19th century at the end of the north-west



return. Behind this a two-storey range said to be part of the earliest house and a 20th century single-storey brick block. There is a carrystone garden wall dated from 1622 that stretches along the moat.

Between 1750 and 1835 that Hall was leased out and sat unoccupied for long periods of time. A fire in 1853 ravaged much of the Hall and further restoration work was carried out. A second fire almost a century later in 1951 caused damage to the Hall once again and subsequently the Hall was divided into private apartments and sold, however the Le Strange family retained ownership of the park and part of the gardens.

Irrefutably the most beloved of the Le Strange family is Henry L'Estrange Styleman Le Strange, whose legacy as the developer of Hunstanton as a resort survives him. Born in 1815, Henry was particularly fond of trees and had a profound interest in nature and thus planted his first tree in what would be known as the Birthday Wood on the estate on his 15th birthday.

Henry was certainly a visionary; he had aspirations to transform Hunstanton into a tourist destination to rival the likes of Brighton and Southend, and in the 1840s he had convinced investors to help fund a railway line to the coast. Sadly, Henry died in 1862 shortly before the line was opened and never got to see his success take fruition.

The Hall survives on in literary and public imagination however, with author P.G. Wodehouse frequently visiting the Hall in the 1920s and 1930s and featuring the house in some of his stories.

There is also the legend of a haunting to do with a much-loved Persian 'magic' carpet which once belonged to Dame Armine Le Strange who resided at the hall in the mid-18th century. On her deathbed, she made her son Nicholas promise to keep the carpet safe in the heart of the Hall or else she would return to haunt him.

This promise was kept for 100 years until unsuspecting Emmeline, wife of Hamon Le Strange, cut up and gave away parts of the treasured rug to the poor of Hunstanton. That very night, the inhabitants of the Hall were disturbed by pacing footsteps and a face appeared in the upstairs window with an uncanny resemblance to the portrait of Armine Le Strange. Understandably distressed, Emmeline recovered the pieces of rug, but it was a futile exercise, as it is said Armine can be seen to this day traversing the Hall.

Many thanks to The Hunstanton Society, Historic England and Norfolk Coast Holidays for their sources.

Probus Posers answers

A. This machine was used in reloading paper cartridges, specifically for holding a round piece of card on top of the shot and rolling over the top of the cartridge to hold it in place and is called a 'rolled-over cartridge machine'.

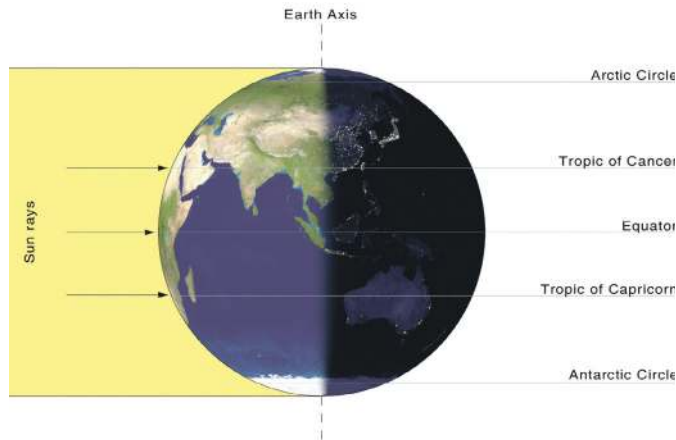
B. For cutting asparagus stems under the soil and is called an 'asparagus knife'.

C. Used by carpenters to check if a plank of wood was flat and true. These sticks were placed across the top and bottom of the timber and sighted along their top edges, the white inlays make sighting easier. These are called 'winding strips' or 'winking sticks'.

The dark skies of West Norfolk

Terry Parish

Spring is here, twice in fact. The 1st is the start of meteorological spring as the weather people just chop the year into four seasons of 3 months each. Astronomical spring, the real spring, is on March 20th. This will be the Spring Equinox when day and night are equal, 12 hours each. After that, we head to summer and the longest day on the 21st of June. The timings of these events are, as far as we are concerned, immutable, depending as they do on the tilt of the Earth and the consistency of its rotation. Come back in several hundred million years and the dates will be different as Earth's rotation is slowing. Half a billion years ago the day was 22 hours long. No need to amend your diaries yet.

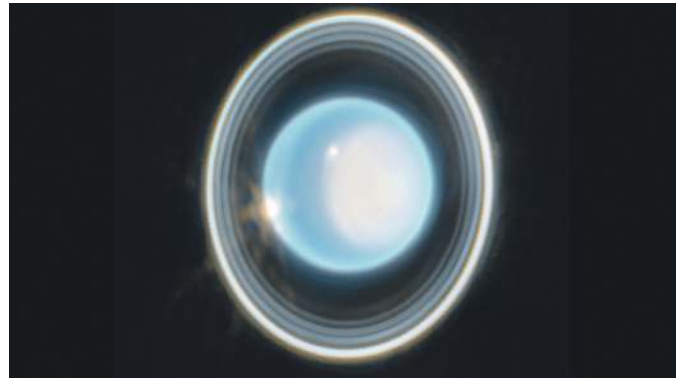


Having mentioned summer, British Summer Time begins on the 31st of March so put the clocks forward and lose an hours sleep.

February is proving to be another damp squib with Jupiter remaining as the bright spot between the night time clouds. A few frosts did clear the sky a little and Orion stood proud. Jupiter remains with us in March setting around 10.30pm. Use small telescopes including birding scopes to watch the Galilean moons appear and disappear over several nights. The gas giant is the brightest object in the night sky barring the Moon and I don't think you will get them confused. On the 13th the Crescent Moon passes Jove so you can study them both. If you only have binoculars, brace them and take a good look. Note the Earthshine, Sun light reflected from the Earth, which reveals the dark portion of the Moon. The illumination is weak so needs optical aids or a camera to pick it up. The bright crescent, of course, is sunlight striking the Moon directly.

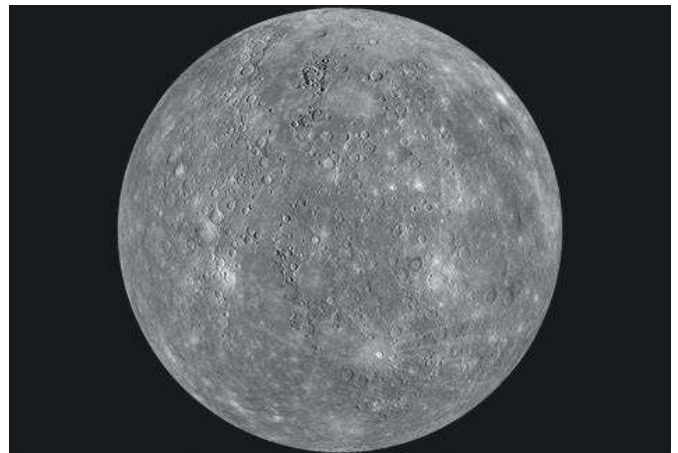
From the 13th to the end of the month, whilst looking at Jupiter, find the fuzzy blob well above and a little to the left of it. This is the Pleiades, 7 Sisters, star cluster which is still discernible to my eyes though I can't resolve individual stars within it. I have written about this before and you can look back in the online archives. However, this month, scan with good binoculars between Jupiter and the Pleiades and look for a very faint blue green spot. It is the planet Uranus. An enigma as it was discovered by Herschel in 1781 when he was using a telescope to scan for comets. Unlike the 5 wanderers in the sky (Mercury, Venus, Mars, Jupiter and Saturn), it was never recorded by ancient astronomers. Surprising as skies were much darker then and good eyes, in a very dark sky, can see it now.

The planet to really look out for this month is Mercury. It is your best chance to see this elusive planet. Elusive because the relative positions of it, the Earth and the Sun, place it close to the latter; you have to look towards the Sun and Mercury appears low in the sky which means a lot of murky atmosphere to peer through. This month it will be below and to the right of Jupiter and, as the month progresses, it moves further from the Sun, reaching its greatest separation on 24th March at 7.30pm. It will be low, and the best viewpoint is likely from Heacham Beaches or the promenade from them to Hunstanton. There



Above: Uranus, an ice giant, courtesy of the James Webb telescope. Yes, it does have rings.

Below: Mercury. A very small rocky, dense, planet. NASA



is another option which I have not used and that is from the platform erected at the highest point of Heacham Millennium Woods, the Chalk Pit. Wherever you choose, there has to be a clear sky down to almost the horizon or, at worst, scattered clouds.

If you can't sleep, go outside at 5am on the 25th and watch the Moon dim a little as it enters the edge, penumbra, of the shadow cast by the Earth as it passes between the Sun and the Moon.

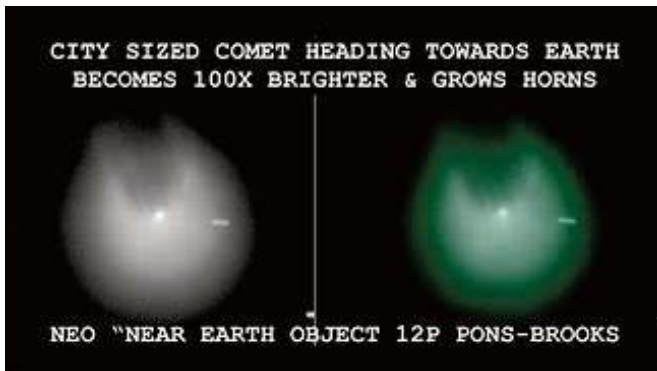
Stars to look out for: Aldebaran is to the left of the Pleiades. A fattening crescent Moon is just below the star cluster on the 14th, look out about 8.30pm. Aldebaran is a red giant with a companion. It is 65 light years away and has an apparent magnitude of 0.86.

Algieba and Regulus are either side of a gibbous Moon around 8pm on the 20th and 21st. Algieba is a bright binary. One star is orange red, the other green-yellow. Both are giants and lie at a distance of 130 light years. Apparent magnitude is 2.04. Regulus is a four-star system though only 3 have been visually observed. The brightest is a blue-white subgiant. The system is 75 light years away with an apparent magnitude of 1.4.

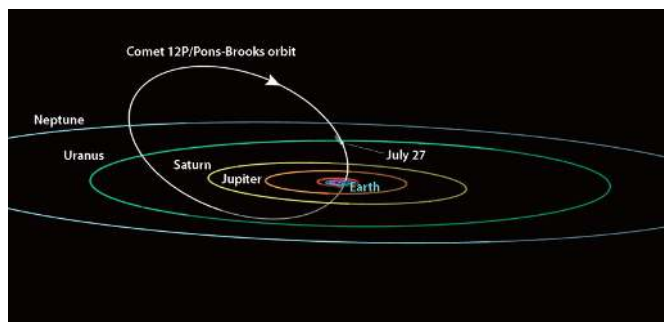
Spica is almost touching the Moon at around 9.30 pm on the 26th. Spica is a binary system where the two stars are so close together, they cannot be separated by telescope. They orbit each other in four days and gravitational effects make each egg shaped. Both are much larger and more massive than the Sun. They lie at 250 light years distance and have an apparent magnitude of around 1.0 (variable).

Note: Apparent magnitude is a measure of how bright objects, including stars, appear to our eyes and the lower the number, the brighter they appear. Their true brightness, absolute magnitude, is a measure of how bright they would appear if they all lay at the same distance, (32.6 light years or 10 parsecs). If you compare Regulus with Spica, you will see their apparent magnitudes are not too different but

Spica is over 3 times further away so its absolute magnitude should be much higher, and it is. Absolute magnitude of Regulus is minus 0.57 whilst Spica is minus 3.55. Magnitude scales are logarithmic, a small change in number is an increasingly large change in actual observation.



What the comet described below looked like last July. Internet



The orbit of Comet Pons Brookes

A COMET! There is a chance of seeing Comet 12P/Pons Brookes low in the NW. It might be just visible in telescopes; it might be visible to the eye. No-one knows. It was last seen in 1954 as it orbits the Sun once every 71.3 years. It will brighten through March and be brightest in April at the same time as the second Great American Total Solar Eclipse. I will let you know if I see it then. The first one was wonderful.



What might be seen at total eclipse. Internet

Spring is coming. Cloudy dark skies give way to cloudy brighter ones. The night you don't look is when unusual things happen.

T&A April 2024 edition

Copy date for the April edition is 12th March
Please send items to: editor@townandaround.net
or post to the address on page 2.




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March diary of events see also <https://townandaround.net>

Friday 1st

Snettisham Memorial Hall Indoor Carboot 10am-2pm, stallholders from 9am. beckachilly@gmail.com

King's Lynn Festival Spring Coffee Concert Series presents Ryan Drucker (piano) and Toby White (cello). King's Lynn Town Hall PE30 5DQ Prior to the concert enjoy a cup of coffee and a slice of cake, from 10.30am (included in the ticket price). https://uk.patronbase.com/_KLCE/Sections/Choose?prod_id=2RY&perf_id=1

Soroptimist International King's Lynn annual Fun Quiz in aid of our current charities - Baby Basics and West Norfolk Befriending. South Wootton Village Hall PE30 3LJ 7-9pm Max 4 persons per team. Marion Coleman 01553 617494 or email sikingslynn@gmail.com Please BYO drink and nibbles.

Fincham Memorial Hall PE33 9EJ. QUIZ night is at 7.30pm Entry £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.

United Services Club Hunstanton PE36 5HL. Diamond Paul's Mixed Bag Disco. Any requests played 8pm

Saturday 2nd

World Day of Prayer St Cecilia's, Dersingham with refreshments from 10am and the service starting at 10.30am. As usual it is an ecumenical service and everyone is invited. There will be children's activity papers to encourage families to attend.

International Women's Day event - Soroptimist International King's Lynn. Update your wardrobe for charity 10am-3pm. The Place, 23 New Conduit Street King's Lynn PE30 1DF

Hindringham Hall NR21 0QA Open Garden 10-4 £8. Refreshments in aid of Hindringham Church.

Help Holme Church Group Beetle Drive and fish and chips at the Village Hall 6pm for 6.30 start. Contact Kate 07553 964878 BYO bottle, raffle.

Cash Bingo at Wolferton Social Club PE31 6HA Doors 7pm Eyes Down 8pm

Ingoldisthorpe Sports & Social Club BINGO 7.30pm – Eyes down for a full house! Buy your tickets from 7pm. All welcome as ever.

United Services Club Hunstanton PE36 5HL. Simon Lee, Great Vocals All eras 8.30pm

Monday 4th

Bingo night at Anmer Social Club PE31 6RN Doors 7pm, Eyes Down 7.30pm New members welcome.

Wednesday 6th

Hunstanton & District Festival of Arts AGM. Conservative Club meeting room 7pm

Ingoldisthorpe Sports & Social Club 7.30pm – Heacham and district Pool League. Bar open. All welcome

Burnham Market and Norton Village Hall presents THE MIRACLE CLUB (2023) 2.30pm A film about understanding and forgiveness. Certificate 12A £5 on the door. Diana Walker on 01328 738604

Thursday 7th

Stanhoe & Barwick WI, The Reading Room Stanhoe 2pm. Speaker is Kate Craven from Hunstanton Lifeboat Station Visitors welcome. £5, which includes refreshments. Valerie (01485 576261)

Friday 8th

Glebe House School and Nursery Open House. 01485 532809

King's Lynn U3A Monthly Meeting Gaywood Community Centre Performance by Kings Lynn U3A Shanty Singers, Doors open 9.30am. All welcome. £3 entry. Tea/coffee/biscuits.

Dersingham VA Primary & Nursery School PTA, Easter Family Bingo Dersingham Social Club PE31 6JX 6.15pm

United Services Club Hunstanton PE36 5HL. Diamond Paul's Mixed Bag Disco. Any requests played 8pm

Saturday 9th

Fincham Memorial Hall PE33 9EJ Murder Mystery Evening. Doors open 7pm performance 7.30pm. Entrance £5 pay at the door by either cash or card. Licensed bar from 7pm.

United Services Club Hunstanton PE36 5HL. Laurie Hayley Duo. 60s onwards 8.30pm

Monday 11th

The Arts Society North West Norfolk lecture by Stuart Harvey. 'Treasures of the Borghese Gallery'. The collection of ancient sculpture and renaissance art amassed by Scipio Borghese in the early 1600's. Guests £5. 2pm Sedgford Village Hall PE36 5NG

Wednesday 13th

RSPB Youth Action Day for 16-24 yr olds who have an interest in wildlife conservation. Book tickets: <https://events.rspb.org.uk/events/65112>

Ingoldisthorpe Sports & Social Club POOL LEAGUE - 7.30pm – support our local teams compete in the Heacham and district Pool League. Bar open. All welcome

Thursday 14th

Holme History Group presents the trials of the Rev Corbett Metcalfe Moore in building a Vicarage. Holme-next-the-Sea Village Hall 2.15pm Free entry, donations welcome.

Friday 15th

The Friends of St Andrew's Church Little Massingham - FOSALM, Drinks from 6.00 pm with the talk beginning at 6.30pm. The early evening talk "Little Known Treasures in Norfolk Churches", will be given by author and Arts Society lecturer, John Vigar. Free.

Anmer Club Film Night - The Miracle Club (12A) Anmer Social Club PE31 6RN Doors open 7:00pm, the film starts 7:30pm. Admission is £4 payable at the door.

Fincham Memorial Hall PE33 9EJ BINGO night. Cash bingo with raffle and other games. Doors open 7.30pm with eyes down 8.00pm. Bring your own nibbles & drink.

United Services Club Hunstanton PE36 5HL. Quiz Night £50 First Prize Teams Up To 4 Persons. £4pp Including Supper 8pm

Saturday 16th

North Wootton Village Market PE30 3PT 9am-2pm

Fakenham Choral Society 50th Anniversary Come and Sing famous choral classics. www.fakenhamchoralsociety.org/come-and-sing

East Ruston Old Vicarage NR12 9HN Open Garden 12noon-5.30pm £13, Child £2. Light refreshments.

Fincham Memorial Hall PE33 9EJ Race Night. Doors open 7pm, first race starts at 7.30pm. Entrance £5 Licensed bar from 7pm.

Ingoldisthorpe Sports & Social Club Live music with Chrissie Blake 7pm - Support our local folk singer playing beautiful acoustic music.

United Services Club Hunstanton PE36 5HL. Brian Mann 60s Onwards & Irish Song in celebration of St Patricks Day 8.30pm

Sunday 17th

West Norfolk Seasonal Food and Drink Festival, Hunstanton High Street 10am-3pm. Showcasing the extraordinary range of produce made in Norfolk. mark@norfolk-deli.co.uk

Monday 18th

Hunstanton u3a at the Community Centre, Avenue Road 2pm The

://townandaround.net/whats-on/march

story of Empress Agrippa with Ralph Jackman. Info 07443763697

Tuesday 19th

Prize Bingo at Wolferton Social Club PE31 6HA Doors 6.30pm Eyes Down 7.30pm

Brancaster Camera Club welcomes anyone interested in photography to come along to their meetings. We are a small, friendly club. 7 pm in Brancaster Staithe Village Hall. Entrance is £3 to include refreshments. We look forward to seeing you.

Wednesday 20th

Burnham Market and Norton Village Hall presents THE GREAT ESCAPER (2023) 7pm 12A £5 on the door or please contact Diana Walker on 01328 738604

Hunstanton Society presentation by Pat Richardson: Farming an NCC Smallholding in the Good Old Days. Heritage Centre Hunstanton 7.30pm

Ingoldisthorpe Sports & Social Club POOL LEAGUE - 7.30pm - Heacham and district Pool League. Bar open. All welcome

Friday 22nd

King's Lynn Festival Spring Coffee Concert Series presents Anna Im and Chiao-Ying Chang. King's Lynn town Hall PE30 5DQ. Prior to the concert enjoy a cup of coffee and a slice of cake, from 10.30am <https://www.kingslynncornexchange.co.uk/theatre/whats-on/opera-classical/coffee-concert-anna-im-chiao-ying-chang/>

Quiz Night at Anmer Social Club PE31 6RN The club opens at 7pm, Quiz starts at 7.30pm. Entry £2 per person.

United Services Club Hunstanton PE36 5HL. Jammin Joe, Fun Night All Eras 8pm

Saturday 23rd

Snettisham Flea Market at Snettisham Memorial Hall PE31 7LX. Admission fee of just 50p and little ones go free!

Come and sing with King's Lynn Festival Chorus 10am-4pm with breaks King's Lynn Minster. £20 Score, tea, coffee and cake provided. Performance at 5pm. Register: kingslynnfestivalchorus/come-and-sing

Thornham BagLadies coffee morning 10am-1pm. Homemade cakes and sausage rolls. Jams and marmalades plus Easter treats.

Norfolk Goldwing Motorcycle Club's annual Honda Goldwings Light Display in Aid of the East Anglian Air Ambulance. Static display and a 7pm light display around the town. 01366 324396.

Fincham Memorial Hall PE33 9EJ National Theatre Encore performance of 'Dear England' at 7.15pm on. Entrance £5 pay at the door by either cash or card. Licensed bar available from 6.45pm.

Syderstone Village Screen Cinema - The Miracle Club (12A) Amy Robsart Hall, Syderstone PE31 8SD 7.30pm Tickets: £4 advance booking or pay on the door. For more info call 01485 578171 or email syderstonecinema_ARVH@outlook.com

Spring Ceilidh at Ingoldisthorpe Church Hall PE31 6NZ 7.30pm - 11pm Tickets Are £10 each. Bar, Raffle & Hot Dogs with the Fairgreen Ceilidh band All proceeds and profits to the Church Hall. Jane Wood 07578 609336 ingoldisthorpehall@gmail.com

United Services Club Hunstanton PE36 5HL. Alex Mallet Great Young Vocalist. All eras 8.30pm

Sunday 24th

Gayton Hall Open Garden PE32 1PL 12noon-5pm £6 Child free. Homemade teas.

A talk by Andrew Jarvis at Dersingham Village Centre about his career having predominantly worked in theatre performing with the Royal Shakespeare Company, the English Shakespeare Company and The National Theatre. Following the talk an afternoon tea will

be served. All proceeds will benefit The Norfolk Hospice. 2.30pm Tickets £15 www.norfolkhospice.org.uk

Tuesday 26th

Bingo at Snettisham Memorial Hall Doors 6.30pm, Eyes Down 7.30pm

Village Cinema at Dersingham Village Centre 7.30pm The unlikely pilgrimage of Harold Fry (12)

Wednesday 27th

Snettisham Gardening Club at the Memorial Hall 7.30pm Kate Craven on the work of the RNLI. Info: Gail on 01485 541279 or Addie on 01485 544754.

Ingoldisthorpe Sports & Social Club POOL LEAGUE - 7.30pm - support our local teams compete in the Heacham and district Pool League. Bar open. All welcome

Thursday 28th

New Hunstanton Women's Institute meeting at Methodist Church Hall Church Hall at 2.15pm. Speaker is local author Ken Ward. Open meeting. Visitors £5 to include refreshments. All enquiries to 01485 572027

Friday 29th

Ingoldisthorpe Sports & Social Club CHARITY FUN DAY - 12-4pm - raising money for air ambulance. Craft stalls, Inflatable fun, side stalls, Food vendors, ice creams and more.

Fincham Memorial Hall PE33 9EJ Fincham Film for all is showing 'A Haunting in Venice' at 7.15pm. Entrance £3 pay at the door by either cash or card. Licensed bar available from 6.45pm.

United Services Club Hunstanton PE36 5HL. John Carr. Great live music & vocals 8.30pm

Friday 29th - Monday 1st

Snettisham Art Group Easter Exhibition, Royal British Legion Hall, Church Road, Snettisham 10am-5.30pm daily

Saturday 30th

United Services Club Hunstanton PE36 5HL. Cecil Farayi Motown Soul 8.30pm

Sunday 31st

Royal Air Force Bircham Newton Heritage Centre Open Day. The National Construction College PE31 6RH 10am-4pm Disabled access & toilets will be available, and car parking and entrance free.

Ingoldisthorpe Sports & Social Club EASTER EGG HUNT - 12-3pm - Celebrate Easter at Ingoldisthorpe Sports and Social Club with an Easter Egg Hunt £3 per child. BBQ, crafts, games, hobby horse racing and our Grand Easter Draw. LIVE MUSIC WITH WOODY AND THE PHEASANT PLUCKERS 3pm-4.30pm Enjoy your Easter Sunday afternoon with this live band. Playing a mix of music to entertain and amuse.

The West Norfolk Singers meet for rehearsals at Heacham Methodist Church, Station Road Heacham, opposite Boots Chemist every Wednesday 7.15 to 9.15. Soprano, Alto, Tenor and Bass all welcome. All styles of songs are explored to suit everyone. The dates for March are 6th, 13th, 20th, 27th

Looking forward to April

Monday 1st

Easter Fun at Holme-next-the-Sea Village Hall. Quiz, Easter Bonnet Parade, raffle, activities for children, homemade refreshments. 10am-noon.

Editor's note: Please send all details of your event by email to editor@townandaround.net by 12th March for April's edition or fill in the form on the website www.townandaround.net

The political pulse with Mackenzie Large

Hello Town & Around readers!

My name is Mackenzie. I am a local girl in her twenties who will be authoring a series of articles in Town & Around that delve into local political matters. I have lived in North West Norfolk my entire life, as have my parents. Educated at Alderman Peel High School in Wells and sixth form in Kings Lynn, I graduated from Royal Holloway, University of London in 2021 with a Bachelor of Science in Politics, Philosophy & Economics. My studies covered a range of topics including Contemporary Political Theory, Gender and Armed Conflict and Comparative Political Leadership, as well as interesting economics modules and fascinating philosophy subjects. In the time since graduating, I have gained experience working in asset finance in London and spent time travelling around parts of Asia and Australia. I am now back in Norfolk whilst I navigate the next chapter of my twenties and I am excited to have the opportunity to engage in discussions on important local matters through a non-partisan political lens. I hope you find my analysis thought-provoking and informative!

2024 marks an important election year. I am sure readers are aware of the ongoing global affairs that we are both constantly impacted by, yet simultaneously disconnected from. Nationally, issues such as interest rates, the cost-of-living crisis and NHS waiting lists remain prevalent. The focal point of my feature in this magazine, however, will be vital topics directly affecting us as constituents of North West Norfolk in our day-to-day lives. These topics include flooding, healthcare, education and

environmental concerns.

It is understandable to feel disillusioned when considering the current political landscape at a national level. With 44 day tenures, numerous U-turns and a public inquiry, many voters have simply lost confidence in our British democratic system. However, it is crucial to recognise that your vote is not solely about selecting the governing party on the national scale; it also shapes the way that local issues are addressed. As voters, you are able to 'party vote', where you choose which political party best represents your values, but you are also able to 'issue vote'. 'Issue voting' is when individuals consider the topics that they feel most strongly about and cast their vote for the candidate whom they perceive as addressing these concerns in the most effective manner. This is why my analysis in the lead up to the 2024 election will prioritise local issues over our candidates' manifestos.

The North West Norfolk seat has been held by the Conservative party for the past 23 years and is widely regarded as a "non-battleground seat". This term signifies that the main opposition party, Labour, deem the seat in the House of Commons to be 'unwinnable', due to the significant majority that the Conservatives have secured in previous elections. James Wild has served as the Conservative MP for our constituency since 2019, winning the seat with a 42.7% majority. Prior to him, Lord Henry Bellingham held the post since 2001. However, this does not mean that the result is a foregone conclusion; politics can be unpredictable. Of 650 constituencies nationally, North West Norfolk ranked 443rd in percentage turnout in the 2019 election, with only 64.7% of the



electorate casting a vote, marking a 3% decline in voter turnout from the 2017 election (UK Parliament, 2024). In my opinion, the greatest threat to democracy is voter apathy. Whether you choose to party vote, issue vote, tactical vote or choose to abstain altogether, the importance of participating in the electoral process cannot be overstated. (Not to turn all philosophy-student on you, but) as Plato once said, "The price of apathy towards public affairs is to be ruled by evil men." Interpret that as you wish, readers!

I would love to hear from you, whether you have a specific subject in mind for discussion or you feel strongly about a particular topic. As constituents of North West Norfolk, your voices are incredibly important! Please do not hesitate to send your contributions to me at

kenziemarlar@gmail.com

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Wild in Westminster and West Norfolk



Heavy rainfall has been causing flooding issues so it was standing room only at a recent public meeting to discuss the problems in Burnham Market and Norton with over 100 people present. The attendance on a typically wet evening demonstrated the terrible impact recent flooding has had on villagers' homes, gardens, the streets, and businesses.

I was on the panel at the meeting organised by the Parish Council with local Councillors Andrew Jamieson and Sam Sandell. It was attended by representatives from the key

organisations responsible for managing flood risk: Anglian Water, the Environment Agency, the Internal Drainage Board, Norfolk County Council Highways, and other representatives.

Over many weeks, I've been helping constituents unable to flush toilets or who have had sewage coming up in homes and gardens, on the roads, taking up cases urgently to help them. I did the same three years ago. After that heavy flooding there was investment in re-lining of sewers and other measures in the Burnhams and the Creakes but clearly more needs to be done with heavy rain leading to inundation and infiltration of the foul sewer network.

This meeting was an opportunity to discuss short and longer term solutions. I highlighted the need for better co-ordination – no single organisation is responsible for all the issues we have seen so everyone needs to work together to tackle them. In that respect, I

welcome the creation of a multi-agency engineering cell looking at delivering solutions in these areas.

We also need to use local knowledge far more. When I'm out with constituents they have insights that could usefully be deployed to help mitigate the risk of flooding and deal with issues we are facing. Among issues raised by residents were cutting reeds and weeds, overpumping, pumping capacity, tankering, sluice gates, clearing drains, and the responsibility of landowners.

And we need better welfare support. I've been to homes of elderly and vulnerable people who've been unable to use toilets, sinks, and baths. There needs to be a process in place to support them and I welcome the borough council's commitment at the meeting that support was available on a case-by-case basis.

The ideas and suggestions put forward to get water flowing properly in the Burn and other steps to mitigate flooding will be considered by the multi-agency group. Further meetings are planned with villagers on a local lead flood authority project to identify longer term solutions – and I'll champion any funding

that may be needed.

Flooding is not the only issue recently I have been focused on – making it easier to see a NHS dentists is a subject I have campaigned on repeatedly. So I welcome new government measures targeted at areas such as Norfolk including a new patient bonus, up to £20,000 to encourage dentists to work in rural areas, rolling out dental vans to provide treatment in coastal areas, and a focus on prevention and better oral health for children. The Health Secretary has also listened to calls from me and others to make it easier for overseas dentists to work in the NHS – a particular issue that has affected a local practice.

Flooding and dentistry are two of the key issues constituents locally raise with me and helping improve the situation in relation to both are priorities I will continue to pursue.

James Wild MP
Member of Parliament for
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Hunstanton u3a

Our next meeting will be at the Community Centre, Avenue Road, Hunstanton on Monday 18th March at 2.00 pm when Ralph Jackman will be telling us how to become an Empress! The story of Empress Agrippina. You will be most welcome to join us. For further information please see our website hunstantonu3a.org Telephone 07443763679

People and Communities

Jo Rust

It's been seven months since I took on the Portfolio responsibility for People and Communities, and what a seven months it's been! I've been and done such a lot and I've met and spoken to so many people. I've always enjoyed meeting and chatting to people, it was one of the things that I most loved about standing for election in the main General Elections – going out and knocking on doors and hearing from people about their lives, the ideas they had and the things that were important to them.

As a Cabinet Member my responsibilities span the whole of the Borough, not solely my own ward of Springwood. So I get to go to events all over King's Lynn and West Norfolk and to meet so many residents. I genuinely love the work that I do and the cabinet team that I work alongside. Please don't be taken in by the continuing narrative put out by the former administration, we work well as a team and have managed to pave the way for many positive things in our Borough. One of them is working to become a Marmot Place. Although this was announced by a councillor colleague, we are still in the process of getting to the stage where it can be formally announced, and I can't wait to do so. I believe that taking this step will be a transformative change for the better and it will improve the lives of our residents. Respected professor, Sir Michael Marmot, author of The Health Gap and Status Syndrome: how your place on the social gradient directly affects your health, has set out how best to tackle

inequalities in England. He has shown how adverse conditions in childhood lead to fewer opportunities for meaningful and fulfilling employment in adulthood. This then leads to people feeling and having a lack of control over their lives which then has a negative effect on their health outcomes. If our area does become a Marmot Place we will seek to follow some important principles – To enable all children, young people and adults to maximise their capabilities and have control over their lives. Ensure a healthy standard of living for all. Create fair employment and good work for all and create and develop healthy and sustainable places and communities. Evidence proves that people living in the poorest neighbourhoods in England die around seven years earlier than people living in the richest areas. So, the lower your income, the more likely you are to live more of your life in ill health. This is not something that I want anywhere, but most certainly not

in the place that I live with my friends and my family. This is also one of the reasons why I've been trying to get something called Community Led Housing off the ground at the council, and we're on the way! Like many things, we must assess the feasibility of it, but so far it is looking positive. Community Led Housing is about real and meaningful engagement with the local community about housing developments planned in their areas. In the strongest versions of this, the community actually drives it all forward and sets out exactly how it will be run and managed. If there are no community groups out there that can take on such a responsibility, it can be led by the planning authority but with the community helping to create the homes that their community wants and needs. Importantly, these houses would offer affordable accommodation. Bearing in mind that some councils are spending 49 pence out of every one pound of council tax money collected on



temporary accommodation, there is a clear need for decent, secure housing that people can afford. And housing is one of the most important wider determinants of health. I know I'm fortunate to live in a comfortable and secure home that I can afford to keep warm. But too many people today are not in that same position. Yet warmth and shelter are one of the very basic necessities of life. How can we hope to achieve our full potential if we don't have these? As health inequalities cost the country between £36 billion to £40 billion a year through lost taxes, there's a really strong case for working to improve the health and the lives of everyone. It's an investment that pays dividends.

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Flooding nightmare continues for West Norfolk communities

Rob Colwell

It was upsetting to hear the terrible stories of flooding at the community meeting in Burnham Market, with so many families having been impacted by the water and sewage overflows in and around the Burnhams and Creakes over recent months. Residents described only being able to flush their toilet once a day or having their homes flooded three times in nine months. This is an absolutely unacceptable state of affairs in an advanced society. The stories were difficult to hear, but they need to be told so that politicians realise the scale of the crisis, with so many lives and homes ruined by flooding and sewage overflows.

Many residents contacted me after the meeting to say they were disappointed that the discussion only focused on long term aspirations rather than any immediate and actionable help for those affected. Long term strategies to resolve the underlying issues are important but not as an excuse for avoiding difficult and potentially costly decisions today.

Sadly these are not the only communities that have been hit with flood water recently in our locality. Residents in Heacham, Dersingham, Hunstanton, Shernborne, Grimston, Pott Row and Roydon are just some of the towns and villages that are fed up with a lack of action or any sense of urgency.

Time and time again we hear that Anglian Water need to upgrade systems in what was rightly described as an "aged system" by a Norfolk County



Council officer at the recent meeting. They must now be forced to do so. The government must stop water companies paying huge profits to shareholders and bosses until they have dealt with inundation and infiltration problems. Until they do we will simply be back again discussing this problem year after year.

The political reality is that Lord Dannatt stated nearly a year and half ago as part of Norfolk Strategic Flood Alliance that £80m was needed to prevent flooding in Norfolk. The Conservative Government backed by our local MP James Wild were asked to fund the proposals. They refused. Yet we need the £80m now to clear the ditches, we need the £80m now to unblock drains, we need the £80m now to prevent sewage overflows in homes and rivers. No wonder Lord Dannatt quit.

Only once we have this money will we be able to move from a reactive approach to a proactive one. Gathering data to make arguments to local and central government is fine but if they aren't listening what's the point? Conservative-controlled Norfolk



County Council need to increase their budget for hydrologists and flood prevention modelling. Waiting a year for a report after your home has been flooded is not action. In the meantime the same could happen again and again. We also need a change in the law giving greater

enforcement powers to force landowners, including farmers, to keep waterways clear. Yet this government has rowed back from legislating amendments to the Flood and Water Management Act 2010 which would allow this to happen.

Flooding and sewage overflows are just one example of the decay of our vital public services under this Conservative government. They have just watched it happen. Their ideological priorities seem to lie elsewhere. That is the reason why I have decided to make restoring the public services on which we all rely the central issue in my campaign to replace James Wild as our MP at the next general election.

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Lessons to be learned from Barnacle Bill

John Maiden

The sad news of John Dobson's passing brought back memories of his intelligence and quick wit. When his conservative administration replaced labour following the May 2003 local election, John was invited to attend a committee meeting of the Hunstanton Civic Society, where I asked him if planning officers would be sacked for failing to consult English Heritage prior to recommending approval of the application for a non-pier. He replied that because of their trade union membership it would be easier and cheaper to persuade them to accept redundancy or early retirement. Four years later John had to take a break from local politics in order to win his fight against bladder cancer, but not before he had included a pledge to reinstate Hunstanton Pier in the Tory manifesto for the 2007 election. In wishing him a speedy recovery, I asked why he had drafted the manifesto. His reply typified his sense of fun as

he said with a wry smile: "I'm the only one that can read and write!"



There might have been an element of truth in this off the cuff reply but, after much probing on my part, it was confirmed by John's successor, that although it was still council policy to reinstate the pier, this had been put on hold due to the national economic recession. This I can understand, but as the response to a recent Freedom of Information request confirmed, the current non-pier building on The Green

continues to be in breach of several deeds, covenants, bylaws, and planning policies. It follows from this that attaching a pier to the 'hangar' would solve nothing.

The current leader of West Norfolk Council is smart enough to realise this, so I will continue pressing him to comply with the 1955 Covenant, intended to protect the whole of The Green from permanent buildings of any description. Bernard le Strange imposed the Covenant for the benefit of the inhabitants and visitors of Hunstanton in June 1955, when ownership of The Green was transferred from the le Strange Estate to Hunstanton Urban District Council. Unfortunately, in February 1955 this body set a very bad example by granting planning permission for the widening of the Victorian Pier to be increased from 16 feet to 76 feet where it would overfly the new north promenade, which was not completed until May 1956.

Work on widening the pier did

not commence until the spring of 1957, which is why in the Ealing Comedy, "Barnacle Bill" - released by MGM as "All at Sea" - Alec Guinness had to enter "Sandcastle Pier" from the promenade via a flight of improvised steps. In an effort to retain what is left of my sanity, I cling on to the hope of turning the long running saga of Hunstanton's non pier into a sequel of Barnacle Bill.



It will be interesting to find out if Terry Parish is cast as one of several villains, or as the hero who helped to restore The Green to its former glory, with the pier as an optional extra...

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Borough Council News

Terry Parish, Leader of the Borough Council, Ward Councillor for Heacham Ward

Heacham, Sedgeford and Fring

Not a lot has moved during the wet month of February though, at the time of writing, we are not halfway through yet. In Heacham, the multiple concerns, appeals and planning applications surrounding the Fenway seem about to culminate in a public enquiry. 'About' being a flexible word as civilisations can rise and fall whilst such matters are pondered. The Cheney Hill reserved matters application edges closer to a planning committee. I suggest that all people with an interest get involved with this. At the other end of the village a small, proposed development opposite the old gatehouse to the park is causing local concern.

Beach recharging became a news article. I don't know why as it occurs every year. Investigations of the shingle ridge are, I think, about to start and it is recognised that work will have to be done to improve the secondary sea defences, the raised bund that has a footpath along it, inland from the ridge. The EA told me a while ago that that was their likely plan.

Complaints were received about the state of the A149 and Snettisham roundabout due to the build-up of sludgy Carstone mud on the road surface. This falls off vehicle wheels leaving the quarry. Regular use of a road scrubber seemed to have controlled this in the recent past. Anyway, County were told, and heavy rain seems to have done the rest. Wheel washing is really needed.

Currently, the flooding people should be concerned about is that caused by excessive rain. Heacham seems to have avoided major problems with the work that was carried on Station Road apparently coping.

Sedgeford hasn't had flooding either and, likely, the river Heacham has had a better flow. Conversations continue with the Environment Agency and Anglian water about what happens in the summer when the river is often in a bad way. The village hall continues to put on an excellent selection of plays and Community Infrastructure Levy (CIL) funding has enabled the hall to be an exceptional, green, venue. There has been a meeting to discuss the old school site between the Borough planning officers and the Parish Council. However, the site is in County control and a movement towards more or all affordable housing is, I believe, no further forward. It will be disappointing if the Parish Council's wish is not met. The site was a school and replacing it with homes that have a chance of being bought by local people seems fair to me. Sedgeford Neighbourhood Plan ensures that they can't be sold off as second homes or holiday lets.

Fring has had a flooding problem again. I have failed to visit so far but now have it in my diary for the middle of February. The defibrillator I mentioned in a previous issue is about to be fitted in the red 'phone box at the crossroads. Paid for by CIL and maintenance provided by the Fring Estate.

The Borough Council

It was National Apprenticeship week in February, and a gathering was held to celebrate our apprentices. An edited version of my official 'speech' below gives some details though the highlight was a 'video' of apprentices telling us how good the experience is. This was produced by an apprentice and will be used for promotional purposes at secondary schools and the college.

'110 people have taken Apprenticeships since we started the current scheme. We have 35 Apprentices at the moment, they work across our organisation including planning, accountancy, democratic services, Lily, tourism, communications and many more.

Not only do our Apprentices, benefit from learning new skills while on the job, the Borough, too, benefit from the knowledge and enthusiasm brought into the organisation.

Agreeing to be an apprentice takes commitment and I thank them for taking it on alongside the day work they do. Additionally, it takes commitment from our managers to give our Apprentices the time and support they need to undertake this additional learning.

As a council we encourage lifelong learning, and an apprenticeship is an excellent way of achieving career progression and motivation for



Our Apprentices play a vital role in the organisation, as do their managers who support them along their Apprenticeship journey.

individuals. We're proud of what they have achieved and what they bring to our organisation.'

I visited two health related sites, the NHS Kings Lynn Health Hub at South Lynn and Birch Tree House outside Downham Market run by Mind. The former is a new build and is currently at the fitting out and cladding stage. It has taken a few months as it is a smart modular construction. Very impressive and it will reduce pressure on the hospital services. I asked about building a hospital. This company could have a 500 bed hospital functioning in under 4 years and that includes a lead in time of 2 years (when they could start). Food for thought.

The Mind property is a large, new, open market house. No modifications have been needed and it should prove an excellent facility. They have three such properties and they are hoping for a fourth. This is the first one in West Norfolk and it will provide respite and support for up to four people for 5 nights.

The Budget has occupied much time. Criticism in newspapers began at the beginning of February and will no doubt continue until you read this. It may not have even happened as planned because it had to be passed at Council on the 22nd of Feb. There was an opportunity at a full joint panel meeting and, later, at Cabinet for any individual councillor or party to comment, criticise or offer changes to the proposed budget. Nothing of note was said though thanks were given for the clarity of the presentation by the appropriate officer.

The Borough Council of King's Lynn and West Norfolk has published its draft budget for the financial years up to 2027/28, which sets out its spending plans for the next four years in order to deliver its new corporate strategy.

Due to challenging financial conditions, the budget includes a number of measures to increase revenue income, such as a 10% rise in fees and charges. The proposed council tax increase is £5.

The reality is that the amount of money that the council needs to spend on services is more than the amount of money it gets in.

Councils have been underfunded in relation to the job they have been asked to do for a number of years. This council has managed using financial reserves that were set aside for this purpose. However, due to a combination of high inflation and increased demand for our services, these reserves will not last as long as had been forecast.

We are now looking at how we can increase our income and manage our spending to reach a balanced budget that delivers the priorities set out in our corporate strategy.

Where spending reductions could have implications for service provision, there will be a public consultation in the summer to ensure that any decisions are informed by the priorities of local people.

However, while these are challenging times, we also want to make sure that the people affected by increases in the cost of living are supported, which is why we proposed a rise in relief through the council tax support scheme to 100%. We also proposed widening the

criteria to include more working people. These proposals have been accepted by Council.

While financial pressures are common to many councils around the country, in West Norfolk and around 30 other councils nationally, there is an additional issue caused by the funding of the Internal Drainage Board (IDB), which comes out of the West Norfolk portion of council tax. The council is a founding member of a lobbying group that is asking the Government to address this. Around 29 councils were represented at a meeting in the Houses of Parliament hosted by MP Liz Truss. We await the results. And, if you watch Countryfile, you may see me walking along a muddy footpath in half a gale trying to answer questions about these charges.

In the meantime, the council is planning its current and future financial position and has taken actions to generate income while also reducing costs.

We have brought forward council tax on empty homes *(2024/25) and doubled council tax on second homes **(2025/26) – which it is also hoped will encourage people to live locally. These are some of the measures that form part of the council's cost management/income generation plan, which is being developed to support closing the budget gap.

The council will also continue to deliver its programme to address local housing need with ongoing delivery of new homes. These will be funded through a mixture of Government funds and self-funding loans.

*From this April we will be collecting additional council tax on properties which have been empty for 1 year rather than 2. This will raise £780K though the Borough will only get £50K and Parishes £30K. The bulk, £590K will go to NCC. Please lobby your County Cllrs and ask for a fairer distribution of money so it can be spent within West Norfolk.

**From April 2025, Council has agreed to double council tax on second homes. This will raise around £6.5M though the Borough will only get £0.44M and the Parishes £0.23M. Lobby your County Cllrs about that unreasonable allocation too.



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Princess Tea Party a great success

Searles Leisure Resort's Fountain Sports Bar was the venue for a Princess Tea Party on 27th January.

Meeting Cinderella and Rapunzel made the whole event magical and the little girls, their parents and grandparents enjoyed an afternoon tea with crown making and crafts that involved a lot of glitter, party dances and games, and a Princess Procession.

All the children were in fancy dress, and for some like three year old Alyssa, it was her first Princess event and she's pictured below.



A little glass of bubbly was enjoyed by mums during the crown making



Emelia and Clemmie take a break with mum Emma



Four-year-olds Penelope and Molly get busy with the felt pens



Cinderella and Rapunzel

News from the Woottons

Richard Coates

People Planning Power

Don't let anybody think that you can't beat the planners! North Wootton people have proved that you can. A recent planning application met with a lot of opposition from neighbours and, as a Ward Councillor, I'm allowed to "call in" planning applications for the Planning Committee to consider rather than they be dealt with by the planning staff who, in this case, would have granted permission.

This application was for a site in Little Carr Road with an existing bungalow on a lot of land. A builder wanted to put two extra properties on it once he cleared it of many trees growing there. However, two extra properties made it too tight and he reduced that to just one extra property. The removal of the trees saw the whole site become very waterlogged and that became an important issue, not helped by an adjacent natural spring. A footpath passes through one side of the site which became almost impassable with all the changes making it waterlogged.

The Planning Committee will hear just one person who opposes a planning application and one who supports it, each for three minutes. Ward Councillors get five minutes and this application had all those elements before the Committee got down to discussing it in detail which it did for over an hour before eventually deciding to refuse planning permission against, you'll remember, the advice of the planning staff. So that's 1 - nil in favour of the people!

Tattoo Studio

You may remember from last month's column that a planning application's been made for a tattoo studio and that application has also been "called-in" for the Planning Committee to consider, probably at its meeting on 4th March. Not only is it an unusual application, it's also in an unusual location for a tattoo studio so I decided to have a look at the property for myself and see how it would affect the neighbouring properties. It was all very predictable with the applicant showing me what little effect the change of use would have and the neighbours

fearing the worst in traffic, noise and effect on property values. I've researched other tattoo studios and I was surprised to find there are several in residential areas elsewhere in the Borough but they are difficult to find and there's no obvious publicity for them. I suspect that, if the Planning Committee grants consent, this one will become much the same and, rather than there being a stream of heavy metal bikers searching for the address as some neighbours seem to fear, this new business will struggle to have any customers most days. Having a business idea is one thing but, as many other new business owners will tell you, getting customers is quite another thing. Many new businesses aren't profitable and don't continue beyond the first year or two. At the planning committee, will Wootton people win on this one as well and make it 2 - nil? Or will the planners convince the planning committee to grant permission? I'll let you know, probably next month.

Wootton Property News

With the attention fixed on the big new housing estates, each providing hundreds of new houses in The Woottons, it's easy to forget they're not the only planned new housing here. There's small developments going on such as that at The House on the Green where the "high end" houses will be ready for sale later this year and small in-fill plots in the Grimston Road area where RTW Construction & Developments also has some land accessed between 144 & 150 Grimston Road. This provides a medium sized estate of 56 plots which, in the normal course of things, would receive quite a bit of attention but has been overshadowed by all the other developments going on in The Woottons at this time. Quite where all the buyers are going to come from I don't know but King's Lynn has had large influxes of incomers in the past so I suppose these property developers will advertise their houses well outside the immediate area and tell of the many advantages of living in The Woottons area.

Knights Hill Development

The fine detail may not all be finalised but the developers are pressing ahead with what



they can. They already have full permission for the temporary access to the site needed to build the new roundabout and they are about to make a start on clearing the vegetation along their side of Grimston Road so that surveying can be done for the new roundabout and bus stop areas. They're doing it now to avoid bird nesting season and catch the end of adder hibernation season. There's some mature trees that will be protected and there will be some replacement planting close to Grimston Road for the vegetation removed and that will be done early in the new development. We'll all be keeping a close eye on these works!

House on the Green Pub

This pub had stood empty for many years until a local entrepreneur bought it and is now developing the overgrown bowling green area that was at the back for the high end housing. Part of the planning conditions is that he must make plans to restore and market the pub and he's now pressing ahead with that. A planning application is now in which shows much needed modest extensions to the ground floor and an acoustic fence with 2m high hedgerow round two sides of the pub. I think many local people will see this not just as a restored North Wootton asset but as an improved one if it should come to fruition. I understand the owner is a very local man who has a feel for the area and the pub. He also has a determination to see through the complete renovation of the pub and see it restored to a good working standard. If that's done many local people will be able go out for a meal and walk home afterwards once more.

If you want to contact me about any Wootton issues, you can email cllr.richard.coates@west-norfolk.gov.uk.

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National Open Gardens

Gardens are Marching on into Spring

Julia Stafford Allen

March is an interesting time for garden visitors when the spring bulbs and early blossoms are beginning to bring colour into the garden. You can see how a garden prepares for its summer opening, and what better place to see this than at Hindringham Hall, nr Fakenham and also at East Ruston Old Vicarage which this year sees its 30th year of opening for the National Garden Scheme. At Mannington Hall there are some 20 acres for the visitor to explore, and at the private garden at Gayton Hall you will find a delightful watery landscape.

Sat 2nd March



Hindringham Hall, Blacksmith Lane, Hindringham, NR21 0QA (10.00-16.00) Adm £8, Child free.

Light refreshments inc hot soup and sausage rolls as well as teas, in aid of Hindringham Church.

Delightful garden which surrounds a moated Grade II Tudor Manor (not open). Working vegetable garden, Victorian nut walk, formal beds, bog and stream gardens. Wheelchair access. No dogs

Sat 16th March

East Ruston Old Vicarage, NR12 9HN (12.00-5.30) Adm £13, Child £2. Light Refreshments.

All year-round interest displayed in a variety of different types of garden which include walled, rose, fruit, vegetable, cutting mediterranean and exotic. Topiary and box parterres. Containers to die for, and rare and unusual plants abound in 32 acres. Wheelchair access. No dogs.

Sun 24th March



Gayton Hall, PE32 1PL (12 – 5.00) Adm £6, Child free. Home-made teas.

20 acres of semi-wild and wooded garden, where paths wind through a watery landscape. Good display of spring bulbs and a variety of unusual trees. Some wheelchair access. Dogs on leads.

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Hello from Hunstanton Croquet Club

Caroline Harper

Spring bulbs are bringing cheerful colour to the garden - that can only mean that a new croquet season is fast approaching! Hooray!

If your New Year resolution was to make new friends and take up a healthy pastime, then head our way for the perfect way to keep it! Explore our website - hunstantoncroquetclub.co.uk

Browse our FB page and comment or email if you have any questions - there is a contact page on the website.

Although there has been no play since October, there has been activity over the close season as some wonderful volunteers have been busy, mending, painting and clearing. Huge thanks to them all - especially those who put right



the damage caused by storm Isha.

The final push to be ready for opening will be on March 16, followed by hoop setting on March 21st. Then it is fingers crossed for good weather for the

first club afternoon on Monday 25th March - a little bit earlier than usual, but we can't wait to get back on the lawns.

Following the success of last year, we shall be running a 4-week introductory course to Golf Croquet for U3A members in April, so watch out for details of that. If any other groups would like to learn the basics, do get in touch. There will also be our annual free taster session on Wednesday 17th April. More details nearer the time.

We hope to see you at the club this season - new members are always welcome. You only need to possess flat-soled shoes or trainers, as, for your first season, a mallet is provided.



King's Lynn parkrunners gather for a very soggy 'Love West Norfolk' parkrun

Gary Walker

King's Lynn parkrunners gathered for their usual Saturday morning run, dedicated to celebrating 'Love West Norfolk' ahead of the launch day on the 14th February.

However, after a few heavy downfalls coupled with a high tide in the Ouse not allowing the Gaywood River drain as it usually would, The Walks had turned into a small lake making it necessary to vary the route of the run.

Fortunately, parkrun has a backup 5k route for such circumstances although this also required slight modification due to the nature of the flooding which was soon sorted out by the volunteer setup team.

Once the route had been marked, marshals positioned and the 325 runners who had gathered briefed as to the changes the run started and once again proved to be another successful morning with the sun shining and the temperatures better than they had been during the week.

Gary Walker, the King's Lynn parkrun event director said "having noted the tide times, with high tide coinciding with the start of parkrun, following really heavy rainfall during the week, I expected there to be a problem with flooding in the Walks although on arrival the water level was as high as I can remember and was still rising.

Fortunately, we are only concerned with a run and trying to keep the runners as dry as possible which it was largely possible to do with some tweaking to our backup route. We are very lucky here in King's Lynn, given the extent of real flooding in other parts of the country, where lots of parkruns had been cancelled. We are also very fortunate to have The Walks available to us despite the soggy conditions for our 'Love West Norfolk' run."



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KINGS HEAD NIGHT

It's 20 years this March....

That the Kings Head changed its name to The Orange Tree.

To celebrate our anniversary, we invite you to join us on the 8th March where we will be recreating some of the dishes of the menu from 1974, with a 2024 twist.

Isaac, Laurence and the kitchen team are busy working on a set menu, which will be revealed on the 21st February – keep an eye on our social media pages and website.

Booking for this event can only be arranged by phone or in-person.



Cliff Parade Open Bowls Tournament 2024

Cliff Parade Bowls Club will be hosting their annual Open tournament from Saturday, 29th June to Friday, 5th July. Now in its 44th year - the first being held in 1981 - the original organisers of Simon Beales, Harry Norman and Basil Johnson will have undoubtedly been proud of its ongoing success and popularity.

The event, which attracts players from across East Anglia and afar, is expected to be as big as ever this year. Classes include Men's Open Singles; Ladies Open Singles; Men's, Ladies and Mixed Pairs; Men's and Ladies Mixed Triples; Juniors Open. To apply please email Joe Murfitt at joe.murfitt@alivewestnorfolk.co.uk (closing date for entries is 1st April).

In anticipation of the new season, the club are also offering weekly open sessions for novice and experienced players alike, starting from 2pm on Monday, 6th May.



Heacham Bowls Club are also opening their doors, inviting new and old players down to their ground. Whether you are looking for a bit of camaraderie or serious competitive action, this local club has teams to meet everyone's expectation. They also offer weekly training sessions to the complete beginner. For more information, you can email ilevett1942@hotmail.com.

The main local leagues of North West Norfolk League, Countryside League, Bridges Three-wood League, Albert Victor League and



Brewery League, cover most evenings of the week to suit all diaries. All local clubs - Cliff Parade BC, Hunstanton BC, Heacham BC, Ingoldisthorpe BC, Sandringham BC, Searles BC and Snettisham Excelsior BC, South Creek BC, Anmer BC, Flitcham BC, Burnham Coronation BC, Docking BC - are represented, with teams ranging from the serious and competitive down to those who just want a social game. So if you are looking to take up bowls, pop down to your local club, it really is a great sport. Organiser, Kevin Johnson, is asking anyone interested in taking up bowls to contact him on 01485 541684. Kevin also looks after the Indoor Bowls at Alive Oasis in Hunstanton, which is celebrating its 40th year with a number of commemorative matches, starting with a game against the Norfolk President's team on 21st February.

Sporting corner with Tim Keogh

The Has Been

Ian Smith is a former international Scottish Rugby Union player. He was also a well-travelled Army dentist before he set up the Grange Dental Practice in Snettisham. He has already written one book about his Rugby career and is due to release a second about his travels in 2024. Ian has been giving Town & Around's Tim Keogh monthly insights into his fascinating life.

Politicians, cricketers, footballers, and rugby players all have one thing in common - it is only very rarely they get to choose when to retire, even if they have achieved some prominence. There are not many such as Winston Churchill, Alastair Cook, Gareth Edwards, to name but three very well-known names in politics and sport, who were lucky enough to choose to quit at the top level.

For most of us lesser lights and, in my case, quite a dim light, the end of the dream can come quite suddenly. I had been picked for Scotland in 1969 whilst playing for London Scottish 3rds, meaning our club captain - a lovely man called Gordon McDonald and also a previous Scotland full back - and I had to change teams. The reason being the club's first team ethos was always to pick 'current' internationals. To add insult to injury I did not play very well at the club much to their dismay.

Coming up to two years later, it was the spring of 1971, and I was riding high, playing for the Combined Services, Hampshire, the Army and London Scottish who were at that time considered to be one of the best club sides in England.

Everything was going just fine, until playing for Scotland in Paris against France, when I was late tackled, seriously damaging my shoulder, forcing me to leave the field. I came back to play far too quickly, making myself available to play Wales at Murrayfield as I was terrified of losing my place in the team. I looked like the Hunchback of Notre Dame in the team photo because of the heavy strapping on my shoulder. I spectacularly failed to prevent what proved to be the winning Welsh try scored by the legendary Gerald Davies, converted by John Taylor which won the match for them. It was described later 'as the greatest conversion since St Paul on the road to Damascus'.

Within a week, the Army and Combined Services captain, a good friend called Hamish Bryce, a fellow Scot, intimated that my position in those two teams was, as he put it 'somewhat less than secure'!

Sure enough within the space of a few days I was dropped by, firstly, the Combined Services followed by the Army. Finally, whilst on the touchline watching the Army, I was told by a former international that I had been left out of the Scotland team to play England at Twickenham!

To be dropped by three major teams including your country was bad enough. To rub further salt into the wound, later that night the phone

rang, and I said to my wife, that will be Alasdair Boyle the captain of London Scottish telling me I've been dropped. The conversation was brief but to the point, in fact what he said was, 'now you're not in the Scotland side you'll be playing for the seconds.'

I put the phone down and burst into tears! Although it was 53 years ago it's not a conversation you are likely to forget, as that really was the end of a dream.

When I turned up to play for the seconds on the Saturday, there were two very bad boisterous spectators who barracked me, shouting 'Smith you're a Has Been.'

At which point David McMillan, the captain, who could sense my distress, shouted at them, 'Better a has been than a never was!'. The two men left very suddenly, and David had immediately restored my self-esteem, something for which I was, and still am, extremely grateful.

In fact, that was not the end, not even the beginning of the end of my rugby career, but the end of the beginning, for I was to go on playing for another 10 years.

In addition, the great privilege of a life beyond rugby included living and working in Hong Kong, Brunei, Nepal, West Berlin and, finally, coming to live in West Norfolk. To say that I am happy about that is an understatement.



*Scotland v Wales photo:
Ian is in the back row, third from left*

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Sporting corner with Tim Keogh

Local Cricket Teams Gear Up for the New Season

Village cricket, so quintessentially English (and Welsh and Scottish!). There is nothing quite like enjoying a beverage or two whilst watching your local team on a balmy, sunny afternoon to the sound of willow on leather, echoing around a picturesque scene.

Although forms of cricket can be traced back to Saxon and Norman times, village cricket as we know it today emerged in the 17th Century with rules first codified in 1744. There is even a National Village Cup which attracts around 1,000 entries each year. Troon (South Ayrshire) won the inaugural event in 1972 whilst Milford Hall (West Midlands) defeated Leeds & Broomfield (Kent) in the 2023 final at Lords. Nowadays there are various forms of cricket, from Test Matches to limited overs formats, 20/20 and The Hundred. One might argue there are too many forms of cricket nowadays, but every form has its own audience, and each format is exciting in its own way. Local cricket tends to take the form of 40 over formats and performs an important function in the lives of local inhabitants, with the cricket club often seen as a hub of the local social scene. Many volunteers come together up and down the country, working tirelessly behind the scenes, to ensure that the village cricket tradition is maintained. It is also plays an important part in nurturing and developing young cricketers - it is believed over 40% of English first class cricketers today started out by playing for their local team. Of course, there are also the wonderful teas - sandwiches, cakes, scones and the like - to enjoy at the interval. As to the reason why cricketers historically wear white flannels - cricket is a Summer Sport, so it is purely to keep players cooler during matches (although, apparently, they also make the traditional red ball more visible). Initially, there were only two stumps, but after a 'Lumpy Stevens' bowled three consecutive balls to a 'John Small' that went straight through the two stumps, a third (middle) stump was introduced in 1775. One clever clog even once took to the crease with a bat wider than the stumps, which led to bat widths being regulated.

All local teams are now gearing up for the new season, with friendlies lined up and League matches starting in April.

The area's most Senior clubs - Bircham CC, Sandringham CC and Snettisham CC - will be participating in Division Two, Three and Four of the Norfolk Cricket Alliance League respectively. Thornham CC and Castle Rising CC will be performing in Division One (West) of the Norfolk Cricket League (NCL). All club 2nd XI's are also in the NCL.

Thornham CC are delighted to announce a new club sponsor, Norfolk WiFi, in a two year deal. The club have benefitted from the tie up with new kits and assistance in future ground developments. They have also recruited a Senior Head of Cricket in Paul Edgellar. Teacher and Thornham CC Development Officer, Jim Clarke, has already launched junior training sessions on Monday evenings from 6pm. Thornham have three junior teams - U9's, U11's and U13's. Jim



is familiar with bringing cricket to the local community, including Primary School taster sessions, in Middlesex and the Norwich area, and is hoping to embrace the same ethos in West Norfolk. He is keen to re-iterate, "we cater for any age, boy or girl, from all social and ethnic backgrounds". Any Primary Schools or parents keen to tap into this can contact Jim on 07885 995414.

One team surely looking to make amends after missing out on promotion by a whisper last season are Sandringham CC, who lost out on the final day. They will continue a link up with Dersingham, fielding a team in Division Four of the NCL, aimed at nurturing youth players. The U9's and U11's both reached County Finals last season and the club are keen to maintain the momentum, fielding an U15's team this year as well. Training takes place on Friday evenings. They are also aiming to follow Snettisham CC's initiative by fielding Ladies & Girls teams in 2024. For more information about the Junior and Ladies teams please contact Damon Hudson on 07931 307220 (Juniors) or Ady Nicol on 07801 584629 (Ladies/Girls). Town & Around will be running a feature on local Junior and Ladies cricket next month.

Sandringham CC spokesperson, Andy Walder, said, "we have put last year's disappointment behind us and hope to go one step further this year, we are all really looking forward to the season."

Who knows, even King Charles may pop down to cheer on his local club whilst enjoying a beverage as he convalesces on the Sandringham Estate.

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QUESTION: Of all the teams to have ever won the English League Cup (presently known as the Carabao Cup) since it began in 1961, who are presently the lowest ranked in the English football ladder system?

ANSWERS TO: editor@townandaround.net or by post to:
The Editor, Town & Around, 18 Tapping Close, Snettisham PE31 7FF

Please note we do not accept entries via any social media channels or text message. CLOSING DATE: 15th March 2024.

Last month's question was: The first penalty shootout in professional football in England took place in 1970. Who has the unenviable accolade for being the first to miss?

The answer was Denis Law. Once again we received a lot of correct entries this month and the winner, picked at random, is Amanda Page.

Afternoon Tea



The winner of the January competition about the Austrian Open was Marilyn Prew, and here she is enjoying her prize at Berni Beans.



Peter Gohegan Mr Bun



Peter Gohegan runs Mr Bun The Baker in Hunstanton High Street alongside his daughter Sophie. Before relocating to Norfolk seventeen years ago, Peter ran bakeries in Isleworth, Whitton and Hounslow with the help of his mother, Betty, and father, John. Mr Bun The Baker serves a wide variety of bread, cakes and savouries (including afternoon tea and celebration cakes on a made to order basis).

Name: Peter Gohegan

Age: 62

Star Sign: Virgo

Where born: Isleworth, Middlesex

Occupation: Baker

A Cats or dogs person: Dogs. I have two Shih Tzu's called Bella and Phoebe

Funniest memory: Many years ago Gordon Brown came to church, he thought I was the vicar

Hobbies/interests: DIY and Church

Best memory: Being on holiday with Joe Pasquale in Great Yarmouth

Favourite band/singer: Diana Ross

Favourite Film: Thunderbirds

Favourite Food: Steak

Favourite drink: Lemonade with blackcurrant

Favourite bakery treat: A Bakewell tart with a glass of milk on the side

Favourite holiday destination: Anywhere that has a lot of history behind it. A few years ago my son Tyler took me to Kraków.

Fun fact: I have been working at a bakery since the age of 13. I remember the national bread strikes in the seventies very well.

Three items for a desert island: Rope, a knife and a terrys chocolate orange

Worst Habit: Falling asleep sitting up...anywhere

Pet hate: When my darling daughter Sophie moves my bakery equipment

Biggest achievement in life: My children

Best advice ever given: School is the best days of your life

Like to live forever: No

(Photo shows Peter and his daughter Sophie many years ago)

Donate your preloved items to support The Norfolk Hospice Tapping House

The Norfolk Hospice Tapping House supports 1,500 patients and 4,500 family members in and around West and North Norfolk. We provide rehabilitative therapies, a 9 bedded inpatient unit, Hospice at Home services and bereavement and support services. We only receive around 30% of the income required to run these services from the NHS with the remainder funded through charitable activities.



Our eight charity retail shops provide an important contribution in raising much needed income for the Hospice. In addition to our more traditional charity shops in Fakenham, Hunstanton, Snettisham, Swaffham, Downham Market and King's Lynn, we have two superstores, one in Wisbech and one in King's Lynn. As well as selling everything you would expect in a charity shop our superstores also have large furniture and electrical departments selling everything from beds to tables to fridges and sofas and much more.

All donations directly support the Hospice's work and helps us provide care to people in our community. Those that donate their preloved items have comfort knowing that they are supporting us to deliver the compassionate and personalised care we pride ourselves on.

Our experienced and dedicated warehouse team operate three Luton vans and collect furniture free of charge. Each van operates with two trained and uniformed staff members, who make the process of furniture removal as easy as possible whilst treating every home with the utmost respect, reflecting the Hospice's values.

To fulfil the demand for furniture in our stores we also provide an efficient, sympathetic and professional full or part-house clearance service. As we are a small local team we are able to tailor our service to individual requirements. We provide a free no obligation, home visit quote from our friendly staff.

We do all we can to fit our furniture collection and house clearance services around our customers' needs. Often we liaise with customers from outside the county who need support with clearing a family

member's home. We take great pride in the service we provide and do all that we can to exceed customer expectations. In addition to house clearances, we also offer a collection and clearance services to businesses.

Another valuable source of income to the Hospice is our growing eBay shop. This platform gives us the opportunity to reach across the country and even worldwide, those potential customers who are looking for those hard to find or rare items. Specialist furniture and usual items can be found on our eBay shop <https://www.ebay.co.uk/str/norfolkhospice>.

We do all we can to prevent items we cannot sell going to landfill so we use well-established specialist recycling companies for items that are unsaleable. This increases our income as well as having a positive impact on the environment. Where possible we continue the life of every item donated to us by doing all we can to find a new appreciative owner.

If you would like to support The Norfolk Hospice Tapping House by donating furniture or booking a house clearance please contact us on 01553 767752 or book through our website - <https://www.norfolkhospice.org.uk>.

Organised by Dersingham Fundraising Volunteers in aid of

THE NORFOLK HOSPICE TAPPING HOUSE

**LOOKING BACK
and
DROPPING NAMES -
A TALK BY ACTOR
ANDREW JARVIS**

A personal history of recollections,
reminiscences and anecdotes from the
professional actor over a career of 55 years.

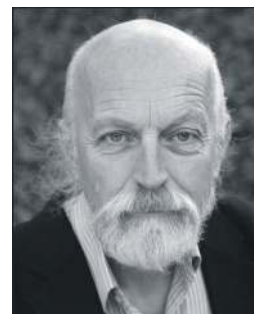
Andrew predominantly worked in theatre and has performed with the Royal Shakespeare Company, the English Shakespeare Company and The National Theatre. He has also worked in films, television, radio, commercials and voiceovers.

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Afternoon Tea

Dersingham
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24th March
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2.30pm

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Born in Norwich, Andrew Jarvis spent ten years with the RSC, five years with the ESC, appeared many times in the West End and in two seasons at the National Theatre.

Over the past twenty years he has also worked continuously in Drama Schools across the UK as a Teacher and Director.

He is represented by Jo Hole Associates.

Picture credit: Jo Hole Associates

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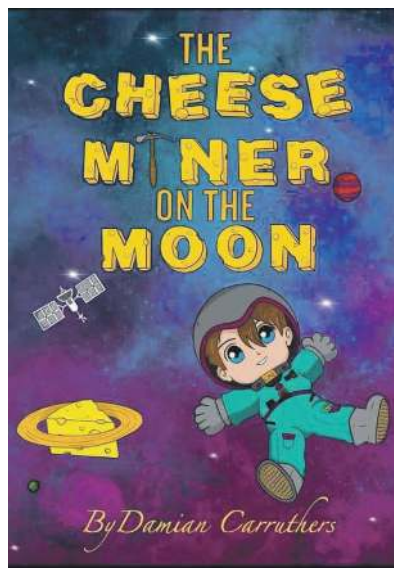
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Local Author Signs U.S Publishing Deal

I am a children's author and have a book "The Cheese Miner On The Moon" - I live in Hunstanton and have been touring the book over the UK at venues & doing book signings at NEC Birmingham amongst others. The audio book was also played on BBC Radio over 4 weeks on Saturday nights.

I've also done a lot of local events with it and it is for sale in *by the book* in Hunstanton.



I have just signed with a U.S based publisher - Get it Write Publishing for US distribution. This means the publisher will be getting the book in shops all over US and hopefully generating plenty of sales, then we are looking at getting over there and doing some in store book signings in 2025.

Damian Carruthers
damiancarruthers80@gmail.com



by the book



*invites you to join us at Petals Tearoom, Dersingham
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What's Gone is Gone!

Unlike modelling where clay is added and removed until you are happy with the work, it isn't possible to put bits back onto a carved stone. What's gone is gone!

This seems like something that is daunting, but it needn't be. Stone carving is a lot like life. Each stone is a challenge. It has its own character and leads to a new aesthetic statement. Through an intensive dialogue with the stone while working with it, it's possible to bring out what is hidden within.

While studying sculpture, I worked mainly figuratively in clay. In 1998, I attended an extensive 2-week marble carving course in Carrara, Italy. It was the end of August and very hot. It was inspiring because the group was made up of artists and because the course was held in the mountains a 20-minute walk outside the town. Then there was the stone. There was marble everywhere. What better way to begin this part of my journey than in the very mountains Michelangelo walked over 400 years ago to find the right stone. (Well, it could be that his actual mountain is gone. Through the marble trade, mountains were systematically taken down. At one point, the Italian government decided that the panorama could no longer be destroyed. Now, the mountains are literally hollowed out.)

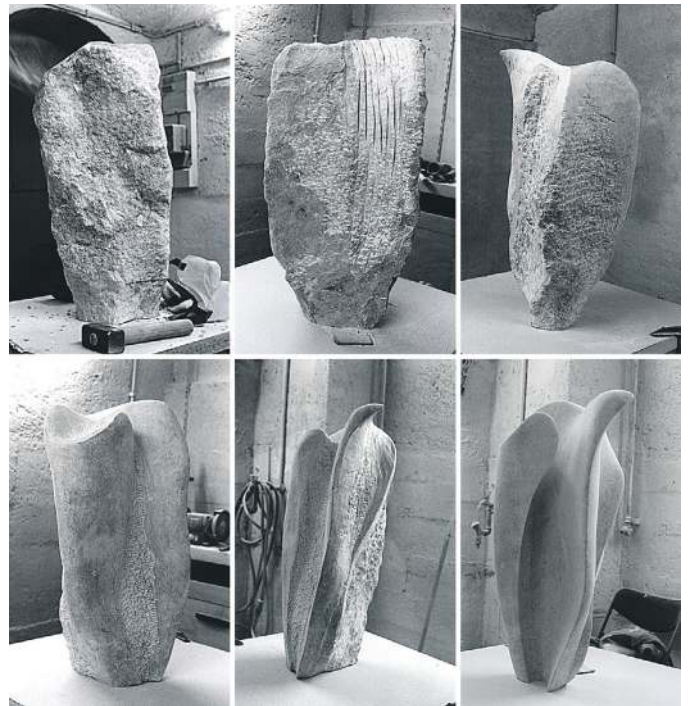
So, these conditions made the perfect working environment. Where to start?!



My first stone. Come to my studio to see what's come of it.

Visions in Stone

So, how is it possible to bring a form out of a raw stone? That is perhaps the most fundamental question when starting a stone carving. The simple answer is that you have to find your way. With my first stone in Carrara, I tried to envisage what was contained within the stone very much like the Canadian Inuit. There are plenty of clues if you have a rough piece rather than a block.



Evolution of a sculpture

We used the same traditional tools as Michelangelo did, refining as we went along. Many people I have encountered have remarked that I must have incredible patience ó not true. Rather, it is exciting to watch the form emerge and refine while bringing out what becomes the final sculpture.

Dinah Andersen, an Inuit artist and now friend I met in Carrara says, "We, the Inuit are known for having a vision when working with stone. For instance, I can look at a piece of raw material and 'see' something in it. True or False?? Most Inuit will agree. I look at pieces, see 'possibilities,' but sometimes, it does not want to be what I envisioned. The end result speaks for itself."

Everything is open!

For beginners, soapstone is a wonderful material. It's softer than marble and comes in a variety of colours.

If you would like to explore working with stone please contact me:

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Kings Lynn Charity Supper - Pavilion Fund

Stuart Dark



The Snettisham Memorial Pavilion fund have organised a charity supper at King's Lynn Town Hall on Friday the 8th March to help raising the significant funds needed to restore the community pavilion that's 1 of only 63 out of 90k registered war memorials in the country to have a year round community purpose.

The Pavilion was completed and consecrated in 1949 to honour local WW2 fallen, with all funds raised by locals and built by returning veterans and young people and tradesmen (giving their time for free).

Due to the rarity of the building and significance of the project the Lord Lieutenant of Norfolk is our patron.

The event promises to be a good one, including;

- Drinks reception hosted by the LL and Mayor
- 3 course meal
- Honour guard by the RAF Cadet Squadron
- After Dinner Speech by the General Lord Dannatt (ex-head of the British Army)
- Entertainment by the acclaimed Nelson's Shantymen

All this for £50 per person. We have now raised £223K, with a number of further grants submitted.

We are beginning to plan some more community focused fundraisers as well, including another Barn Dance in July that last year had over 260 adults and children at it, car boot events and a couple of fundraising bingo/quiz nights etc in the pipeline.

However the first and biggest of these is

on Friday the 8th March and tickets are now on sale.

To purchase tickets please send your name and address (including post code) and email with the number of tickets you wish to order to: events@snettisham.org.uk

Also, transfer payment to the Memorial Pavilion Fund's charity bank account, A/c name : Snettisham Memorial Hall sort code: 20-46-65, account number: 73041638. Reference SUPPER 'Your Surname', to allow cross referencing. Your tickets will be sent to you by post.

Snettisham Memorial Pavilion Fund

SUPPER MENU

STARTER

Prawn and Crayfish Cocktail

Mushrooms & Bacon in a Stilton, Cream & Garlic Sauce, served on a Large Crispy Crouton

Melon Peels serviced with Raspberry Coulis (V)

MAIN COURSE

Caprese Stuffed Chicken Breast, wrapped in Prosciutto with a Tomato & Balsamic Reduction, New Potatoes, Green Beans & Peas

Minted Lamb Steaks with a Redcurrant Jus, New Potatoes & Green Beans

Caramelised Onion & Goat's Cheese Tart (V)

DESSERT

Vanilla Panna Cotta & Fruit Compote & Shortbread

Sticky Toffee Pudding



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King's Lynn Festival Chorus presents Brahms Requiem

Brahms himself wrote that his Requiem served to comfort the living, not the souls of the dead. Consequently Brahms' most substantial choral work focuses on faith in the Resurrection rather than fear of the Day of Judgement. In performing Brahms' own version of the work for chorus and piano duet, King's Lynn Festival Chorus is delighted to once again be joined by musicians of international renown; BBC Radio 3 New Generation Artist Michael Pandya with piano duet partner Lana Bode, and soloists Felix Kemp, baritone, and Bethany Horak-Hallett, mezzo soprano.

Alongside this cornerstone of the choral repertoire, Bethany Horak-Hallett performs Elgar's inimitable Sea Pictures. Composed by Elgar in 1894 at his own Broadwood square piano, the settings of five poems were originally written for soprano and piano and often performed in this version by Elgar himself. Bethany is joined in this performance with piano accompaniment by KLFC's own Music Director, Ben Horden.

This concert is kindly supported by the Elgar Society.

Saturday 13 April 2024, 7pm

King's Lynn Minster

King's Lynn Festival Chorus

Bethany Horak-Hallett Mezzo soprano

Felix Kemp Baritone

Michael Pandya and Lana Bode Piano

Ben Horden Conductor/Piano

Johannes Brahms Ein Deutsches Requiem, Op. 45

Edward Elgar Sea Pictures, Op. 37

Hunstanton & District Festival of Arts

You are cordially invited to attend the Annual General Meeting of the Hunstanton & District Festival of Arts also known as Festival 3 by the

Sea on Wednesday March 6th at 7pm.

The venue is the Conservative Club Meetings room, High Street, Hunstanton.

Here the Committee for the following year 2024 – 2025 will be elected by public vote. If you would like to stand for election, please let the current Secretary know and you will be sent an application form.

We also have a friends group that helps with our various Music, dance, drama, and Art events. Membership is free and open to all. New ideas very welcome. An active interest or expertise in any of the Art forms would be useful.

Positions: Chairperson, Treasurer, Secretary, General Committee members.

The HDFA is a registered charity which has been in existence for over 80 years. The HDFA is an independent organisation funded by Kings Lynn Borough Council and Hunstanton Town Council.

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www.facebook.com/deborah.sedgwick.1

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The Wash - An unusual and innovative exhibition on the theme of laundry

Propping up the laundry outside in some light sunshine and possibly a breeze is for many people a sign that Spring has arrived. This April, a Norfolk Artist marks the occasion with a solo show of her paintings which are based upon laundry. 'THE WASH' exhibition is at the Custom House in King's Lynn from 1st-14th April. Photorealistic oil paintings, installations of painterly prayer flags and some designer laundry line props will all be on display. (Open 10-4pm everyday) For further information visit: www.zeborah.blog



Music from David Young - Solosaxclarinet

David Young provides unique musical entertainment on clarinet, tenor saxophone and wind synthesiser. The instruments are accompanied by pre-recorded musicians and covers all tastes from jazz standards, film/show music, Latin (cha cha, samba, bossa nova), ballroom and upbeat pop music from several decades.

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More information on www.solosaxclarinet.com



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The 10 best fish and chip shops in the UK



Fishers, Hunstanton

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)



www.fishershunstanton.co.uk

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MORE ART FOR MORE PEOPLE

Lesley Nadel - North West Norfolk Arts Society

On Monday 11th March 2024 at Sedgeford Village Hall at 2:00 pm, The Arts Society (North West Norfolk) guest speaker will be Stuart Harvey, coming from his home in Rome to tell us about The Treasures of the Borghese Gallery. This is one of Rome's most prized attractions, showcasing an incredible collection of ancient sculpture and Renaissance art amassed by Scipione Borghese in the early 1600s and a testament to the city's everlasting legacy as a centre of arts and culture. Art is for everyone and Stuart Harvey, who is also a full-time Rome tourist guide, is a lively and entertaining speaker.

Scipione Borghese was the nephew of Pope Paul V, a Cardinal with wealth and privilege, but many of us collect art and for a variety of reasons. Obviously, we like to decorate our homes, but the purchase is not just for decorative reasons – we are investing in a visual story, essentially a part of the artist's life and experience that inspired the creation of the work. We will buy art that reflects our own heritage from artists that may have similar backgrounds to our own. When we collect a limited edition of a well-known artist, we may be claiming a right to some of the artist's history.

Collecting art with passion can lead to community fellowship with other dedicated collectors and this strengthens the art industry. Getting together with fellow enthusiasts to discuss the artists, artistic styles and what's new can play a major role in how collections are developed. Here the focus is on 'real' collectors, the passionate ones, not those only interested in maximising profits or avoiding paying tax. They are often skilled researchers, they know who owns what, and to find something previously undiscovered can be an incomparable thrill.

Collectors and dealers play important roles in the art market. They pay close attention to all the changes and if they are a major collector/dealer, they will be aware of all the new things needed to stay a leader and not to be overtaken by another collector. Their knowledge and influence can decide whether that artist and artwork will have a place in the market. The collector's support and influence have a role in determining the artist's future. They may decide the value of an artwork, and they can operate in a similar way to art critics in deciding whether the artist will gain interest and recognition.

".... the true collector's only home is his own museum." (Orhan Pamuk.) Great collectors can be very secretive about their artworks, but many have a desire to share, like Francois Pinault, the French billionaire, who is quoted as saying, "The desire to possess – born at the moment I first came into contact with art – has been transformed into a profound need to share." Museums have been major beneficiaries of some of the world's prestigious art collections and some of the most modest. Many collections in American museums have been gifts from private donors. Recently, contemporary artworks have been bought in such large quantities by the super-rich that new private museums are being built. Rather than just leave their extensive collections in storage they are choosing to share them with the public in these new 'ego-seums'.

Future generations are often the perfect beneficiaries of all the time and hard work collectors have spent in building collections and the



Have you always wanted to learn more about the arts?

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financial rewards may be substantial. They may go on to develop their own collection and become even more famous than the originator.

If you want to learn more about art, now is a good time. We invite you to come as our guest for £5 to one of our meetings and explore how much art may benefit you. Or you can join as an annual member for £45 (or less when joining later in the year) and enjoy a range of benefits - nine monthly talks which cover a wide range of subjects; trips and tours in the UK and abroad; interesting study days; regular newsletters and magazines; and a warm welcome from a very friendly society. www.theartssocietynorthwestnorfolk.org.uk

Police and Crime Commissioner

Mick Ford

Whilst reading Jo Rust's article in Town and Around I was reminded that very soon the new annual community charge precept will be announced. I sincerely hope, that others like me will object when the Police And Crime commissioner requests an above average rate increase as he has done year after year, with no visible effect upon policing in our area.

It is in my view outrageous that despite this annual increase we never see a policeman on foot other than when Members of the Royal family are here. At those times we see dozens of police on foot directing traffic etc. We live just three hundred yards from a police station and again never see a policeman on foot.

We are given to understand that protocols around attending 999 calls to mentally ill people are under scrutiny due to a very unfortunate incident where an entire family were killed despite phone calls requesting attendance. Whilst we cannot discuss details due to an ongoing enquiry, it is doubly concerning that Mental Health is such a low priority. In my many years as a mental Health Social Worker I had found a police response very helpful and timely. Not any more it seems? So exactly where is the increase in funding going?

Hopefully not to increase the police and crime commissioners Salary?



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The King's Lynn Community Cinema Club is an independent, not-for-profit, organisation for all film enthusiasts in the area. We aim to show a varied programme of films which reflect the tastes and interests of our members. In addition, we organise a variety of social events and informal, illustrated talks on cinema related topics.

Films are screened at the historic St. George's Guildhall, King Street, usually on the second Thursday of the month at 7.30pm. We programme two seasons a year, May-October and November-April, screening at least one film per month. Individual members pay a subscription of £17 for a season of films or if you join more than half-way through a season the fee is £10.

New members are always welcome or you can come along to any film as day members paying £5 on the door.

On Thursday 14th March 7.30pm we screen *Scrapper*, a Drama Comedy (2023) — Cert 12 directed by Charlotte Regan.

The cast includes – Lola Campbell, Alin Uzun, Cary Crankson, Harris Dickinson.

This vibrant and inventive father-daughter



comedy follows Georgie (Lola Campbell), a resourceful 12-year-old girl who secretly lives alone in her flat in a working class suburb of London following the death of her mother. She makes money stealing bikes with her best friend Ali (Alin Uzun) and keeps the social workers off her back by pretending to live with an uncle. Out of nowhere, her estranged father Jason (Harris Dickinson; *Triangle of Sadness*, *Beach Rats*) arrives and forces her to confront reality. Uninterested in this sudden new parental figure, Georgie is stubbornly resistant to his efforts. As they adjust to their

new circumstances, Georgie and Jason find that they both still have a lot of growing up to do. Winner of a Grand Jury Prize at the Sundance Film Festival, *Scrapper* is full of spirit, humour, and formal inventiveness that sets it apart from much of British working-class cinema. Dickinson and remarkable newcomer Campbell imbue irresistible charm into this moving and frequently hilarious story of two emotionally tangled people: a grieving kid thrust into adulthood and a father in over his head.



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Hunstanton & District Rotary Club

On the 11th of January, Rotarians from Hunstanton & District Rotary Club entertained over 45 former members of the Friday Club and Day Centre at the United Services Social Club.

They were provided with a delicious two course meal cooked by Trevor of Deweys and entertained by Jammin Joe who got everyone singing. A fantastic day was had by all.



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Norfolk businesses exceed target in Nelson's Journey's 25th birthday campaign

Bereaved children in Norfolk have more support this year thanks to the efforts of a group of businesses in the county.



To mark its 25th birthday, Nelson's Journey sought firms to back its "NJ25" campaign with the aim of collectively raising £25,000 to provide the funds for a full-time Child Bereavement Support Worker in the county.

The campaign was so successful that the final amount raised was more than £33,000, nearly a third more than the target.

In taking on the challenge the firms involved really went the extra mile, with some creative fundraising taking place such as Wensum Print's football tournament, the Nelson Cup, Rosedale Funeral Home's "Come Dine With Me" experience and Jaya Dance's Bollywood workshops, among many more.

Those who took part in the NJ25 campaign were recently invited to Nelson's Journey's Smiles House HQ to receive a special memento recognising their efforts.

Simon Wright, Chief Executive of Nelson's Journey, said: "The money raised by local businesses over the last year will have a huge impact for bereaved children and young people in Norfolk."

"Nelson's Journey's services are not paid for by large government contracts, and without the fundraising support of local people and organisations we simply wouldn't exist."

"We are so grateful to those businesses who celebrated our 25th birthday with us by going above and beyond with their fundraising efforts so that we can continue to invest in and develop the support available to local families."

Chris Spinks, Managing Director of Westcotec, one of the businesses taking part, said: "Westcotec have been super proud to be part of the NJ25 campaign through 2023."

"We have supported the charity for several years now and we never cease to be amazed by the fantastic work the team do in supporting the bereaved children of Norfolk."

"Westcotec has sponsored Nelson's Journey events for a while now, but a few of the team really pushed the boundaries for NJ25 and completed a skydive raising over £2000 for the campaign."

Businesses who took part in the NJ25 campaign include: Westcotec, Hilltop Outdoor Centre, Jaya Dance, Clevertouch, Rosedale Funeral Homes, DHL supply chain, Signs Express, Earlham Crematorium, SLM Toyota, The Goat Shed, Norfolk Paddleboards, KPMG, Leathes Prior and Wensum Print, Bluespace.

News from Thornham's BagLadies



Since 2006 The BagLadies of Thornham have been busy sewing, knitting, making jam and marmalade to raise funds for Thornham village projects. So far we have raised £93,000 and have supported Thornham Village Hall and Playing field, the children's play area, All Saints' church, the cricket team, Bowling Club and The Jubilee Meadow. A Jubilee oak will be planted soon on the meadow plus a picnic table for all to enjoy.

We aren't getting any younger, our number of members is declining and this year we are



trying very hard to reach a fundraising target of £100,000 by the end of the year...and retire! a tall order!

So, we need your help. We will be holding a Coffee Morning on Saturday, March 23rd at Thornham Village Hall from 10am to 1pm when you can enjoy some delicious homemade cakes and sausage rolls.

Our traditional jams and marmalades will be on sale plus some of our Easter items.

Over the years people have been very generous in donating unwanted material. Unfortunately, we haven't been able to use it all so there will be a sale of surplus material....great for those sewing projects!

There will also be two or three other stallholders.

Please come along to support us and help us reach our fundraising target!

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1953 Floods Remembered

John Maiden

At 10.30 am on Wednesday January 31st Town Mayor, Michael Ruston welcomed a group of invited guests to a short commemoration of the 1953 Floods, held at the memorial on Reis Leming Way. It was a lowkey affair, compared with last year, when the 70th anniversary drew in people from as far away as the United States: including Alex Kilpatrick, the son of USAF Sergeant Freeman A Kilpatrick, who was awarded the George Medal in 1953, along with the better known hero of the Floods, USAF Airman Reis Leming.

In his remarks the Mayor reminded the assembled gathering that 71 years ago, the day had probably started out, "much like today", with no indication that it would end in a disaster, described as the worst to occur in peace time. He then went on to describe what it must have been like for those living in flimsy dwellings when the tidal surge broke through sea defences, leaving a trail of death and destruction in its wake.

The Mayor concluded by pointing out that 31 people lost their lives in Hunstanton that evening, 15 local people and 16 American family members who were living off base in wooden homes "but the death toll could have been a lot higher if it were not for the brave emergency services, voluntary organisations, churches and a number of individuals, including volunteer rescuers from the USAF 67th Air Rescue Squadron stationed at RAF Sculthorpe who came to the aid of the stranded people. I would like you to have a moment's silence to thank those who risked their own lives to save others, and pay tribute to, and remember those 31 souls who sadly lost their lives that night." The Reverend James Monroe added a few words and gave the blessing.

In recognition of the vital role played by USAF personnel 71 years ago, Hunstanton Town Council had invited Lt Col Michael Bien, Commander of the 67th (now renamed the 67th Special Operations Squadron and based at RAF Mildenhall) to send representatives to the event. He responded by sending four uniformed members of his Squadron and regretted the fact that he was unable to attend in person.

Photos: Ian Burt



67th Special Operations Squadron. From left - SrA Srey Nich Kong, AIC Melissa Pham, Capt Elizabeth Farber & TSgt Justin Amburgey

Wreaths were laid by Bill Cuncliffe and Hunstanton Mayor Michael Ruston



The service was led by Rev'd James Monroe



Brancaster School news

As usual, we are busy, busy, busy at Brancaster Primary Academy!

Samphire Class have been enjoying using our new Micro:bits and have done all sorts of things with them, such as creating our own step counters; programming them to show different images when we press certain buttons or shake them; and using them to play 'Rock-Paper-Scissors'. KS2 have been learning about the Anglo-Saxons and were astounded when we looked at maps and found just how many places there are today which were Anglo-Saxon settlements around 1500 years ago. There are so many towns and villages around with names which include endings that suggest there were settlements there, such as Sedgeford, Dersingham, Hunstanton and Fakenham - and we had no idea!

Thrift class took part in the RSPB Big Garden Birdwatch last Friday, making their own homemade bird feed to encourage more birds to visit our school. Both classes will be participating in the NSPCC's Number Day on Friday 2nd February. We have some fascinating Maths puzzles and challenges lined up for all the children which aim to generate excitement around Maths.

Today we learnt about Candlemas, which is celebrated on 2nd February, and some of the traditions surrounding this time of year in the Christian calendar. Did you know that in France they celebrate by eating crepes, which are like pancakes, and in Peru the celebrations last for two whole weeks? Lots of us would like to go there so we get two pancake days this year! We also found out that there is an old English rhyme which says that the weather on Candlemas Day will predict what the weather will be like for the next six weeks. If it is sunny and bright on Candlemas Day, there might be more cold and wintery weather to come - maybe even snow. But if it is wet and cloudy that might mean that the next few weeks will be sunny and mild. Quite a lot of us are still hoping for snow this year and so would like it to be sunny and bright on 2nd February!

Sadly we said goodbye to Mrs Kaye, who has been helping us out in the school office. She has done a great job and we are sad to see her go. But we do get to welcome our very own Doctor B, who some of you may know from helping with readers in Thrift class, who will be taking over from Mrs Kaye.

Finally, we would like to say a big THANK YOU to Drove Orchards, who are very kindly donating a lovely box of fruit every week to top up the Government fruit for Thrift Class, and to make sure Samphire children also get a fruit snack at playtime. We are all very grateful - and incredibly impressed at the size of some of the apples!



GLEBE HOUSE SCHOOL & NURSERY UPDATE

Following the festive break, we were excited to get back and jump straight into a busy Spring Term. Despite a rather wet start to the month, we enjoyed trips out, inter house sports events, and some great hands-on fun learning in the classroom. Please read on to learn more!

Out & About

Division II – Lynn Museum

Division II had a fantastic trip to King's Lynn Museum to learn more about the story 'The Tiger Who Came to Tea'. They learnt all about author Judith Kerr's life and what it was like for her fleeing Germany with her family, settling in England and living through World War II. They also learnt about Tigers and got to meet and sketch Horace, the resident Tiger (who is actually a girl despite the name!) But the most fun was had dressing up as the characters from the book and re-enacting scenes from the story in a specially designed set.



Division III – Norwich Castle

Division III had a fabulous trip to Norwich Castle where they took part in an Ancient Civilisations' workshop. They explored four key achievements of ancient civilisations (Farming, Writing, Building and Philosophy) through fun and thought-provoking tasks.

They worked in teams to create an arch, had a go at writing like ancient Sumerians and had a philosophical debate over a crisp packet! Of course, they didn't miss a trip through the Natural History gallery too. A great day was had by all!

See photo on page 73.

In The Classroom



Our Reception children have been learning about winter during their topic time this half term. They took full advantage of the very cold weather mid-January and left an Arctic small world set up outside overnight to see what would happen. The children loved helping the animals to escape the ice and making 'icebergs' for them to float around on!

Before the Christmas holidays some of the Pre Prep children took part in a Perfect Pets competition. During their Wellness afternoon one Friday they were asked to design an imaginative animal which they would like as a pet. The children had lots of fantastic ideas! We are really pleased to announce that all the children had their designs selected for the national publication. Congratulations to all involved.

The artistic theme continued into Prep too. A new year, a new challenge, a new habit was the thought behind Mrs Hipwell's 12-day Sketching Challenge set for Prep on their return to school. Sketching consecutively for 12 days introduced benefits of relaxation, expression and mindfulness. When the sketch books were returned, there were some excellent pieces of art for the staff to enjoy!

Inter-house Football

We enjoyed our first inter-house sports event of the Spring Term, Football! All our pupils, both boys and girls, from Divisions III to VIII took part in this fun afternoon of sport, promoting teamwork and House collaboration, as well as providing much fun. It may have been a cold and damp afternoon, but there was an air full of true team spirit and support. With parents cheering their house on it was a nice event to end the first week back. We've now got to wait until the end of term for the results!

Co-Curricular Programme



Our new Head, Mr Stewart, was keen to introduce a more comprehensive co-curricular programme to enhance the learning experience for our pupils. Last term Prep saw their offering expand and this term Pre Prep have a whole new programme to enjoy. The engagement and support from our families have been fantastic, with the children throwing themselves wholeheartedly into new experiences. Clubs being enjoyed this term include debating, STEAM, stitching, table tennis, performance poetry, cooking and roller hockey.



Nursery

At Nursery we welcomed back all the children after their lovely Christmas break and they all had stories to share about the festive season, including visits to Santa and time spent with loved ones! We have also been busy welcoming new children to the Glebe family with lots of settling in visits taking place, especially in our 0-2 room.

As always the Nursery is a hive of activity and the children have enjoyed participating in many fun activities including dancing, painting, exploring the outdoor learning area and sensory play

Friday Night Socials

It was Senior Prep who were first up this term with a Friday Night Social. They got the chance to celebrate Burns Night with a Celidh. As well as working hard to learn some new Scottish Country Dancing routines, the children enjoyed a range of child-friendly snacks from Scotland...including Irn Bru, Tunnocks Caramel Wafers, Oatcakes and shortbread. Next month read what Junior Prep get up to!

*Div III Norwich Castle Trip*

Come and see us!

Does your child start school in September? Is your child looking for a new school? Would your child benefit from a new start?

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Please contact Mrs Fraulo on 01485 532809 or email tjf@glebehouseschool.co.uk.

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GLEBE HOUSE SCHOOL & NURSERY
HUNSTANTON

West Norfolk Academies Trust celebrates as all schools rated Good by Ofsted

Celebrations at the West Norfolk Academies Trust saw MP James Wild praise the hard work of everyone involved with its schools, which have all achieved a Good status from Ofsted.

The Trust includes 11 schools, both primary and secondary, and for the first time they are now all rated as Good simultaneously.

"It was a pleasure to be part of West Norfolk Academy Trust's celebrations. This is a tribute to the hard work of pupils, teachers and staff. One of the first visits was to Smithdon, in Hunstanton, and having achieved a good rating, this should be an exciting year as the School Rebuilding Programme plans move ahead," said Mr Wild, MP for North West Norfolk.

A special celebration was held at Springwood High School and involved pupils and staff from across all the schools.

The Trust is very much part of the community and jointly celebrates special occasions and student achievements. The annual carol service, music week, art exhibition in Lynn's St Nicholas Chapel and a Music Hub Playday are all jointly presented and include each of the schools.

"We know that the Trust is only as good as its staff, and we work hard to ensure everyone is supported to do the very best for the pupils in their care," said Chief Executive Officer Andy Johnson.

"To have all our schools rated as Good is a fantastic achievement and reflects the hard work and commitment the Trust and the wider communities have put into each one of our 11 schools.

"Our ambition for pupils is consistently high, wherever they are learning, and we will continue to ensure they all have the very best opportunities available to them - whether they are in their first year or final year with us.

"We are all Good, so now we aim for Outstanding and the hard work continues from here. The parents and wider school family are incredibly supportive, and we thank them for all the help they have given," he added.

Trust chair Roger Livesey said all the trustees were 'absolutely delighted' that all 11 schools were now Good.

"There is no doubt that this is down to the superb leadership of the trust, the excellent headteachers at the schools and their inspirational and hardworking staff, congratulations to them all," he said.

"All our secondary schools are heavily oversubscribed, an indication that the trust continues to head in the right direction," said Chair of the Governors Roger Livesey.

"To have all of our schools awarded Good by Ofsted is a huge achievement and we are only too aware of the hard work everyone connected to the schools and Trust has put in. But, while celebrating the moment, we also need to look forward and aim even higher," he added.

Among those celebrating is Clenchwarton Primary School which is on-course to become an Outstanding school, according to its latest Ofsted report.

"A joyful and inspiring place to learn. Pupils know what kindness and politeness should look like because their teachers model these to them," said the report published in March 2023. It added that if the inspection had been able to award a grade, it was on course for Outstanding.

"Pupils find their lessons fascinating and they are keen to learn.



Their teachers help them to listen and work hard. Pupils' learning successes spur them on. They are expected to challenge themselves," said the report.

The report highlighted the wide range of clubs and activities on offer at the school, and praised the fact that 'leaders went out of their way to give pupils the best opportunities that will enable them to lead happy, successful and fulfilling lives.'

The huge amount of extra-curricular activities is a constant theme throughout all of the trust's schools, with a wide array of groups and clubs for pupils to choose from.

Springwood High School, King's Lynn, had its latest Ofsted published last December and the inspectors highlighted several aspects of the school, including both leaders and governors having a 'good understanding' of its strengths.

"A well-planned and ambitious curriculum is in place, including for students in the sixth form," it said.

With 1,892 pupils it is the biggest of the WNAT schools and the inspection team noted the positivity of students who were positive about their education.

"Pupils take pride in the presentation of their work. They value the wide range of subjects they can choose," said the report.

The high aspirations for students and praise for ambitious curriculums is a common theme across all 11 schools.

Marshland High School, with 726 pupils, has 'committed and passionate' trustees and governors.

"A carefully constructed curriculum supports pupils' personal and academic development well," says the latest report published in 2018.

At St Clement's High School, Terrington St Clement, the inspection team noted: "Adults have high expectations of how pupils should behave and what they should achieve."

With 663 pupils, the school's most recent Ofsted was published in June and it highlighted the 'community ethos of this small school.'

"Leaders act in pupils' best interests. They are inclusive and ensure equality of opportunities for all pupils."

Smithdon High School, Hunstanton, is the most recent school to have an Ofsted report published as it has only just been revealed.

The school has improved from 'requires improvement' and headteacher Amanda Gibbins said the upgrade was a 'testament to the whole Smithdon community and the hard work of everyone involved.'

Progress figures in all areas have improved since the previous report in 2019 and the school has high expectations which the pupils

understand.

The trust's primary schools are also all good, with a consistent reference to comprehensive curriculums, strong community ethos and strong leadership.

Gaywood Primary School was noted as being a 'strong community' in its report published in November 2021.

"They sing joyfully together in assemblies. They listen carefully to each other when sharing work," it says.

The report for Heacham Junior School highlighted the quality of teaching and the fact pupils celebrated each other's successes.

"Leaders at all levels are involved in creating the right curriculum for the pupils," it says.

The village's infant and nursery school was also praised for 'admirable' behaviour of the pupils and the expectations of the staff.

"Leaders have designed a curriculum that inspires pupils. Teachers regularly check what pupils know and understand," says the report

published In December 2022.

Snettisham Primary School's Ofsted was published in July 2022 and again highlighted the 'ambitious curriculum.'

"From early years onwards, children enjoy a challenging curriculum that is well planned and sequenced," says the report.

Walpole Cross Keys Primary school has both a rich and engaging curriculum, according to the report published in March 2019.

"All pupils benefit from strong and supportive relationships with each other and with staff," the inspector noted.

At West Lynn Primary School, the positive attitudes of pupils and well-planned curriculum were among highlights of the report published in October 2019.

"We saw good-humoured and respectful conversations between pupils and staff. These positive relationships help to create the school's calm and purposeful environment," it says.

Credit: Ian Burt/Barking Dog Media

Norfolk girls battle for Football Cup

Footballers from fellow members of a Norfolk academies trust faced one another on the pitch when they competed in the first round of a national tournament.

The under-15 girls' team from Smithdon High School in Hunstanton were pitted against their counterparts from Springwood High School in King's Lynn in Round One of the English Schools' Football Association Girls U15 Schools' Cup, which took place at Springwood at the end of January.

The schools, which are both part of the West Norfolk Academies Trust, were among over 150 taking part in the annual competition.

The hotly contested match saw the Springwood team emerge triumphant, winning 6-1 over Smithdon to secure their place in the second round of the Cup, which extends over eight stages before concluding at the end of the Summer Term.

"This is the first time that Smithdon High School has entered into the National Cup," said Jamie Tilley, Head of PE at Smithdon and the football team's coach.

"We have several girl players that play outside of school and wanted to give the girls every opportunity to represent the school by playing in fixtures – and what a way to introduce them to school football, and then play our Trust school, Springwood.

"The match was played in great spirits, as both teams were very competitive," he continued. "But a very experienced



Springwood side came on top, by pressing the Smithdon defence and being very clinical on their finishes.

"But Smithdon kept their team spirits high and never gave up till the final whistle."

Highlights of the match for Smithdon included Bonnie scoring for the team and Kayla saving several Springwood goal attempts.

"Having events like this allows students to represent Smithdon in sporting events," added Mr Tilley. "We have so many talented, eager students that want to play sports, and it gives them a chance to put in 100 per cent effort and attitude, and gives them pride to represent the school."

Photo credit Ian Burt





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Inner Wheel German Lunch

Sandra Ellison

One of the aims of Inner Wheel is to foster international understanding.

Following on from our extremely interesting evening of slides and talk about Veronica's visit to Vizianagaram India - as reported in February's Town and Around - we continued our international theme with a German meal at the home of our international organiser.

Thirteen members gathered to share a light lunch of leek and cheese soup with mince, or carrot and coriander soup for the vegetarians amongst us, followed by a delicious raspberry pudding. A very pleasant afternoon of friendship was enjoyed by all.

Donations from the lunch and raffle amounted to £120.00 and will be sent to the charity Brighter Future, a partner of the Leprosy Mission, to buy sandals for the children and Custard Apple trees which they can plant and then gather the fruit.

With this being the year for our international Convention in Manchester, it is good to be able to remember international friends. So far, over 3000 members from all over the world are planning to attend the convention in May. We are looking forward to a presentation at our March meeting from one of our members who visited Nepal - the land of never ending peace and love according to the people they met there.

With 2024 marking the centenary of the founding of Inner Wheel, the underlying objectives - to promote true friendship, to encourage the ideals of personal service and to foster international understanding amongst women - are as important today as they were 100 years ago. To this end we in Hunstanton district continue to support our Association President's theme of '100 for 100': our first 100 pieces of jewellery have been sent to the Alzheimer's Society and 100 stamps have been donated to the East Anglian Air Ambulance. Both collections continue, and we also aim to collectively dance for 100 hours to promote fitness.

If you are interested in the work of Inner Wheel nationwide visit our website at <https://innerwheel.co.uk>



A recipe from the Prudent Pensioner

I was asked if I had a recipe for soup using Jerusalem Artichokes, there is a recipe for Carrot and Jerusalem Artichoke in my book of 45 recipes. This recipe has also been well received.

Courgette, Carrot, & Jerusalem Artichoke Soup

Makes approx. 600ml

1 medium Onion
 A knob of Butter
 Carrots approx. 175g/6oz.
 Jerusalem artichoke approx. 175g/6oz
 Courgette approx. 200g/7oz
 Celery 2 sticks
 Chicken or vegetable stock cube dissolved in 450ml hot water.
 Salt and Pepper to taste.

Wash artichokes and boil them for 10 mins this makes it easier to peel them. Leave to cool a little. Meanwhile peel carrots and cut them into small pieces.

Trim off and discard ends from celery, clean and slice fairly thinly.

Trim off and discard end from courgette and slice fairly thickly. Peel onion and slice thinly.

Place butter in a saucepan over a low to medium heat, add onion slices stir well and cook for 1 minute stirring continuously. Carefully add carrots, celery, courgette and stock, increase heat and bring to boiling point. Reduce heat and leave covered, simmering gently.

Remove and discard peel from Jerusalem artichoke and carefully add to saucepan. Increase heat if necessary; leave simmering gently, until vegetables are fairly soft (approximately 10-15 more minutes).

Strain off most of the liquid into a jug, put aside while you either put vegetables into a liquidiser or use a hand blender and whizz until pureed.

Carefully return the liquid to pureed vegetables in a saucepan, stirring gently to mix well.

Season to taste. Reheat, serve and enjoy.

"Less Waste more Soup" 30 easy, budget friendly recipes for nourishing soup is available in Kindle format from Amazon. The 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 and Robert & Christine home shopping. A search in Amazon for Doreen Reed will find both books (together with my books of light hearted poems & tales)

Copies are available to borrow from Heacham Library & Hinckley Library

See lots more recipes on The Prudent Pensioner Facebook page

Email: pensioner@btinternet.com



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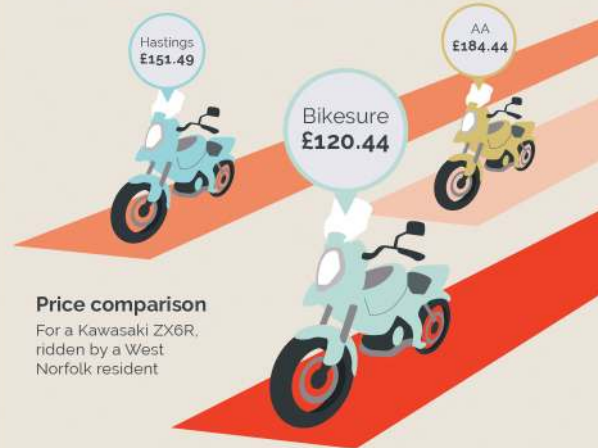


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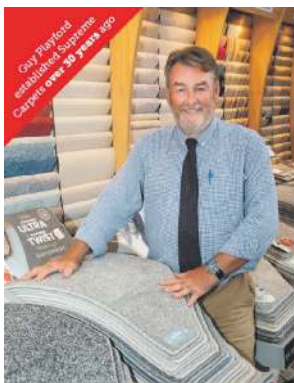
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Behind the Scenes

Welcome back to the March edition of Behind the Scenes! To think we are already in the 3rd month of the year – time moves so fast! Likewise, this March will also be fast-paced with a great number of performances to take you through to spring. One of which we will focus on throughout this edition, and that is the highly anticipated performance from *Grimethorpe Colliery Band* on Saturday the 30th of March.

To give some history behind the band, when looking on the *Grimethorpe Colliery Band* website, we note that the band was “formed in 1917, during the First World War” and it is stated that the “Grimethorpe Colliery Band is a British institution”. The band has had an unwavering amount of success, which includes “16 Brass In Concert Championship titles, 11 times Yorkshire Regional Champions, two English National Championship victories, four times British Open Champions and four times National Champion Brass Band of Great Britain.” Continuing, “the band has been the recipient of two gold discs” and if you have seen the film *Brassed Off* when “Grimethorpe was the focal point”, you may know that they were also nominated for a BAFTA!

Alongside these spectacular awards, they have also performed in adjoining spectacular places, to list a few: “The Royal Albert Hall, Symphony Hall, Barbican, Westminster Abbey, European Parliament, Sydney Opera House and more.” Their music reaches far and wide, as they take their tours across the globe, touring in locations such as “Australia, Hong Kong, Japan, New Zealand”, and with “concerts & festival appearances throughout Europe”.

Their talent and music is also celebrated near to them as they continue “to invest in and support (their) local community in



Grimethorpe Colliery Band

Grimethorpe, Barnsley and South Yorkshire, particularly through its youth music initiatives and community performances, both locally and on a national scale.”

Upon speaking with the Grimethorpe Colliery Band Manager, Richard Windle, we were able to learn more about what can be

expected from their performance at the Princess. He stated that the band has performed in Norfolk before and has “always (received) a warm welcome” but he believes this to be their first time in Hunstanton.

When asking what the audience can expect Richard said, “it will be a thoroughly entertaining evening featuring the very music performed by the world’s favourite brass band. We try to include a bit of something for everyone, from classical arrangements, world class soloists and entertaining arrangements from Glenn Miller to contemporary classics.” Linking back to the previously mentioned film *Brassed Off*, there will be an opportunity to hear some music from this film too.

Furthermore, there will be a fun, unique aspect regarding audience interaction, “including letting our audience decide some of the music we will play.” Richard concluded by saying “all in all, there will be no better way to spend a night in Hunstanton than listening to a performance by the Grimethorpe Colliery Band.” So, make sure you get your tickets now to experience the *Grimethorpe Colliery Band*!



Lost in Music

Alongside this brilliant show, we have a plethora of talent coming your way this March. For example, *Money For Nothing – Dire Straits Tribute Show*, *Lost In Music*, *The ELO Encounter*, *Dreamcoat Stars*, and many, many, more – a full list can be found on the back What’s On page! But that’s all from us for this month’s edition. A big thank you for the support shown to our theatre so far this year, and we look forward to the future. But until next time, break a leg!

Lost In Music One Night at the Disco

Join us as we recreate the magical 70s and let us take you on a musical journey straight to the heart of disco!

Relive some of the greatest songs of all time from artists such as Donna Summer, Gloria Gaynor, Earth, Wind & Fire, Sister Sledge and Chic.

A sensational live band, incredibly talented cast and stunning vocals - it’s sure to have you dancing in the aisles!

So, come dressed to impress as we celebrate the golden age of disco! With songs such as Never Can Say Goodbye, On The Radio, Hot

Stuff, Car Wash, Boogie Wonderland and many, many more!

It’s the feel-good show of the year! Lose yourself with us and leave your troubles at home!

★★★★★

“... the energy is palpable, the vocals impeccable and the party atmosphere contagious”

London Theatre Reviews

★★★★★

“... energetic... hugely enjoyable for the whole audience, many of whom, like me, could not have remembered the 1970s”

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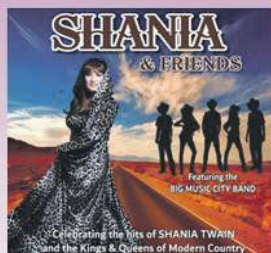
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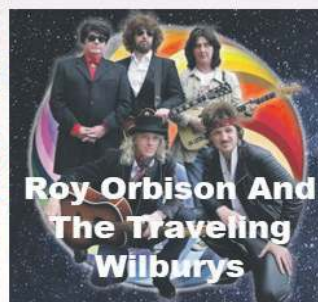
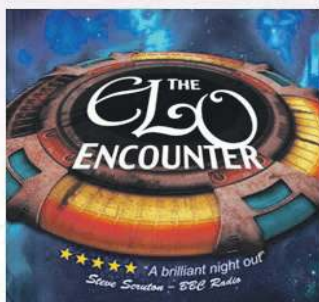
Friday 1st

Saturday 2nd

Friday 8th

Sunday 10th

Wednesday 13th

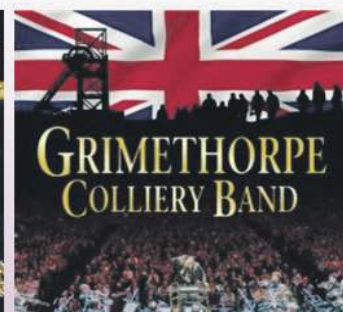
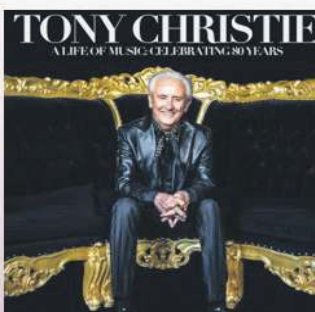
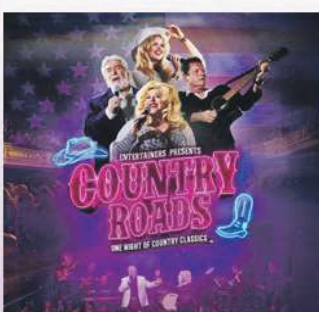


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